

BEN GREENFIELD'S LOOK GOOD NAKED LONGEVITY PLAN

Step-by-step instructions for the exact muscle training, fat burning, cardiovascular and mobility protocols that have been proven by research to maximize every second you spend exercising.

by Ben Greenfield



LOOK GOOD NAKED LONGEVITY PLAN

Introduction

How To Look Good Naked And Live A Long Time

Suppose you want to live as long as possible. Suppose you also want to look as good as possible doing it. Suppose you want to maximize your hormone balance, your libido, your fertility, your strength, your power and your cardiovascular capacity.

Suppose you want to step back, investigate every shred of exercise science research, and inject only the most highly effective and proven strategies into your life – even if it's not for the primary sake of preparing for masochistic sufferfests like triathlons, marathons, obstacle races or other feats of physical endurance – but rather simply because you want to maximize longevity and look good naked.

Whether it's total food intake, exercise, sunlight, protein, or work habits, we often think we need to do way much more than we actually need to do to get the results we want. But why crank out those extra reps or put in those extra few hours if you don't actually need to? After all, failing to heed the minimum effective dose can often cost you money, time, and mental real estate.

Sure: if you want to do an Ironman triathlon or a multi-hour obstacle race or be competitive at the Crossfit games you certainly need to put in some extra hours and do some more athletic, sport-specific training, but [as I've written about before](#), all that extra volume isn't necessarily good for you, and it certainly isn't necessary for being as fit as humanly possible while simultaneously maximizing your lifespan.

So what would an exercise program look like if you do just want to look good naked and live longer? What would things look like if you decided that being the first person to the finish line of a triathlon wasn't as important to you as looking and feeling like a million bucks for as long as possible? While I touched on this in a recent podcast entitled "[The Best Workout To Look Good Naked](#)", I decided it would be a good idea to pen a strategy for you. So let's take a look. And get ready to take some serious notes.

What Is The Minimum Effective Dose Of Exercise For Longevity?

I'm on a constant quest to figure out the sweet spot of exercise for you, especially when it comes to discovering the ultimate balance between health, performance, and longevity.

I've written many articles on this topic before, including:

- [What's the Minimum Amount of Exercise You Can Do?](#)
- [Is Exercise Bad For Your Heart?](#)
- [Can You Exercise Too Much?](#)
- [Is It Possible To Exercise Too Much?](#)

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- [Can Kids Exercise Too Much?](#)
- [How Much Should Kids Exercise?](#)

Earlier this year, The New York Times published an article entitled "[The Right Dose of Exercise for a Longer Life.](#)" The article discusses the results of two new studies that investigated how much exercise you need to actually get longevity benefits. Before jumping into the results of these studies, it's important to note that rather than being controlled or randomized studies, this research relied on people's memory recall of their exercise habits. What this means is that similar to diet studies that rely upon memory recall of meals, this data can be prone to human error, but can still give us important clues.

In [the first study](#), it was found that people who did not exercise at all were at the highest risk of early death. Those who exercised a little (not meeting the [current American Heart Association guidelines of 150 minutes per week](#) but at least doing something), lowered their risk of premature death by 20%. Those who met the current exercise guidelines of 150 minutes per week of moderate exercise enjoyed greater longevity benefits and 31% less risk of dying compared with those who never exercised.

But the greatest amount of exercise benefits came for those who tripled the recommended level of exercise and exercised moderately (mostly by walking) for 450 minutes per week (a little more than an hour per day). These people were 39% less likely to die prematurely than people who never exercised.

What's even more interesting is that after 450 minutes per week, the longevity benefits of exercise plateaued, but they never significantly declined. Even people engaging in 10 times or more the recommended exercise dose gained about the same reduction in mortality risk as people who simply met the 150 minute per week guidelines. They didn't get any healthier, but also (contrary to what many believe) they also did not increase their risk of dying young.

The [other new study reported in the Times](#) reached a similar conclusion, but this study focused more on exercise intensity, and stands in stark contrast to other studies that have suggested frequent, strenuous exercise might contribute to early mortality. In this study, it was found that meeting the exercise guidelines significantly reduced the risk of early death, even if that exercise was moderate in intensity (such as walking). No surprises there.

But for those who engaged in occasional vigorous and high intensity exercise, there was actually a significant additional reduction in mortality. Those who spent up to 30% of their weekly exercise time in vigorous, intense activities were 9% less likely to die prematurely than people who exercised for the same amount of time but only moderately. People who spent more than 30% of their exercise time doing strenuous workouts actually gained an extra 13% reduction in early mortality, compared with people who never broke through the same intensity barrier. Even among the few people in the study who were found to be completing the largest amounts of intense exercise, there was no increase in risk of death.

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At this point, you may be wondering what qualifies as moderate and what qualifies as vigorous.

Moderate intensity aerobic exercise is when you're working hard enough to raise your heart rate and break into a sweat. Think of it this way: you're working at a moderate intensity if you're able to talk but unable to sing the words to a song during the activity.

Vigorous intensity aerobic exercise is when you're breathing hard and fast, your muscles are burning, and your heart rate has increased significantly. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

So what's the ultimate takeaway message from these two studies?

Researcher Klaus Gebel, who led the second study, put it like this:

"...try to reach at least 150 minutes of physical activity per week and have around 20 to 30 minutes of that be vigorous activity..."

Gebel also notes that a larger dose of exercise, for those who are so inclined, does not seem to be unsafe.

How To Look Good Naked

OK, so it's clear from the data above that you need at least about 21 minutes per day of structured exercise if you want to live a long time, and that is of course with the understanding that you're not spending the rest of the day sedentary or sitting ([a subject I tackle in detail in my "Biohacking The Hazards of Sitting" infographic here](#)).



But it's one thing to live a long time, and it's entirely another thing to actually look as good as possible doing it. In other words, let's say you want to look like this the male or female equivalent of this guy when you're 70... or this guy when you're 80.

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...or perhaps you just want to be able to fit into spandex when you're 90.

Frankly, no matter what looking good naked means to you, you're going to need a bit more structured advice than a blanket recommendation to "...try to reach at least 150 minutes of physical activity per week and have around 20 to 30 minutes of that be vigorous activity...", right?

When it comes to having a body with adequately low body fat to be cut and ripped but adequately high body fat to optimize hormones and fertility, high enough muscle mass to be strong and look good, but [low enough muscle mass to where you're not a short-lived, cancer-prone bodybuilder](#), and enough cardiovascular fitness to be venous and vibrant, but not so much cardiovascular fitness that you're overtrained from excessive volume, you need the minimum effective dose of...

...cardiovascular fitness, muscle endurance, strength, mitochondrial density, metabolic efficiency and stamina.

That's it.

You check those boxes, and you're going to hit every basic component of fitness and look really damn good doing it.

Ben Greenfield's "Look-Good-Naked & Longevity" Program

So, now let's delve into exactly what a structured exercise program would look like if your goal is to check all of those boxes to achieve the ideal combination of fitness, longevity, and a nice body.

I first began to think about how such a program would look when I read an article on my friend Mark Sisson's website about "5 Ways To Get The Most Bang For Your Workout Buck". In the article, Mark describes the minimum effective doses of exercise necessary for maintaining cardiovascular fitness, improving muscular endurance and aerobic capacity, improving overall physical fitness, increasing metabolic health, and controlling blood sugar. My only beef with the article is that not much attention is given to strength and maintenance of muscle mass, [two critical components of longevity](#). But nonetheless, the research cited in the article is quite solid, and definitely influences the recommendations I'm about to give you.

Ultimately, to be fit, live a long time, and look good naked, you need:



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1: Maintenance of cardiovascular fitness.

Definition: Cardiovascular fitness is simply defined as the maximum amount of oxygen you can utilize, also known as your VO2 max.

