

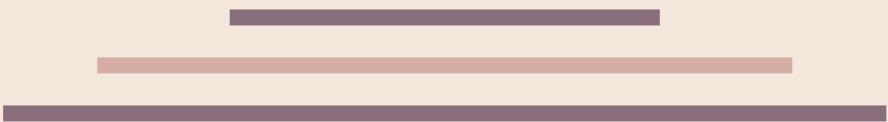
12-WEEK DETOX PLAN



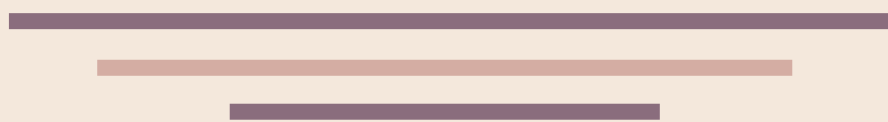


**P L A N
O V E R
V I E W**





This entire 12 week full body detox contains every biohack, tip, trick, exercise, workout, cleanse and detox necessary for you to sculpt an amazing body and break through fitness barriers while at the same time rebooting your entire human machine from head to toe. Designed by America's top personal trainer, author, human performance consultant and biohacker Ben Greenfield, this program is unlike any other detox program in that you **won't** finish looking like a skinny, worn-out marathoner, or fat and out-of-shape, or having lost your muscles or your lung capacity or your passion for movement, sports and exploring the outdoors. Instead, using the techniques Ben has developed - from sauna to rebounding to super-slow lifting to special tea blends and beyond - you'll get everything you need for an entire 12 weeks with zero guesswork. Simply open the day and "check-off" each item written for that specific day. For even more benefit, pair this routine with the supplementation protocol and 90 day meal plan you will find at www.DetoxWithBen.com. If you have any difficulties hunting down what you need, email support@bengreenfieldfitness.com.



WEEK 1 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you'd like, you can use this Gymnastics work as a “warmup” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You're going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

GENERAL DIET RECOMMENDATIONS

During the entire course of this program:

- Avoid frequent snacking/grazing and instead shoot for 2-3 meals per day with just 1-2 snacks maximum.
- Avoid any and all foods that have been heavily cooked or exposed to high heat.
- Avoid baked goods.
- Avoid soy, wheat, legumes and dairy unless fermented, soaked, sprouted, etc.
- Avoid high intake of very heavy foods such as large amounts of cheeses and nut butters.
- Avoid extremely spicy foods.
- Avoid white sugar, simple starches, high alcohol intake, high caffeine intake, and frequent recreational drug use.
- Include ferments such as KimChi, sauerkraut, natto, kefir, kombucha, etc. as long as they do not have **added sugars**.

HYPOXIA

During *any* of the day's activities for this week and for the weeks going forward, choose 10-15 minutes to practice hypoxia. For example, during the rebounding session, you could hold your breath for the first 15 seconds out of every 60 seconds. Or during the sauna or yoga, you can hold your breath during certain movements. You can even practice breathholds during the last few reps of a weight training exercise.

In addition, during every activity you do in this program, unless 100% necessary (e.g. you are gasping for breath or getting lightheaded), attempt to **only** breathe through your nose using abdominal/belly breathing.

It is **HIGHLY** recommended that you read the book *The Oxygen*

Advantage to learn how to “biohack” your oxygen levels for better fat loss, more nitric oxide, improved performance, enhanced sleep and more. You can learn more [here](#).

BIOHACKS

If you want to try any biohacks such as photobiomodulation, self-quantification, neurofeedback, binaural beats, or other more advanced detox, body, brain and sleep enhancing technologies during the course of this program, or you want to detox your home with regards to air, light, electricity and water, then **it is highly recommended you take a quick look at [Ben's Best Biohacking Tests, Tools & Toys](#)**.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)*
- [Turkish Get-Up](#)*
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)*
- [Deadlift to Overhead Press](#)*

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- [Walking Dumbbell Lunge](#)
- [Walking Overhead Dumbbell Lunge](#)
- [Farmer's Walk](#)
- [Incline Situp](#)
- [Incline Situp with Rotation](#)
- Any Version of a Knee-Up, [V-Up](#) or Get-Up
- Any Version of a Hanging Bent or [Straight Leg Raise](#)
- [Reverse Hyperextension](#)
- [Slow Torso Twists](#)
- [Turkish Get-Ups](#)

POWER:**Upper Body Push:**

- [Overhead Push Press](#)
- Explosive or [Clap Pushup](#)
- [Medicine Ball Chest Throw](#) or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

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.

