

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