How to do it: based on the results of the research study "[High-intensity interval training every second week maintains VO2max in soccer players during off-season.](#)", the minimum effective dose for cardiovascular fitness maintenance is five 4-minute high intensity rounds at 87-97% of your maximum heart rate, with approximately 4 minutes (full recovery) after each round to allow you to recover sufficiently.

Summary: For the minimum effective dose of cardiovascular fitness perform five 4 minute hard efforts with full recoveries once every two weeks. Got it? OK, let's move on.

2: Maximum muscle endurance and aerobic capacity.

Definition: The amount of work your muscles can endure and the amount of time you can "go to battle" keeping your force output high.

How to do it: For improving muscle endurance while simultaneously increased aerobic capacity, nothing beats Tabata sets. In [this study](#), four times a week for four weeks, participants performed one single [four-minute Tabata protocol](#) (that's 20 seconds all-out exercise, followed by 10 seconds full rest) with a single exercise. In this case, exercise choices included burpees, mountain climbers, jumping jacks, or squat thrusts, but for Tabatas, you could also use things such as running, treadmill, indoor or outdoor cycling, rowing, kettlebell swings, etc. Compared to four steady-state 30 minute treadmill exercise protocols per week in the control group, the Tabata group (which, if you do the math, was performing just 16 total minutes of exercise per week) saw massive gains in both aerobic capacity and muscle endurance, and there's [plenty more Tabata research to go around](#).

Summary: In most studies, 2-4 Tabata sessions per week are used. My recommendation is to target two Tabata sessions per week, especially if you're doing everything else included in this article.

3: Maintenance of ideal ratios of strength and muscle mass.

Definition: The maximum amount of strength you can muster in one tightly-packed group of muscle fibers – in other words: hard, wiry strength. Paul Jaminet at the Perfect Health Diet recently wrote [an excellent article outlining why this is a better approach](#) compared to purely trying to pack on as much muscle fiber as possible.

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How to do it: Sure, you can get strong and muscular doing Crossfit-esque workouts that require maximum deadlifts in two minutes or ungodly amounts of snatch reps or bodybuilding workouts that have you doing bicep curls until you're bleeding out the eyeballs, but none of that is sustainable when it comes to maximizing longevity. Remember, you want to be able to do maintain strength and muscle when you're 20, 40, 60 and 80 years old. For this, I recommend simply two workouts per week:

1) a super-slow lifting protocol exactly as described by [Doug McGuff in his book "Body By Science"](#) – specifically 12-20 minutes of just a few choice multi-joint exercises with extremely slow, controlled lifting (30-60 seconds per rep) and relatively high weights;

1. Super slow upper body push (e.g. overhead press)
2. Super slow upper body pull (e.g. pull-up)
3. Super slow lower body push (e.g. squat)
4. Super slow lower body pull (e.g. deadlift)

2) a high intensity [body weight circuit program exactly as described in this study](#), in which a pair of researchers designed a 7 minute workout to maintain strength and muscle in as little time as possible. Each exercise below is simply to be performed for 30 seconds with 10 seconds of rest in between exercises.

1. Jumping jack
2. Wall sits
3. Pushups
4. Crunches
5. Step-ups
6. Squats
7. Dips
8. Planks
9. Running in place with high knees
10. Lunges
11. Pushups with rotation
12. Side planks

Summary: do two strength workouts per week – one with slow controlled heavy lifting and one with high intensity, light, body weight-esque movements.

4. Maximum mitochondrial density.

Definition: Mitochondria are the power plants of your cells, mitochondrial biogenesis is the creation of new mitochondria, and mitochondrial density is simply having as many mitochondria packed into your muscles as possible so that you can utilize more fat and more glucose.

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How to do it: [In this study](#), a workout consisting of four 30-second all-out cycling sprints significantly activated mitochondrial biogenesis in the skeletal muscle of human subjects. [In another study](#), three sets of five 4-second treadmill sprints with 20 seconds of rest in between each sprint, performed three times per week did the same thing. [One other study](#) showed four to six 30 second bouts of all-out sprint cycling with four minutes of rest done three times a week also improved important components of mitochondrial health. As you can see, when it comes to maximizing mitochondrial density, it all comes down to short, intense sprints.

Summary: The Tabata sets I already mentioned will likely cover most of your mitochondrial bases, but if you have just a bit more time to spare, then either after your strength workouts or your stamina workouts, perform a few brief sets of very intense sprints (e.g. five 4-30 second sprints). Yes, you read that right: these sprints can be as short as 4 seconds. Consider this to be the icing on the cake, and squeeze it in where it's convenient. Alternatively, you could just mark one spot on your calendar once every week or two to perform four to six 30 second bouts of all-out sprint cycling with four minutes of rest between each bout.

5. Optimized fat burning, metabolic efficiency and blood sugar control.

Definition: maximizing the body's ability to generate ketones and burn fatty acids as a primary source of fuel, while avoiding frequent fluctuations in blood sugar.

How to do it: I have a very comprehensive podcast on [simple steps to turning yourself into a fat burning machine](#), and it basically comes down to this: 1) do one short, aerobic workout as many mornings as possible a week, preferably in an overnight fasted state; 2) avoid frequent snacking; 3) save all your carb intake for the end of the day and up until that point eat high amounts of healthy fats with moderate amounts of proteins; 4) stay mildly physically active all day long (e.g. standing workstation, jumping jack breaks, etc.). and 5) stay anti-fragile by exposing your body to frequent fluctuations in cold and hot temperatures.

Summary: As you can see, this step is more lifestyle based. Start off each day, before eating, with 10-30 minutes of very light activity (yoga, walking the dog, doing yard chores, etc.), take at least one cold shower each day, visit the sauna at least once per week, avoid non-nutrient dense carbohydrates, and be as active as possible all day long. [One research study shows](#) that you can even get excellent blood glucose controlling results with something as simple as a 15 minute walk after your main meal of the day.

6. Stamina (optional, but highly recommended).

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Definition: the ability to move at low-to-moderate intensities for 90+ minutes (it's at about the 90 minute mark when your glycogen levels become depleted and you must significantly begin to rely upon fat as a fuel).

How to do it: Stamina isn't really entirely necessary for looking good naked or living a long a time, but I personally like to know that if necessary I could hunt down an animal, ride my bicycle nearby city, hike over a mountain range, or survive for a significant amount of time in a zombie apocalypse. Contrary to popular belief held among marathoners and triathletes, this does not require a 2-3 hour death march every weekend. The human body, as I talk about in my book "[Beyond Training](#)", is actually quite good at going for long periods of time, and only requires brief dips and forays into stamina. So I recommend that one to two times per month, you go do something long, like a backpack hike, a big bike ride, a Bikram yoga session, or anything else that combines low-to-moderate physical activity intensities, endurance, and mental focus.

Summary: Again, unless you're signed up for something like an obstacle race, a bicycling century, a triathlon or a marathon, this last step isn't really necessary, but should you want to add the stamina feather to your cap, just get out and do something that takes 90+ minutes at least once per month. If you really want to challenge yourself, you could even make that session something like "[The Hardest Workout In The World](#)", a [Spartan race](#), or any other [crazy fitness adventure](#) from rafting to rock climbing. The rest of your innate physical endurance will easily be built by simply ensuring you keep your butt out a chair all day long.

Summary & A Done-For-You Approach

So that's it. Once you put it all together, it's actually not too daunting:

- To maintain your cardiovascular fitness and VO2 max, do five 4-minute intense intervals once every two weeks.
- To improve your aerobic capacity and muscle endurance, do 2-3 Tabat sets a week.
- To maintain the ultimate combination of strength and muscle mass, do one 12-20 minute super-slow strength session per week and one 7-14 minute high intensity body weight workout per week.
- To maximize mitochondrial density, do a short series of sprint bursts one to three times per week (e.g. five 4-second all-out sprints with 20 seconds of rest).
- To increase fat burning and metabolic efficiency, include fasting, avoid snacking, avoid sitting, and figure out ways to engage in low-level physical activity all day long.
- To increase stamina, do something 90+ minutes at low-to-moderate intensity one to two times per month.