For this, for your massage or for the more advanced routine below, if it is possible, “blast” your body with healing frequencies the entire time. Do this with the WholeTones CD’s. Full details in the podcast [here](#).

I highly, highly recommend the “[Rumble Roller](#)” for this routine.

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

If you need videos or demonstrations of any foam roller exercise, then you can watch [these videos](#).

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.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you'll be including a 24 hour fast over the weekend, don't make this too "epic" in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 2 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you'd like, you can use this Gymnastics work as a “warmup” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNDED 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You're going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can boil overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [*Dumbbell Bench Press*](#)

-[*Incline Barbell or Dumbbell Bench Press*](#)

-[*Standing Overhead Press*](#)

-[*Standing Cable Press*](#)

-Loaded Pushup (with Weighted Vest, or [*Super Slow*](#) with body weight)

Upper Body Pull:

- Bent Barbell* or [Dumbbell Row](#)
- [Weighted Pull-up](#) or *Super Slow Pull-Up*
- Weighted* or *Super Slow* [Horizontal Pull-Up](#)
- Fast Single Arm Cable* or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell* or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- [Walking Dumbbell Lunge](#)
- [Walking Overhead Dumbbell Lunge](#)
- [Farmer's Walk](#)
- [Incline Situp](#)
- [Incline Situp with Rotation](#)
- Any Version of a Knee-Up, [V-Up](#) or Get-Up*
- Any Version of a Hanging Bent or [Straight Leg Raise](#)*
- [Reverse Hyperextension](#)
- [Slow Torso Twists](#)
- [Turkish Get-Ups](#)

POWER:**Upper Body Push:**

- [Overhead Push Press](#)
- Explosive* or [Clap Pushup](#)
- [Medicine Ball Chest Throw](#) or *Overhead Throw*

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an *addition* (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- [Walking Dumbbell Lunge](#)
- [Walking Overhead Dumbbell Lunge](#)
- [Farmer's Walk](#)
- [Incline Situp](#)
- [Incline Situp with Rotation](#)
- Any Version of a Knee-Up, [V-Up](#) or Get-Up
- Any Version of a Hanging Bent or [Straight Leg Raise](#)
- [Reverse Hyperextension](#)
- [Slow Torso Twists](#)
- [Turkish Get-Ups](#)

POWER:**Upper Body Push:**

- [Overhead Push Press](#)
- Explosive or [Clap Pushup](#)
- [Medicine Ball Chest Throw](#) or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

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.

For this, for your massage or for the more advanced routine below, if it is possible, “blast” your body with healing frequencies the entire time. Do this with the WholeTones CD’s. Full details in the podcast [here](#).

I highly, highly recommend the “[Rumble Roller](#)” for this routine.

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

If you need videos or demonstrations of any foam roller exercise, then you can watch [these videos](#).

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.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you'll be including a 24 hour fast over the weekend, don't make this too "epic" in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 3 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you'd like, you can use this Gymnastics work as a “warmup” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You're going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas here](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:

Upper Body Push:

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

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.

For this, for your massage or for the more advanced routine below, if it is possible, “blast” your body with healing frequencies the entire time. Do this with the WholeTones CD’s. Full details in the podcast [here](#).

I highly, highly recommend the “[Rumble Roller](#)” for this routine.

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

If you need videos or demonstrations of any foam roller exercise, then you can watch [these videos](#).

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.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you'll be including a 24 hour fast over the weekend, don't make this too "epic" in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 4 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an *addition* (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you'd like, you can use this Gymnastics work as a “warmup” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You're going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

HANDSTAND PRACTICE (optional alternative or addition to infrared sauna/yoga)

For the first four weeks of this program, you’re going to work on handstands as a crucial movement component. Three days of the week, as an *alternative* to infrared sauna/yoga or as an **addition** (depending on your time limitations) to infrared sauna/yoga, you are going to be doing the following [free handstand program](#).

