

# OWN <sup>THE</sup> DAY, OWN YOUR LIFE

*Optimized Practices for*

WAKING,  
WORKING,  
LEARNING,  
EATING,  
TRAINING,  
PLAYING,  
SLEEPING,  
and SEX.

## AUBREY MARCUS

*Founder and CEO of Onnit*



# Hydration

The first step is proper hydration. Sixty percent of the average adult human body is made up of water. About the same percentage of Earth's surface is covered by water. The world is water, we are water, yet here we are, every morning, essentially starving for it. And we wonder why we wake up feeling miserable so often.

A glass of water from the bathroom faucet or tipping your head back in the shower is not going to cut it, however. This isn't just about curing cottonmouth. Health coach and sleep expert Shawn Stevenson calls that first glass of water in the morning "a cool bath for your organs." Another way of putting it: it's priming your internal fluids before hitting the road.

All I am asking is that you swap your first-thing-in-the-morning coffee for some water and minerals, in a drink I call the morning mineral cocktail. I'm not asking you to eliminate coffee—God forbid, coffee is delicious—just hold off on it until you've hydrated properly and can mix it with some fats like butter or coconut oil to slow it down. (You'll learn more about the importance of fats in the coming chapters.) The components of my morning mineral cocktail are water, sea salt, and a splash of lemon. I'm not saying that the cocktail is magic, but . . . it's basically magic. (Drink it and thank me.)

## Morning Mineral Cocktail

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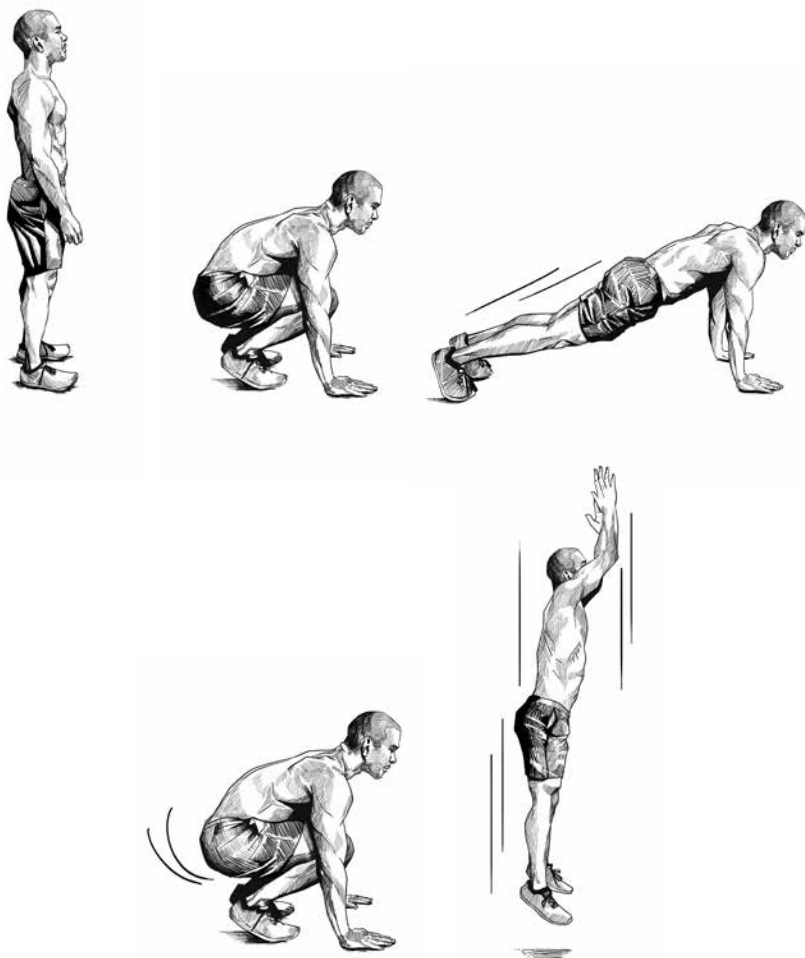
12 ounces filtered water

3 grams sea salt

¼ lemon, squeezed

### QUICK AND DIRTY: 1-3 MINUTES

Twenty-three burpees. Why? I like the number 23. I wore it on my back for years out on the basketball court, and to this day it makes me happy. If you are feeling frisky, add the pushup to the bottom of the burpee. If you need to break this up into several sets, go for it. Otherwise the whole thing should be over in about a minute. If twenty-three feels like a real workout to you, make up your own number. The key is simply that your heart rate gets elevated and muscles start working.



### **SLOW AND SEXY: 5-10 MINUTES**

This is a little yoga flow I developed for the morning. I hold each position for two full intentional breaths, allowing up to one breath for the transition. Start standing with your palms open and facing outwards. Then forward fold. Walk your hands forward into down dog. Bring your left leg up parallel to your hands, into lizard lunge. Take your left hand and open it up to the sky for spinal twist. Put your hand back down. Take your leg back to high plank. Do a pushup (drop to knees if necessary). Repeat on the right side. When you complete the pushup, walk your hands back to forward fold. Roll up one vertebra at a time. Raise your arms, into a gentle backbend, then bring your hands down and your arms to center prayer pose. Repeat as many times as you like.





# Classic Breakfast with Greens

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SERVES 1

## FOR THE EGGS

2–3 pasture-raised eggs  
1 teaspoon water  
1–2 tablespoons grass-fed butter

## FOR THE BACON

4 strips of uncured bacon

## FOR THE GREENS

1–2 cups of mixed greens  
3 tablespoons Balsamic vinegar  
1 tablespoon Dijon mustard  
1 clove garlic, minced  
½ cup olive oil  
Salt and pepper to taste

## FOR THE EGGS

- ◆ Crack the eggs into a bowl. Add water, and whip until slightly frothy.
- ◆ In a nonstick pan, melt butter over medium-low heat. Do not scorch the butter!
- ◆ When butter is melted add the egg mixture. Cook until no liquid egg is visible.
- ◆ Season with sea salt and pepper (black, white, or red), to taste.

## FOR THE BACON

- ◆ Place strips in a cold pan and set over medium heat.
- ◆ Cook until the fat in the bacon is translucent, turning once halfway through. Do not let the meat get too crispy. Keep it bendy, like Gumby, dammit. If you want to be a bacon baller, lay out the bacon on a foil-lined baking sheet. Heat the oven to 400 degrees, and bake that belly for 10–12 minutes on the middle rack. Keep an eye on it since cook times will vary by oven and with bacon thickness.

## FOR THE GREENS

- ◆ Wash the greens, dry completely, and place in a large mixing bowl.
- ◆ In a separate bowl, mix the vinegar, mustard, and garlic. Whisking constantly, add olive oil to the mixture. Pour slowly! Add salt and pepper to taste.
- ◆ Drizzle over greens to desired coverage, and toss.
- ◆ Save the remaining dressing in an airtight container and place in the refrigerator. This stuff will last a while.

# Bone Broth and Avocado

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## FOR THE BONE BROTH

8–12 ounces bone broth  
Ginger to taste  
Cayenne to taste

Sea salt to taste  
Pepper to taste

## FOR THE AVOCADO

1 avocado  
½ lime

Sea salt to taste  
Chili powder to taste

## FOR THE BONE BROTH

- ◆ Buy this at the store, don't be a hero. Pork, chicken, turkey, buffalo, and beef are all equally great choices. Just make sure you get the best kind possible: one from pasture/naturally raised animals that has been simmered for 6–8 hours.
- ◆ Follow the instructions on the packaging, and season with ginger, cayenne, sea salt, and black pepper.

## FOR THE AVOCADO

- ◆ Slice a ripe avocado in half lengthwise, being careful not to slice your hand in the process (blood is not a good garnish).
- ◆ Squeeze the lime over the top, season with sea salt, dust with chili powder, and dive in.

# Choco-Maca Magic Shake

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SERVES 1

Time to prep: 5 minutes

20 grams chocolate protein powder (no sugar added)	1 teaspoon chia seeds
6 ounces unsweetened organic almond milk	½ cup organic blackberries
6 ounces spring water	1 tablespoon MCT oil
1 tablespoon almond butter (or your favorite nut butter)	Ice as desired

- ◆ In a large blender, combine the protein powder, almond milk, and spring water. Pulse quickly to incorporate—this will help reduce clumping and pasting of the protein powder up the sides of the blender.
- ◆ Add the almond butter, chia seeds, blackberries, and MCT oil. Top with ice to the fill line.
- ◆ Blend and serve.



