

PRACTICAL HANDBOOK OF COUNTERMEASURES

TACTICAL BRIEFING

II-01

15 Years Younger With 15 Minutes A Day.

The efficient program for strength,
stability and cell rejuvenation.



No gym.
No weights.
No stress.
No excuses.

Scientifically proven and
tested in practice.



Imprint

Practical Handbook of Countermeasures – Vol II: Resilience & Preparedness
Tactical Briefing II.01: 15 years younger with 15 minutes a day.
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Please note:
Numbers in square brackets refer to scientific sources in chapter 6.

1 Situational Overview

1.1 INITIAL SITUATION

You sit too much and don't get enough exercise. You don't feel like doing sports or don't have time for them.

Symptoms:

- Overweight.
- Stiff bones and joints.
- You feel old and weak.
- Back pain. Neck pain. Chest pain. Knee pain and shortness of breath when climbing stairs.
- When you crouch down to pick something up off the floor, you can only stand up again with a groan and by holding on to something or supporting yourself.
- When you put on your pants, you have to hold on to something because you cannot stand securely on one leg.

1.2 OBJECTIVE

The mission objective is to make your body strong, fit, and flexible with minimal effort and minimal risk of injury. And to rejuvenate the biological age of your cardiovascular system by 10–15 years within a year.

1.3 RESOURCES

- No equipment.
- No weights.
- No gym.

All you need is your own body weight.

The space required is limited to an area of approximately 2 × 1.5 meters.

Can be performed in restrictive environments as well as in temporary locations, from prison cells to hotel rooms.

Time required: Initially approx. 8 minutes, 15 minutes for the full number of repetitions. More is welcome.

A clock is not necessary, as the duration of the exercises is represented by breaths.

1.4 OPTIMAL TRAINING TIME

Situation analysis

- Immediately after eating: suboptimal.
- Immediately before eating: focus of attention is reduced, satisfying hunger is prioritized.
- Late evening: Physical exercise would increase activity levels, thereby impairing sleep quality.
- Midday: Cognitive distractions, external commitments, reduced commitment.

Conclusion

The operational period with the lowest susceptibility to disruption is immediately after getting up:

- No overlapping appointments.
- No digestive stress.
- No mental preoccupation.

1.4.1 Recommended action: Morning exercise



Do your workout right after getting up.

Before the first input of the day. Before distractions. Before excuses.

Positive side effect: Training in the morning quickly becomes a fixed habit.

The morning is actually a biologically privileged time for forming new habits. Our bodies have a natural cortisol rhythm. Cortisol levels are highest in the first 30-60 minutes after waking up (this is called the “cortisol awakening response”). Cortisol is not only a stress hormone, but also a hormone that promotes learning and memory formation and increases alertness and wakefulness. A 2017 study explicitly demonstrated that the formation of a new health habit (in this case, stretching exercises) was significantly faster and stronger in participants who performed them in the morning. The researchers attributed this directly to higher cortisol levels in the morning, which strengthen the neurological link between the anchor point of the new habit and the establishment of the routine in the brain [10]. More on this later in the chapter on the scientific basis.

2 Preparation

Initial Situation

At the beginning, the muscles may not yet be sufficiently developed to perform the exercises in a stable and technically correct manner.

Movements appear uncertain, repetitions are limited, and the strain seems disproportionately high.

Principle

During this phase in particular, it is essential to perform the exercise slowly, in a controlled manner, and with correct technique.

- No hasty repetitions.
- No shortened range of motion.
- No compensation through momentum.

Explanation

Only clean execution enables:

- Targeted muscle building
- Structural adaptation of tendons and connective tissue
- Minimization of the risk of injury

The number of repetitions is secondary.

The quality of the movement is crucial.

Options for beginners and advanced learners

There are easier versions of all exercises for beginners and more challenging versions for advanced practitioners.

Long-term perspective

With increasing structural stability, the number of repetitions and load capacity automatically will increase.

Clean technique forms the operational basis for sustainable performance development.

3 Implementation

The exercises in the PT-7 exercise program are simple but effective.

When combined, they efficiently strengthen your entire body, increase your mobility, and improve your ability to maintain balance. When used in conjunction with the other recommendations in this briefing, they can significantly slow down and even reverse the aging process at the cellular level. For more information, see the chapter “Scientific Basis.”

1. Deep squats
2. Push-ups
3. Hip bridge, alternating with
4. Abdominal crunches
5. Side plank
6. Bird dog
7. Plank

The entire exercise program should be performed every day immediately after getting up. There are no fixed rest days.

3.1 OPTIMAL START TO THE DAY

- Get up
- Go to the toilet
- Drink 1 glass of water
- Complete the PT-7 exercise program
- Only then go to the bathroom, get dressed, and have breakfast.
- To start the day with mental clarity, only use digital devices after breakfast.

3.2 OPTIONAL POWER TRAINING ONCE A WEEK

Once you have reached a healthy level of fitness, you can accelerate and consolidate your progress with weekly power training.

To do this, perform the entire exercise routine four times in succession once a week. This will take approximately one hour.

3.3 OPTIONAL VARIATIONS FOR ADVANCED USERS

As your performance improves over time, you can add variety to your personal training program by trying the more challenging variations for advanced users. The corresponding variations are described for each exercise.

Important! A new level should only be tackled once the previous level can be performed cleanly and in a controlled manner within the repetition or time frame specified in the program!

4 The PT-7 Exercise Program

4.1 WARM-UP EXERCISES

Option 1: Knee lifts on the spot

Knee lifts on the spot, also known as “walking on the spot,” is a simple warm-up exercise that is easy on the joints, activates the cardiovascular system, and promotes blood circulation.

Starting position: Stand upright with your feet hip-width apart and your arms relaxed at your sides.

Movement: Alternately lift your knees to your chest, swinging the opposite arm forward—as you would when walking naturally.

Tempo: Move at a controlled, rhythmic pace to slowly increase your heart rate.

Technique: Keep your chest lifted, your shoulders relaxed, and tense your core muscles to stabilize your balance.