Everything is laid out in that document. If you are already relatively fit, do the “Rx’d work”. Otherwise do the “Scaled work”.

If you’d like, you can use this Gymnastics work as a “warm-up” or as a “finisher” to your sauna session (e.g. 15 minutes gymnastics work, 15 minutes sauna finisher, or vice versa).

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:

Upper Body Push:

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

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.

For this, for your massage or for the more advanced routine below, if it is possible, “blast” your body with healing frequencies the entire time. Do this with the WholeTones CD’s. Full details in the podcast [here](#).

I highly, highly recommend the “[Rumble Roller](#)” for this routine.

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

If you need videos or demonstrations of any foam roller exercise, then you can watch [these videos](#).

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.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you'll be including a 24 hour fast over the weekend, don't make this too "epic" in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 5 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

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TEAS AND BROTHS

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-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)*
- [Turkish Get-Up](#)*
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)*
- [Deadlift to Overhead Press](#)*

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:

Upper Body Push:

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 6 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNTING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

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STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- [Walking Dumbbell Lunge](#)
- [Walking Overhead Dumbbell Lunge](#)
- [Farmer's Walk](#)
- [Incline Situp](#)
- [Incline Situp with Rotation](#)
- Any Version of a Knee-Up, [V-Up](#) or Get-Up
- Any Version of a Hanging Bent or [Straight Leg Raise](#)
- [Reverse Hyperextension](#)
- [Slow Torso Twists](#)
- [Turkish Get-Ups](#)

POWER:**Upper Body Push:**

- [Overhead Push Press](#)
- Explosive or [Clap Pushup](#)
- [Medicine Ball Chest Throw](#) or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 7 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D’ Arco bark tea](#)*. Prepare exactly as described [here](#) (you can add stevia for flavoring).

-*Bone broth* (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-*Decoction tea* - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

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IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

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Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

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- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Core/Carry/Move:

- [Walking Dumbbell Lunge](#)
- [Walking Overhead Dumbbell Lunge](#)
- [Farmer's Walk](#)
- [Incline Situp](#)
- [Incline Situp with Rotation](#)
- Any Version of a Knee-Up, [V-Up](#) or Get-Up
- Any Version of a Hanging Bent or [Straight Leg Raise](#)
- [Reverse Hyperextension](#)
- [Slow Torso Twists](#)
- [Turkish Get-Ups](#)

POWER:

Upper Body Push:

- [Overhead Push Press](#)
- Explosive or [Clap Pushup](#)
- [Medicine Ball Chest Throw](#) or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 8 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 9 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

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-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

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-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)*
- [Turkish Get-Up](#)*
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)*
- [Deadlift to Overhead Press](#)*

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:

Upper Body Push:

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 10 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

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You get to choose!

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

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-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)*
- [Incline Barbell or Dumbbell Bench Press](#)*
- [Standing Overhead Press](#)*
- [Standing Cable Press](#)*
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)*

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)*
- [Weighted Pull-up](#) or Super Slow Pull-Up*
- Weighted or Super Slow [Horizontal Pull-Up](#)*
- Fast Single Arm Cable or [Dumbbell Row](#)*
- [Lat Pulldowns](#)*
- [Seated Row](#)*

Lower Body Push:

- [Barbell Squat](#)*
- [Goblet Squat](#)*
- [Front Squat](#)*
- [Single Leg Squat](#)*
- [Front Lunge](#)*
- [Reverse Lunge](#)*
- Barbell or [Dumbbell Step-Ups](#)*

Lower Body Pull:

- [Deadlift](#)*
- [Suitcase Deadlift](#)*
- [Romanian Deadlift](#)*

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)*
- [Turkish Get-Up](#)*
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)*
- [Deadlift to Overhead Press](#)*

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas here](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNGING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 11 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

WEEK 12 OF 12

MONDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).

2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Full Body Move (this list is not exhaustive, and there may be others that you like):

- [ManMakers](#)
- [Turkish Get-Up](#)
- [Bear Complex](#) (power clean, front squat, push press, back squat, and second push press)
- [Deadlift to Overhead Press](#)
- [Overhead Squat](#)

Core/Mobility:

- [Torso Twists](#)
- [Cat/Cow](#)
- [Birddogs](#) (opposite arm/leg extension)
- [Yoga Sun Salutation Series](#)
- [Banded Side to Side Walks](#)
- [Mountain Climbers](#)
- [Foam Rolling](#)
- [Bridging](#)
- [Banded Side Walks](#)
- [Lunging Mobility Exercises](#)
- More ideas [here](#)

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

TUESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

OIL PULLING

Oil pull for 5 minutes (not 20 minutes) each morning. Full instructions [here](#).