# Açaí Breakfast Blast

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SERVES 1

Time to prep: 5 minutes

10 ounces sprouted rice milk	1 handful spinach, frozen
1 heaping tablespoon unsweetened coconut or grass-fed, full-fat dairy yogurt	1 heaping tablespoon raw peanut butter (or your favorite nut butter)
20 grams vanilla protein powder (no sugar added)	1 teaspoon flax seed
1 packet açai berries, frozen	Ice as desired
	Blueberries, for garnish
	Psyllium husk, for garnish

- ◆ In a large blender, combine the rice milk, yogurt, and protein powder. Pulse quickly to incorporate—this will help reduce clumping and pasting of the protein powder up the sides of the blender.
- ◆ Add the açai berry packet, spinach, peanut butter, and flax seed. Top with ice and blend until smooth and of desired consistency.
- ◆ Pour into a glass, then sprinkle fresh organic blueberries and psyllium husk on top for a healthy garnish and fancy flavor.

# MoMatchajito

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Juice of ½ lime

3 sprigs mint

1 teaspoon matcha

3 drops liquid stevia

8 ounces sparkling water

## INSTRUCTIONS

- ◆ In the bottom of a cocktail shaker, muddle the lime and mint.
- ◆ Add the matcha, stevia, and 2 ounces of sparkling water.
- ◆ Shake briskly and pour into a large glass.
- ◆ Add ice, if desired, and top with the remaining sparkling water.
- ◆ Stir and serve.

# Chipotle Beef Bowl

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SERVES 1

Time to prep: 5 minutes

Time to cook: 15 minutes

1 tablespoon avocado oil	6 ounces grass-fed ground beef
1 cup seasonal organic peppers (bell, Hatch, and hotter ones if you can take it—remove the stems and ribs if you can't), sliced	Sea salt
1 small organic yellow onion, sliced	Black pepper
1 teaspoon chipotle seasoning blend	$\frac{1}{2}$ cup organic broccoli sprouts
	$\frac{1}{4}$ cup fresh organic cilantro, chopped
	2 tablespoons whole-milk Greek yogurt
	$\frac{1}{4}$ cup pico de gallo

- ◆ Heat the avocado oil in a medium skillet over medium-high heat. Add the peppers and onion, and sauté for about 5 minutes, stirring occasionally, until they start to get soft.
- ◆ Add the chipotle seasoning blend and beef. Lower the heat to medium and cook, stirring often, until the beef is no longer pink (7–10 minutes).
- ◆ Season to taste with salt and pepper.
- ◆ Serve over the broccoli sprouts, and top with the cilantro, yogurt, and pico.

# Probiotic Ceviche

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SERVES 2

Time to prep: 15 minutes

Time to marinate: 2+ hours

6–8 ounces boiled shrimp, deveined, peeled, and tails removed	¼ cup organic pomegranate seeds
½ organic avocado, diced	Juice of 1 lime
½ cup kimchi	Red pepper sauce
1 small organic red onion, diced	¼ teaspoon sea salt
	1 tablespoon seaweed flakes (see note)

- ◆ Chop the shrimp.
- ◆ Combine the shrimp, avocado, kimchi, red onion, and pomegranate seeds in a large bowl.
- ◆ Add the lime juice, red pepper sauce (to preferred heat level), and sea salt, and stir to combine.
- ◆ Refrigerate for a minimum of 2 hours to let the ceviche marinate.
- ◆ Before serving, sprinkle on the seaweed flakes.

NOTE: You can find dulse or nori flakes in most supermarkets, or use the Japanese seaweed seasoning blend furikake.

# Bacony Asparagus with Sauerkraut

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SERVES 2

Time to prep: 3 minutes

Time to cook: 10 minutes

2 tablespoons leftover bacon grease

1 pound organic asparagus, trimmed  
and chopped (see tip)

1 cup sauerkraut

- ◆ Melt the bacon grease in a large skillet over medium heat.
- ◆ Add the asparagus, and sauté until tender (about 10 minutes).
- ◆ Serve on a bed of sauerkraut.

TIP: To avoid eating the woody ends of asparagus, grab a spear at either end, then snap. The asparagus will break at the top of the woody section, leaving you with only the good stuff.

# Garlic Green Beans with Cashews

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SERVES 2

Time to prep: 5 minutes

Time to cook: 10 minutes

2 tablespoons avocado oil

1 pound organic green beans, ends  
trimmed

1 tablespoon chopped organic garlic

1 teaspoon garlic powder

¼ cup raw organic cashews

Bragg Liquid Aminos (see note)

- ◆ Heat the avocado oil in a medium skillet over medium-high heat.
- ◆ Add the green beans, garlic, garlic powder, and cashews. Cook, stirring often, until the beans are tender.
- ◆ Season to taste in the pan with the liquid aminos.

NOTE: Bragg Liquid Aminos is a protein concentrate made from non-GMO soy. You can find it with the soy sauce, or you can swap in organic tamari or coconut aminos.

# Turmeric No-Tato Salad

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SERVES 2

Time to prep: 5 minutes

Time to cook: 20 minutes

1 head cauliflower

2 tablespoons avocado oil

Sea salt

4 tablespoons Primal Kitchen Mayo

2 tablespoons Indian curry powder or  
ground turmeric (or more, to taste)

- ◆ Preheat the oven to 375 degrees Fahrenheit.
- ◆ Break the cauliflower into florets.
- ◆ On a baking sheet, toss the cauliflower with the avocado oil, and sprinkle with sea salt.
- ◆ Roast for 20 minutes or until the cauliflower starts to turn soft and golden brown.
- ◆ In a medium bowl, mix together the mayo and the curry powder or turmeric.
- ◆ Add the roasted cauliflower to the bowl, and stir to combine.

# Sautéed Garlic-Mustard Dandelion Greens

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SERVES 2

Time to prep: 2 minutes

Time to cook: 5 minutes

2 tablespoons avocado oil	1/2 teaspoon garlic powder
1 bunch organic dandelion greens, ends trimmed and chopped into bite-size pieces	1/2 teaspoon mustard powder (or more, to taste)
	Sea salt

- ◆ Heat the avocado oil in a medium skillet over medium-high heat.
- ◆ Add the dandelion greens along with the garlic and mustard powders.
- ◆ Sauté, stirring often, until the greens are wilted (4–5 minutes).
- ◆ Season to taste with salt.



# Chia Pudding

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SERVES 1

Time to prep: 1 hour

3 tablespoons chia seeds	1 tablespoon Keto Love Cinnamon
1 cup unsweetened organic almond milk	Vanilla Raw Cashew Butter

- ◆ In a bowl or mason jar, stir together the chia seeds and almond milk.
- ◆ Refrigerate, but keep stirring every 15 minutes or so until the seeds begin to absorb the almond milk and form a pudding. (This will take about an hour.)
- ◆ Before serving, swirl in warmed or room-temperature cashew butter.

# The Tools of the Trade

## BODY WEIGHT

### HISTORY

Body-weight exercises have gone by another name for millennia: *calisthenics*, an ancient Greek word that translates roughly to “move your ass already” and describes the discipline of using your body’s weight as a way to develop strength, stamina, and your overall physique. Calisthenics used to be a huge part of physical fitness, especially for women, in the nineteenth and early twentieth centuries, and remains a key part of physical training in the military.

### ADVANTAGES

Body-weight exercises are inherently joint friendly and safe because the loads you lift (your body parts) are never more than you can normally stabilize. They are also crazy convenient and practical, since you need very little space to do them in and you don’t need a gym to scale them up or down in difficulty. Whereas with weight training, you need to add weight to progress, body-weight movements can be progressed and regressed as necessary by simply changing the angle of your body. Pushups can be done with hands on an incline to make them easier or with feet on an incline to make them harder. Leg exercises can be done with both or one limb at a time. Tools like the suspension trainer make this easier, but all the basic exercises can be done and modified with body weight alone.

## SIGNATURE MOVE



Sit Through

## KETTLEBELL

### HISTORY

Kettlebells debuted in eighteenth-century Russia, where they were used as counterweights to measure grain and other dry goods. It wasn't long before workers started challenging each other to lift the heaviest ones, and kettlebells eventually found their way into the hands of circus strongmen. After World War II, the Soviet Red Army adopted kettlebells as a means of training its soldiers, and by the 1970s kettlebell lifting had grown in popularity to such a degree that it became an official sport of the Soviet Union. Now you'll find at least a kettlebell or two in almost every major gym that includes free weights.

