Walk It Off

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Preface

This is a Quarto book.

To learn more about Quarto books visit https://quarto.org/docs/books.

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Part I Backstory

Part II

Routine

1 Exercise

1.1 Current protocol

1.1.1 **EWOT**

EWOT or Exercise With Oxygen Therapy is a powerful modality. Here is what I'm doing. There are two separate workouts that are done on alternating days, seven days a week.

1.1.1.1 Workout A:

Warmup:

- 2 minutes w/o oxygen
- 2 minutes w/ oxygen

Sprints

Perform 3-5 clusters of the following:

- 20 seconds all-out work, 10 seconds rest
- Do that 3-5 times
- Moderate pace for 2 mins

 $Steady\ state$

• Continue at a normal steady state until reaching 500 calories

1.1.1.2 Workout B:

• Steady state cardio for 500 to 1000 calories

- 1.1.2 Strength
- 1.1.3 Mobility
- 1.2 Past protocols

2 Breathing

3 Prayer

4 Diet

Part III Causenta Visits

5 March 2025

Part IV

Faith