

Jaco's daily fitness routine

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Strength

Mon (push)	Tue (pull)	Wed (core)	Thu (push)	Fri (pull)	Sat (func)
Push-up <i>(standard, diamond, 1 arm to the side, planche, wide/narrow grip)</i> 2 sets	Inverted row <i>(1-arm, side-to-side, wide/narrow grip, front lever, on rings, underhand)</i> 2 sets	Core, Holds & Stretch <i>(see "core movements")</i>	Dip <i>(L-sit, korean, dip-to-leg-raise, on rings)</i> 2 sets	Pull-up <i>(1-arm, archer, L-sit, on rings, wide/narrow grip)</i> 2 sets	Full body <i>(loaded carry, farmer's walk, suitcase carry, zercher walk, bear hug, overhead carry, kettlebell swing, sandbag halo, clean & press, muscle up, back lever)</i> 3 + 3 sets
Vertical press <i>(shoulder press, kettlebell, pike / elevated / wall / freestanding HSPU)</i> 2 sets	Gironda pull-up <i>(1-arm, on rings)</i> 2 sets		Horizontal press <i>(floor press, kettlebell, push-up)</i> 2 sets	Gironda pull-up <i>(1-arm, on rings)</i> 2 sets	
Squat <i>(sandbag, front/back, pistols, overhead, side-to-side, ...)</i> 3 sets	Lift to shouder <i>(sandbag, with rotation, wide/narrow stance)</i> 2 sets		Lunge <i>(with rotation, reverse, overhead)</i> 3 sets	High lift <i>(SDHP, clean, row, with rotation)</i> 2 sets	

- Each set should be a hard set: as many reps as possible / 0 RIR (Reps In Reserve). Select movements, weights, variations and intensity that allow for 5 - 20 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. Always engage the core. End each workout with a few stretches and mobility exercises.
- **Technique failure is still failure.**
- Prefer variations that allow for joint rotation throughout the movement *(ring variations)*.
- Prefer more functional variations that better translate to routine movement patterns *(sandbag deadlifts over barbell deadlifts, sandbag front squats over barbell back squats)*.

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
- Stretch regularly *(passive, active, static, dynamic, isometric)*

Weekly schedule

- 6 strength workouts *(mon - sat)*
- 1 sprinting or HIIT session
- 2 to 5 hr of low-intensity exercise *(walk, play, trek, bike, skate, ...)*

Hip and shoulder work

Practice regularly, on its own and/or as a part of warming up

- Handstand and manna *(L-sit, V-sit, ...)*
- Active *(hollow)* and passive hanging
- Grok squats *(w/ arm reach)*
- Back bridge
- Floor culture

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)*
- Leg raise *(hanging, floor)*
- 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

- 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