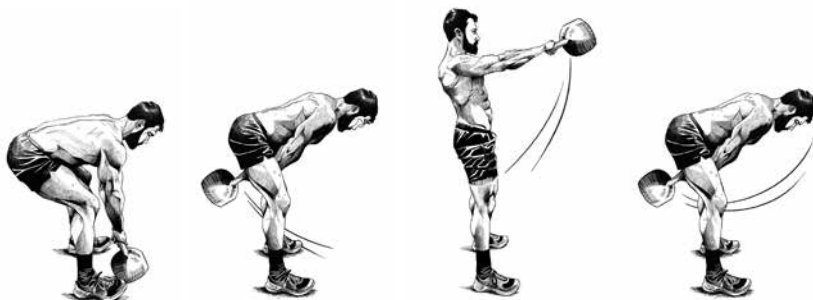


### ADVANTAGES

A kettlebell's center of gravity lies six to eight inches away from your grip, making it harder to control. As a result, practically any exercise you do with it—from conventional strength movements like presses and squats to more unique kettlebell exercises like swings and snatches—is going to require stricter form and more muscle activation than you could get away with using a dumbbell. Kettlebell lends itself to flowing motions, like the long cycle from kettlebell sport, which allows for the maximum amount of weight to be lifted

overhead in ten minutes of any exercise in the world. Kettlebells are incredibly versatile and are also great for building strength and power with heavier bells.

#### SIGNATURE MOVE

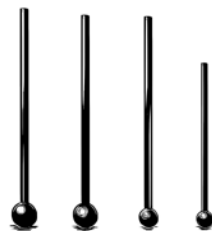


Kettlebell Swing

#### STEEL MACE

##### HISTORY

Developed by Hindu warriors over two thousand years ago, the mace, or *gada*, was used as a weapon of war. To condition the muscles of the shoulders and back, and thus become more effective in battle, warriors practiced swinging heavy maces as a part of their daily morning regimen. The tradition was picked up by the Pehlwani wrestlers, until it became adopted by the strongman community in the twentieth century.

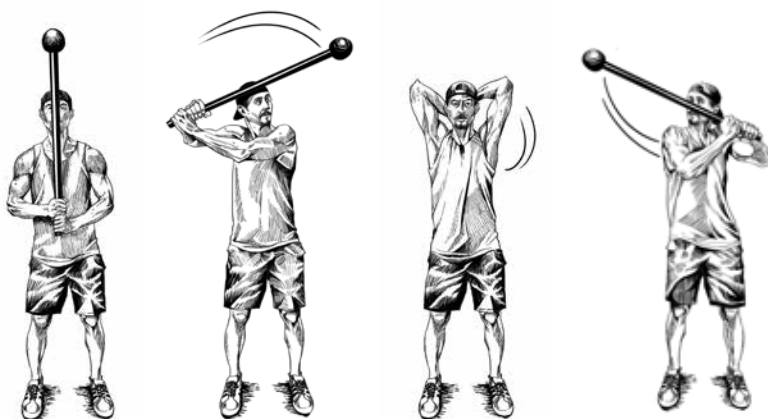


##### ADVANTAGES

The steel mace is the most unbalanced of all tools, with a heavy head and a very light handle. This forces maximum correction and adaptation of the body to maintain balance. In motion, the specialty of the mace is rotation, which forces stabilization and counterrotation,

all in the same movement. Excellent for conditioning the shoulder girdle and connecting muscle groups in compound movements for maximum power, the mace is a favorite among the MMA athletes who come through our gym.

#### SIGNATURE MOVE



**Mace 360**

#### CLUB

##### HISTORY

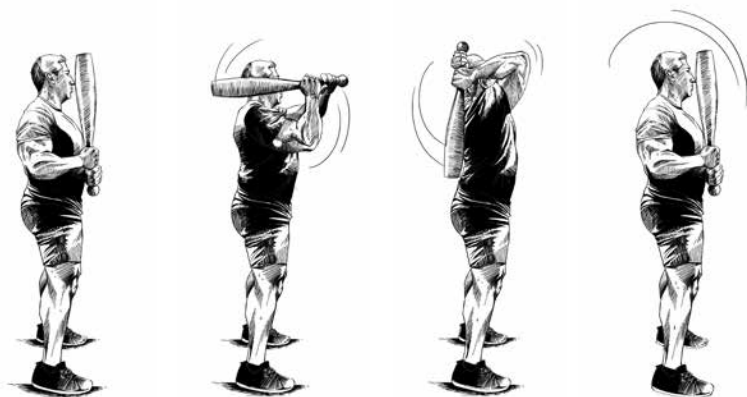
The club dates back to the Hindu warriors, who used it similarly to the steel mace. It was also a part of strongman contests in Persia, and wrestlers and other martial artists throughout the Middle East and Asia adopted it for strength training. Club swinging grew in popularity until it became part of Olympic gymnastics in 1904, where it endured until 1932. Clubs have seen a resurgence since the beginning of the twenty-first century, and are recognized for their ability to develop strength and mobility simultaneously.



## ADVANTAGES

A club's handle is an extension of the club itself; it's not set off from the load as it is on a sandbag, kettlebell, mace, and other implements. That makes the club act as more of an extension of your arm, which allows for a very natural motion and the opportunity to countertrain unilateral movements such as golf swings, to restore balance to the body. Clubs aren't really "lifted," they're swung, so generating and resisting that momentum is great for developing endurance as well as mobility. Swinging a club can gently pull your joints into greater ranges of motion while forcing your body to stabilize it at the same time—the optimal way to improve flexibility that you can access during activity (or, simply, in life).

## SIGNATURE MOVE



Club Pullover

## SANDBAG

### HISTORY

Sandbags have been used by wrestlers and military personnel for ages. They're a classic example of old-school farm-boy strength—the idea that simple manual

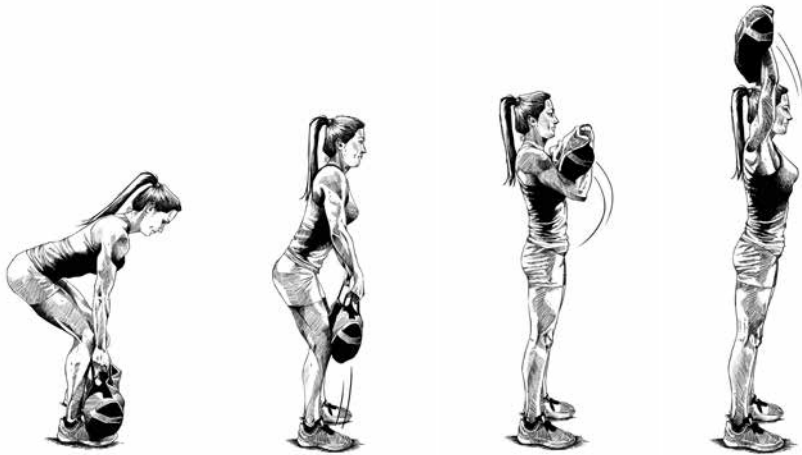


labor done out of necessity can have an ancillary, even unintended, boon to strength and conditioning.

#### ADVANTAGES

The sandbag offers the perfect introduction to strength training with an external load. Whereas kettlebells and clubs could cause discomfort or injury if you lose control of them and allow them to smack into your shoulder or knee, the sandbag is soft, and any contact it makes with you will be light. Unlike the other unconventional tools, the load in a sandbag is nearly alive—it's always shifting, challenging your stability no matter what movement you perform. It's hard to grip because of its shape, and works your core and balance hard.

#### SIGNATURE MOVE



**Clean and Press**

## ROPE

### HISTORY

Battle ropes were pioneered by a trainer named John Brookfield. Thick ropes akin to the kind used to lower an anchor on a large ship, battle ropes are highly versatile and one of the newest and most unique pieces of equipment to enter the fitness industry.

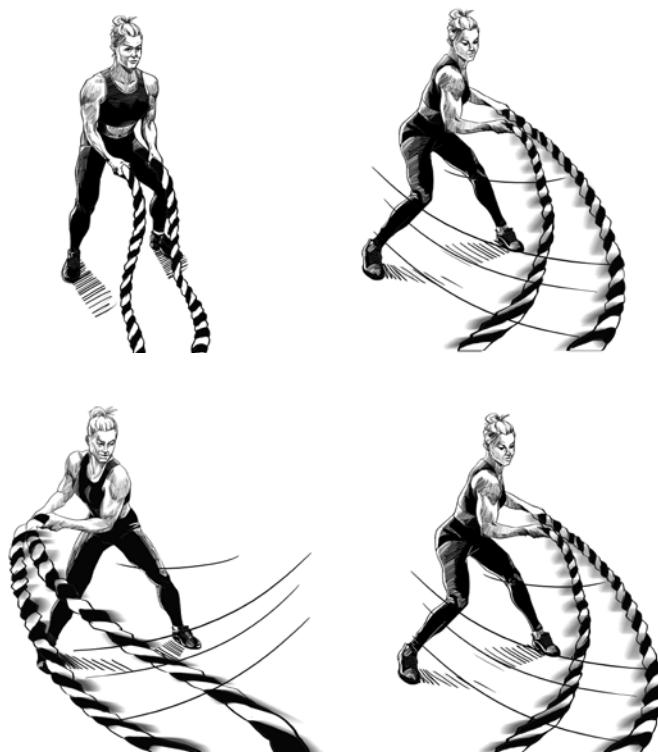


### ADVANTAGES

With a rope, it is not only how heavy the rope is, but how much effort you put into it that creates the work rate. This makes it one of the safest implements to train full-power movements at maximum capacity. You can dial it back for longer aerobic cardio sets, or dial it up for sheer anaerobic explosiveness. Ropes are extremely low-impact on the joints, and allow for a wide range of movement to be applied. You can shuffle side to side, do squats or lunges, jump, do a burpee, all while maintaining an alternating wave. Ropes are about the closest thing you can get to sprinting for your upper body.