That's it.

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When you do the math, you're really not spending any more than 30-60 minutes per day on getting fit, looking good naked and living a long time. And in my opinion, that's definitely do-able.

Like I mentioned, what I've described above is not designed to turn you into a super-athlete. It's designed to give you an amazing body and a long lifespan.

A couple more things...

First, in the 8 week program below, I give you daily, step-by-step instructions for the exact muscle training, fat burning, cardiovascular and mobility protocols that have been proven by research to maximize every second you spend exercising. Pretty much everything you've just read, all conveniently spelled out for each week. Whether you want to look good naked, get massive gains in fitness (or of course, both!) you can rinse, wash, and repeat this 8 week cycle throughout the entire year. Enjoy.

Next, if you're a complete geek and you want to quantitatively track this stuff, then you may want to check out the [Greenfield Longevity Panels](#). Working closely with WellnessFX, America's top laboratory for concierge blood testing and online access to all your blood testing results, I developed the most complete blood testing package that money can buy. There is one package specifically designed for men, and one for women. This is by far the most comprehensive blood testing package that exists, and I created it for the health enthusiast, biohacker and anti-aging individual who wants access to the same type of executive health panel and screening that would normally cost tens of thousands of dollars at a longevity institute. Virtually all hormones and all biomarkers are covered in this panel. Yeah, it's still spendy, but if you want to test everything you can test, then this one is worth doing at least once in your lifetime, and I personally do it once per year.

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Instructions

Week 1 - Day 1

Nutrition & Supplementation Tips

In addition to the workouts and exercises listed here, the best supplements to include specifically for anti-aging/fat loss can be found [here](#).

For a diet to accompany this program, it's highly recommended you grab the book "[The Blue Zones Solution: Eating and Living Like the World's Healthiest People](#)" by Dan Buettner.

Foundation Core Training

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Cold Thermogenesis

Choose 5-7 days of this week and complete the following 5 minute protocol in the shower a fasted state: 10 seconds warm, 20 seconds cold for 10x through. In addition, choose one day per week and do either:

- 10 minutes icy cold shower or (better).
- 15-20 minutes full body cold water immersion.

Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second

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Week 1 - Day 2

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Swim Hypoxic Sets Shorts (optional, but try to include)

Warm-up 500 meters. Then swim 12*25 meters as follows: NO breathing (or very minimal) for full 25. Recover 10 seconds, then repeat. Swim *smooth* (sprinting not necessary). See what changes that you make actually conserve energy.

Workout 3: The Ultimate Efficient Body Weight Workout

Complete details and science behind this body weight routine are [here](#).

Each exercise is to be performed for 30 seconds with 10 seconds of rest in between exercises. Technically, one round only takes about 7 minutes, but if time permits, you should attempt to do 2-3 rounds. Use good form on every exercise!

- Jumping jacks
- Wall sits
- Pushups
- Crunches
- Step-ups
- Squats
- Dips
- Planks
- Running in place with high knees
- Lunges
- Pushups with rotation
- Side planks

Week 1 - Day 3

Workout 1: Metabolic Mobility - The Ultimate Foam Roller Routine

Highly, highly recommend the "[Rumble Roller](#)" for this routine.

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You'll also need an elevation training mask. You can get one [here](#) and you can use 15% discount code GREEN1.

Click [here](#) for demonstrations of any foam roller exercise.

This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 "passes" with the foam roller on the muscle group. One "pass" means you go up the muscle group and back down the muscle group.

Station 1: 10 burpees. Foam roll achilles and calf R side.

Station 2: 10 burpees. Foam roll achilles and calf L side.

Station 3: Foam roll hamstring R side. 20 high leg swings R leg forward to backwards.

Station 4: Foam roll hamstring L side. 20 high leg swings L leg forward to backwards.

Station 5: 10 burpees. Foam roll R outside of hip.

Station 6: 10 burpees. Foam roll L outside of hip.

Station 7: Foam roll IT band R side. 20 side-to-side leg swings R leg.

Station 8: Foam roll IT band L side. 20 side-to-side leg swings L leg.

Station 9: 10 burpees. Foam roll R adductors/inside of thighs.

Station 10: 10 burpees. Foam roll L adductors/inside of thighs.

Station 11: 50 jumping jacks. Foam roll back bottom-to-top.

Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.

Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.

Station 14: 10 burpees. Foam roll neck (back, L side, R side)

Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared sauna.

Workout 2: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

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Week 1 - Day 4

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Super Slow Routine, free weights

Do this exact routine. You can substitute dumbbells or kettlebells instead of a barbell for any of the [exercises](#).

To learn the rationale behind this routine, [check this out](#).

Week 1 - Day 5

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches.

Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

Workout 3: Foundation Core Training

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

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Week 1 - Day 6

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Mitochondrial and metabolic sprints

You can read about the science of why these two forms of sprinting work [here](#) and [here](#).

Here's how this workout goes: do an all-out, maximum intensity sprint on rowing machine, bike or elliptical (kettlebell swings, lunge jumps or squat jumps can be used as a substitute if necessary) for 4x30 seconds with 4 minutes of active rest between each 30 second effort. Active rest can be walking, easy jogging, easy cycling, etc.

Then finish the entire workout with five 4- second all-out sprints, with 20 seconds of rest between each 4 second effort.

Week 1 - Day 7

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Hot/Cold Contrast

Alternate back and forth as follows:

- 5 minute cold shower or cold soak or cold water easy swim (55 degrees or less)
- 10 minutes dry sauna or wet sauna

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Go back and forth for maximum available time, preferably 30-45 minutes.

Week 2 - Day 1

Workout 1: Tabata sets for muscle endurance and aerobic capacity

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Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

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Week 2 - Day 2

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- Wall sits
- Pushups
- Crunches

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- Step-ups
- Squats
- Dips
- Planks
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- Lunges
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Week 2 - Day 3

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This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 “passes” with the foam roller on the muscle group. One “pass” means you go up the muscle group and back down the muscle group.

- Station 1: 10 burpees. Foam roll achilles and calf R side.
- Station 2: 10 burpees. Foam roll achilles and calf L side.
- Station 3: Foam roll hamstring R side. 20 high leg swings R leg forward to backwards.
- Station 4: Foam roll hamstring L side. 20 high leg swings L leg forward to backwards.
- Station 5: 10 burpees. Foam roll R outside of hip.
- Station 6: 10 burpees. Foam roll L outside of hip.
- Station 7: Foam roll IT band R side. 20 side-to- side leg swings R leg.
- Station 8: Foam roll IT band L side. 20 side-to- side leg swings L leg.
- Station 9: 10 burpees. Foam roll R adductors/inside of thighs.
- Station 10: 10 burpees. Foam roll L adductors/inside of thighs.
- Station 11: 50 jumping jacks. Foam roll back bottom-to-top.
- Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.
- Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.
- Station 14: 10 burpees. Foam roll neck (back, L side, R side)
- Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared sauna.

Week 2 - Day 4

Workout 1: Super Slow Routine, free weights

Do this exact routine. You can substitute dumbbells or kettlebells instead of a barbell for any of the [exercises](#).

To learn the rationale behind this routine, [check this out](#).

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 2 - Day 5

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

LOOK GOOD NAKED LONGEVITY PLAN

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5 -10 minutes.

Workout 2: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches.

Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

Workout 3: Foundation Core Training

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Week 2 - Day 6

Workout 1: 4 minute HIIT with 4 minute recoveries for VO2Max

You can read the science behind the effectiveness of this routine [here](#).

The instructions for this workout are relatively simple: Complete 5x4 minute intense intervals (maximum sustainable pace that you can maintain without your form or biomechanics suffering) with 4 minute easy, aerobic active recoveries between each effort. Mode is YOUR choice. Choose bike/run/swim/elliptical or rowing.

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

LOOK GOOD NAKED LONGEVITY PLAN

Week 2 - Day 7

Workout 1: Hot/Cold Contrast

Alternate back and forth as follows:

- 5 minute cold shower or cold soak or cold water easy swim (55 degrees or less)
- 10 minutes dry sauna or wet sauna

Go back and forth for maximum available time, preferably 30-45 minutes.

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 3: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

Week 3 - Day 1

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Cold Thermogenesis

Choose 5-7 days of this week and complete the following 5 minute protocol in the shower a fasted state: 10 seconds warm, 20 seconds cold for 10x through. In addition, choose one day per week and do either:

LOOK GOOD NAKED LONGEVITY PLAN

- 10 minutes icy cold shower or (better).
- 15-20 minutes full body cold water immersion.

Workout 3: Foundation Core Training Strength

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Week 3 - Day 2

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Swim Hypoxic Sets Long (optional, but try to include)

Warm-up 500 meters. Then swim 12*50 meters as follows: TWO breaths only (or very minimal breathing!) for full 50. Recover 10 seconds, then repeat. Swim *smooth* (sprinting not necessary). See what changes that you make actually conserve energy. When does breathing occur?

Workout 3: The Ultimate Efficient Body Weight Workout

Complete details and science behind this body weight routine are [here](#).

Each exercise is to be performed for 30 seconds with 10 seconds of rest in between exercises. Technically, one round only takes about 7 minutes, but if time permits, you should attempt to do 2-3 rounds. Use good form on every exercise!

- Jumping jacks
- Wall sits
- Pushups
- Crunches
- Step-ups
- Squats
- Dips
- Planks
- Running in place with high knees
- Lunges
- Pushups with rotation
- Side planks

LOOK GOOD NAKED LONGEVITY PLAN

Week 3 - Day 3

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Metabolic Mobility - The Ultimate Foam Roller Routine

Highly, highly recommend the "[Rumble Roller](#)" for this routine.

You'll also need an elevation training mask. You can get one [here](#) and you can use 15% discount code GREEN1.

If you need videos or demonstrations of any foam roller exercise, [click here](#).

This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 "passes" with the foam roller on the muscle group. One "pass" means you go up the muscle group and back down the muscle group.

- Station 1: 10 burpees. Foam roll achilles and calf R side.
- Station 2: 10 burpees. Foam roll achilles and calf L side.
- Station 3: Foam roll hamstring R side. 20 high leg swings R leg forward to backwards.
- Station 4: Foam roll hamstring L side. 20 high leg swings L leg forward to backwards.
- Station 5: 10 burpees. Foam roll R outside of hip.
- Station 6: 10 burpees. Foam roll L outside of hip.
- Station 7: Foam roll IT band R side. 20 side-to- side leg swings R leg.
- Station 8: Foam roll IT band L side. 20 side-to- side leg swings L leg.
- Station 9: 10 burpees. Foam roll R adductors/inside of thighs.
- Station 10: 10 burpees. Foam roll L adductors/inside of thighs.
- Station 11: 50 jumping jacks. Foam roll back bottom-to-top.
- Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.
- Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.
- Station 14: 10 burpees. Foam roll neck (back, L side, R side)
- Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared sauna.

LOOK GOOD NAKED LONGEVITY PLAN

Week 3 - Day 4

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Super Slow Routine, free weights

Do this exact routine. You can substitute dumbbells or kettlebells instead of a barbell for any of the [exercises](#).

To learn the rationale behind this routine, [check this out](#).

Week 3 - Day 5

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Foundation Core Training Strength

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Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 3: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches.

Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

LOOK GOOD NAKED LONGEVITY PLAN

Week 3 - Day 6

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Mitochondrial and metabolic sprints

You can read about the science of why these two forms of sprinting work [here](#) and [here](#).

Here's how this workout goes: do an all-out, maximum intensity sprint on rowing machine, bike or elliptical (kettlebell swings, lunge jumps or squat jumps can be used as a substitute if necessary) for 4x30 seconds with 4 minutes of active rest between each 30 second effort. Active rest can be walking, easy jogging, easy cycling, etc.

Then finish the entire workout with five 4- second all-out sprints, with 20 seconds of rest between each 4 second effort.

Week 3 - Day 7

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 3: Hot/Cold Contrast

Alternate back and forth as follows:

- 5 minute cold shower or cold soak or cold water easy swim (55 degrees or less)
- 10 minutes dry sauna or wet sauna

Go back and forth for maximum available time, preferably 30-45 minutes.

Week 4 - Day 1

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Cold Thermogenesis

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- 10 minutes icy cold shower or (better).
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Workout 3: Foundation Core Training

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Week 4 - Day 2

Workout 1: Swim Hypoxic Sets Long (optional, but try to include)

Warm-up 500 meters. Then swim 12*50 meters as follows: TWO breaths only (or very minimal breathing) for full 50. Recover 10 seconds, then repeat. Swim *smooth* (sprinting not necessary). See what changes that you make actually conserve energy. When does breathing occur?

LOOK GOOD NAKED LONGEVITY PLAN

Workout 2: The Ultimate Efficient Body Weight Workout

Complete details and science behind this body weight routine are [here](#).

Each exercise is to be performed for 30 seconds with 10 seconds of rest in between exercises. Technically, one round only takes about 7 minutes, but if time permits, you should attempt to do 2-3 rounds. Use good form on every exercise!

- Jumping jacks
- Wall sits
- Pushups
- Crunches
- Step-ups
- Squats
- Dips
- Planks
- Running in place with high knees
- Lunges
- Pushups with rotation
- Side planks

Workout 3: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 4 - Day 3

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 2: Metabolic Mobility - The Ultimate Foam Roller Routine

Highly, highly recommend the "[Rumble Roller](#)" for this routine.

You'll also need an elevation training mask. You can get one [here](#) and you can use 15% discount code GREEN1.

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This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 "passes" with the foam roller on the muscle group. One "pass" means you go up the muscle group and back down the muscle group.

- Station 1: 10 burpees. Foam roll achilles and calf R side.
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- Station 6: 10 burpees. Foam roll L outside of hip.
- Station 7: Foam roll IT band R side. 20 side-to-side leg swings R leg.
- Station 8: Foam roll IT band L side. 20 side-to-side leg swings L leg.
- Station 9: 10 burpees. Foam roll R adductors/inside of thighs.
- Station 10: 10 burpees. Foam roll L adductors/inside of thighs.
- Station 11: 50 jumping jacks. Foam roll back bottom-to-top.
- Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.
- Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.
- Station 14: 10 burpees. Foam roll neck (back, L side, R side)
- Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared sauna.

Week 4 - Day 4

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 2: Super Slow Routine, free weights

Do this exact routine. You can substitute dumbbells or kettlebells instead of a barbell for any of the [exercises](#).

To learn the rationale behind this routine, [check this out](#).

Week 4 - Day 5

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Foundation Core Training

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Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 3: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches. Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

Week 4 - Day 6

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 3: Hot/Cold Contrast

Alternate back and forth as follows:

- 5 minute cold shower or cold soak or cold water easy swim (55 degrees or less)
- 10 minutes dry sauna or wet sauna

Go back and forth for maximum available time, preferably 30-45 minutes.

Week 4 - Day 7

Workout 1: Hardest Workout In The World

Do this workout exactly as [described](#).

