

OFF-SEASON

**MOVEMENT

- Rock climb or variant (2x a week)
- Rest in a deep squat (daily)
- Practice being barefoot (daily)
- Hang from 2 hands (daily)
- Hike for 1-4 hours (2 x a week)
- * Watch video of yourself training

**SKILL

- Learn a new sport
- Learn just one new skill from a different sport
- Learn a new skill from your sport
- Repeat one of your skills a different way each time (different timing, angle, sequencing, etc.)

IN-SEASON

- Rock climb or variant (1x a week)
- Rest in a deep squat (daily)
- Practice being barefoot (daily)
- Hang from 2 hands (daily)
- Hike for 90-120 minutes (2x a week)
- * Watch video of yourself training

- Creativity during unstructured time
- Repeat one of your skills a different way each time (different tempo, sequencing, etc.)

* Developing awareness and an eye and feel for nuance, shapes, angles, creases, compensations (reasons), asymmetries. Learn through the senses and contrast (self-organization).

Feel, Play, Learn. What Feels Good, What Did You Enjoy, What Did You Learn?

** General Movement and Skill Development Recommendations for Health and Function.

See how much you can breathe solely through your nose during these movements.

Listen to your body, activities are intended to feel enjoyable and sustainable, adjust accordingly.

Report any unease to your practitioner and/or medical professional if in need or if there's any questions.



UPRIGHT MOVEMENT

Defy Gravity