## SIGNATURE MOVE



Lateral Wave

## BARBELL

### HISTORY

The barbell has a multifaceted origin story. One of the earliest examples was a globe-ended barbell used by Austrian strongman Karl Rappo in the early 1800s. Gym owners in France and Germany began experimenting with barbell training until ultimately Kasper Berg developed the seven-foot barbell, still the standard today, and this device was entered into the 1928 Olympic Games. Once it had a foothold in the

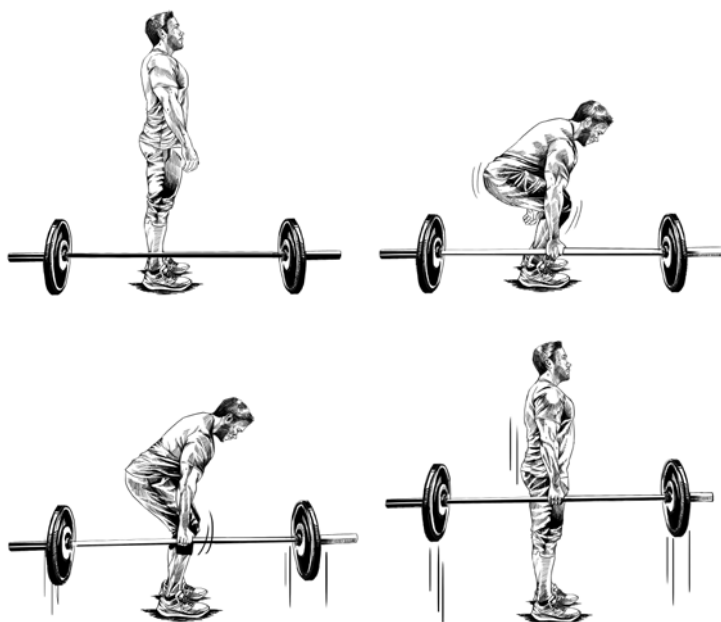


Olympics, it spread quickly across the world, becoming the standard for weightlifting competitions worldwide.

#### ADVANTAGES

The advantage of a barbell is the ability to load up weight. A lot of weight. What you do with that weight determines whether the tool is helpful or not. Conventional barbell training includes the bench press, squat, deadlift, and some of the more complicated Olympic movements like the clean and jerk or the snatch. For a lot of these movements, it takes years to master and condition your joints to bear the load correctly. However, everyone can benefit from barbell training, particularly if they broaden their perspective on how the barbell can be used. It doesn't always need to be loaded heavy, or evenly, nor does it have to be held horizontally.

#### SIGNATURE MOVE



**Suitcase Deadlift**

# The Training Pyramid—Your Ideal Fifty-Minute Workout

While it is possible to divide up a workout in myriad different ways over the course of a week, month, or twelve-week fight camp, for the purpose of this book, we want to create an ideal, option-filled, unconventional fifty-minute workout that trains multiple kinetic systems, targeting a series of functional health priorities, that you can repeat with slight variations three or four times every week. You can think of the kinetic systems and their associated health priorities as the strata of a pyramid, like the old debunked food pyramid that taught you to build your diet around pasta and bread . . . except this one won't try to kill you.

## **DURABILITY (MOBILITY + FLEXIBILITY)—15 MINUTES**



At the base of the pyramid, where you will naturally consume most of your training, is mobility and flexibility, which, combined, we call durability. There are a lot of ways to build durability that don't require setting foot in a gym. You can work on your mobility and flexibility pretty much anywhere. A big part of the corrections in posture we talked about in chapter 7 related to the effects of sitting too long at work, for instance, are aimed at supporting mobility and

flexibility in your joints and your spine, which is the center of your nervous system.

Flexibility allows you to bend, not break, under the pressures of life and the stressors of a workout. Mobility allows you to complete wider ranges of motion without unnecessary compensation or additional pain. When you start training your muscles, mobility and flexibility become of even greater importance, since the constant contraction of muscles can create additional tightness and inflexibility. To combat that, you always need to bring your muscles through a full range of motion, and in some cases, apply pressure to the muscles with a foam roller or a lacrosse ball for a kind of self-massage called self myofascial release.

### **Deep Dive: What Is the Fascia, and Why Do You Release It?**

Think of your fascia as the Saran Wrap that surrounds the meat of your muscles. Except it isn't like dumb old plastic, it is a network of nerves responsible for instructing the muscles exactly how they should contract. These nerves in the fascia can sometimes get stuck in the on or off position, causing undesired tension and body position. A muscle in constant "on" will pull your bones and joints to unfavorable spots, creating stiffness and limited range of motion. Self myofascial release loosens up that dense tissue and helps get you right.

The goal of mobility and flexibility practices is to live pain-free, and continue functioning for a long time to come. If you do nothing else, just getting up, moving around, putting your joints through a full range of motion, and massaging out your muscles will increase your durability and lead to a longer, vibrant life.

## CARDIO—10 MINUTES

The second tier of the pyramid is the cardio system. Have you ever seen someone get winded and have to take a break climbing up a few flights of stairs? Or stop, hunched over, sucking wind, after chasing their kids for a few moments? That's because their cardio is weak. Cardio is short for cardiovascular fitness, which describes how effectively you can deliver and utilize oxygen to produce energy in your muscles. To move a greater capacity of oxygen-rich blood from your lungs throughout your body, your heart rate and breath rate go up. And as long as your lungs and heart can pump enough oxygen into your muscles, you can keep moving—at least until other mechanical forces, like muscle breakdown, and chemical forces, like lactate, cause you to stop. This is what is called your aerobic capacity. It's also called VO2 max, but that sounds like the name of a really fancy shampoo brand, so let's just stick with cardio for now.

You may have heard of high-intensity interval training. That term is as hot right now as Hansel from *Zoolander*. Basically, it amounts to repetitive, high-intensity bursts of effort that typically entrain multiple power systems, including cardio. So while high-intensity interval training (HIIT) is an effective way to build your cardio base, and has been shown to improve VO2 max and peak anaerobic power output, there is still a strong argument for including traditional steady-state cardio like running, swimming, biking, rowing, and the elliptical machine into your workout. It's good for variety, for laying the foundation for greater endurance, and for those beginning training or coming back after a long layoff. Many of the burnout stories you hear from people jumping into the gym right after the New Year happen because they passed up cardio and went straight to a HIIT full-body workout or circuit that wiped them out. Our focus with ten minutes of steady-state cardio in your workout is to get the heart rate up, so when you begin to tax your muscles in the rest of the workout, you are putting enough hormetic stress on them to produce greater endurance, without increasing the risk that you will never come back to the gym again.

### **MUSCULAR ENDURANCE—8 MINUTES**

The third tier is muscular endurance. The difference between cardio and muscular endurance for practical purposes is whether it is your aerobic capacity (your lungs) or muscle fatigue that is limiting your workload. Often they coincide, but sometimes one is more significantly strained than the other. When you say you are “winded,” it’s usually your cardio. When it’s your quads burning during cycling or your biceps fried from rowing that cause you to stop, that’s muscular endurance. This is when any muscle group gets fatigued from repetitive use.

Muscular endurance serves both absolute strength development and long-distance/time endurance, helping us to repeat a sustained muscular effort, over and over, for a moderate time with moderate power output. What does that look like? Middle-distance running (soccer), swimming, hiking up a mountain, mixed martial arts, power yoga.

To train muscular endurance, unconventional tools work great. Their impact on controlled range of motion, rotation (which we do in all movement), and multidirectional/multiangular movement is immense, while also offering a generally lighter resistance load, rather than a maximum heavy lift, for higher repetitions in a more sustained period of work. This helps create a solid foundation for strength gains while also minimizing potential risk of injury.

