

Google Keep

- description : Keep
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- lastupdate : 2020-01-31

Site

- <https://keep.google.com/>
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Example

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1	(-	/	,	SNS_	/	,	-	/)
2	(-	/	,	SNS_	/	,	-	/)
3	(-	/	,	SNS_	/	,	-	/)
4	(-	/	,	SNS_	/	,	-	/)
5	(-	/	,	SNS_	/	,	-	/)
6	(-	/	,	SNS_	/	,	-	/)
7	(-	/	,	SNS_	/	,	-	/)
8	(-	/	,	SNS_	/	,	-	/)
9	(-	/	,	SNS_	/	,	-	/)
10	(-	/	,	SNS_	/	,	-	/)
11	(-	/	,	SNS_	/	,	-	/)
12	(-	/	,	SNS_	/	,	-	/)
13	(-	/	,	SNS_	/	,	-	/)
14	(-	/	,	SNS_	/	,	-	/)

- 30 days fitness challenges

DAY1	Squats(50)	Pushups(15)	Plank(20Sec)
DAY2	Squats(55)	Pushups(16)	Plank(20Sec)
DAY3	Squats(60)	Pushups(17)	Plank(30Sec)
DAY4	Squats(REST)	Pushups(18)	Plank(30Sec)
DAY5	Squats(70)	Pushups(19)	Plank(40Sec)
DAY6	Squats(75)	Pushups(20)	Plank(REST)
DAY7	Squats(80)	Pushups(21)	Plank(45Sec)
DAY8	Squats(REST)	Pushups(REST)	Plank(45Sec)
DAY9	Squats(100)	Pushups(23)	Plank(60Sec)
DAY10	Squats(105)	Pushups(24)	Plank(60Sec)
DAY11	Squats(110)	Pushups(25)	Plank(60Sec)

DAY12 Squats(REST) Pushups(26) Plank(90Sec)
DAY13 Squats(130) Pushups(27) Plank(REST)
DAY14 Squats(135) Pushups(28) Plank(90Sec)
DAY15 Squats(140) Pushups(REST) Plank(90Sec)
DAY16 Squats(REST) Pushups(27) Plank(120Sec)
DAY17 Squats(150) Pushups(28) Plank(120Sec)
DAY18 Squats(155) Pushups(29) Plank(150Sec)
DAY19 Squats(160) Pushups(30) Plank(REST)
DAY20 Squats(REST) Pushups(31) Plank(150Sec)
DAY21 Squats(180) Pushups(32) Plank(150Sec)
DAY22 Squats(185) Pushups(REST) Plank(180Sec)
DAY23 Squats(190) Pushups(33) Plank(180Sec)
DAY24 Squats(REST) Pushups(34) Plank(210Sec)
DAY25 Squats(220) Pushups(35) Plank(210Sec)
DAY26 Squats(225) Pushups(36) Plank(REST)
DAY27 Squats(230) Pushups(37) Plank(240Sec)
DAY28 Squats(REST) Pushups(38) Plank(240Sec)
DAY29 Squats(240) Pushups(39) Plank(270Sec)
DAY30 Squats(250) Pushups(40) Plank(300Sec)

Ref

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. - 2023.12

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Last update: **2023/01/13 18:44**

