

In-House, Anti-gravity Fitness. Human Edition!

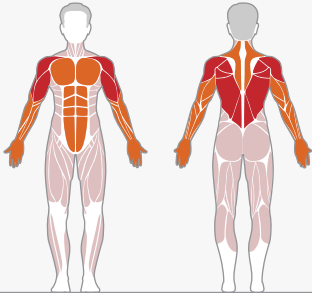
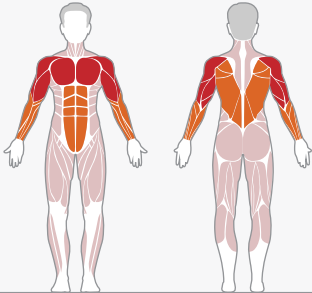
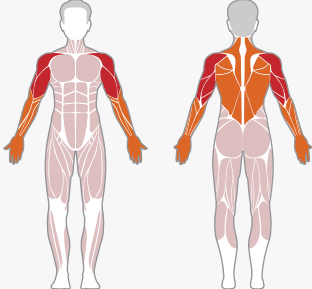
by Mason Grant

This routine includes *daily*, in-home activities that vary from low to mid level intensities. To avoid soreness after workouts, tone down the number of repetitions or increase rest times in between sets. Omit any exercises that cause discomfort outside of muscle burn. In addition to this routine, two walks lasting at least 15 minutes are recommended each day. Starting equipment includes a *pull-up bar* (~\$20), a *yoga mat* (~\$15), and a *resistance band* (~\$5).

- + Exercise slow and controlled. Don't rush. Breathe.
- + Stretch comfortably before and after exercising.
- + Research proper form if needed. Form is essential.

- Skipping days will disrupt muscle momentum.
- Injury, poor diet, and lack of sleep inspire skip days.
- Avoid going too hard. Feel tight, not sore.

It is recommended to start each day with a **LIGHT** tier workout (*as seen below*). For additional conditioning, follow up with a **MEDIUM** tier workout. Exercises found within the **HEAVY** tier workout may be added thereafter for those seeking extreme challenge. Rest between tiers. The order of days may be changed as long as each day of the cycle is completed.