Breathing: Breathe in when your foot touches the ground and breathe out when you lift your knee.

Duration: Perform the exercise until you feel a distinct warmth in your body and your breathing has noticeably quickened. This is the signal that your circulation has been activated and you are ready for the actual workout. For most participants, this corresponds to about 10 to 20 repetitions.

Option 2: Jumping Jacks

Jumping jacks are a classic warm-up exercise that activates the entire body and quickly increases the heart rate.

Starting position: Stand upright with your feet hip-width apart and your arms relaxed at your sides.

Movement:

1. Spread: Jump lightly into the air and land in a wide stance. At the same time, bring your arms up above your head.
2. Close: Jump back from the wide stance to the starting position and bring your arms back down to your sides at the same time.

Tempo: Start with a moderate, steady rhythm. Once you feel confident, you can increase the tempo to effectively raise your heart rate and feel a slight warmth in your body.

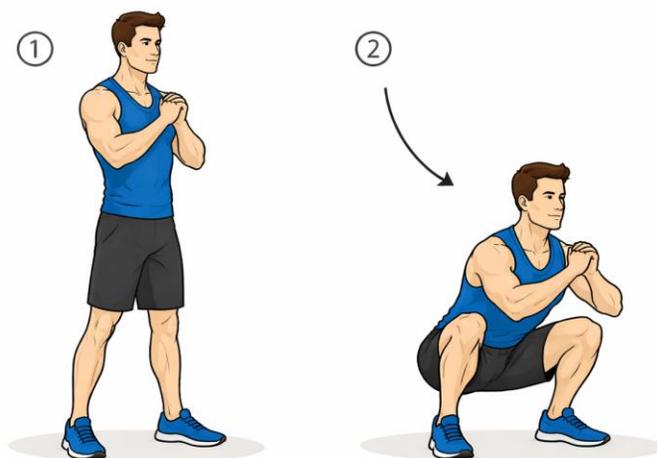
Technique: Always land softly on the balls of your feet to protect your joints (especially your knees and ankles). Maintain a slight basic tension in your core to keep your upper body stable. The arm movement should be controlled and performed through the full range of motion.

Breathing: Breathe evenly and continuously to supply your body with sufficient oxygen. A natural rhythm is to inhale when jumping apart and exhale when closing your legs and arms.

Duration: Perform the exercise until you feel a distinct warmth in your body and your breathing has noticeably quickened. This is the signal that your circulation has been activated and you are ready.

1

4.2 DEEP SQUATS

**Objective:**

Build strength in your legs and buttocks, improve flexibility in your hips and ankles.

Basic Position:

Stand up straight and upright, with your feet shoulder-width apart and turned slightly outward. How far outward depends on your physique and your knees.

Movement:

Extend your arms forward at a slight angle to help you maintain your balance. Your hands may touch or clasp together. Then slowly and deliberately lower yourself into a deep squat, as low as possible. Hold this position briefly, then stand up again powerfully but not too quickly until you are standing upright again.

Repetitions:

Start with 3-4 repetitions if you are untrained. Then increase to 7, after a few weeks to 10. Later to 15.

Initial difficulties:

If necessary, use a chair, bed edge, or table edge for support when getting up in the initial phase. Perform the movement more slowly if necessary. Stretch your arms further forward to balance your weight.

Please note:

- Your back should remain as straight as possible, your head upright, and your neck and shoulders relaxed.

Problems & Solutions

Knees fall inward: “Actively guide knees outward”; turn feet further outward.

Heels lift off the floor: “Weight over midfoot and heel”; push knees forward in a controlled manner; mobilization exercises for ankle joint; if necessary, use a small heel lift temporarily.

Severe hunchback in the low position: “Keep your chest upright”; only go as low as your spine remains neutral; consciously build up abdominal tension.

Upper body tilts forward significantly: stretch your arms forward as a counterweight; “chest proudly forward”; reduce speed.

Uneven posture: consciously distribute weight evenly on both feet; check your movement in front of a mirror; perform the movement more slowly.

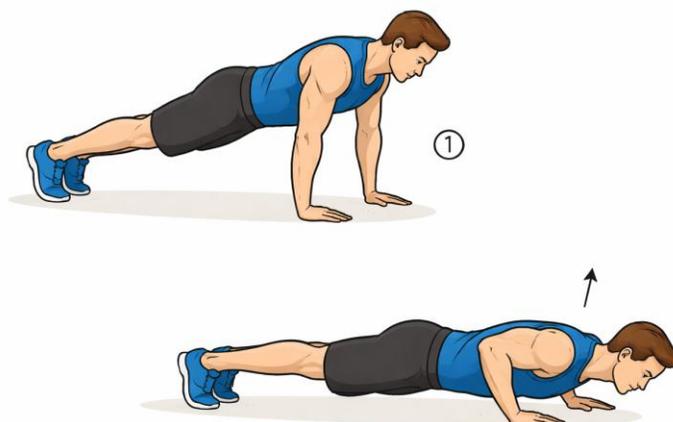
Lowering too quickly: lower in a controlled manner over 2–3 seconds; pause briefly at the bottom; come up explosively but in a controlled manner, exhaling as you do so.

4.2.1 Variations and performance levels

Level	Variation	Focus & Implementation Notes
1	Box/Chair Squat	Sit down carefully on a chair or box and stand up again. Focus on controlling the downward movement and keeping your back straight. Stretch your arms forward to counterbalance your weight.
2	Assisted Squat	Hold onto a door frame or a sturdy table. This provides stability and helps you to complete the full range of motion, even if you don't yet have sufficient strength or balance.
3	Bodyweight squat	The standard squat without holding on to anything. Go as low as you can while maintaining control and keeping your back straight (thighs at least parallel to the floor).
4	Deep squat (target exercise)	The deep squat, where the hips are lowered much lower than the knees. This requires more flexibility and strength. Focus on keeping your chest upright and knees stable.
5	Paused squat	Hold the lowest position of the squat for 2-3 seconds before pushing yourself back up powerfully. This builds strength in the most difficult position.