### **STRENGTH—5 MINUTES**

Strength is the body’s ability to move a maximal load through muscular recruitment and contraction. How many bags of groceries can you carry from the car to the house? How many 737 jets can you tow if someone put you in a harness? Strength is not truly defined by those absolute numbers, however. Rather, it is measured holistically in relation to your body’s frame and natural capacity. My strong is different from your strong, because we are different humans.

Strength training is not often thought of for its benefits beyond getting strong and building muscle. It does those things, but strength

work also contributes to weight loss, a stronger heart, and increased bone density, as well as providing a good space to develop better body mechanics. Strong is also super sexy. All of which support performance in both life and sport, while ensuring the ability to do so at a higher level over the long haul.

### **POWER—3 MINUTES**

Power is the final tier, the tippy top of the pyramid. If strength is when force acts against resistance to create movement, then power is the rate (or speed) at which that force is enacted to create the movement. This is perhaps the most important system for athletes, so many athletic training regimens highly prioritize power development. It is how hard you can throw a punch, how explosively you can jump, how far you can throw a ball. It is generating the maximum amount of force possible.

The power system is important—it wouldn't be included in the training pyramid if it weren't—but it is by far the most taxing on the body, so for noncompetitive athletes, you don't need to spend a lot of time training it to own the day and be effective in life. You simply need to develop enough power to draw on when you need to sprint to the bus, jump out of the way of a bicycle, or defend yourself if necessary. Sprinting, plyometrics, and unconventional tools like battle ropes are all great easy, low-skill ways to train full-body power development.

## Prescription

I don't know you. I don't know how you slept last night, how your body feels, whether you have any injuries, or what your fitness level is or isn't. But by committing to own the day, you are going to do something to move your body. We broke down what that might look like into three levels.

# Level I: Have Fun and Just Get Moving

If you are just getting started with training, or if you feel like you have a long, intimidating road ahead, start out by slowly working your way into the shallow end of the training pool (sometimes literally) with elemental work that is fundamental to human movement. For me, there are a few things that are fun, including playing a game of any sort. Followed perhaps by doing some animal crawls across the turf, or dropping in for a little vulgar vinyasa at Black Swan Yoga. Here are three different ways you can get started:

## ■ TIME TO PLAY

Remember playing tag, or tug of war, when you were a kid, and only stopping when you were panting for air? This was the inspiration for Primal Play, a method developed by movement coach Darryl Edwards. The beauty of playing a game is that when you are engaged in something fun, you forget that you are working out. Here are a few of my favorite games that create bonds and break a sweat:

## SHOULDER TAG

The goal of the game is to tag the other players anywhere in the shoulder. It's kind of like fencing and tag had a love child, with cardio, mobility, endurance, and hand-eye coordination each playing an important role. Boxing trainer and Olympic bronze medalist for Great Britain Tony Jeffries played this game every session with his mates leading up to the games. He credits it with his speed and movement, plus they always had a laugh. Play to ten clean touches, or go for three minutes, then tell me how you feel . . . once you catch your breath.

## CROSS-HOP

Clasp right arms with someone of similar size, by doing what amounts to a forearm handshake, where your palms should be on the inside of each other's arm. Then lift your right foot off the



ground behind you by bending your knee. The goal is to tug or push your opponent using your clasped arm until they are forced to drop their foot to the ground or release their grip on your arm. A lot of hilarious hopping ensues, making this game as much about strength and cardio as it is about plyometric power. Make sure to switch arms too, so you don't create imbalances.

#### **PALM PUSH**

In this game you line up facing your opponent. Palm to palm, you push or withdraw your hand until the other person is off balance. The goal is to get the other person to take a step, or to touch any other part of your body besides the flat part of your hand. This isn't as intense a workout as the other forms of play, but definitely one of the most fun.

#### **ANIMAL MOVEMENTS**

Undoubtedly the most well-paid, the most followed, and perhaps the most well-known mixed martial arts fighter of our epoch is Conor McGregor. The Notorious, as he is called, has won title belts in two weight classes in dramatic knockout fashion, and more than held his own in one of the highest-money boxing matches of all time, against perhaps the greatest pound-for-pound boxer of all time, Floyd Mayweather. His secret? According to him, it's hard work. And part of that hard work is doing ground-based, or animal flow, training with legendary movement specialist Ido Portal. This type of movement often has you moving on all fours across space, a practice Conor often takes when entering the octagon itself. It improves flexibility, balance, and spatial body awareness, as well as perhaps a little bit of something else special. I incorporate animal movements, specifically the bear crawl and the ape walk, into almost every one of my workouts.

#### **BEAR CRAWL**

I prefer the straight-leg version of this movement, with your feet and hands flat on the ground, and arms and legs extended. Starting from

this position, you move your right foot up close to your right hand, but slightly behind and to the outside. Then your right hand moves up, then your left foot, then left hand. It's great for strengthening hips, hamstrings, and butt, as well as upper arms.

#### APE WALK

This movement is a lateral movement with bent knees, flat back, in which you push your weight onto your hands, and shuffle both feet to the right. Then release your hands and come to a straight-backed squat with legs still bent. Put your hands down again and repeat. Make sure to go in both directions for this. It's a great warmup and hip opener that will work the quads as well.

#### YOGA—THE ALL-IN-ONE

Yoga is everywhere. And for good reason! It's one of the best ways to connect mind and body, and access levels of higher consciousness. A lot of people view yoga as stretching, like it's some kind of ancient Indian calisthenics. While stretching is part of the practice, the magic of yoga is the utilization of breath to push through self-imposed limitations. As you practice, you start to hear your mind squealing, *That's far enough. I can't do that. What are we doing later?* Anything to take you out of the intensity of the present moment. But you stay steady with your intent. You focus on your breath. You release stray thoughts with each exhale. You bring in life force with each inhale. You drown the fire of the mind with a generous ocean of respiration and perspiration.

You can go all the way into the spiritual side of yoga, you can wear all white, you can take it really seriously. Or you can just breathe, stretch, sweat, and connect to the best version of yourself. If you're just starting out, that's where you should aim with your yoga practice. That was the idea behind Black Swan Yoga when we acquired it in 2014. You're as likely to hear Drake as you are wind chimes, because you're as likely to be seated next to a next-level practitioner as you are a retiree looking to stay mobile. And you can be sure,

with the inclusion of an infrared heating system, that the sweat flows freely, puddling up with the remnants of the parts of yourself you are leaving behind as you end your session in shavasana, with the mind a quiet and humble servant, and your body at rest with the full force of mindfulness.

### **Pro Tip: Yoga Anywhere**

When my fiancée travels abroad for work, she does yoga almost every day. In Amsterdam, in Prague, in China, and all other sorts of places that aren't known for their yoga. Yoga doesn't need a fancy studio, it doesn't even need a mat. They didn't have mats in India. But you should have some instruction to get the most out of it.

## **Level 2: The Own-the-Day Workout**

We have created two workouts specifically for this book, derived directly from the philosophy built into this chapter generally and the training pyramid specifically. The first is perfect for beginners and people at an intermediate fitness level, and relies solely on body-weight movement, making it easy to do at home, in a dorm, or in an airport hotel room. The second is designed for those between the intermediate and advanced fitness levels and uses a single kettlebell (find the right weight for your ability) to make the workout similarly easy to knock out.

