

# **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
- Rest 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**