2

4.3 PUSH-UPS

**Objective:**

Build strength in your chest, shoulders, and triceps, and improve core stability.

Basic Position:

High plank position on hands and toes, arms stretched out, hands slightly wider than shoulders, body forming a straight line. Abdomen is firm, buttocks are tense. Eyes are directed at the floor about 20–30 cm in front of the hands.

Movement:

Lower your chest slowly and in a controlled manner toward the floor, bending your elbows back at an angle of about 45°. Breathe in as you do so.

When you reach the bottom, your chest should be hovering a few centimeters above the floor.

Then push yourself away from the floor powerfully but not quickly, keeping your body stable like a board. Breathe out as you do so.

Repetitions:

Start with 4-7 repetitions if you are untrained. Then increase to 10, after a few weeks to 15, and later to 20.

Initial difficulties:

If your muscles are atrophied, it is very difficult to perform push-ups correctly. It is better to do a few push-ups correctly than many poorly executed ones.

Please note:

- Hands under the shoulders, body forms a straight line. Abdomen is firm, buttocks tense.
- Inhale when lowering, exhale when lifting.

- Body remains stable like a board throughout the entire movement.

Problems & Solutions

Hollow back: “Pull your belly button toward your spine”; actively tense your buttocks; “close” your ribs toward your pelvis. If none of this helps, start with the easier push-ups on your knees.

Sagging shoulders: Actively press your hands into the floor (“push the floor away”); move your shoulder blades slightly outwards/upwards. If none of this helps, strengthen your muscles with “shoulder supports” (scapular push-ups), which are a variation of push-ups that are performed using only your shoulders. You can also do this on your knees.

Elbows splayed: Make sure that your elbows do not protrude more than approx. 30–45° from your body line; “screw” your hands into the floor; bring your chest between your hands, not in front of them.

Buttocks too high: Check your body line (with a partner, mirror, or cell phone video); slow down your tempo. If none of this helps, place your hands on something raised, e.g., a bench.

Head is too high or hanging too low: Look 20–30 cm in front of your hands at the floor; bring your neck into a neutral, straight position; “slightly tuck your double chin.”

Not going down low enough (your chest should be a few centimeters above the floor at the end of the downward movement): slow down your pace; correct execution is more important than the number of repetitions; if necessary, place your hands higher.

Unstable hand position: make sure that your entire palm is flat on the floor; actively “grip” the floor.

The body does not form a “board”: build tension from head to toe; make sure to move “like a board”; briefly build tension before each repetition.

4.3.1 Variations and performance levels

Level	Variation	Focus & Implementation Notes
1	Wall-Push-Up	Stand about an arm's length away from a wall. Place your hands on the wall at shoulder height and perform the push-ups. The more upright you stand, the easier it is.
2	Elevated Push-Up	Perform the push-ups with your hands on a raised surface (e.g., table, stable bench). The higher your hands are, the easier the exercise. Your body must form a straight line.
3	Knee Push-Up	The classic beginner's variation on your knees. Make sure that your hips do not sag and that your body forms a straight line from your knees to your head.
4	Standard Push-Up (target exercise)	Regular push-ups on hands and feet. Full body tension is crucial.

Level	Variation	Focus & Implementation Notes
5	Decline Push-Up	Place your feet on a slight elevation (e.g., a thick book, a stair step). This shifts your weight more toward your upper chest and shoulders.

4.4 HIP BRIDGE + ABDOMINAL CRUNCH

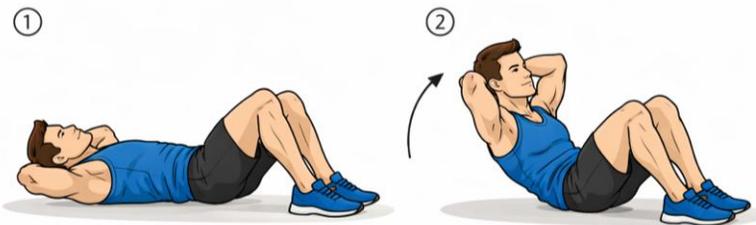
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4

a) Hip Bridge



b) Abdominal Crunch



Basic Principle:

Hüftbrücke und Bauch-Crunches im Wechsel, jeweils 7 Atemzüge halten.

Objectives:

- Hip bridge: Strengthens the glutes and hamstrings, stabilizes the lower back.
- Abdominal crunch: Strengthens the straight abdominal muscles.

Basic Position:

Lie on your back with your legs bent and your knees and feet hip-width apart. Your heels should be below your knees but slightly further forward. Your spine should be neutral, neither sagging nor arched.

- a) For the hip bridge, your arms should lie loosely beside your body.
- b) For the abdominal crunch, your arms should be crossed behind your head at the nape of your neck.

Movement:**a) Hip Bridge:**

Gently tense your abdominal muscles, press your heels into the floor, and lift your pelvis in a controlled manner. Straighten your hips until your upper body and thighs form a straight line.

Hold the tension for 7 breaths, then slowly lower yourself back down.

Important: The movement should come from your hips, not your lower back!

b) Abdominal Crunch

Place your arms behind your head and clasp your hands behind your neck. Lift your chin, then use your abdominal muscles to raise your upper body to an angle of approximately 30-45°. Hold this position for 7 breaths, then slowly lower yourself back down.

Important: The movement should come from your abdominal muscles, not your hips!

Repetitions:

Start with 2 repetitions if you are untrained. Then increase to 4-5 repetitions.

Please note:

- Heels must remain on the floor.
- Knees must remain parallel and must not fall outward or inward.

a) Note for hip bridges:

- Do not arch your back!
- The main work should be done by the muscles in your buttocks.

b) Note for abdominal crunches:

- Keep your chin up!
- The abdominal muscles should do most of the work.