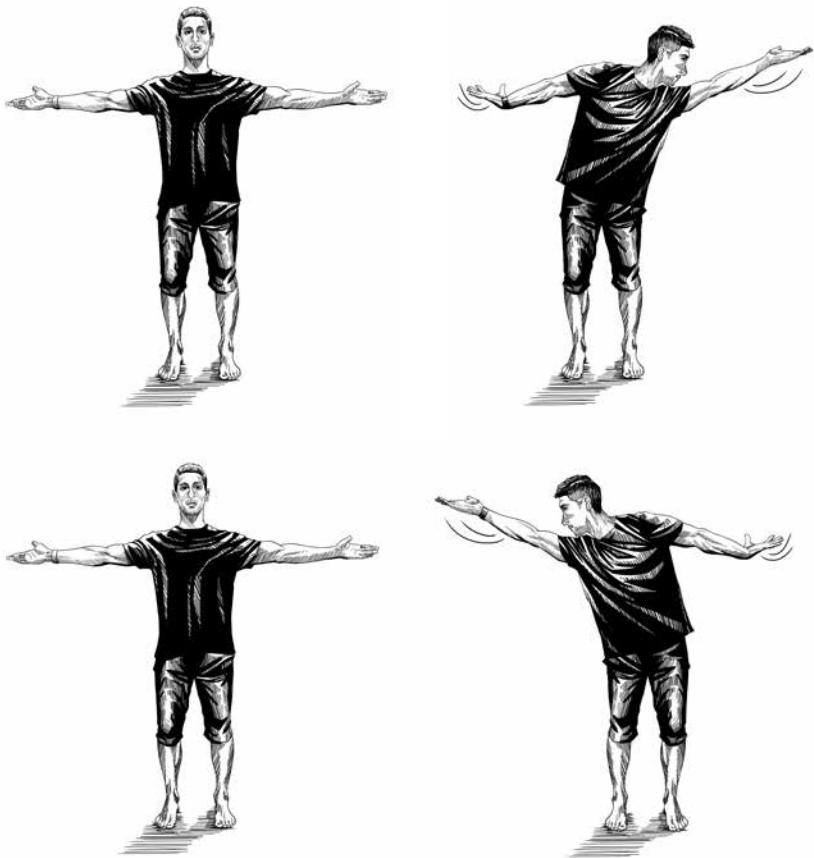
### **BODY WEIGHT—BASIC TO INTERMEDIATE**

#### **CARDIO—STEADY STATE (10 MINUTES)**

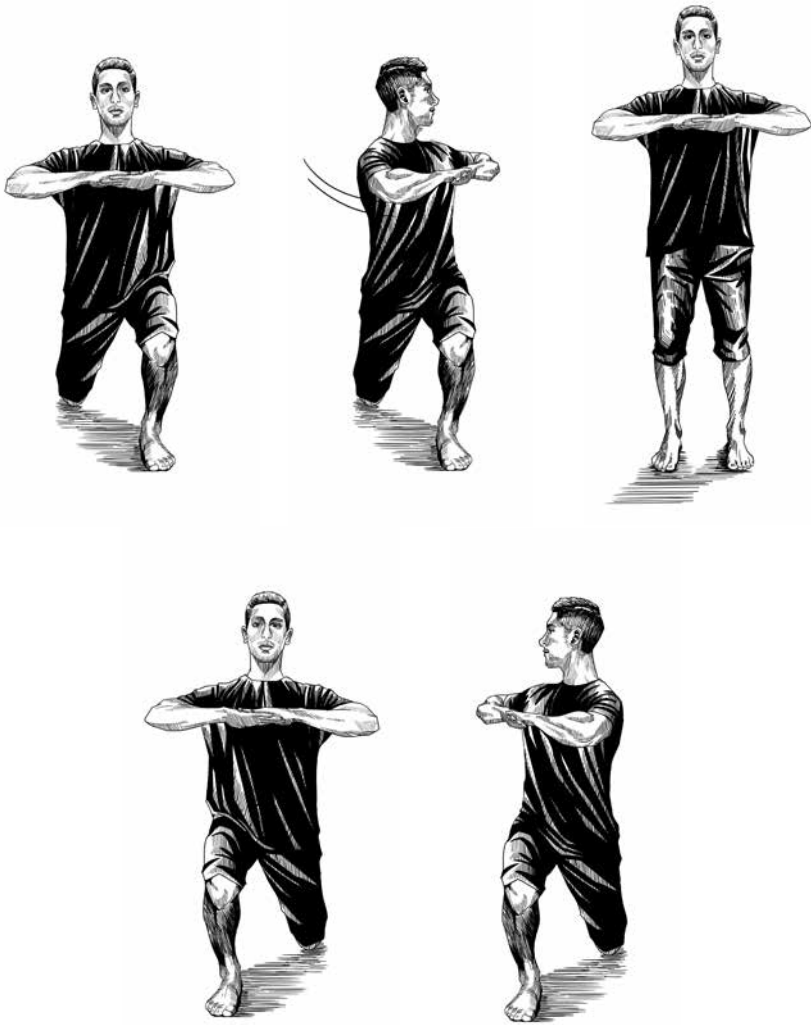
Run, bike, dance, row, swim, jump rope, shadow box—pick any one or any combination and go with it.

**MOBILITY (10 MINUTES)**

The following drills should be performed in a circuit fashion for as many rounds as possible in the allotted time.



**Egyptian, 5 reps each side**

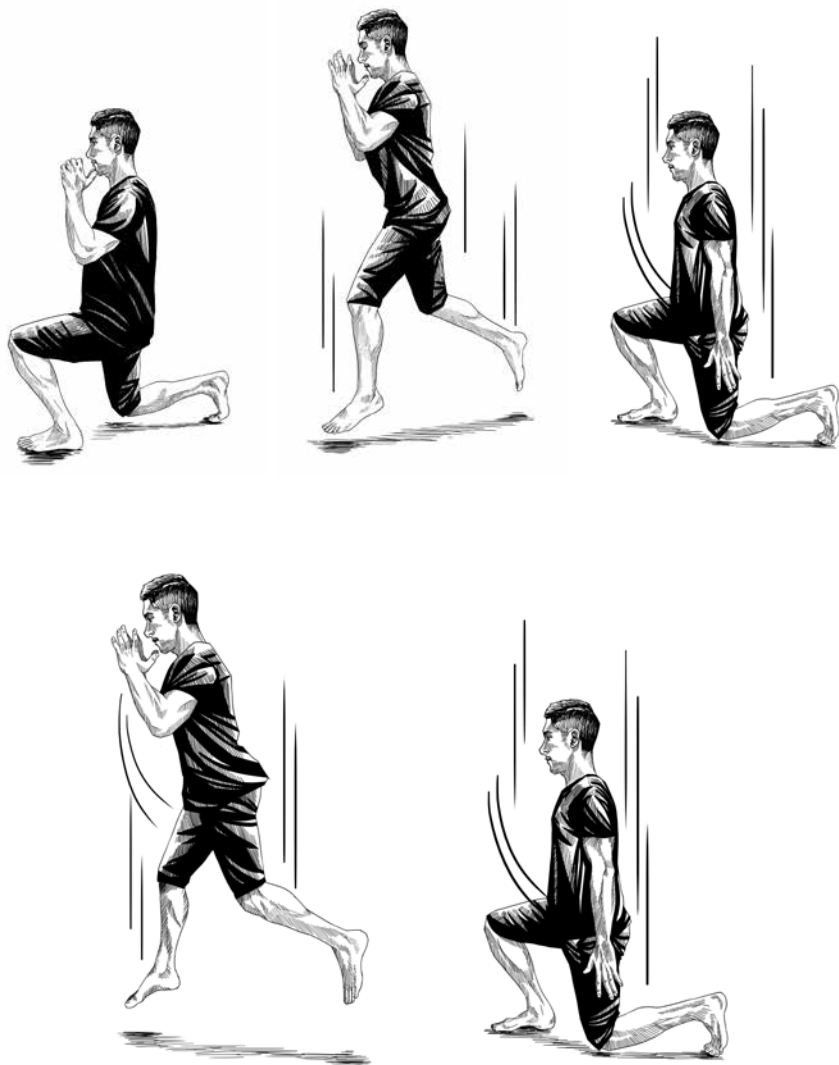


**Lunge Twist, 5 reps each side**



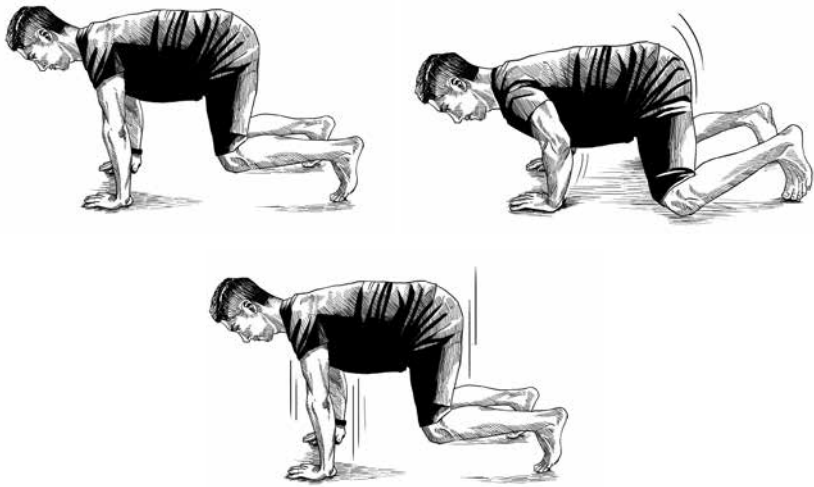
**Standing Leg Circle, 5 reps each side**

