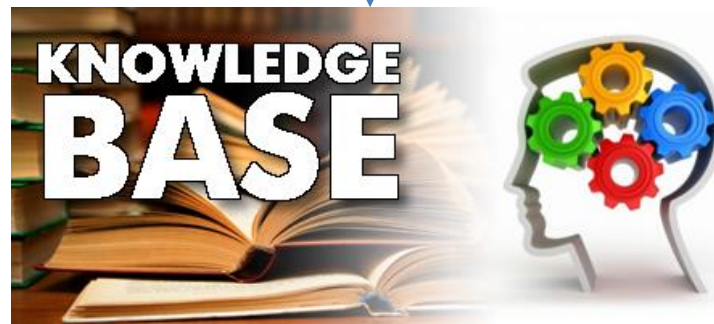


Improving Interaction Skills

- mutual interaction; the activity of reciprocating or exchanging (especially information)



Excuses to interact!



Jan Ekenvall's Exercise Notebook Card (Day 1)

2022-01-01 (Date) (Time) (Location) (Notes)

Exercise	Set	Reps	Time	Notes
1. Warm-up Jog	1	10		
2. Push-ups	1	10		
3. Squats	1	10		
4. Lunges	1	10		
5. Plank	1	10		
6. Core Exercises	1	10		
7. Cardio	1	10		
8. Cool-down	1	10		
9. Stretching	1	10		
10. Meditation	1	10		
11. Breathing Exercises	1	10		
12. Visualization	1	10		
13. Gratitude	1	10		
14. Self-reflection	1	10		
15. Journaling	1	10		
16. Mindfulness	1	10		
17. Transcendental Meditation	1	10		
18. Vipassana	1	10		
19. Zen	1	10		
20. Buddhist	1	10		
21. Hindu	1	10		
22. Islamic	1	10		
23. Jewish	1	10		
24. Christian	1	10		
25. Other	1	10		



Induction and ongoing



Machine	Correct set-up	Common Mistakes	Body Position	Advanced Techniques, Tempo, Sets, Reps
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Seated leg press

First Adjust the

Allowing your head to pop off the bench with your

First, make sure your

Tempo this affects



Calf Raise?
 Clients with Disabilities