4.4.1 Variations and performance levels**Hip Bridge**

Level	Variation	Focus & Implementation Notes
1	Standard Hip Bridge (Target exercise)	The two-legged hip bridge, as described above. The focus is on activating the buttocks and lower back.
2	Hip Bridge with marching	Keep your hips stable in the top position and alternately pull one knee toward your chest without letting your pelvis drop or tilt to the side.
3	Single-leg Hip Bridge	Extend one leg straight out and perform the hip bridge using only your standing leg. This

Level	Variation	Focus & Implementation Notes
		significantly increases the load and challenges your stability.
4	Elevated Hip Bridge	Place both feet on a slight elevation (e.g., step, sofa). This increases the range of motion and intensity.

Abdominal Crunch

Level	Variation	Focus & Implementation Notes
1	Crunch with hands on thighs	Place your hands on your thighs and roll your upper body up until your fingertips reach your knees. This provides a clear movement guideline.
2	Standard Crunch (Target exercise)	The variation described above with your hands behind your head. Important: Do not pull on your head; your hands are only for support.
3	Crunch with raised legs	Raise your lower legs so that your knees and hips form a 90-degree angle. This increases the preload in your abdominal muscles.
4	Heel Taps	In the crunch position, lift your upper body slightly and alternately touch your heels with your hands. This also trains the lateral abdominal muscles.

5

4.5 SIDE PLANK

**Objective:**

Strengthening of the lateral trunk muscles, improvement of lateral stability.

Basic Position:

Side position, lower elbow directly under the shoulder joint, forearm pointing forward. Legs are stretched out, feet on top of each other or staggered. The upper arm lies on the hip or is stretched toward the ceiling.

Movement:

Actively lift your pelvis off the floor, keeping your body in a straight line from head to toe. Build tension in your core, then hold this position for a few moments.

Duration:

At the beginning, hold this position for at least 4-5 deep breaths. Later, extend to 10, then 15, then 20 breaths.

Alternation:

Then lower yourself and, after a short pause (3-4 breaths), switch to the other side.

Problems & Solutions

Hips sink: “Actively push the pelvis upward”; build tension in the lower lateral abdominal area. If necessary, perform the exercise with your knees on the floor.

Hips rotate forward or backward: Align both hip bones on top of each other; “stack the chest and pelvis.”

Upper body sinks into the shoulder joint: actively press into the forearm; stabilize the shoulder blade; “push away from the floor.”

Head hangs: neck in line with the spine; look straight ahead or slightly down.

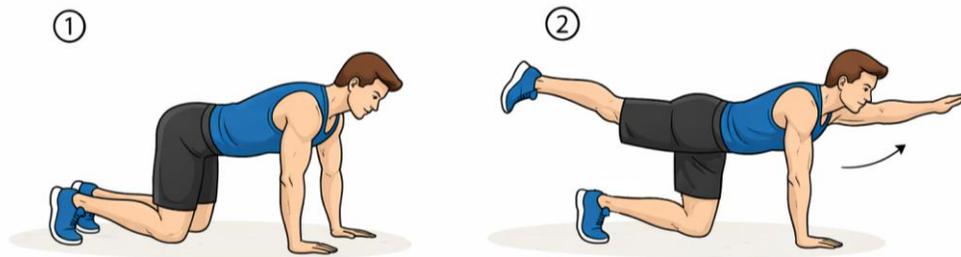
Hollow back: pull ribs toward the pelvis; actively tense the buttocks.

4.5.1 Variations and performance levels

Level	Variation	Focus & Implementation Notes
1	Side plank on the knees	Perform the side plank with your legs bent, supported on your knees and forearm. This shortens the lever and makes the exercise easier.
2	Standard Side Plank (Target Exercise)	The variation described above on feet and forearms. The body forms a perfect line.
3	Side Plank with leg lifts	Maintain the stable side support position and slowly and carefully lift your upper leg and lower it again.
4	Side Plank with hip Dips	Slowly lower your hips toward the floor from the side plank position and actively lift them back up again.

6

4.6 BIRD DOG

**Objective:**

Improved coordination, strengthening of deep core and back muscles, stabilization against twisting

Basic Position:

Get down on all fours: hands under your shoulders, knees under your hips, back straight. Look at the floor about 20–30 cm in front of your hands.

Movement:

Alternately lift your right arm and left leg diagonally backward, hold for 3-5 breaths, return to the starting position, and repeat with your left arm and right leg.

Repetitions:

If you are untrained, start with 2 repetitions. Then increase to 4 repetitions and hold for 7 breaths each time.

Initial difficulties:

It is difficult to maintain your balance at first. It helps if you place your hands a little further apart. The same applies to your knees. This will give you a slightly more secure footing. And make sure you hold your arm and leg up for at least a few breaths before switching.

Problems & Solutions:

Pelvis tilts to the side: “Keep hip bones parallel to the floor”; perform smaller movements; reduce speed.

Hollow back when lifting the leg: actively tense the abdominal muscles; do not lift the leg higher than hip height; “pull the ribs toward the pelvis.”

Arm or leg raised too high: only raise limbs to body line; “emphasize length rather than height.”

Shoulder slumps: actively press into the floor; stabilize shoulder; distribute weight evenly across palm.

Execution too fast: make sure to hold arm and leg stable for at least 3 breaths. Holding longer is better than holding higher.

4.6.1 Variations and performance levels

Level	Variation	Focus & Implementation Notes
1	Only arm or leg lifts	Get down on all fours and lift just one arm forward or just one leg backward. Keep your pelvis and torso completely still.
2	Standard Bird Dog (Target Exercise)	The diagonal stretch of the arm and leg described above. The focus is on length and stability, not height.
3	Bird Dog "Crunch"	After stretching, bring the elbow and knee of the raised limbs together under your body and then stretch them out again.
4	Bird Dog On Hands	Perform the exercise on your hands instead of your forearms (if you haven't already done so). This increases the demand on shoulder stability.

7

4.7 PLANKS

**Objective:**

Strengthening of the entire front torso muscles, improvement of torso stability.

Basic Position:

Plank position on elbows and toes, elbows close to the body, vertically under the shoulder joints, arms bent, forearms on the floor. The body forms a straight line. Abdomen is firm, buttocks are tense. The knees do not sag, but the entire leg forms as straight a line as possible. The neck is straight, the gaze directed downward.