Week 5 - Day 1

Workout 1: Foundation Core Training

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Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 2: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 3: Cold Thermogenesis

Choose 5-7 days of this week and complete the following 5 minute protocol in the shower a fasted state: 10 seconds warm, 20 seconds cold for 10x through. In addition, choose one day per week and do either:

- 10 minutes icy cold shower or (better).
- 15-20 minutes full body cold water immersion.

Week 5 - Day 2

Workout 1: Grease The Groove

For each hour of the day today, stop and do any of the following:

- 20 pullups or rows (you can break them up into sets of 2, 3, 5, etc.)
- 30 pushups
- 40 strict, slow body weight squats
- 20 burpees
- 100 jumping jacks

Workout 2: Core Plank Workout

See exercises [here](#). Complete as a circuit, 5x through.

- 20 Plank Taps Per Side
- 20 Side Plank Rotations Per Side
- 20 Stability ball leg bridges or back bridges

Workout 3: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 5 - Day 3

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine.

LOOK GOOD NAKED LONGEVITY PLAN

Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

Workout 2: Metabolic Mobility - The Ultimate Foam Roller Routine

Highly, highly recommend the "[Rumble Roller](#)" for this routine.

You'll also need an elevation training mask. You can get one at <http://bit.ly/gfs-training-mask> and you can use 15% discount code GREEN1.

If you need videos or demonstrations of any foam roller exercise, then [click here](#).

This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 "passes" with the foam roller on the muscle group. One "pass" means you go up the muscle group and back down the muscle group.

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- Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.
- Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.
- Station 14: 10 burpees. Foam roll neck (back, L side, R side)
- Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared sauna.

LOOK GOOD NAKED LONGEVITY PLAN

Week 5 - Day 4

Workout 1: Full Body Isometric Workout

Wall Pushes: Get in a low lunge position and place your hands on the wall at about chest level. Lean into the wall and push with all of your strength. If you slide backwards you may need to put on shoes with a good grip. It's very important to push as hard as you can in order to fatigue the muscle.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Gun Show: Bring your arms to a 45-degree angle. Imagine your biceps getting tighter and tighter as you breath in. After you complete position one, move to the next position, bringing the arms higher. Tighten as much as you can, then relax. Move on to the third position, tighten as much as possible, and relax.

Hold time: Move with the breath, holding each position for one long inhale and moving to the next as you exhale. Repeat 2-3 times, resting for 20-30 seconds between sets.

Wall Extensions: Stand with your back toward the wall. Bend over at the waist and place the outer edges of your fist (on both hands) against the wall. Push with all your strength against the wall. You'll notice your tricep muscles fully engage.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Field Goal Pushes: Stand about 1-2 inches away from a wall facing outward. Raise your arms up so they are parallel with the floor. Place your elbows in a 90 degree angle. Your arms should look like a field goal. Push your elbows and forearms into the wall as hard as you can. You should feel this in the middle of your back – if you don't, try placing the arms perpendicular to the floor.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Basic Abdominal Isometric ("The Triangle"): Massive core muscle engagement, while "just sitting there." Imagine a triangle made by your floating ribs and the spot just beneath your navel. Sitting on the floor, spine straight, exhale to draw the floating ribs towards the spine and activate the lower abdominals. As you inhale, maintain the activation of this triangle, keeping the shoulders down as the rib cage and expands.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps. Try growing the length of the hold overtime, eventually completing one repetition of 2-5 minutes (build this slowly).

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Turtle Crunch: This unique isometric ab exercise is an extreme activation of the triangle. If you couldn't quite figure out the triangle before, you definitely will after experiencing this. Position yourself on the floor face down in a fetal position. Your arms cross in front of you and rest against your knees and thighs. Use your abs to curl your upper body into your thighs while using your arms as a point of resistance.

Hold time: Push as hard as you can for 30 seconds or longer. Complete 2-3 repetitions, resting for 45-60 seconds between reps.

Plank: You're probably at least a little familiar with this one. Place the hands under the shoulders, and extend the legs behind you, so you're flat like a board, shoulders, hips, knees, and ankles in one line. Now make it active, pressing back through the feet, reaching the chest forward, and engaging "the triangle." Breathe!

Hold time: Aim for at least a minute. Repeat 2-3 times, resting for 45-60 seconds between reps.

Pushup Hold: From plank position, exhale into a pushup, keeping the elbows in and the gaze forward. Don't forget to continue engaging that triangle! If you feel any discomfort in your low back, you've lost our abdominal support, and it's time to back out.

Hold time: Aim for at least 30 seconds. Repeat 2-3 times, resting for 45-60 seconds between reps.

Wall Sit: Stand with your back against the wall, feet hip-width apart. Bend your knees, bringing your thighs parallel to the ground. Avoid leaning forward – keep your core engaged and your sternum lifted. Press down through your heels into the ground and try to squeeze your feet together, engaging your inner thighs.

Hold time: Aim for at least 30 seconds. Repeat 2-3 times, resting for 45-60 seconds between reps.

Workout 2: Morning Fasted Fat Burning

20- 30 minutes of light cardio in Zones 1- 2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 5 - Day 5

Workout 1: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches.

LOOK GOOD NAKED LONGEVITY PLAN

Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 3: 4 minute HIIT with 4 minute recoveries for VO2Max

You can read the science behind the effectiveness of this routine [here](#).

The instructions for this workout are relatively simple: Complete 5x4 minute intense intervals (maximum sustainable pace that you can maintain without your form or biomechanics suffering) with 4 minute easy, aerobic active recoveries between each effort. Mode is YOUR choice. Choose bike/run/swim/elliptical or rowing.

Workout 4: Foundation Core Training

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Week 5 - Day 6

Workout 1: Obstacle Training Circuit

Warm-up with a 1 mile easy run, then progress to the following circuit 2-3x through:

- Bear Crawl: 20 yards
- Muscleups or climbs over a wall (Perform pullups if muscleups are not possible): 5
- Side to Side Hop: 20
- Chest Dips or Pushups: 10
- Jump Squats: 15
- Hindu / Dive Bomber Push-ups: 10
- Walking Lunges: 15
- Burpees: 10
- Plank: 1 (until failure)
- Stand and sprint for 60 seconds

LOOK GOOD NAKED LONGEVITY PLAN

Week 5 - Day 7

Workout 1: Fasted Fat Loss Cardio

You get to choose the exercise for this activity. It can be fast walking, light jogging, bike riding indoors or outdoors, swimming, elliptical trainer, etc. You must do this workout in a fasted state - meaning that you do not eat for 2 hours prior to bedtime and the only thing you consume prior to the workout is coffee. Try to start the workout within one hour of waking.

Total goal time: 40-60 minutes. Intensity: Easy, conversational pace. OK to be breathing hard, but no intense muscle burning or “sucking” air.

Week 6 - Day 1

Workout 1: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Workout 2: Foundation Core Training

You're going to need the excellent book “Foundation” to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 3: Cold Thermogenesis

Choose 5-7 days of this week and complete the following 5 minute protocol in the shower a fasted state: 10 seconds warm, 20 seconds cold for 10x through. In addition, choose one day per week and do either:

- 10 minutes icy cold shower or (better).
- 15-20 minutes full body cold water immersion.

Week 6 - Day 2

Workout 1: Grease The Groove

For each hour of the day today, stop and do any of the following:

LOOK GOOD NAKED LONGEVITY PLAN

- 20 pullups or rows (you can break them up into sets of 2, 3, 5, etc.)
- 30 pushups
- 40 strict, slow body weight squats
- 20 burpees
- 100 jumping jacks

Workout 2: Core Plank Workout

See exercises [here](#). Complete as a circuit, 5x through:

- 20 Plank Taps Per Side
- 20 Side Plank Rotations Per Side
- 20 Stability ball leg bridges or back bridges

Workout 3: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 6 - Day 3

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

Workout 2: Metabolic Mobility - The Ultimate Foam Roller Routine

Highly, highly recommend the "[Rumble Roller](#)" for this routine.

