

# Jaco's daily fitness routine

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## Strength & Conditioning

Mon	Tue	Wed	Thu	Fri	Sat
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

- 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.
- Perform all movements to the fullest extent of their range, i.e. **full ROM**, stopping just short of joint lock and/or any significant decrease in muscle tension, particularly when in the resting position. A *full ROM* pull-up is not the same thing as a *dead hang* pull-up.
- Practice and warm up to each movement. Keep track of your center of gravity as it moves across the body. Pay attention to where it lands within your feet and hands. Watch out for imbalances.
- Focus on posture, shoulders and shoulder blades. Reset your posture as part of your warmup by pinching an imaginary sheet of paper between your shoulder blades.
- **Technique failure is still failure.**
- End each workout with a few stretches and mobility exercises.

## Weekly schedule

- 6 strength workouts *(mon - sat)*
- 2 core and stretch sessions *(whenever)*
- 2 to 5 hr of low-intensity exercise *(walk, play, trek, bike, skate, ...)*
- Daily: 90+s hanging, hip hinging work, floor time, breathing work

## 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

## 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

## 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