DAYS	LIGHT	MEDIUM	HEAVY
<p>Day 1 Bar Exam (requires pull-up bar)</p> <p>Muscle Groups: <i>Shoulders, Biceps, Triceps, Forearms, Latimus, Deltoids, Grip Strength</i></p> <p>■ Primary ■ Secondary</p> 	<p>10-second Dead Hang <i>rest for 30 seconds.</i></p> <p>5-second L-hold <i>rest for 30 seconds.</i></p> <p>5 Wide Grip Pull-ups <i>rest for 1 minute.</i></p> <p>5 Chin-ups <i>rest for 1 minute.</i></p> <p>5 Close Grip Pull-ups <i>rest for 1 minute.</i></p> <p>5 Mixed Grip Pull-ups <i>rest for 1 minute.</i></p> <p>5 Reverse Mixed Grip Pull-ups</p> <p><i>Need assistance?</i> Create a step by attaching the resistance band to the pull-up bar.</p>	<p>20-second Dead Hang <i>rest for 30 seconds.</i></p> <p>5 Double-knee Raises <i>rest for 1 minute.</i></p> <p>5 Toe-touches Above Bar <i>rest for 2 minutes.</i></p> <p>5 Around the Worlds</p>	<p>30-second Dead Hang <i>rest for 30 seconds.</i></p> <p>5 Burpee Pull-ups <i>rest for 2 minutes.</i></p> <p>5 Front Lever Lifts <i>rest for 5 minutes.</i></p> <p>3-second Front Lever Hold</p>
<p>Day 2 Earth Press (use wall to assist body inversion)</p> <p>Muscle Groups: <i>Pectorals, Shoulders, Biceps, Triceps, Latimus, Deltoids, Rectus Abdominis</i></p> <p>■ Primary ■ Secondary</p> 	<p>10 Push-ups <i>rest for 30 seconds.</i></p> <p>30-second Plank <i>rest for 30 seconds.</i></p> <p>20 Push-ups <i>rest for 30 seconds.</i></p> <p>20-second Plank <i>rest for 30 seconds.</i></p> <p>30 Push-ups <i>rest for 1 minute.</i></p> <p>10-second Plank <i>rest for 30 seconds.</i></p> <p>10 Wide Arm Push-ups</p>	<p>10 Staggered Push-ups (left) <i>rest for 30 seconds.</i></p> <p>10-second Plank <i>rest for 30 seconds.</i></p> <p>10 Staggered Push-ups (right) <i>rest for 30 seconds.</i></p> <p>20-second Plank <i>rest for 30 seconds.</i></p> <p>10 Diamond Push-ups <i>rest for 1 minute.</i></p> <p>30-second Plank <i>rest for 1 minute.</i></p> <p>10 Clap Push-ups</p>	<p>10 Incline Push-ups <i>rest for 1 minutes.</i></p> <p>10 Decline Push-ups <i>rest for 1 minutes.</i></p> <p>5 Segmented Push-ups (Start in plank position. Hold 3 seconds. Lower to 3/4 plank position for 3 seconds. Lower to 1/2 for 3 seconds. Lower to 1/4 for 3 seconds. Raise to 1/2 for 3 seconds. Raise to 3/4 for 3 seconds. Raise back to plank to complete repetition) <i>rest for 2 minutes.</i></p> <p>5 Handstand Push-ups</p>
<p>Day 3 Rubberbantics (requires resistance band)</p> <p>Muscle Groups: <i>Shoulders, Biceps, Triceps, Forearms, Deltoids, Grip Strength</i></p> <p>■ Primary ■ Secondary</p> 	<p>15 Bicep Curls (each arm) <i>rest for 30 seconds.</i></p> <p>15 Tricep Extensions (each arm) <i>rest for 30 seconds.</i></p> <p>15 Bicep Curls (each arm) <i>rest for 30 seconds.</i></p> <p>15 Tricep Extensions (each arm) <i>rest for 30 seconds.</i></p> <p>15 Bicep Curls (each arm) <i>rest for 1 minute.</i></p> <p>15 Tricep Extensions (each arm) <i>rest for 30 seconds.</i></p> <p>15 Wrist Curls</p>	<p>15 Sitting Rows <i>rest for 1 minute.</i></p> <p>15 Reverse Curls (each arm) <i>rest for 1 minute.</i></p> <p>15 Reverse Flies <i>rest for 1 minute.</i></p> <p>15 Sitting Rows <i>rest for 1 minute.</i></p> <p>15 Reverse Curls (each arm) <i>rest for 1 minute.</i></p> <p>15 Reverse Flies</p>	<p>15 Lateral Raises <i>rest for 1 minute.</i></p> <p>15 Left-arm Shoulder Presses <i>rest for 1 minute.</i></p> <p>15 Right-arm Shoulder Presses <i>rest for 1 minute.</i></p> <p>15 Tricep Pull-downs (use band with pull-up bar)</p>

DAYS

LIGHT

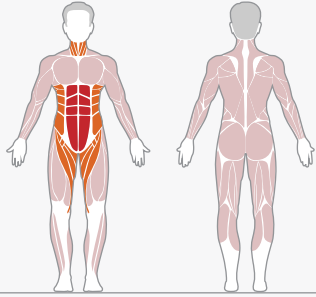
MEDIUM

HEAVY

Day 4 Core Process (requires yoga mat)

Muscle Groups: Rectus Abdominis, External Obliques, Hip Flexors, Inner Thighs, Sternocleidomastoideus

■ Primary ■ Secondary



10-second Reverse Plank
rest for 30 seconds.
10 Crunch Kicks
rest for 30 seconds.
10-second Reverse Plank
rest for 30 seconds.
10 Crunch Kicks
rest for 30 seconds.
10-second Reverse Plank
rest for 30 seconds.
10 Crunch Kicks
rest for 30 seconds.
10 Sit-ups with a Twist
rest for 30 seconds.
10 Climber Taps

