

# Foundational Fitness Protocol

Daily Focus	Description	Exercise Examples
Long Endurance Workout Day 1 (Sunday)	<ul style="list-style-type: none"> <li>&gt;30 minutes Zone 2 cardio, ideally 60-75 minutes (work up to it)                             <ul style="list-style-type: none"> <li>Zone 2 cardio: breathing faster than normal, but just able to maintain a conversation</li> <li>Aim for 180-200 minutes of Zone 2 cardio per week</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Jogging, rowing, cycling, swimming, hiking</li> <li>Increase difficulty using a weighted vest or backpack</li> <li>Emphasize nasal breathing, when possible</li> </ul>
Legs Resistance Training Day 2 (Monday)	<ul style="list-style-type: none"> <li>10-minute warmup + 50-60 minutes training</li> <li>Alternate Schedule A &amp; B monthly (see below)</li> </ul>	<ul style="list-style-type: none"> <li><u>Muscle Group</u>: Lengthened Position/ Shortened Position</li> <li><u>Quadriceps</u>: leg extension/hack squats</li> <li><u>Hamstrings</u>: leg curls/glute-ham-raises</li> <li><u>Calves</u>: standing raises/seated raises</li> </ul>
Heat & Cold Exposure/Recovery Day 3 (Tuesday)	<ul style="list-style-type: none"> <li>Sauna (20 minutes) + Ice Bath/Cold Shower (5 minutes) repeat 3-5x                             <ul style="list-style-type: none"> <li>Start slowly when using deliberate heat &amp; cold exposure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li><u>Heat Exposure Protocol</u> ↗</li> <li><u>Cold Exposure Protocol</u> ↗</li> </ul>
Torso & Neck Resistance Training Day 4 (Wednesday)  Indirectly trains arms	<ul style="list-style-type: none"> <li>10-minute warmup +50-60 minutes training</li> <li>Push/Pull Training</li> <li>Alternate Schedule A &amp; B monthly</li> <li>Commonly overlooked; however specifically training the neck will reduce risk of injury and correct posture</li> </ul>	<ul style="list-style-type: none"> <li><u>Muscle Group</u>: Lengthened Position/ Shortened Position</li> <li><u>Chest</u>: incline press/cable crossover</li> <li><u>Back</u>: chin-up or pull-up/seated row or dumbbell row</li> <li><u>Shoulders</u>: shoulder press/lateral raises, rear deltoid flies</li> <li><u>Neck Exercises</u>: <a href="#">watch video</a> ↗</li> </ul>
Cardiovascular Training Day 5 (Thursday)	<ul style="list-style-type: none"> <li>35 minutes of moderate intensity cardio                             <ul style="list-style-type: none"> <li>75-80% of maximum effort</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Running, rowing, cycling, jumping jacks, stair-climb, jump rope — ideally done outside</li> </ul>
High Intensity Interval Training (HIIT) Day 6 (Friday)  Indirectly trains legs	<ul style="list-style-type: none"> <li>20-60 seconds all-out sprint + 10 seconds rest x 8-12 rounds</li> <li>Sprint: try to get to maximum heart rate                             <ul style="list-style-type: none"> <li>Max. Heart Rate = 220 minus your age</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Assault bike, sprint/jog intervals, rowing, skiing machine, sand sprints                             <ul style="list-style-type: none"> <li>Important: pick an exercise that you can do with perfect form, to prevent injury</li> </ul> </li> </ul>
Arms, Neck & Calves Training Day 7 (Saturday)	<ul style="list-style-type: none"> <li>10-minute warmup + 50-60 minutes training</li> <li>Alternate Schedule A &amp; B</li> <li>Indirectly trains torso (especially if you include dips)</li> </ul>	<ul style="list-style-type: none"> <li><u>Muscle Group</u>: Lengthened Position/ Shortened Position</li> <li><u>Biceps</u>: incline curl/dumbbell curls</li> <li><u>Triceps</u>: overhead extensions/triceps dips or regular dips</li> <li><u>Calves</u>: standing calf raise/seated calf raise, tibialis raises</li> <li><u>Neck Exercises</u>: <a href="#">watch video</a> ↗</li> </ul>

**Schedule A:** ~4-8 repetitions (heavier weights) and 3-4 sets per exercise with 2-4 minutes rest between sets

**Schedule B:** ~8-15 repetitions (moderate-lighter weights) and 2-3 sets per exercise with ~90 seconds rest between sets

**Disclaimer:** Huberman Lab is for general informational purposes only and does not constitute the practice of medicine, nursing or other professional health care services, including the giving of medical advice, and no doctor/patient relationship is formed. The use of information on this podcast or materials linked from this podcast is at the user's own risk. The content of this podcast is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Users should not disregard or delay in obtaining medical advice for any medical condition they may have and should seek the assistance of their health care professionals for any such conditions.