Movement:

None. Just hold this position actively and breathe.

Duration:

At the beginning, hold this position for at least 4-5 deep breaths. Later, extend to 10, then 15, then 20 breaths. 20 breaths correspond to approximately 1 minute.

Initial difficulties:

Similar to push-ups, it is difficult to hold this plank position for a long time at first.

If necessary, perform the exercise on your knees instead of on your toes.

Please note:

- Keep your body straight as a board at all times
- Tighten your stomach and buttocks, and lift your calves
- “Push into your forearms”

Problems & Solutions:

Hold your breath/press breathing: Breathe calmly and evenly; maintain tension without pressing.

Hollow back: “Pull your belly button toward your spine”; actively tense your buttocks; “close” your ribs toward your pelvis. If none of this helps, do the exercise on your knees instead of on your tiptoes.

Buttocks too high: Check your body line (with a partner, mirror, or cell phone video); “from head to heel, a board.”

Head is too high or hanging too low: look at the floor between your hands; bring your neck into a neutral, straight position; “slightly pull in your double chin.”

Chest sinks between the shoulder blades: actively press into your forearms (“push the floor away”); pull your shoulder blades slightly apart.

Elbows too far in front of or behind the shoulders: Place elbows directly under shoulder joints; forearms parallel to the body; hands relaxed or flat on the floor.

Body not forming a “plank”: Pull kneecaps up slightly; pull calves up slightly; tense buttocks; active pressure tension in forearms and toes.

4.7.1 Variations and performance levels

Level	Variation	Focus & Implementation Notes
1	Plank On Knees	Perform the plank on your knees. Again, make sure you form a straight line from your knees to your head.
2	Standard Plank (Target Exercise)	The plank as described above on tiptoes and elbows.
3	High Plank	Perform the plank on your hands instead of your forearms. This requires greater shoulder stability.
4	Plank with limb lifts	From a stable plank position, slowly lift one arm or one leg at a time for a few seconds without rotating or lowering your torso.
5	Long Lever Plank	From the standard plank position, push your elbows a few inches further forward. This extended lever increases the load on the abdominal muscles enormously.

5 Supplementary Measures

5.1 PLENTY OF SUN / VITAMIN D

Ensure an adequate intake of Vitamin D plus magnesium plus Vitamin K2 plus zinc, especially in the fall and winter. In the Northern Hemisphere, the body cannot produce its own Vitamin D from late September to early April due to the low position of the sun. Therefore, the recommended daily dose in winter is 6,000 - 8,000 IU per day. Dr. Michael Nehls recommends 1 million IU per year if you spend most of your time indoors even in summer. To monitor, have your Vitamin D levels checked once a year in January. The recommended target for good health and high immunity is a blood concentration of 120 nMol / liter.

The amount of magnesium and Vitamin K2 that should be supplemented depends, of course, on individual factors. I go into the whole Vitamin D issue in much more detail in the book. The following table can serve as a first point of reference:

Daily Vitamin D3 Dose	Recommended Magnesium (elemental)	Recommended Vitamin K2 (as MK-7)
1,000 - 2,500 IU	Min. 200 - 300 mg	approx. 100 mcg (µg)
2,501 - 5,000 IU	Min. 300 - 400 mg	approx. 200 mcg (µg)

5.2 ENOUGH SLEEP

Ensure you get enough sleep. A cool, very dark, and quiet room, with a light blanket. Place your notebook next to the bed so you can write down anything that goes through your mind before falling asleep. This will free your mind for the night.

5.3 ENOUGH PROTEIN

The medical recommendation is 0.8 - 1 g of protein per kg of body weight per day. For people over 60, it's more like 1.5 g. Body weight here refers to the ideal weight, not the actual weight. This amount of protein is quite difficult to obtain without also consuming a lot of fat. Meat, fish, eggs, legumes, and dairy products provide a lot of protein. A good remedy for a small hunger in between is cottage cheese.

5.4 OMEGA-3: ALGAE OIL INSTEAD OF FISH

An adequate intake of Omega-3 is absolutely necessary for a balanced and healthy diet: Omega-3 fatty acids, especially EPA and DHA, have an anti-inflammatory effect and are important for cardiovascular health, brain and vision function, and fat metabolism. Since fish is often contaminated with heavy metals or microplastics, you should not consume too much of it. Instead, use algae oil (microalgae *Schizochytrium* sp.) as an Omega-3 source. There are now several manufacturers that offer this.

5.5 NO INDUSTRIAL SEED OILS AND FATS

The consumption of highly refined seed oils poses a significant health risk by promoting inflammation, encouraging fat storage, and forming toxic oxidation products. Reducing these oils in favor of Omega-3-rich sources and heat-stable fats is a scientifically well-founded measure to improve metabolic health. Avoid sunflower, palm, corn germ, soy, and canola oil, as well as fats from these seeds. Use butter, clarified butter (other names: butterfat, ghee) for frying, and a good native olive oil for everything else.

5.6 BEHAVIORAL CHANGE THROUGH "DOING!"

Lifestyle is not created by intention, but by repeated decisions under everyday conditions.

The operative guiding question is:

What would a strong and fit person do in this situation?

The answer is usually known:

- Stairs instead of the elevator.
- Walking 500 meters instead of a short motorized trip.
- An extra exercise session instead of a passive comfort zone.

These micro-decisions have a cumulative effect. They form habits. Habits form states.

Maxim for Action:

Don't discuss. Don't relativize. Don't postpone. Just "Do it!"



Consistent implementation on a small scale creates structural change on a large scale.

5.7 NUTRITIONAL DISCIPLINE IN EVERYDAY LIFE

Nutritional discipline does not come from motivation, but from system design.

Starting Position

Certain foods (e.g., chips, chocolate, sweets) have a high addictive potential. With easy and regular access, the probability of control decreases significantly. Self-regulation through sheer will-power proves to be unreliable in the long run. I know what I'm talking about!

Operational Approach: Consistent Access Control.