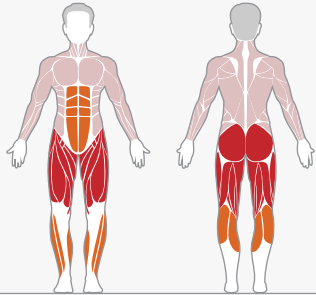
3-second Hollow Hold
3 V-ups
3-second Hollow Hold
3 Crunches
3-second Hollow Hold
3 Sit-ups
3-second Hollow Hold
3 Thread the needles (each side)
3-second Hollow Hold
3 Side Crunches (each side)

3-second Hollow Hold
3 Hollow Hold Rocks
3-second Hollow Hold
3 Candlesticks
3-second Hollow Hold
3 Impossible Crunches (Start with feet 6 inches off the ground, hold feet still while performing crunches with upper body)
3-second Hollow Hold
Bicycles crunches until burn out

Day 5 Legs Go! (resistance band optional)

Muscle Groups: Quadriceps, Hamstrings, Inner Thighs, Glutes, Rectus Abdominis, Calves

■ Primary ■ Secondary



20 Donkey Kicks
rest for 1 minute.
10 Goblet Squats
rest for 2 minutes.
20 Donkey Kicks
rest for 1 minute.
10 Goblet Squats
rest for 2 minutes.
20 Donkey Kicks
rest for 1 minute.
10 Goblet Squats

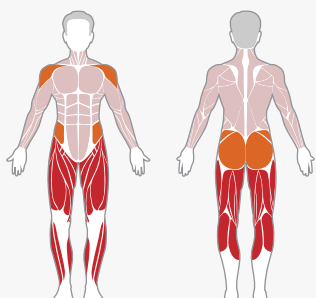
5 Lunges (each leg)
rest for 1 minute.
30-second Wall Sit
rest for 1 minute.
5 Lunges (each leg)
rest for 1 minute.
30-second Wall Sit
rest for 1 minute.
5 Lunges (each leg)
rest for 1 minute.
30-second Wall Sit

10 Calf Raises
rest for 30 seconds.
10 Burpees
rest for 3 minutes.
10 Calf Raises
rest for 30 seconds.
10 Burpees
rest for 3 minutes.
10 Calf Raises
rest for 30 seconds.
10 Burpees

Day 6 Cardi O

Muscle Groups: Quadriceps, Hamstrings, Inner Thighs, Glutes, Calves

■ Primary ■ Secondary



30-minute Walk

There are many activities that can be done for this day. The idea is to get the blood and breathe flowing steadily for an extended period of time. For example, Footbag (done with good form) is a great activity. Choose a number of kicks, then don't stop until that many consecutive kicks are achieved. Increase the number of kicks each set to improve.

30-minute Bike or Jog

See also Basketball, Soccer, and Ultimate Frisbee.

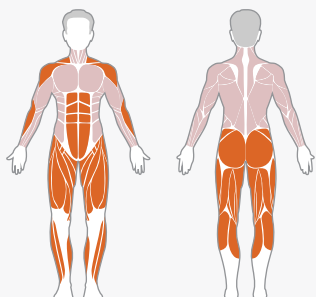
10-minute Run

See also Swimming, Surfing, Snowsports, Watersports, Rock Climbing, and Dancing All Night.

Day 7 Stretch & Flow (use wall to assist body inversion)

Muscle Groups: Shoulders, Forearms, Latimus, Deltoids, Calves

■ Primary ■ Secondary



5-minute Full Body Stretch with yoga mat
30-seconds Arm Circles
rest for 1 minute.
5-second Headstand
rest for 30 seconds.
30-seconds Squat Hold
rest for 1 minute.
5-second Headstand
rest for 30 seconds.
30-seconds Deep Squat Hold
rest for 1 minute.
5-tsecond Headstand

10 Jumping Jacks
rest for 30 seconds.
10-second Handstand
rest for 1 minute.
10 Jumping Jacks
rest for 30 seconds.
10-second Handstand
rest for 1 minute.
10 Jumping Jacks
rest for 30 seconds.
10-second Handstand

30-second Dead Hang
rest for 2 minutes.
30-second Hollow Hold
rest for 2 minutes.
30-second Plank
rest for 2 minutes.
30-second Wall Sit