You'll also need an elevation training mask. You can get one [here](#) and you can use 15% discount code GREEN1.

If you need videos or demonstrations of any foam roller exercise, then [click here](#).

This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 "passes" with the foam roller on the muscle group. One "pass" means you go up the muscle group and back down the muscle group.

LOOK GOOD NAKED LONGEVITY PLAN

- Station 1: 10 burpees. Foam roll achilles and calf R side.
- Station 2: 10 burpees. Foam roll achilles and calf L side.
- Station 3: Foam roll hamstring R side. 20 high leg swings R leg forward to backwards.
- Station 4: Foam roll hamstring L side. 20 high leg swings L leg forward to backwards.
- Station 5: 10 burpees. Foam roll R outside of hip.
- Station 6: 10 burpees. Foam roll L outside of hip.
- Station 7: Foam roll IT band R side. 20 side-to-side leg swings R leg.
- Station 8: Foam roll IT band L side. 20 side-to-side leg swings L leg.
- Station 9: 10 burpees. Foam roll R adductors/inside of thighs.
- Station 10: 10 burpees. Foam roll L adductors/inside of thighs.
- Station 11: 50 jumping jacks. Foam roll back bottom-to-top.
- Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.
- Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.
- Station 14: 10 burpees. Foam roll neck (back, L side, R side)
- Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared sauna.

Week 6 - Day 4

Workout 1: Full Body Isometric Workout

Wall Pushes: Get in a low lunge position and place your hands on the wall at about chest level. Lean into the wall and push with all of your strength. If you slide backwards you may need to put on shoes with a good grip. It's very important to push as hard as you can in order to fatigue the muscle.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Gun Show: Bring your arms to a 45-degree angle. Imagine your biceps getting tighter and tighter as you breath in. After you complete position one, move to the next position, bringing the arms higher. Tighten as much as you can, then relax. Move on to the third position, tighten as much as possible, and relax.

Hold time: Move with the breath, holding each position for one long inhale and moving to the next as you exhale. Repeat 2-3 times, resting for 20-30 seconds between sets.

Wall Extensions: Stand with your back toward the wall. Bend over at the waist and place the outer edges of your fist (on both hands) against the wall. Push with all your strength against the wall. You'll notice your tricep muscles fully engage.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

LOOK GOOD NAKED LONGEVITY PLAN

Field Goal Pushes: Stand about 1-2 inches away from a wall facing outward. Raise your arms up so they are parallel with the floor. Place your elbows in a 90 degree angle. Your arms should look like a field goal. Push your elbows and forearms into the wall as hard as you can. You should feel this in the middle of your back – if you don't, try placing the arms perpendicular to the floor.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Basic Abdominal Isometric (“The Triangle”): Massive core muscle engagement, while “just sitting there.” Imagine a triangle made by your floating ribs and the spot just beneath your navel. Sitting on the floor, spine straight, exhale to draw the floating ribs towards the spine and activate the lower abdominals. As you inhale, maintain the activation of this triangle, keeping the shoulders down as the rib cage and expands.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps. Try growing the length of the hold overtime, eventually completing one repetition of 2-5 minutes (build this slowly).

Basic Abdominal Isometric (“The Triangle”): Massive core muscle engagement, while “just sitting there.” Imagine a triangle made by your floating ribs and the spot just beneath your navel. Sitting on the floor, spine straight, exhale to draw the floating ribs towards the spine and activate the lower abdominals. As you inhale, maintain the activation of this triangle, keeping the shoulders down as the rib cage and expands.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps. Try growing the length of the hold overtime, eventually completing one repetition of 2-5 minutes (build this slowly).

Turtle Crunch: This unique isometric ab exercise is an extreme activation of the triangle. If you couldn't quite figure out the triangle before, you definitely will after experiencing this. Position yourself on the floor face down in a fetal position. Your arms cross in front of you and rest against your knees and thighs. Use your abs to curl your upper body into your thighs while using your arms as a point of resistance.

Hold time: Push as hard as you can for 30 seconds or longer. Complete 2-3 repetitions, resting for 45-60 seconds between reps.

Plank: You're probably at least a little familiar with this one. Place the hands under the shoulders, and extend the legs behind you, so you're flat like a board, shoulders, hips, knees, and ankles in one line. Now make it active, pressing back through the feet, reaching the chest forward, and engaging “the triangle.” Breathe!

LOOK GOOD NAKED LONGEVITY PLAN

Hold time: Aim for at least 30 seconds. Repeat 2-3 times, resting for 45-60 seconds between reps.

Wall Sit: Stand with your back against the wall, feet hip-width apart. Bend your knees, bringing your thighs parallel to the ground. Avoid leaning forward – keep your core engaged and your sternum lifted. Press down through your heels into the ground and try to squeeze your feet together, engaging your inner thighs.

Hold time: Aim for at least 30 seconds. Repeat 2-3 times, resting for 45-60 seconds between reps.

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 6 - Day 5

Workout 1: Foundation Core Training

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 2: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches.

Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

Workout 3: Mitochondrial and metabolic sprints

You can read about the science of why these two forms of sprinting work [here](#) and [here](#).

Here's how this workout goes: do an all out, maximum intensity sprint on rowing machine, bike or elliptical (kettlebell swings, lunge jumps or squat jumps can be used as a substitute if necessary) for 4x30 seconds with 4 minutes of active rest between each 30 second effort. Active rest can be walking, easy jogging, easy cycling, etc. Then finish the entire workout with five 4- second all-out sprints, with 20 seconds of rest between each 4 second effort.

LOOK GOOD NAKED LONGEVITY PLAN

Week 6 - Day 6

Workout 1: Brain & Body Crosstraining

New class at gym, stand-up paddle boarding, ultimate frisbee, basketball, tennis, speed golf - you choose. Challenge both your brain and your body with this session. Goal is 1-2 hours.

Week 6 - Day 7

Workout 1: Fasted Fat Loss Cardio

You get to choose the exercise for this activity. It can be fast walking, light jogging, bike riding indoors or outdoors, swimming, elliptical trainer, etc. You must do this workout in a fasted state - meaning that you do not eat for 2 hours prior to bedtime and the only thing you consume prior to the workout is coffee. Try to start the workout within one hour of waking.

Total goal time: 40-60 minutes.

Intensity: Easy, conversational pace. OK to be breathing hard, but no intense muscle burning or “sucking” air.

Week 7 - Day 1

Workout 1: Foundation Core Training

You're going to need the excellent book “Foundation” to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 2: Cold Thermogenesis

Choose 5-7 days of this week and complete the following 5 minute protocol in the shower a fasted state: 10 seconds warm, 20 seconds cold for 10x through. In addition, choose one day per week and do either:

- 10 minutes icy cold shower or (better).
- 15-20 minutes full body cold water immersion.

Workout 3: Tabata sets for muscle endurance and aerobic capacity

Read the science behind this routine [here](#).

LOOK GOOD NAKED LONGEVITY PLAN

Warm-up for 10-15 minutes, then complete: 8 × 20 seconds of a single exercise (burpees, jumping jacks, mountain climbers, kettlebell swings, squats, treadmill, bike, rowing machine - you choose) separated by 10 seconds of rest after each 20 second effort. Go at your all-out, maximum intensity pace for every 20 second effort. Cool-down for 5-10 minutes.

