

# Exercise Guidelines

## Deep Breathing – every day

This is **easy lung exercise to internally strengthen the body**. Filling the lungs with air in a slow manner – and slowly releasing the air or blasting it out, depending on the technique – *strengthens the body's systems, calms the spirit, and fights disease*. Special arm and body movements can be combined with the deep breathing.

## Priming – every morning

This is **light to slightly vigorous exercise to both relax and energize the body in preparation for normal daily movement or for vigorous or intense exercise**: warming up and limbering muscles and joints, tuning the nervous system.

## Maintenance – 6 days a week, Mon-Sat

This is **vigorous full-body movement to maintain dynamic mobility of the entire body**: *muscle strength, bone strength, muscle flexibility & relaxability, joint mobility, heart capacity, vascular capacity, lung capacity, neural capacity*. The **primary forms should always be done**: comprehensive joint mobility exercises, body weight exercises & calisthenics, and stretching. Non-vigorous exercise can be substituted when the body is weak, such as yoga stretches and walking. **For peak health**, breath pure oxygen for 15 minutes while walking on a treadmill, 5 times per week.

## Supplemental – once a week, Mon-Sat

**Added once weekly** should be main supplemental exercises – especially with a chest expander – to provide extra stimulus and target stabilizing muscles. Lifestyle exercise should also be performed once a week: walking, hiking, sports. An exercise machine can be used when it is not practical to go outdoors.

**NOTE 1:** Explosive calisthenics or any other highly tiring exercise need not be done for more than **15 minutes** of interval training to produce great benefit, and fat-burning benefits disappear after 20 minutes in any case.

**NOTE 2:** The goal is to **increase the intensity & acceleration of exercise** by using interval training – low for beginners, high for experts – which means both the exercise duration and the intervals between exercise become shorter. A few intervals of light body movement divide the intense exercise. E.g. exercise-interval, in minutes, of 5-2-5-2-5 for beginners and 3-1-3-1-3 for advanced. This method trains the cardiovascular system to deliver more blood to muscles and to do it both faster and with quicker initiation. The ultimate objective = 1-second initiation. Another method is 8 sets of 30-second all-out exercise followed by a 90-second rest.

## Construction – 1-2 days a week

This is **intense exercise to (re)build high levels of physical strength**: *muscle strength & bone strength*. Intense weight lifting is the basic form of exercise. Static contractions can be used when injured, light weight lifting when weak, and an exercise machine when weak or when weight lifting is not available. The most important exercises are squat, deadlift, overhead press, and pull-ups (overhand, underhand).

**NOTE:** Construction exercise should be done in **as short a time as possible** in order to produce the best results and avoid the most potential problems, meaning that intensity is more important than volume.

## Physical Therapy – as necessary (multiple times daily when needed)

## **Food**

Just eat regular healthy meals without snacking. It is best to exercise between meals so the body burns off sugar and then taps into fat stores. Definitely avoid all sugars after exercising.

## **Rest**

The body machine needs **plenty of rest** after Construction *workouts* and **occasional breaks** from Construction *programs*. **Cease** Construction exercise during a heavy detoxification program or fasting. **Cease** even Maintenance exercise during a long fast. (Priming exercise never requires rest.)

## **Balance & Recuperation**

Balance Maintenance exercise and Construction exercise. Do not overtrain! If Construction exercise has not taxed the body's recovery power during a week, do extra Maintenance work or make the Maintenance work more vigorous. If Construction exercise has taxed the body's recovery power during a week, do less Maintenance work or make Maintenance work less vigorous. Aerobic activity does not interfere with constructive recuperation.