

# The Innate Physical Fitness Program

## Energy Expenditure and Daily Activity Pattern Profiles ~

### Activities to avoid or minimize

- 1 Sitting
- 2 Standing with weight on one foot
- 3 Reading on back with head flexed forward
- 4 One sided Sports (Always practice both hands)
- 5 Carrying bags on one shoulder
- 6 Sleeping on Stomach
- 7 Cradling phone between shoulder and ear
- 8 Watching TV
- 9 Repetitive activities with arms in front or overhead
- 10 Poor posture during any activity

### Innate Movement Pattern Exercises

- \* Squats
- \* Dips
- \* Chin-ups
- \* Bench Press
- \* Torpedo Push-ups
- \* 1/2 Ball Push-ups
- \* Standing Shoulder Press
- \* Swiss Ball Push-ups
- \* Lunges (dumbbell)
- \* Innate Clean-Squat-Jerks
- \* One arm or Standing rows
- \* Innate Pull-o-Wars (Partner or Heavy object)
- \* Innate Push-o-Wars (Partner or Heavy object)

### Elite Athletes were once the norm in Hunter-Gather society

- \* Train at an elite level
- \* Rest and recover at an elite level
- \* Eat and Drink at an elite level (The Innate Diet)
- \* Utilize elite performance experts (Chiropractic, massage, etc.)
- \* Think at an Elite level (Positive visualization, Goal setting)

### Good Choices to Make

- 1 Follow the Innate Physical fitness plan
- 2 Daily Innate Spinal Hygiene
- 3 Regular Chiropractic Spinal Checkups
- 4 Sitting on a ball with good posture at good work station
- 5 frequent breaks with exercise and stretches
- 6 Maximize Opportunity for physical Daily living tasks
- 7 Hobbies that require Physical Exertion
- 8 Finding an exercise buddy or group
- 9 Gymnastics, Yoga, or Pilate's equivalent
- 10 Set mirrors in car so you can only see out of them with proper posture
- 11 Dance
- 12 Own and use a Wobble Board or Mini Tramp and a Swiss Ball

# The Innate Physical Fitness Exercise Protocols~

## Innate Physical Fitness Activity Profile

Aerobic (endurance)	Daily
Resistance (Strength)	2-3x/wk.
Anaerobic (Speed and Power)	2-3x/wk.
Spinal Hygiene (Core, Agility, R.O.M.)	Daily

## Innate Physical Fitness Golden Rules

- 1 Daily physical activity is a required nutrient, NOT a therapy or an option! Refraining from it is a form of suicide.
- 2 Start each day with physical and spiritual/emotional exercise.
- 3 Add as much daily activity to your normal daily routine as possible walk vs drive / stairs vs elevator / etc.
- 4 Never go a day without exercise or Innate Spinal Hygiene.
- 5 Assess your physical fitness level, activity level, activity level, & energy expenditure level compared to the gold Standard for Health & Homeostasis.

## General Exercise Principles ~

### **Progression**

All new activities should be introduced gradually and slowly in terms of intensity, duration, & frequency (both physically and psychologically important).

### **Overload**

If a workout does not overload the neuro-musculoskeletal system, then no physiological adaptation will occur because adaptation is not necessary. For improvements to be seen, the physiological demand of the activity must exceed current physiological adaptive levels.

### **Specificity**

The physiological adaptation that takes place is specific to the environmental stimulus (your exercise/movements)

**Innate Aerobic Fitness Workouts** = Endurance component of both the neuro-musculoskeletal and Cardiac systems.

**Frequency:** Must be done daily. Genetic physiological requirement for daily moderate levels of aerobic activity.

**Intensity:** Best attained & maintained with moderate intensity exercise (brisk walking, hiking, jogging, cycling, dancing, etc.)

**Duration:** Minimum of 1 hour per day. Can be broken down into: 15 minute walk, 30 minute bike, evening jog, etc.

**Innate Strength Fitness Workouts** = Anaerobic, maximal effort component of the neuro-musculoskeletal, & to some extent, cardiac systems.

**Frequency:** 2-3 times/week, with min. 48hrs to 72hrs preferred recovery time. Well w/in genetic adaptability capabilities - in fact, a requirement!

**Intensity:** High intensity. It is important to demand more from your muscles than they are accustomed to performing = "overload principle" = performed to the point of exhaustion.

**Duration:** No greater than 30-40min. Key is intensity not duration. If not exhausted after 30-40min = did not work hard enough! Not pain but exhausted = big difference.

**The Basic Innate Strength Exercise patterns are:**

- \* Multiple large muscle groups exercised simultaneously
- \* Alternating pushing and pulling
- \* Squatting with and carrying heavy loads
- \* Days of intense activity followed by days of rest
- \* Highly intense effort
- \* Ballistic movements to generate power and momentum

**The Distinguishing patterns of The Innate Strength Workout are:**

- \* All large muscle groups are worked out every workout (increase GH release).
- \* A push exercise and pull exercise are always done back to back (i.e. alternating back and forth).
- \* Rest periods are kept under one minute; the entire workout is under 40 minutes.
- \* Intensity is the key; each set should be done to failure (with proper progression for beginners)
- \* Each workout must contain at least one Innate Movement Pattern exercise.
- \* Movement against gravity (concentric) should be explosive (rapid as possible), movement with gravity (eccentric) should be slow.

**The Innate Strength workout**

**Push Exercise**

Chest  
Anterior Shoulder  
Triceps  
Quads, Gluts

**Pull Exercise\***

alternating with Back  
alternating with Posterior Shoulder  
alternating with Biceps  
alternating with Hamstrings

**All exercises are performed for 3 sets to failure (3-12 reps, begin 12-15)**

- \* Max 1 min rest between sets.
  - \* Variety is important! Vary type and order of exercises.
  - \* Always include min two Innate Movement Pattern exercises per workout
- \* Exhale against gravity, & inhale with gravity or inhale at start & exhale throughout movement.  
Warm down stretch 3-5 min (can add sit-ups/core)

~ It is your responsibility and accountability to check with your Medical Doctor, Physical Therapist, Exercise Physiologist, etc. before starting any exercise program  
Your participation in any/all of these recommendations is done at your own risk