

DAY 1

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Multidimensional resistance training		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

DAY 2

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Multidimensional resistance training		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

DAY 3

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Zone 2/3 cardio		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

DAY 4

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Multidimensional resistance training		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

DAY 5

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Multidimensional resistance training		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

DAY 6

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Zone 3 cardio		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

DAY 7

BLOCK 1: HOUR 0-3	BLOCK 2: HOUR 4-6	BLOCK 3: HOUR 7-9	BLOCK 4: HOUR 10-12	BLOCK 4: HOUR 13-15
1) PSNS Breathing or Tai Chi or MFR 2) Zone 1/2 cardio (morning walk to see the sunrise/get natural light)	1) Zone 4/5 cardio		→	1) PSNS Breathing or Tai Chi or MFR or zone 1 cardio

Explanation

This exercise schedule is designed for you to understand the level and type of activity that best serves your longevity. It's important to note that overtraining does not support longevity; instead, it puts you in a state of chronic stress and inflammation, accelerating aging. While you don't have to follow the exercise schedule exactly as advised, aiming for four sessions of varying intensity resistance training is recommended. However, if you prefer to split the program differently with the cardio sessions, that's up to you.

Additional notes

- An arrow points out the suitable blocks (time periods) for performing the specific component.
- The blocks refer to the amount of time passed after waking up.
- Hour 0-1 is the period during which you should be most careful about your actions, as stress reduction is of utmost importance during this time. The same applies to the hours leading up to bedtime.
- Engaging in activities such as playing, sports, balancing on one leg, or other activities that stimulate your nervous and sensory systems is a remarkable enhancer of longevity. These activities improve biomechanics, prevent injuries, and reduce fall damage by enhancing your innate ability to control your body in space.

Glossary

PSNS Breathing

PSNS breathing refers to breath work that engages your parasympathetic nervous system, which is responsible for calming you down. Some techniques include:

1. Long exhalations, such as 5 (inhale), 15 (exhale), 5 (hold).
2. Box Breathing: 4 (inhale), 4 (hold), 4 (exhale), 4 (hold).

Tai Chi

Tai Chi is an ancient Chinese practice that combines movement and breathing, making it a profound way to harmonize the body and brain, especially during times when you want to reduce stress.

MFR

MFR stands for myofascial release, a technique strongly emphasized in the 10-Week Course. It involves releasing trauma (trigger points) in the fascia by rehydrating the dehydrated tissues that cause pain and movement dysfunction.

Multidimensional resistance training

Resistance training involves exercising with applied load or weight. Multidimensional refers to movement that engages numerous muscles and joints simultaneously. Consequently, I do not recommend split programs, such as focusing on specific areas like chest, arms, or legs on separate days, or dividing workouts into upper and lower body sessions. This is because the fascia, the connective tissue in the body, doesn't respond well to overworked individual areas. Instead, it is advisable to train the entire body equally each session, varying intensity and load volume. This approach ensures comprehensive utilization of the body's range of movement, rendering isolated stretching unnecessary.

These principles of movement may seem complex to the uninitiated, but they are taught comprehensively in the 10-Week Course linked above this document.

Zone 1 cardio

Zone 1 cardio refers to very light cardiovascular work, such as walking in a slow pace.

Zone 2 cardio

Zone 2 cardio refers to light cardiovascular work, such as walking in a high pace.

Zone 3 cardio

Zone 3 cardio refers to a moderate-intensity run.

Zone 4 cardio

Zone 4 cardio refers to high-pace running.

Zone 5 cardio

Zone 4 cardio refers to very hard cardiovascular work, such as sprinting.