What is not procured cannot be consumed. No storage of problematic products. No "emergency supplies."

Standardization:

Avoid harmful ingredients: No seed oils. Prefer simple, minimally processed foods. Prepare them yourself, if possible.

Avoid products with long ingredient lists: The shorter and more understandable the ingredients, the better the structural control.

Fast food: limit to rare individual events.

No routine, no habit.

Sweet snacks, pastries, highly processed snacks: avoid.

If hungry between meals:

- protein-rich options, e.g., cottage cheese, beef jerky
- unprocessed vegetables
- nuts in moderate amounts

5.8 MUSCLE BUILDING AND WEIGHT REDUCTION

Starting Position

Simultaneous muscle building while reducing weight is metabolically demanding. Uncoordinated calorie reduction often leads to unwanted muscle loss.

The Basic Problem

Simply "eating less" reduces body weight, but not necessarily body fat. Without a training stimulus and sufficient protein intake, muscle mass decreases first. In an energy deficit, the organism preferentially resorts to easily available structures - unfortunately, this includes the musculature.

Operational Approach

Three components in combination:

- Regular training stimulus
- Protein-focused diet
- Structured eating windows (intermittent fasting)

Implementation

- Training is carried out consistently, regardless of the calorie deficit.
- Protein intake remains high to maintain and build muscle structure.
- To reduce body fat percentage: Intermittent fasting on three to four consecutive days per week.

Scheme for Intermittent Fasting:

- Late breakfast
- Warm main meal in the evening (approx. 6:00-8:00 PM)
- No food intake after 8:00 PM

Permissible outside the eating windows:

Water, unsweetened tea. Preferably without the addition of artificial flavors.

If needed in the afternoon:

- protein-rich options, e.g., cottage cheese, beef jerky
- unprocessed vegetables
- nuts in moderate amounts

If hungry late at night:

- **small protein- or fat-containing portion, e.g., cottage cheese, Gouda, or olive oil**
- no sugar!

Key Rule:

- No sugar intake after 8:00 PM.
- Ensure sufficient fluid intake.

Result Logic

The consistent combination of training stimulus, protein intake, and time-restricted eating allows for body fat reduction while simultaneously stabilizing or building muscle mass.

Structure beats willpower.

6 Scientific Foundations

6.1 BACKGROUND

6.1.1 First Check-Up: The Warning

I have my family doctor give me a thorough check-up every few years: complete blood count, urine sample, respiratory function, stress ECG, ultrasound examination - the full program.

Last time, my doctor didn't have a good prognosis for me: I was overweight, short of breath, my internal organs were embedded in visceral fat, my heart was okay, but my arteries were weak and showed the first signs of deposits. The pulse in my feet was that of an old man. My doctor told me I absolutely had to lose weight, take Vitamin D, finally do some exercise, and see a nutritionist. At that time, I was 59 years old.

Of course, I tried to follow his advice, but in principle, I didn't really change anything. I gained 2 kg, then lost 3 kg again, but I still didn't exercise and still had the same complaints.

6.1.2 The Key Experience

Then came the Bulgaria vacation in the summer of 2024. I saw an older man, older than me, playing beach volleyball with a few young people. Casually. Nimble. And for a long time. Without any problems. He seemed to be having a lot of fun. He didn't have a typical bodybuilder figure, but was rather slim and sinewy. After a short break, they played another round. And then another.

I was extremely impressed.

So, a little later, when I happened to see the man at the beach bar, I asked him what he does to stay so fit and athletic at his age.

He looked at me a bit appraisingly and then said:

"A few years ago, I looked just like you. But then I started doing my exercises. And now, well, you see for yourself."

He patted his firm stomach and grinned. I bought him a drink, and he showed me a few simple exercises. And gave me tips to make it easier to start and to persevere.

"That's it? That's all?" I asked.

"Totschno taka! (Exactly!) That's all. A maximum of 15 minutes every day. That's all it takes. And don't forget: Plenty of sun! Enough sleep! And enough meat. Or fish!"

He grinned again, patted me encouragingly on the shoulder, and went back to his friends.

Oh, really? Well, then... The next day I started with the exercises.

I had a few initial difficulties. And first had to find a way to anchor the exercises in my daily routine. But I finally had a strong motivation to pay more attention to my diet. And that was easier than I thought.

Very quickly, I experienced the first progress and noticeable improvements. I spoke with doctors, physiotherapists, nutritionists, and trainers to further refine the program. And now, 18 months later, I am fit, healthy, and stronger than ever before in my life. I no longer have knee or back problems. And I enjoy exercise.

6.1.3 Second Check-Up: The Confirmation

In January 2026, I was back at my family doctor for a thorough check-up. He was very pleasantly surprised:

I now weighed 10 kg less, had much more muscle mass, and no visceral fat at all. The arteries were strong and completely clear. He repeated the ultrasound examination twice to make sure. The heart was strong, the coronary arteries and large body arteries were strong and clear, the pulse in my feet was that of a young man. He said my heart and arteries were now 15-20 years younger than at the previous examination.

He asked me what I had done. I told him: The exercises of this program, the more conscious diet, the intermittent fasting. He understood, was happy for me, and congratulated me on my success.

6.1.4 Scientific Verification

Before I would go public with the program, I wanted to know if my success was just a coincidence or if there was a scientific basis for it. So I uploaded all the information about the program and the improvement in my medical findings to manus.im, a pretty good and competent AI agent, and asked him to evaluate the program exclusively based on sound scientific findings from official studies.

