



This framework is intended as a point of reference to aide trainers in developing Log Training routines. Trainers are encouraged to explore variations on the motions to discover a workout as capable as the human body. The original Log Training Devices and routines were created by Master Safakhoo.

Use Assemblies All Risk Assumed With Use
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LOG TRAINING *DISCOVER THE MULTI-DIMENSIONAL ASPECT OF THE HUMAN BODY*



MARTIAL LOG *TRANSFORM YOUR BODY INTO A FUNCTIONAL FIGHTING MACHINE*