Be sure to spit (not swallow) after finishing, and use any of these [extra virgin coconut oils](#).

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8

repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer's Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn't exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the "easier" movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

-Barbell or [Dumbbell Bench Press](#)

-[Incline Barbell or Dumbbell Bench Press](#)

-[Standing Overhead Press](#)

-[Standing Cable Press](#)

-Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Core/Carry/Move:

- Walking Dumbbell Lunge
- Walking Overhead Dumbbell Lunge
- Farmer's Walk
- Incline Situp
- Incline Situp with Rotation
- Any Version of a Knee-Up, V-Up or Get-Up
- Any Version of a Hanging Bent or Straight Leg Raise
- Reverse Hyperextension
- Slow Torso Twists
- Turkish Get-Ups

POWER:**Upper Body Push:**

- Overhead Push Press
- Explosive or Clap Pushup
- Medicine Ball Chest Throw or Overhead Throw

- Snatch
- Burpees

Upper Body Pull:

- Jumping Pull-Up
- Explosive Horizontal Pull-Up
- Battle Rope
- Fast Single Arm Cable or Dumbbell Row
- Muscle-Ups

Lower Body Push:

- Jump Squat
- Lunge Jumps
- Explosive Step-Ups

Lower Body Pull:

- Power Clean
- Hang Clean
- Clean & Jerk
- Kettlebell Swing
- Medicine Ball Slam

Core/Carry/Move:

- Lunge Jumps
- Box Jumps
- Fast Farmer's Walk
- Sled Push
- Explosive Stair Climbs
- Explosive Torso Twists
- Medicine Ball Side Throw
- Rowing Machine
- Bicycle
- Treadmill or other sprint
- Banded Side to Side Walks
- Mountain Climbers
- Burpees
- Muscle-Ups

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

WEDNESDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNding 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

CROSSTRAIN! GYM, SPORT OR CLASS/ACTIVITY OF CHOICE

Today is your chance to challenge both your brain and body at the same time. If you're sore or beat up, try something like an easy paddleboard, a new yoga class, hiking on a new trail, frisbee golf, regular golf, etc. For more of a challenge, try tennis, basketball, ultimate frisbee, soccer, kickboxing, jiu-jitsu, etc.

This is basically your "FREE DAY" to engage in a hobby of your choice. Just don't beat yourself up too much: Thu and Fri are both relatively physically intensive.

THURSDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

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-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

SUPER SLOW ROUTINE, FREE WEIGHTS (for beginner/intermediate)

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

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

Alternatively, if you are training for strength or size, you are an athlete, or you want something more difficult (warning: try the super slow routine first and move the weight slowly...you'll be surprised at the difficulty!) then do the Strength Sets instead of this workout.

On the flipside, if you are already training with the more advanced program but you're sore or need an easier day, do the Super Slow routine instead.

STRENGTH SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move. Pair that exercise with one exercise from the “Core/Mobility” list.

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 10-20 repetitions of a Core/Mobility movement of your choice (for active recovery), preferably choosing one that does not exhaust or work the same muscles that you used during your strength set.

Then go straight back to the Strength set, do another set and follow it up with the same Core/Mobility exercise for active recovery. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Core/Mobility move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Full Body Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman

style.

STRENGTH:

Upper Body Push:

- Barbell or Dumbbell Bench Press
- Incline Barbell or Dumbbell Bench Press
- Standing Overhead Press
- Standing Cable Press
- Loaded Pushup (with Weighted Vest, or Super Slow with body weight)

Upper Body Pull:

- Bent Barbell or Dumbbell Row
- Weighted Pull-up or Super Slow Pull-Up
- Weighted or Super Slow Horizontal Pull-Up
- Fast Single Arm Cable or Dumbbell Row
- Lat Pulldowns
- Seated Row

Lower Body Push:

