

# Jaco's daily fitness routine

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## Weekly schedule

- 6 workouts (*mon - sat*)
- 2 core and stretch sessions (*whenever*)
- 2 to 5 hr of low-intensity exercise (*walk, play, trek, bike, skate, ...*)

## Notes

- Occasionally eat within an 8hr window (*time-constrained eating*)
- Get plenty of sunlight, sleep, water
- Cold exposure (*cold showers, cold baths*)
- Be spontaneous, stretch often, focus on breathing
- Every day: 90+s hanging, hip hinging work, floor time, breathing work

## Strength & Conditioning

- Do 2 -3 hard sets per type of movement with as many reps as it takes to get to 1 - 2 RIR (Reps In Reserve), last set to 0 RIR.
- Select movements, weights, variations and intensity that allow for 5 - 25 reps.
- Perform controlled, deliberate movements, maximizing time under tension and minimizing inertia. Pause at both the “bottom” and “top” positions. Faster concentric, slower eccentric.
- **Technique failure is still failure.**

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Push-up <i>(standard, diamond, plyo, 1 arm to the side, planche, wide grip)</i>	Inverted row <i>(1-arm, clap, side-to-side, wide grip, front lever)</i>	Dip <i>(L-sit, korean, dip-to-leg-raise, on rings)</i>	Pull-up <i>(1-arm, plyo, clapping, archer, L-sit, on rings)</i>	Press <i>(shoulder press, alternating overhead press, floor press, HS push-up)</i>	Ring work <i>(skin the cat, hollow hang, inv. hang, back lever, front lever, muscle-up)</i>
Low lift <i>(deadlift, romanian deadlift)</i>	Squat <i>(pistols, overhead, plyo, side-to-side, â€¡)</i>	High lift <i>(shoulder lift, SDHP, clean, row, kettlebell swing, overhead kt. swing, sandbag halo)</i>	Lunge <i>(with rotation, reverse, overhead)</i>	Loaded carry <i>(farmer's walk, suitcase carry, zercher walk, bear hug, overhead carry)</i>	Sprinting — or — HIIT

## Core movements

- Sit (*situp, N-sit, L-Sit, V-sit, manna, knee scissors*)
- Crunch (*side, tabletop, toe reach, cross toe reach, knee-to-elbow*)
- Pike (*full, straddle, kicks, compressions*)
- Plank (*front, side, side with rotations, reverse plank*)
- Core hinging (*ab rollout, inch worm*)
- Anti-rotational (*side-to-side plank pull, side-to-side plank push*)
- Back Bridge
- Back extension (*superman, 4-point alt. kneel. leg & arm extensions, fitball*)
- Flags

## Morning movements

- Standing side bend
- Wide leg spinal twist
- Forearm plank

## Evening movements

- Happy baby
- Spinal twist shoulder opener
- Assisted plow pose

## Floor culture

- Floor culture spend time on the floor
- Easy pose (*Sukhasana*)
- 90/90 pose
- Kneeling / toe sit
- Straddle
- Sphinx
- On the side

## HIIT movements

- Get-up (*turkish*)
- Bear crawl (*no knees*)
- Plank roll
- Burpee (*jumping, pull-up*)
- Mountain climber (*outside hand*)
- Jumping jack
- Plank jack
- High knee
- Box jump
- Jumping lunge
- Side-plank knee-to-elbow
- Crab walk
- Crab toe tap