Week 7 - Day 2

Workout 1: Grease The Groove

For each hour of the day today, stop and do any of the following:

- 20 pullups or rows (you can break them up into sets of 2, 3, 5, etc.)
- 30 pushups
- 40 strict, slow body weight squats
- 20 burpees
- 100 jumping jacks

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 3: Core Plank Workout

See exercises [here](#). Complete as a circuit, 5x through:

- 20 Plank Taps Per Side
- 20 Side Plank Rotations Per Side
- 20 Stability ball leg bridges or back bridges

Week 7 - Day 3

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 2: Metabolic Mobility - The Ultimate Foam Roller Routine

Highly, highly recommend the "[Rumble Roller](#)" for this routine.

You'll also need an elevation training mask. You can get one [here](#) and you can use 15% discount code GREEN1.

If you need videos or demonstrations of any foam roller exercise, then [click here](#).

This workout combines cardio exercise, breath restriction and foam rolling. Wear elevation training mask for entire routine. For every area that you foam roll, do 20-30 "passes" with the foam roller on the muscle group. One "pass" means you go up the muscle group and back down the muscle group.

- Station 1: 10 burpees. Foam roll achilles and calf R side.
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- Station 3: Foam roll hamstring R side. 20 high leg swings R leg forward to backwards.
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- Station 11: 50 jumping jacks. Foam roll back bottom-to-top.
- Station 12: 50 jumping jacks. Foam roll entire right shoulder complex.
- Station 13: 50 jumping jacks. Foam roll entire left shoulder complex.
- Station 14: 10 burpees. Foam roll neck (back, L side, R side)
- Station 15: 10 burpees. Foam roll entire front of quads.

BONUS POINTS: do this in a dry or infrared Sauna.

Week 7 - Day 4

Workout 1: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 2: Full Body Isometric Workout

Wall Pushes: Get in a low lunge position and place your hands on the wall at about chest level. Lean into the wall and push with all of your strength. If you slide backwards you may need to put on shoes with a good grip. It's very important to push as hard as you can in order to fatigue the muscle.

LOOK GOOD NAKED LONGEVITY PLAN

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Gun Show: Bring your arms to a 45-degree angle. Imagine your biceps getting tighter and tighter as you breath in. After you complete position one, move to the next position, bringing the arms higher. Tighten as much as you can, then relax. Move on to the third position, tighten as much as possible, and relax.

Hold time: Move with the breath, holding each position for one long inhale and moving to the next as you exhale. Repeat 2-3 times, resting for 20-30 seconds between sets.

Wall Extensions: Stand with your back toward the wall. Bend over at the waist and place the outer edges of your fist (on both hands) against the wall. Push with all your strength against the wall. You'll notice your tricep muscles fully engage.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Field Goal Pushes: Stand about 1-2 inches away from a wall facing outward. Raise your arms up so they are parallel with the floor. Place your elbows in a 90 degree angle. Your arms should look like a field goal. Push your elbows and forearms into the wall as hard as you can. You should feel this in the middle of your back – if you don't, try placing the arms perpendicular to the floor.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps.

Basic Abdominal Isometric ("The Triangle"): Massive core muscle engagement, while "just sitting there." Imagine a triangle made by your floating ribs and the spot just beneath your navel. Sitting on the floor, spine straight, exhale to draw the floating ribs towards the spine and activate the lower abdominals. As you inhale, maintain the activation of this triangle, keeping the shoulders down as the rib cage and expands.

Hold time: Complete 2-3 repetitions, holding for 30 seconds or longer, resting for 45-60 seconds between reps. Try growing the length of the hold overtime, eventually completing one repetition of 2-5 minutes (build this slowly).

Turtle Crunch: This unique isometric ab exercise is an extreme activation of the triangle. If you couldn't quite figure out the triangle before, you definitely will after experiencing this. Position yourself on the floor face down in a fetal position. Your arms cross in front of you and rest against your knees and thighs. Use your abs to curl your upper body into your thighs while using your arms as a point of resistance.

LOOK GOOD NAKED LONGEVITY PLAN

Hold time: Push as hard as you can for 30 seconds or longer. Complete 2-3 repetitions, resting for 45-60 seconds between reps.

Plank: You're probably at least a little familiar with this one. Place the hands under the shoulders, and extend the legs behind you, so you're flat like a board, shoulders, hips, knees, and ankles in one line. Now make it active, pressing back through the feet, reaching the chest forward, and engaging "the triangle." Breathe!

Hold time: Aim for at least a minute. Repeat 2-3 times, resting for 45-60 seconds between reps.

Pushup Hold: From plank position, exhale into a pushup, keeping the elbows in and the gaze forward. Don't forget to continue engaging that triangle! If you feel any discomfort in your low back, you've lost our abdominal support, and it's time to back out.

Hold time: Aim for at least 30 seconds. Repeat 2-3 times, resting for 45-60 seconds between reps.

Wall Sit: Stand with your back against the wall, feet hip-width apart. Bend your knees, bringing your thighs parallel to the ground. Avoid leaning forward – keep your core engaged and your sternum lifted. Press down through your heels into the ground and try to squeeze your feet together, engaging your inner thighs.

Hold time: Aim for at least 30 seconds. Repeat 2-3 times, resting for 45-60 seconds between reps.

Week 7 - Day 5

Workout 1: Foundation Core Training

You're going to need the excellent book "Foundation" to do this properly. You can get it in Kindle or Hard Copy off [Amazon](#).

Go through each of the 10 Foundation exercises just 1 time (it will take you about 10-15 minutes) - with a focus on perfect form.

Workout 2: Sauna

Spend 20-40 minutes (as long as you can tolerate) in a dry sauna. Focus on deep breathing, box breathing (4 count in, 4 count hold, 4 count out, 4 count hold), occasional yoga moves and stretches.

Drink water in moderation (as little as you can get away with). Finish up with cold shower. It is OK for heart rate to get high during this session and for it to feel a bit uncomfortable.

LOOK GOOD NAKED LONGEVITY PLAN

Workout 3: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Workout 4: 4 minute HIIT with 4 minute recoveries for VO2Max

You can read the science behind the effectiveness of this routine [here](#).

The instructions for this workout are relatively simple: Complete 5x4 minute intense intervals (maximum sustainable pace that you can maintain without your form or biomechanics suffering) with 4 minute easy, aerobic active recoveries between each effort. Mode is YOUR choice. Choose bike/run/swim/elliptical or rowing.

Week 7 - Day 6

Workout 1: Obstacle Training Circuit

Warm-up with a 1 mile easy run, then progress to the following circuit 2-3x through:

- Bear Crawl: 20 yards
- Muscle-ups or climbs over a wall (Perform pull-ups if muscle-ups are not possible): 5
- Side to Side Hop: 20
- Chest Dips or Pushups: 10
- Jump Squats: 15
- Hindu / Dive Bomber Push-ups: 10
- Walking Lunges: 15
- Burpees: 10
- Plank: 1 (until failure)
- Stand and sprint for 60 seconds

Week 7 - Day 7

Workout 1: Fasted Fat Loss Cardio

You get to choose the exercise for this activity. It can be fast walking, light jogging, bike riding indoors or outdoors, swimming, elliptical trainer, etc.

You must do this workout in a fasted state - meaning that you do not eat for 2 hours prior to bedtime and the only thing you consume prior to the workout is coffee. Try to start the workout within one hour of waking.

LOOK GOOD NAKED LONGEVITY PLAN

Total goal time: 40-60 minutes. Intensity: Easy, conversational pace. OK to be breathing hard, but no intense muscle burning or “sucking” air.

Week 8 - Day 1

Workout 1: Full Body Range of Motion & Recovery, Intermediate to Advanced

Do this entire routine by moving from station to station (one stretch to the next stretch) with minimum rest. The order of the movements is not crucial; you may change order, if necessary. This workout is best performed with 5–10 minutes of light cardio beforehand.