- Barbell Squat
- Goblet Squat
- Front Squat
- Single Leg Squat
- Front Lunge
- Reverse Lunge
- Barbell or Dumbbell Step-Ups

Lower Body Pull:

- Deadlift
- Suitcase Deadlift
- Romanian Deadlift

Full Body Move (this list is not exhaustive, and there may be others that you like):

- ManMakers
- Turkish Get-Up
- Bear Complex (power clean, front squat, push press, back squat, and second push press)
- Deadlift to Overhead Press

[-Overhead Squat](#)

Core/Mobility:

[-Torso Twists](#)

[-Cat/Cow](#)

[-Birddogs](#) (opposite arm/leg extension)

[-Yoga Sun Salutation Series](#)

[-Banded Side to Side Walks](#)

[-Mountain Climbers](#)

[-Foam Rolling](#)

[-Bridging](#)

[-Banded Side Walks](#)

[-Lunging Mobility Exercises](#)

[-More ideas \[here\]\(#\)](#)

CARDIOVASCULAR INTERVALS (optional)

If you are an athlete or training for some kind of an event like a triathlon, obstacle race, etc. then, using bicycle, running, elliptical, rowing, swimming or any other cardio mode of choice, do the following:

-Five 4 minute hard efforts with full recoveries (2-4 minute recoveries)

OR

-1-2 Tabata sets (Four total minutes of 20 seconds extremely hard, 10 seconds easy)

OR

-4-6 thirty second sprints WITH FULL 2-4 minutes recovery after each

If possible, choose a DIFFERENT option from the options above when you do your Tuesday / Thursday cardiovascular intervals, such as Tabatas on Tuesday and 30 second sprints on Thursday .

It is fine to do these as a starter or a finisher for your strength training on these days.

FRIDAY

HOT AND COLD

Using a dry sauna, steam sauna or (preferably) an infrared sauna ([read this article](#) for infrared ideas), complete 10-30 minutes in a sauna, staying in at least long enough to begin sweating, and preferably long enough to where you begin to get uncomfortably hot.

It is OK to “kill two birds with one stone” and do any of the day’s sessions in the sauna (such as Core Foundation, mobility, meditation, dry brushing, etc.) or to do yoga or workout [like this in the sauna](#). You can also simply read, breathe, etc. Just stay away from phone/WiFi/bluetooth and other forms of EMF.

Another technique that is good to use in the sauna or in the pool (be careful and responsible!) is resisted breathwork, restricted breathwork, breathing exercises or breath holds. The best current resources on these tactics are at www.bengreenfieldfitness.com/2017/01/ways-to-breathe-better/.

Finish this sauna session with a 2-5 minute cold shower, cold soak in a bath, cold pool, or any other cold thermogenesis activity.

GYMNASTICS WOD OR BREAKINGMUSCLE GYMNASTICS WORKOUT

Congratulations! At this point you have made it through the 4 week handstand program. Following the same rules (using gymnastics as an addition to or replacement for your MWF sauna/yoga sessions), you are now going to launch into, for the next 8 weeks and into the remainder of the year, your choice of the following:

- 1) The daily free workout listed [here](#) (more intermediate/advanced option).
- 2) The free year long [gymnastics movement program](#) (more beginner option).

You get to choose!

REBOUNDING 5-15 MINUTES

At any point during the day, jump on a rebounding trampoline for 5-15 minutes. I recommend any of the “JumpSport” models [here](#).

It is OK to alternate single and double leg bouncing.

DRY SKIN BRUSHING

Either in the sauna or after your shower, complete a full body dry skin brush (should take 2-5 minutes).

Any of these [dry skin brushes](#) will work.

You can find the full instructions [here](#).

FOUNDATION CORE TRAINING

You’re going to need the excellent book “[TrueToForm](#)” to do this properly. Read the whole book, and then do the M/W/F routine on MWF and the T/R/S routine on TRS EVERY week. This will take about 5-10 minutes per day.

IF (Intermittent Fast)

When you finish dinner tonight, remember that you must wait a minimum of 12 hours (and up to 16 hours) to eat your next meal. You will be doing a daily intermittent fast throughout the course of this program. You can also review this free, excellent intermittent fasting guide [here](#).

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-[Pau D’ Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).

-Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).

-Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.

