

EXERCISE ROUTINES

4 - minute **Tabata** High-intensity interval training (HIIT) 2-3 x wk
100% for 20 sec + rest for 10 sec = 30 sec -x- 8 TIMES = 4 minutes

https://www.youtube.com/watch?v=_5gdpntXBFg [sisters]

<https://www.youtube.com/watch?v=7R6HRYiRY40> [man]

https://www.youtube.com/watch?v=0YgCDzW2k_E [quiet lady, all standing]

<https://www.youtube.com/watch?v=Jmjnx-e1MeY> [good group exercises]

<https://www.youtube.com/watch?v=ZCcX2Egirp4> [lady, good deep knee bends]

<https://www.youtube.com/watch?v=s5FNlnEuux4> [seniors Aussie, 30:30, 10 min]

Foundation Training (foundationtraining.com) with Dr. Eric Goodman

Foundation Training: [Anchored Back Extension](https://www.youtube.com/watch?v=B8WpmEWtwu0) (01:14)

[youtube.com/watch?v=B8WpmEWtwu0](https://www.youtube.com/watch?v=B8WpmEWtwu0); the lower back affects everything

Foundation Training: [Seated Decompression: Sit With Less Pain](https://www.youtube.com/watch?v=aLWytwP6XwE) (03:10)

[youtube.com/watch?v=aLWytwP6XwE](https://www.youtube.com/watch?v=aLWytwP6XwE); how to make sitting not so bad for you.

Foundation Training: [The New 12 Minute Workout](https://www.youtube.com/watch?v=oVOnXIiPqM8) (11:58)

[youtube.com/watch?v=oVOnXIiPqM8](https://www.youtube.com/watch?v=oVOnXIiPqM8); do this every day; no back pain, ever

Foundation Training Mercola interview [bitchute.com/video/nWKkeLDclOgU](https://www.bitchute.com/video/nWKkeLDclOgU)
(01:19:58) We are what we repeatedly do. Proper posture, proper movement, proper decompression, a few simple stretch exercises (and how you move every day), changes everything. 5 or 10 minutes a day will change you.

For an instant adrenal re-charge, get your hips above your heart! This is very useful if you are suffering from excess stress, fatigue, feeling overwhelmed and exhausted, find a wall or get upside down!

[Forgotten Benefits of Deep Squats](#). Squatting is a long-forgotten skill in Western cultures. This means you don't enjoy the many health benefits such as improved bowel elimination, improved production of synovial fluid in the hips and knees, muscle growth that is associated with glucose metabolism and insulin sensitivity, and improved balance and better communication between your brain and muscle groups.

[Using An Elliptical Trainer](#) ~ Dr. Mercola and Phil Campbell (15:26)

[bitchute.com/video/lXxlONG40NOy](https://www.bitchute.com/video/lXxlONG40NOy) Phil Campbell demonstrates the Peak Fitness routine.

[Training Strategies for Endurance and Maximum Longevity](#) (10 pgs): Siim Land video [youtube.com/watch?v=vFB5t5xTr2c](https://www.youtube.com/watch?v=vFB5t5xTr2c) (15:30) Millions overdo vigorous exercise. Benefits of it plateaus after 150 minutes / week and pushing past that is actually counter-productive. Do as much moderate exercise/ week as possible instead. Walking is incredible for your heart, burns same amount of calories per mile as running, and is twice as beneficial for longevity. Final Analysis: Walking is the absolute best form of exercise there is, or hiking, gardening, leisurely bike riding, horseback riding. Then add resistance training. Rest at least 2 days/ week.