

Daily Performance Checklist

17 Weekly defaults (quick reference)

- **Monday:** Full day (100/100/100 + full plank), cold 2–3 min
 - **Tuesday:** Volume control + **wall sit** (70/70 + wall sit), cold 1–2 min
 - **Wednesday:** Recovery bias (40–50/40–50 + short wall sit), cold optional ≤1 min
 - **Thursday:** Strength quality (60 tempo/pause + 60 lunges), cold 1–2 min
 - **Friday:** Full day (100/100 + legs choice), cold 2–3 min
 - **Saturday:** Active recovery (walk + optional light), mobility longer
 - **Sunday:** Reset (walk only), mobility optional
-

Morning (4:30–6:30 AM)

Wake

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

Wim Hof Breathing

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

Training Block

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

Cold Plunge

- No
- 1 min

- 2 min
 - 3 min
 - Calm breathing
-

Transition to Work

- Sit (5–15 min)
 - Identify top 3 work priorities
 - Leave home by 6:30 AM
-

Evening (Restore & Sleep Prep)

Mobility (10–15 min)

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

Downshift

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

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
-

Weekly Rules

- Monday & Friday = Full days
- Tuesday & Thursday = Medium days
- Wednesday = Recovery bias
- Saturday = Active recovery

- Sunday = Reset
- Every 4th week = -20–30% volume