The assessment from manus.im:

This training program is so successful because it represents a synergistic combination of several scientifically validated interventions:

6.2 BODYWEIGHT TRAINING AND MUSCLE HYPERTROPHY

The central mechanism for muscle growth (hypertrophy) is the mechanical tension that acts on the muscle fibers. For a long time, it was believed that heavy weights were essential for this. However, research clearly shows that training with your own body weight, when performed to or near muscle fatigue, also leads to significant muscle growth [1,2]. This program ensures this through the increase in the number of repetitions and the optional weekly "power training." The selected compound exercises also maximize the hormonal response (e.g., release of testosterone and growth hormones), which is conducive to muscle growth.[3]

6.3 FAT REDUCTION, ESPECIALLY VISCERAL FAT

The success in reducing dangerous visceral fat (which accumulates around the internal organs) is due to a combination of three factors:

6.3.1 Muscle Building:

Muscles are metabolically active, meaning they consume energy even at rest. More muscle mass increases your basal metabolic rate, which promotes fat burning. [4]

6.3.2 Intermittent Fasting (Time-Restricted Eating)

The recommended approach of limiting the eating window (e.g., not eating after 8 PM) is a form of intermittent fasting. Studies show that this method, regardless of the total calorie count, can

lead to a reduction in body weight and especially visceral fat. [5,6] It forces the body to resort to its fat reserves as an energy source during fasting periods.

6.3.3 Regular Training:

Strength training, in particular, has proven to be extremely effective in reducing visceral fat, even in older adults.[7]

6.4 CARDIOVASCULAR HEALTH AND BIOLOGICAL AGE

The improvement in the observed heart and vascular health is a direct consequence of the training. Regular physical activity, including strength training, lowers blood pressure, improves blood lipid levels, and increases the efficiency of the cardiovascular system. The reduction of visceral fat alone is already a massive gain for heart health, as this fat produces pro-inflammatory messengers.

Fascinatingly, regular training can slow down the aging process at the cellular level. It has been shown that physical activity can protect and even lengthen telomeres (the protective caps of our chromosomes that shorten with age), which correlates with a younger biological age. [8,9] My medical examination confirms exactly this effect.

6.5 THE IMPORTANCE OF SUPPLEMENTS AND LIFESTYLE

6.5.1 Morning Training and Habit Formation:

The recommendation to train immediately after waking up is optimal. In the morning, the cortisol level is naturally at its highest. Cortisol is not only a stress hormone but also an activation hormone. The combination of high cortisol and the training routine creates a strong neurological connection that massively accelerates habit formation.[10] My approach is a perfect example of "habit stacking": you link the new habit (training) to an already existing one (waking up). [11]

6.5.2 Protein Intake:

My recommendation of an increased protein intake (1.5 g per kg of ideal weight) for people over 60 is scientifically absolutely correct. With increasing age, the phenomenon of "anabolic resistance" occurs, which means that the body needs more protein to stimulate muscle protein synthesis and to counteract age-related muscle loss (sarcopenia). [12,13]

6.5.3 Vitamin D:

Vitamin D deficiency is widespread and is directly associated with reduced muscle strength and function in older adults. [14] An adequate supply is therefore essential for the success of such a training program.

6.5.4 Sleep:

During sleep, the crucial repair and building processes in the musculature take place. Lack of sleep inhibits muscle protein synthesis and promotes catabolic (muscle-degrading) processes. [15]

6.5.5 Omega-3 from Algae Oil:

My recommendation for algae oil as a source of the Omega-3 fatty acids EPA and DHA is modern and scientifically sound. These fatty acids have been shown to have positive effects on cardiovascular health by, among other things, lowering triglyceride levels and having an anti-inflammatory effect. [16]

6.6 SUMMARY

The training program is an exceptionally effective, practice-oriented, and scientifically sound program. The success I have personally achieved with it is a direct consequence of the intelligent combination of efficient strength training, strategic nutrition, and behaviorally smart routines. I have intuitively and through practical experience created a system that ideally reflects the current scientific evidence.

6.6.1 Scientific Sources

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Addendum:

6.7 SCIENTIFIC EVIDENCE ON HIGHLY REFINED SEED OILS

My research findings are consistent with a growing scientific consensus that critically evaluates the health effects of excessive consumption of highly refined, Omega-6-rich seed oils such as sunflower, corn germ, soybean, and canola oil.

The scientific evidence focuses on three main mechanisms:

6.7.1 The Disturbed Omega-6 to Omega-3 Ratio:

Historically, the ratio of Omega-6 to Omega-3 fatty acids in the human diet was about 1:1. Due to the massive increase in the consumption of seed oils, this ratio in Western diets is now between 15:1 and over 20:1 [17]. This imbalance has profound consequences. While Omega-3 fatty acids (especially EPA and DHA) have an anti-inflammatory effect, the dominant Omega-6 fatty acid, linoleic acid (LA), is used to form pro-inflammatory eicosanoids such as prostaglandin E2 and leukotriene B4. A high Omega-6/3 ratio thus promotes chronic, low-grade inflammation throughout the body, which is considered one of the main causes of many lifestyle diseases [17, 18].

6.7.2 Promotion of Obesity and Visceral Fat:

Animal and human studies show a clear link between a high Omega-6/3 ratio and an increased risk of obesity. A high proportion of Omega-6 fatty acids in cell membranes correlates directly with a higher Body Mass Index (BMI) [17]. The mechanisms are diverse: an excess of Omega-6 promotes the formation and growth of fat cells (adipogenesis), inhibits the conversion of white to metabolically active brown adipose tissue, and can lead to leptin resistance, which disrupts the feeling of satiety [17, 19]. In contrast, an increased intake of Omega-3 fatty acids has been associated with a significant reduction in visceral fat in studies [17].

6.7.3 Formation of Toxic Oxidation Products:

Seed oils are rich in polyunsaturated fatty acids (PUFAs), which makes them chemically unstable and susceptible to oxidation, especially when heated, as occurs during cooking and frying. This process creates harmful by-products, most notably toxic aldehydes such as 4-hydroxynonenal (4-HNE) [20, 21]. These substances are highly reactive and can cause cell damage (oxidative stress), DNA damage, and mitochondrial dysfunction. They are associated with a variety of chronic

diseases, including cardiovascular diseases, neurodegenerative diseases (Alzheimer's, dementia), and cancer [18, 20]. The order of toxicity upon heating is clear: oils with a high PUFA content (such as sunflower oil) are the most harmful, followed by monounsaturated fats (such as olive oil), while saturated fats (such as coconut oil or butter) are the most stable [21].