**POWER (3 MINUTES)**



**Alternating Split Jump for max height, 10 seconds, followed by 20 seconds rest; 6 sets**

**STRENGTH (5 MINUTES)**



**Frog Pushups, 5 seconds down and 5 seconds up, 5 sets of 3**

**MUSCULAR ENDURANCE (8 MINUTES)**

Alternate between the following two exercises, 4 sets



**Plank, 40 seconds, then 20 seconds rest**





**Sit-Through, 40 seconds, then 20 seconds rest**

**STRETCHING, RELEASE (5 MINUTES)**



**Kneeling Hip Flexor Stretch**



**Kneeling Hamstring Stretch**



**Shoulder Bridge**

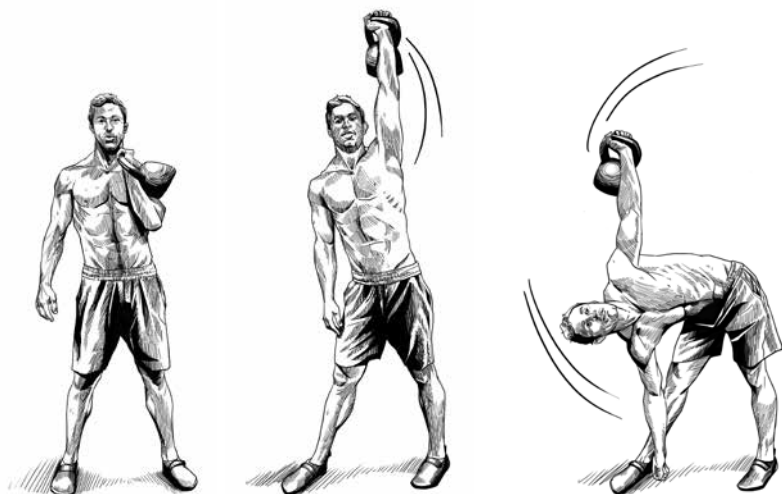
## KETTLEBELL—INTERMEDIATE TO ADVANCED

### CARDIO—STEADY STATE (10 MINUTES)

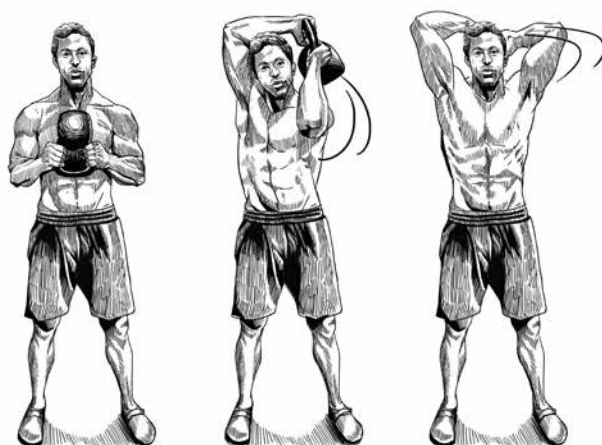
Run, bike, dance, row, swim, jump rope, shadow box—pick any one or any combination and go with it.

### MOBILITY (10 MINUTES)

The following drills should be performed in a circuit fashion for as many rounds as possible in the allotted time.



Windmill, 5 reps each side



**Halo, 5 reps each side**



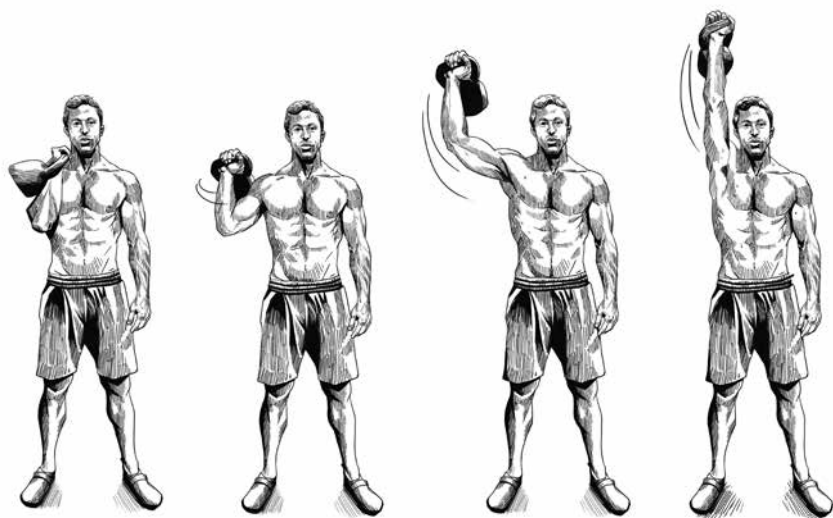
**Bootstrapper, 5 reps each side**

**POWER (3 MINUTES)**



**Sumo Squat Jumps, 10 seconds, then 20 seconds rest, 6 sets**

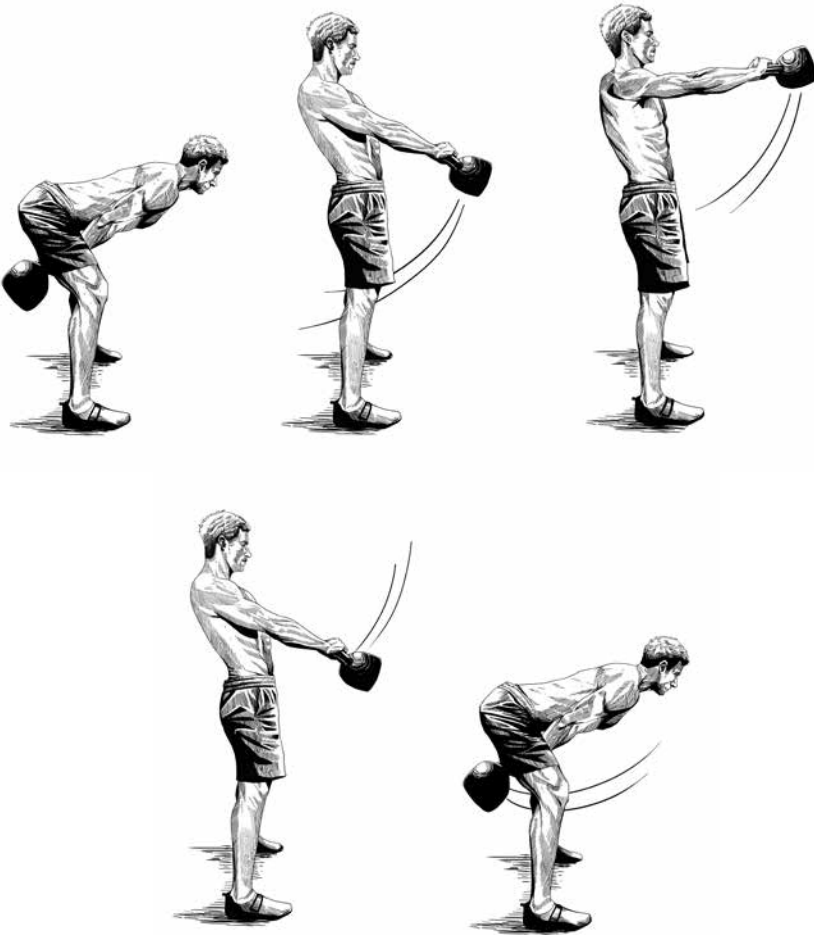
**STRENGTH (5 MINUTES)**



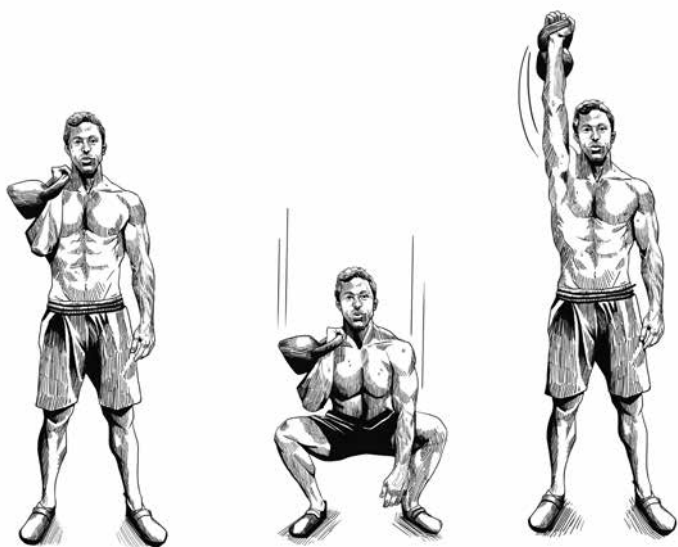
**Super Slow Presses, 5 seconds up, 5 seconds down, 5 sets of 3 reps**

**MUSCULAR ENDURANCE (8 MINUTES)**

Perform the following drills for as many rounds as possible in 8 minutes:



**Kettlebell Swings, 15 reps**



**Single Arm Thruster, 5 reps each side**

**STRETCHING, RELEASE (5 MINUTES)**



**Couch Stretch**





**Pigeon Pose**



**Standing Forward Fold**

## **Level 3: Work with a Pro**

To really take your training to the next level, you'll need additional resources beyond this book. Check out [www.OnnitAcademy.com](http://www.OnnitAcademy.com) for some ideas on where to get started.

