

Weekly schedule 6 workouts (mon - sat) 2 core and stretch sessions (whenever) 2 to 5 hr of low-intensity exercise (<i>walk, play, trek, bike, skate, ...</i>)	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
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Strength 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 and variations that you can rep for 5 - 25 times. 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.

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

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

Low-risk BW exercises for HIIT
Get-up (<i>turkish</i>)
Bear crawl (<i>no knees</i>)
Plank roll
Burpee (<i>jumping, pull-up</i>)
Mountain climber (<i>outside hand</i>)
Jumping jack
Plank jack
High knee
Box jump
Jumping lunge
Side-plank knee-to-elbow
Crab walk
Crab toe tap

Morning moves
Standing side bend
Wide leg spinal twist
Forearm plank

Evening moves
Happy baby
Spinal twist shoulder opener
Assisted plow pose

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