Static Stretches: For static stretches, hold each position for 6–20 seconds, as time permits.

Static

[Posterior Shoulder](#)

[Side-Bending Lat](#)

[Anterior Shoulder](#)

[Scorpion](#)

[Down Dog](#)

[Spiderman](#)

[Warrior One](#)

[Warrior Two](#)

[Warrior Three](#)

[Frog](#)

[Single Leg Quadriceps](#)

[Standing Figure Four](#)

[Lying or Standing Hamstring](#)

[Lying Leg Cross Body](#)

[Lying Leg Open Body](#)

[Calf](#)

[Achilles/foot](#)

[Bridge](#)

Dynamic

[Arm Swings](#)

[Arm Circles](#)

[Side-to-Side Leg Swing](#)

[Front-to-Back Leg Swing](#)

[Hip Flexor Kickout](#)

[Four-Step Hip Stretch](#)

LOOK GOOD NAKED LONGEVITY PLAN

Foam Rolling: For foam rolling, one foam roller motion up and back down a body region is the equivalent of a single rep.

[Achilles](#)

[Lateral Calf](#)

[Hamstring](#)

[Lateral Glutes](#)

[Posterior Glutes](#)

[Quads](#)

[Hip Flexors](#)

[IT Band Low](#)

[IT Band High](#)

[Low Back](#)

[Mid Back](#)

[Upper Back/Neck](#)

[Lats](#)

[Chest](#)

Workout 2: Final “Deload” Week

This week is used for rest, recovery, deloading and supercompensation. It can also be used as a “taper” week for an event you may be competing in. Once you have done this week, you can go back to week 1, and simply rinse, wash and repeat during the year!

Workout 3: Tracking Your Recovery

It is highly recommended that you read [this article](#), and through the course of this week, use as many recovery tracking methods as possible, especially heart rate variability: by doing so, you will be able to know when your body is “ready” to jump back into your normal training routine again.

Workout 4: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 8 - Day 2

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

LOOK GOOD NAKED LONGEVITY PLAN

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good. Contact Ben if you have questions.

Workout 2: Fast Foot Mobility Routine

Do golf ball rolling for 60 seconds on each foot (you can go as long as 5 minutes if you'd like) and hand on foot mobility for 60 seconds each foot (you can go as long as 2 minutes if you'd like).

Here is the [video](#).

Week 8 - Day 3

Warm-Up: Complete 3–5 minutes of aerobic exercise, such as jogging, cycling or elliptical trainer, then complete the following exercises.

[Arm Swings](#)

[Arm Circles](#)

[Side-to-Side Leg Swing](#)

[Front-to-Back Leg Swing](#)

[Hip Flexor Kickout](#)

[Foam Roller Hamstrings](#)

[Foam Roller Quadriceps](#)

Main Set 1: Complete the following rotator cuff exercises as a circuit, 3-4x through, with 30-60 sec rest after each time through, before proceeding to the next Main Set.

[Elastic Band](#) or [Cable External Rotation](#)

[Front Raising](#)

[Side Raising](#)

[Empty Cans](#)

[Dumbbell Uppercuts](#) (do on bosu ball)

Main Set 2: Complete the following gluteus medius and lateral exercises as a circuit, 3-4x through, with 30-60 sec rest after each time through, before proceeding to the next Main Set.

[Fire Hydrants](#)

[Lateral Lunges](#)

[Hip Hikes](#)

LOOK GOOD NAKED LONGEVITY PLAN

Main Set 3: Complete the following core exercises as a circuit, 3–4x through, with 30–60 sec rest after each time through, before proceeding to the next Main Set.

[Front Plank Reaches](#)

[Side Plank Rotation](#) or [Lateral Raises](#)

[Crunch](#)

[Superman](#) or [Glute Extensions](#)

Cool-down: Hold each of the following stretches for 6–20 seconds, and go 3x through. If heart rate is high or breathing is difficult, complete 3–5 minutes of light aerobic activity prior to the stretches.

[Warrior One](#)

[Warrior Two](#)

[Warrior Three](#)

[Standing Hamstring](#)

[Down Dog](#)

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 8 - Day 4

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendation is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good. Contact Ben if you have questions.

Workout 2: Fast Foot Mobility Routine

Do golf ball rolling for 60 seconds on each foot (you can go as long as 5 minutes if you'd like) and hand on foot mobility for 60 seconds each foot (you can go as long as 2 minutes if you'd like). Here is the [video](#).

LOOK GOOD NAKED LONGEVITY PLAN

Week 8 - Day 5

Workout 1: Foam Roller or Massage

Full body foam roller workout using exercises shown here (approx 10-15 rolls per body section) OR 60 minute full body massage

Workout 2: Morning Fasted Fat Burning

20-30 minutes of light cardio in Zones 1-2, prior to breakfast. Options include yoga, fast walking, cycling, elliptical, swimming or hiking. Goal is to burn fat and lean up. Eat breakfast after. Cup of coffee before is OK. If you can't get this done in the morning, do after dinner, and don't eat anything afterwards.

Week 8 - Day 6

Workout 1: Deep Breathing & Yoga

Highly recommend you read [this](#) and engage in deep nasal, belly breathing during your entire morning yoga routine. Try to do this routine in the sunshine to amplify Vitamin D levels. If that isn't an option, use a brightly lit room. Focus on your breath.

For the actual yoga routine, you can choose. You should preferably be doing this alone. My top recommendations is Gaiam TV and any of the 45-60 minute relaxation routines there. No power or calorie blasting yoga! Many of the Rodney Yee DVD's are also good. Contact Ben if you have questions.

Week 8 - Day 7

Workout 1: Nature Walk

1-2 hour nature walk. No huffing and puffing. Deep nasal breathing. Do this in a grassy or wooded area with as much exposure to nature as possible. NO .mp3 player or electronics. Listen to your body.

Workout 2: Foam Roller or Massage

Full body foam roller workout using exercises shown here (approx 10-15 rolls per body section) OR 60 minute full body massage.

LOOK GOOD NAKED LONGEVITY PLAN

About the author

Author of the New York Times Bestseller “Beyond Training“, Ben Greenfield’s balanced approach to fitness, nutrition and health comes from his extensive experience in the fitness and wellness industry as one of the country’s leading personal trainers and wellness consultants. In 2008, Ben was nominated by the NSCA as America’s top personal trainer, and in 2013 and 2014, Ben was voted as one of the top 100 most influential individuals in health and fitness.



A frequent contributor to health and wellness publications and a highly sought after speaker, Ben’s understanding of functional exercise, nutrition, and the delicate balance between performance and health has helped thousands of people around the world achieve their goals and improve their quality of life.

Ben’s goal in life is to make healthy living inspiring, entertaining and educational, and his “rebel yell” goes like this:

“I love getting fit, feeling good about the way my body looks, and fulfilling my deep-seeded drive to live life to the fullest by achieving difficult feats of physical performance. But I was fed up with feeling like crap from all the extreme exercising, strange foods, feeling of constant stress and soreness, and worry about the toll my hectic lifestyle was taking on my body. So I have found a way of training, eating and living that is perfectly healthy and natural, but still allows me to look, feel and perform at my peak capabilities.”

He is currently the founder and owner of [Greenfield Fitness Systems](https://www.greenfieldfitnesssystems.com), a company that develops innovative and cutting-edge fitness and nutrition services and solutions to help people reach their physical and mental performance goals, whether that be to defy aging and achieve longevity, cross the finish line of an Ironman triathlon, or simply shed a few pounds.

Ben coaches and trains individuals for general health, longevity, weight loss, lean muscle gain, holistic wellness, and sports performance, both from his physical location in Spokane, Washington and Coeur D’ Alene, Idaho as well as all over the world via online training and consulting.