THE ULTIMATE EFFICIENT BODY WEIGHT WORKOUT (beginner/intermediate)

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](#)

If you are an athlete, if you are wanting to train more for strength and power, or if this routine feel simply too simple for you, then do the alternative routine for this day: “Complex Sets Routine (for intermediate/advanced)”. Alternatively, if you ARE already using the more advanced sets but you’re tired or sore today, do the body weight only workout above instead.

COMPLEX SETS ROUTINE (for intermediate/advanced)

Warm-up for 5-10 minutes, preferably with a gymnastics routine, [Animal Flow](#), your Core Foundation routine, or anything else that dynamically prepares the body for movement and elevates the heart rate.

Next, choose from the “Strength” list below one Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core. Pair that exercise with one exercise from the “Power” list that falls into that same movement category (Upper Body Push, Lower Body Push, Upper Body Pull, Lower Body Pull and Core/Carry/Move).

Gradually adding weight and decreasing repetitions or maintaining repetitions with each strength set (if do-able with good form), complete 3-8 repetitions of the first Strength exercise (e.g. Upper Body Push) in a slow, controlled fashion. Next, complete 3-8 repetitions of the corresponding Power movement as quickly and explosively as possible. If the Power move is a carry (e.g. fast Farmer’s Walk), then rather than completing a certain number of repetitions, instead complete 20-30 seconds of that exercise as quickly and explosively as possible.

Then recover for 2-3 minutes. During your recovery period, you can walk, do more mobility exercises, do foam rolling, dance or do anything else you want that doesn’t exhaust those same muscle groups. Then return to the Strength exercise and repeat along with the subsequent Power exercise. Continue this scenario until you have completed 3-5 sets for both the Strength move and the Power move, and then move on to the next movement category (e.g. Upper Body Pull). Continue this pattern until you have finished all movement categories (Upper Body Push, one Lower Body Push, one Upper Body Pull, one Lower Body Pull, and one Core/Carry/Move).

Cool-down with deep breathing, box breathing, sauna, walking or any of the “easier” movements programmed for the day.

Finally...

A) if you don't know how to do an exercise, then look it up at YouTube. Most of these exercises are quite common and can be found there.

B) you can substitute kegs, logs, rocks, kettlebells, sandbags, etc. for MOST of the moves below if you'd rather train outdoors or Strongman style

STRENGTH:

Upper Body Push:

- Barbell or [Dumbbell Bench Press](#)
- [Incline Barbell or Dumbbell Bench Press](#)
- [Standing Overhead Press](#)
- [Standing Cable Press](#)
- Loaded Pushup (with Weighted Vest, or [Super Slow](#) with body weight)

Upper Body Pull:

- Bent Barbell or [Dumbbell Row](#)
- [Weighted Pull-up](#) or Super Slow Pull-Up
- Weighted or Super Slow [Horizontal Pull-Up](#)
- Fast Single Arm Cable or [Dumbbell Row](#)
- [Lat Pulldowns](#)
- [Seated Row](#)

Lower Body Push:

- [Barbell Squat](#)
- [Goblet Squat](#)
- [Front Squat](#)
- [Single Leg Squat](#)
- [Front Lunge](#)
- [Reverse Lunge](#)
- Barbell or [Dumbbell Step-Ups](#)

Lower Body Pull:

- [Deadlift](#)
- [Suitcase Deadlift](#)
- [Romanian Deadlift](#)

Core/Carry/Move:

- *Walking Dumbbell Lunge*
- *Walking Overhead Dumbbell Lunge*
- *Farmer's Walk*
- *Incline Situp*
- *Incline Situp with Rotation*
- Any Version of a Knee-Up, *V-Up* or *Get-Up*
- Any Version of a Hanging Bent or *Straight Leg Raise*
- *Reverse Hyperextension*
- *Slow Torso Twists*
- *Turkish Get-Ups*

POWER:**Upper Body Push:**

- *Overhead Push Press*
- Explosive or *Clap Pushup*
- *Medicine Ball Chest Throw* or *Overhead Throw*

SATURDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

BEGIN 24 HOUR FAST

At either breakfast, lunch or dinner on Saturday, begin a 24 hour fast until breakfast, lunch or dinner on Sunday. Continue to take all supplements. During the course of this fast, you can consume a maximum of TWO cups of each of the teas and bone broths in this program. You can also drink good, clean water liberally, and, especially if you are an athlete concerned about energy levels or muscle maintenance, can use any or all of the following:

-*1-2 cups of bone broth. You can use code "DETOXMONTH" to get \$25 off when you order a 3 month supply [here](#).*

-*Up to 30g of [amino acids](#), split into 5-10g portions.*

-*2-3 shots of [trace liquid minerals](#) or sea salt/lemon juice in water.*

-*2-3 handfuls of [EnergyBits](#) organic spirulina or chlorella (swallow or chew and use 10% discount code GREENFIELD)*

-Any of these [ketones](#).

