

Daily Performance Checklist

AM Build / PM Restore

Morning (4:30–6:30 AM)

Wake

- Wake up (4:30 AM)
 - Hydrate (water + pinch of salt if needed)
 - Light exposure (lamp / outside)
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Wim Hof Breathing

- Rounds today: 4 3 2 1
 - Calm nasal breathing after (1–2 min)
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Training Block

- Pushups: 100 70 60 40–50
 - Pullups (band): 100 70 60 40–50
 - Legs:
 - Lunges
 - Wall sit
 - 45s
 - 60s
 - 90s
 - Rounds: 1 2 3
 - Plank: Full Reduced Short
 - Nasal breathing only
 - Stop with reps in reserve (no failure)
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Cold Plunge

- No
 - 1 min
 - 2 min
 - 3 min
 - Calm breathing
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Transition to Work

- Sit (5–15 min)

- Identify top 3 work priorities
 - Leave home by 6:30 AM
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🌙 Evening (Restore & Sleep Prep)

🧘 Mobility (10–15 min)

- Neck Controlled Articular Rotations (CARs)
 - Thoracic rotations
 - Hip flexor stretch
 - 90-90 hips
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:both Downshift

- Nasal breathing (2–3 min)
 - Low light
 - No rushing / no intensity
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🧠 Daily Self-Check

- Joints feel OK
- Energy stable
- Mood calm
- Sleep readiness good

If not:

- Reduce volume tomorrow
 - Swap lunges → wall sits
 - Fewer Wim Hof rounds
 - Skip cold plunge
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📅 17 Weekly Rules

- Monday & Friday = Full days
- Wednesday = Recovery bias
- Saturday = Active recovery
- Sunday = Reset
- Every 4th week = -20–30% volume