

So Far So Goodâ€¦!

Description

Crap. I am wearing Avery in the Baby Bjorn and just as I wrote this title, her eyes popped open.

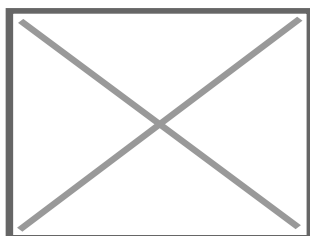
No crying thoughâ€¦yet. Lots of squirming.

Anyway, while I have the time, Iâ€™d like to say â€œYay!â€• for having a good morning and getting Avery to take a nap in her crib for over two hours. Enough time for dad to get full body weight lifting routine in.



I was bold enough to enter and take this!

Anyone ever do barbell hack squats? Itâ€™s like a dead lift, but the bar is behind you and pick it up and down. I hit my calves and butt almost every time, but can really feel it in the quads. Plus, I think itâ€™s a version of the squat that I can do when wearing Avery if the need arises. Itâ€™s no back squat, but something is better than nothing.



Like this. Source:
www.exrx.net

Oh, we just went for a nice walk in the 20mph wind and that was cool. And by cool, I mean not. Another cool thing is that I apparently didn't shut the door good enough and it was wide open when we got back. So, that fat black cat, Lou, we had no idea where he is. I'll keep you posted, if Kelley doesn't kill me. Oops..

Maybe I can just make another breakfast like I did this morning and she'll forgive me..



Peanut Butter and Pumpkin
Protein Teff Porridge

Edited Update: The cat never got out. He knows where the food is.



Time to tend to some house chores and deal with this wiggly daughter strapped to me. I don't think she's very happy, but still not crying.

Okay, now she is..

Date Created

2014/01/30

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