-Chia seed slurry: fill 1/10 of the bottom of a glass mason jar or other container with 2-4 tablespoons of chia seeds, and the rest of the container with water. Refrigerate overnight. Try not to exceed consumption of 4 total tablespoons worth of chia seeds in the course of 24 hours (1 tablespoon=about 60 calories). You can add stevia, lemon juice, sea salt, etc. to this chia seed “slurry”.

For this, and for future weeks, when you break your fast try to begin with a light, easy-to-digest meal. One of the best, most comprehensive guides on fasting and what you can and cannot include during a fast is the book “[The Complete Guide To Fasting](#)”.

ADVENTURE OF CHOICE

Choose an adventure of your choice, preferably outdoors. This can include hiking, skiing, snowboarding, road cycling, mountain biking, playing on an obstacle course, etc. Since you’ll be including a 24 hour fast over the weekend, don’t make this too “epic” in terms of physical intensity, but instead use this as an opportunity for nature therapy, challenging your brain, doing something novel, etc. This can be anything from 40 minutes to several hours, depending on your activity and choices!

You can do this Saturday OR Sunday.

Optional: on this day also include grip training like this: 30 seconds of work followed by 30 seconds of rest. Repeat four times:

Dead hang – Plank – Pinch-plate carries – Kettlebell swings – Pull-ups – Wall sit

Or like [this](#).

SUNDAY

TEAS AND BROTHS

Drink 1-2 cups of the following each day, preferably spread throughout the day:

-*[Pau D' Arco bark tea](#). Prepare exactly as described [here](#) (you can add stevia for flavoring).*

-*Bone broth (highly recommend this [Kettle & Fire brand](#) if you are going to order). Full instructions [here](#).*

-*Decoction tea - boil 1 to 2 tbsp each of [organic chopped licorice root](#), [organic marshmallow root](#) and [organic slippery elm bark](#) in a pot filled with 2 quarts of water. If you can let it simmer overnight until just a 1/2 quart of water remains, it is even better, but if not, that is OK. Strain the mixture, save the liquid, discard the herbs and this should make 2 cups to sip on through the day.*

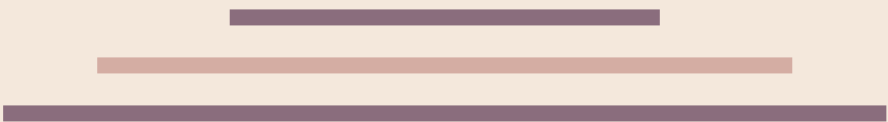
COFFEE ENEMA

Full instructions [here](#) - be sure to “retain” for 15-20 minutes.

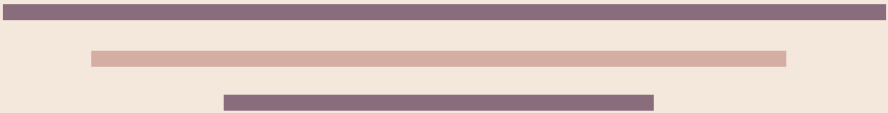
MEDITATION

Do 15-60 minutes of meditation. This can include: yoga, prayer, transcendental meditation, mindfulness meditation, box breathing, underwater swimming, nature sit spots, etc.

There are many, many ideas for you here and you do NOT need to do the [same form of meditation](#) each Sunday.

Three horizontal bars of varying lengths and colors (purple, light pink, purple) are positioned above the text.

For updates, new biohacks, more resources, and continual learning, be sure to click here to [subscribe to my free podcast](#), and click here to [subscribe to my free newsletter](#). This is a perfect way to stay up-to-date with all the research I do on a daily basis to make your life better.

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