



THE BULLETPROOF EXERCISE ROADMAP

To get the benefits you're after, make your daily movement look like play, and once or twice a week, make yourself cry.

To keep your functional movement in tip-top shape, incorporate strength, cardiovascular, flexibility, and balance exercises into your rotation.

Incorporate any activity that brings you joy. Play and movement does wonders for your mind, body, and overall performance.

Exercise must be:

Brief • Intense • Infrequent • Safe • Purposeful

GOAL	LOSE WEIGHT	MORE ENERGY	MORE FOCUS	BUILD MUSCLE
WHAT	No-equipment HIIT sequence	Tabata style workout	Sun salutation, aim for one minute per pose	Resistance training
TIME OF DAY	Near the end of your intermittent fast (or whenever you have time, but not 2 hours or less before bed).	Right before you typically need an energy boost.	1-2 hours before you need to focus	Mid-day, after eating
SAMPLE ROUTINE	<p>Do each exercise for 60 seconds, and in between do active rest (walk in place) for 30 seconds.</p> <ul style="list-style-type: none"> •Jog in place •Walk in place •Bodyweight squats •Walk in place •Push ups •Walk in place <p>Repeat until you're spent. Work up to 15 minutes.</p>	<ul style="list-style-type: none"> •Burpees 20 sec •Rest 10 sec <p>Repeat for a total of 8 cycles</p>	<ul style="list-style-type: none"> •Mountain pose •Upward salute •Forward fold •Halfway lift •Plank •Low plank •Upward dog •Downward dog •Halfway lift •Forward fold •Halfway lift •Mountain pose <p>10 reps of each with a rest in between. Cycle 3-4 times.</p> <p>For squats and deadlifts, use enough weight that you're spent by the last rep.</p> <p>To increase pull-up and push-up intensity, experiment with different variations on each: close-grip push up, one-leg push up, pull up with knee raise, etc.</p>	<ul style="list-style-type: none"> •Push-ups •Squats •Pull-ups •Deadlifts
FREQUENCY	1-2 times per week	1-2 times a week	1-2 times a week	1-2 times a week

Burpees:

1. Stand with your feet shoulder-width apart, arms at your sides.
2. Drop into a low squat.
3. Put your palms on the floor directly in front of you, between your feet.
4. Jump your feet straight back and land in a plank position.
5. Jump your feet forward as they were in step 3.
6. Straighten your arms over your head and jump upwards.
7. When your feet touch the floor, immediately start the cycle again by lowering into a squat.

	BRIEF	INTENSE	SAFE	PURPOSEFUL	NOTES
BARRE	●	●	●	●	
BODYWEIGHT EXERCISES	●	●	●	●	
CARDIO MACHINES (ELLIPTICAL, STAIR CLIMBER)	●	●	●	●	Cardio machines are designed for long workouts, and they don't do much for your functional strength and fitness.
CROSSFIT®	●	●	●	●	Safe with proper form training. Also, it's tempting to get sloppy to improve your time. Remember that form comes first.
DANCE	●	●	●	●	Can be intense depending on the style and structure.
FUNCTIONAL STRETCHING	●	●	●	●	Use in combination with other activities to round out your fitness, not to become fit.
GROUP AEROBICS	●	●	●	●	There are so many different types of classes. Shoot for classes under an hour that vary in intensity throughout. Bonus: you can get yourself a snazzy leotard if you're into that sort of thing.
MARTIAL ARTS	●	●	●	●	Safe with a knowledgeable trainer.
LONG DISTANCE BIKING	●	●	●	●	Moderate risk of overuse injuries.
LONG DISTANCE RUNNING, MARATHONS	●	●	●	●	Possible severe consequences like substantial joint problems and negative heart changes.
LONG DISTANCE TRIATHALONS	●	●	●	●	High risk of overuse injuries, possible severe consequences of endurance training like heart scarring.
MARTIAL ARTS (VARIED)	●	●	●	●	Depends on style and instructor. Do your research.
MOUNTAIN BIKING	●	●	●	●	Depends on conditions. Oh, and watch out for trees.
OLYMPIC WEIGHTLIFTING	●	●	●	●	When you're throwing around that much weight, it's imperative that you work with a trainer on form, and have proper spotting. Round out your fitness with other activities.
OUTDOOR RECREATION - HIKING, KAYAKING	●	●	●	●	Safe under proper conditions and weather.
POWERLIFTING	●	●	●	●	When you're throwing around that much weight, it's imperative that you work with a trainer on form, and have proper spotting. Round out your fitness with other activities.
RESISTANCE MACHINES	●	●	●	●	Certain machines encourage unnatural movements that strain joints. Research machines before you dive in.
ROCK CLIMBING	●	●	●	●	Safe with professional form training and proper spotting. Hard to do if you're huge.
STRONGMAN TRAINING	●	●	●	●	When you're throwing around that much weight, it's imperative that you work with a trainer on form, and have proper spotting. Round out your fitness with other activities.
SWIMMING	●	●	●	●	Most effective as sprints, rather than long slow laps. Bonus points for cold water.
TABATA	●	●	●	●	
TAI CHI	●	●	●	●	Tai Chi is a better mental exercise, similar to meditation; not intense enough to change your body.
WALKING	●	●	●	●	Leisurely walks are good for mental clarity, but they won't do much for your physique.
WEIGHT TRAINING	●	●	●	●	Safe with professional form training and proper spotting.
YOGA	●	●	●	●	There are many styles of yoga - it can be intense or not, so talk to instructors to choose the right class.