# Sensual Steak Salad

---

SERVES 2

Time to prep: 15 minutes

Time to cook: 25 minutes

## FOR THE DRESSING

¼ cup balsamic vinegar

Dash of ground mustard

¼ cup avocado oil

## FOR THE STEAK

1 teaspoon fennel seeds

8 ounces grass-fed steak

2 teaspoons garlic powder

(ribeye, New York strip, or fillet)

1 teaspoon black pepper

8 ounces Brie

1 teaspoon salt

## FOR THE SALAD

4 cups arugula

2 medium beets, steamed, peeled,  
and sliced

4 cups Swiss chard, chopped

¼ cup raw or roasted pumpkin seeds

4 cups spinach

- ◆ Make the dressing: Shake, blend, or whisk together all the ingredients until thoroughly combined.
- ◆ Make the steak: Combine the fennel seeds, garlic powder, black pepper, and salt in a small bowl. Rub evenly onto both sides of the steak.
- ◆ Grill or cook in a hot cast-iron skillet until the steak reaches your desired level of doneness. If you are a real foodie, that's medium-rare. (For an inch-thick steak, that's 5 minutes on the first side, then another 4 minutes on the second.)
- ◆ Let the steak rest for 10 minutes so it doesn't dry out when you slice it. Slice the steak and Brie to the same thickness.

- ◆ Make the salad: Toss the greens and beets with the dressing, then sprinkle the pumpkin seeds on top.
- ◆ To serve, divide the salad onto two plates. Alternating slices of each, stack the steak and Brie sideways on top of the salads.

TIP: This blend of garlic, fennel seeds, black pepper, and sea salt is also sold premixed as Canadian or chophouse seasoning.

# Sourdough Garlic Bread

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SERVES 2

Time to prep: 5 minutes

Time to cook: 10 minutes

1 loaf sourdough bread

1 stick grass-fed butter  
(you won't need it all)

1 tablespoon garlic powder  
(or more if desired)

- ◆ Preheat the oven to 350 degrees Fahrenheit.
- ◆ Slice the loaf of sourdough down the center.
- ◆ Spread the bread liberally with the butter, and sprinkle on the garlic powder.
- ◆ Place in the oven and bake until the bread is golden brown, about 10 minutes.

# Love Pasta

---

SERVES 2

Time to prep: 10 minutes

Time to cook: 20 minutes

2 servings quinoa pasta	¼ cup raw pumpkin seeds
2 tablespoons extra-virgin olive oil	14.5-ounce can organic stewed tomatoes
1 teaspoon minced garlic	2 cups arugula
1 medium onion, diced	2 cups Swiss chard, chopped
2 pasture-raised chicken breasts, diced	Sea salt
2 small zucchini, diced	Freshly grated Parmesan, for garnish
1 tablespoon dried Italian herbs	
½ teaspoon crushed red pepper, or more to taste	

- ◆ Make the pasta according to package directions. Drain and set aside.
- ◆ Make the sauce: Heat the oil in a large skillet over medium heat. Add the garlic and onion and sauté for 5 minutes, stirring often.
- ◆ Add the chicken, zucchini, Italian herbs, and crushed red pepper. Cook, stirring occasionally, until the chicken is browned on all sides (about 5 minutes).
- ◆ Add the pumpkin seeds and tomatoes, cover, and simmer for 10 minutes, until the chicken is cooked through. Remove from heat and stir in the greens.
- ◆ Cover and let sit until the greens wilt (about 3 minutes). Season to taste with salt.
- ◆ Toss the sauce with the pasta, then divide the pasta into two bowls.
- ◆ Top with the Parmesan as desired.

# Game-On Stew

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SERVES 4

Time to prep: 20 minutes

Time to cook: 8 hours

4 pounds buffalo or grass-fed beef bones, with the marrow, cut	2 cups small purple potatoes
2 quarts filtered water	2 medium carrots, peeled and chopped
1 bottle organic dry red wine	1 medium yellow onion, sliced
6 garlic cloves, peeled and chopped	1 tablespoon sea salt
1 pound game meat, cubed	1 teaspoon black pepper
	3 bay leaves

- ◆ Make the bone broth: Simmer the bones in 2 quarts of filtered water for 3 hours.
- ◆ Add the red wine, garlic, and meat. Simmer for 3 hours.
- ◆ Add the remaining ingredients, and simmer for 2 hours.
- ◆ Before serving, remove the bones and bay leaves.

# Jammin' Tandoori Salmon with Tzatziki

---

SERVES 2

Time to prep: 5 minutes

Time to cook: 10 minutes

## FOR THE TZATZIKI

1/2 cup whole-milk Greek yogurt

1/4 teaspoon dried dill

2 garlic cloves, peeled

1/4 medium cucumber, chopped

Sea salt

## FOR THE SALMON

12 ounces sockeye salmon  
(or another wild-caught salmon)

1 tablespoon avocado oil

1 lemon, sliced in half

1 tablespoon tandoori seasoning  
(or more to coat liberally)

1/2 teaspoon coarse sea salt

- ◆ Preheat the oven to 375 degrees Fahrenheit.
- ◆ Make the tzatziki: Blend all the ingredients together in a blender or food processor until mostly smooth. Season to taste with salt.
- ◆ Make the salmon: Coat both sides of the salmon in avocado oil, then place it skin side down on a baking sheet or in a roasting pan. Squeeze on the lemon juice, then coat with the tandoori seasoning. Sprinkle sea salt on top, and bake in the preheated oven until the salmon is cooked to medium. (That's 10 minutes per inch of thickness.)
- ◆ Divide onto two plates and serve immediately.

# Spicy Creamy Greens

---

SERVES 2

Time to prep: 5 minutes

Time to cook: 5 minutes

1 tablespoon avocado oil	4 cups arugula
1 teaspoon berbere seasoning (see note)	4 cups Swiss chard, chopped
¼ cup raw pumpkin seeds	4 cups spinach
	Primal Kitchen Ranch

- ◆ Heat the avocado oil in a large skillet over medium-high heat. Add the berbere seasoning, pumpkin seeds, and greens. Sauté, tossing often, until the greens are cooked as you like them.
- ◆ Douse in Primal Kitchen Ranch, divide onto two plates, and serve immediately.

NOTE: Berbere seasoning is an Ethiopian spice blend that contains paprika, cayenne, fenugreek, coriander, cumin, black pepper, cardamom, cinnamon, organic clove, ginger, and turmeric. You can buy it premixed.



# Mashed Potatoes

---

SERVES 2

Time to prep: 5 minutes

Time to cook: 20 minutes

4 medium potatoes, peeled and chopped    ½ cup shredded sharp raw cheddar  
3 tablespoons grass-fed butter                Sea salt

- ◆ Boil the potatoes until fork-tender, then drain. This should take about 15 minutes.
- ◆ Return them to the pot, add the butter and cheddar, and mash.
- ◆ Season to taste with salt.

# Popcorn with Grass-Fed Butter and Chocolate

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SERVES 2

Time to prep: 5 minutes

Time to cook: 5 minutes

1/4 cup organic popcorn kernels

2 tablespoons grass-fed butter

Sea salt

Lily's stevia-sweetened chocolate

(choose your favorite flavor)

- ◆ Pop the corn in an air popper while you melt the butter.
- ◆ Drizzle the melted butter over the popcorn, add sea salt to taste, and toss in chunks of the chocolate. Eat immediately. Wash your hands before making love to your partner. Or not.

## Emergency Sleep Cocktail

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1/4 teaspoon cream of tartar (dry spice)	1/2 teaspoon turmeric
1/4 teaspoon sea salt	Dash of black pepper

Mix ingredients in 10–12 ounces filtered water. Drink.

The sodium and trace minerals in the sea salt support your adrenal system. The potassium in the cream of tartar relaxes your muscles. And the turmeric, along with the black pepper to assist with absorption, helps reduce inflammation. If I don't end up waking up in the middle of the night and needing to knock it back, I will either drink this concoction with some water as a substitute for my morning hydration cocktail or put it in the fridge for the following night, secure in the knowledge that I am well armed to tackle my sleep-cycle goals.