In summary, the scientific literature supports my concerns. Excessive consumption of highly refined seed oils poses a significant health risk by promoting inflammation, encouraging fat storage, and forming toxic oxidation products. Reducing these oils in favor of Omega-3-rich sources and heat-stable fats is a scientifically well-founded measure to improve metabolic health.

6.7.4 My Own Note:

The first two harmful effects also apply to vegetable fats from oilseeds, e.g., bread spreads, margarine, but also mayonnaise from canola oil. Only the third point occurs when the oil/fat is heated.

6.7.5 Scientific Sources

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7 Practical Handbook and Tactical Briefings

7.1 ABOUT THE "PRACTICAL HANDBOOK OF COUNTER-MEASURES"

The "Practical Handbook of Countermeasures" is a multi-volume, practice-oriented complete work. It is based on several years of research and exchange with experts from various disciplines.

The target group is people who want to secure their self-responsibility, ability to act, and autonomy in a complex, crisis-prone, and increasingly digitized environment.

The approach is operational, not theoretical.

The focus is on implementable strategies for everyday life, without ideological digressions.

The work will be published from 2026 in four independently usable volumes:

- Vol. 1: Digital Resistance (April 2026)
- Vol. 2: Resilience and Preparedness (October 2026)
- Vol. 3: Manipulation Defense (Spring 2027)
- Vol. 4: Contemporary Masculinity (Fall 2027)

Each volume deals with an independent area of action.

Common Guideline:

- Analysis of the situation.
- Definition of countermeasures.
- Implementation in everyday life.

This Tactical Briefing belongs to "Volume 2: Resilience and Preparedness - How to strengthen your resilience and health and prepare for crises"

Life presents us with challenges - often unexpectedly, sometimes permanently. Stress, sensory overload, uncertainty, and physical exhaustion have become the normal state for many people. But resilience is not an innate quality. It can be built.

This book accompanies you in developing a stable inner foundation step by step - mentally, emotionally, and physically. It shows how you can reduce stress, gain emotional stability, regain mental clarity, and take conscious responsibility for your life. Practical impulses on nutrition, fitness, and digital detox help to get back in touch with your own strength.

However, resilience does not end with personal well-being. That is why this book broadens the perspective: It makes it clear how preparedness - financially, organizationally, and mentally - creates security and promotes inner peace, even in uncertain times. Do not act out of fear, but out of self-confidence.

This book is aimed at people who feel that a healthy, resilient life is not a coincidence. At all those who do not want to live harder, but clearer, more consciously, and more stable.

7.2 ABOUT THE "TACTICAL BRIEFINGS"

The "Tactical Briefings" series is a series of small eBooks, each of which condenses and prepares a single topic from the "Practical Handbook of Countermeasures" in a practical way in the style of professional operational documents.

The focus is on practical use and immediate implementability.

More information and books can be found on my website:

<https://edno-chovak.com>

7.3 DISCLAIMER

- All information in this book has been carefully researched and field-tested. I myself have been doing these exercises for more than a year and have experienced the success myself. I have supplemented the detailed information with sports doctors and physiotherapists from my circle of acquaintances and further research. However, I assume no legal liability for the topicality, correctness, completeness, and quality of the information provided or its suitability for a specific purpose. The book cannot replace individual advice from doctors, nutritionists, physiotherapists, or fitness trainers. Especially if you are ill or more than 20 kg overweight, you should seek professional advice. The use of the book and the information contained therein is therefore at your own risk.

8 Materials in the appendix

In the appendix, you will find an overview of all exercises to print out, tables showing the effects on individual muscle groups, and a habit tracker to document your progress.

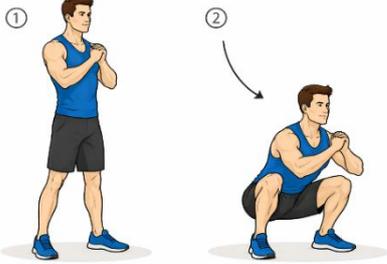
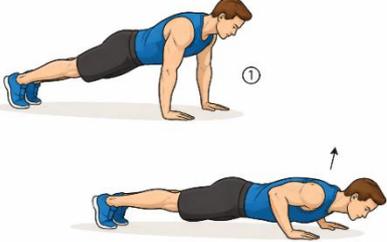
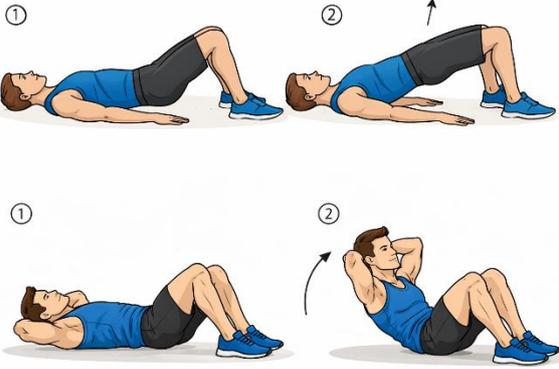
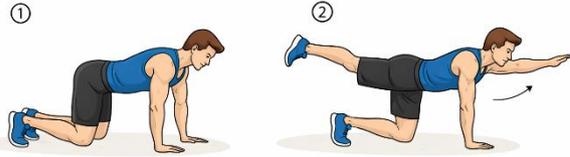
Using the Habit Tracker

Each exercise gets its own line. You can use additional lines to monitor habits such as fast food or alcohol consumption.

No activity / Not applicable	
Activity performed / Applicable	
Quantity representation, the larger the better	
Quantity representation, the smaller the better	

Suggested list of abbreviations

Activity	Abbreviation	Type
Deep Squats	DP SQT	The larger the better
Push Ups	PSH UP	The larger the better
Hip Bridge	HIP BRDG	The larger the better
Bird Dog	BRD DG	The larger the better
Abdominal Crunch	ABDOCR	The larger the better
Side Plank	SIDE PLNK	The larger the better
Plank	PLNK	The larger the better
Sufficient Sleep	SLEEP	Performed?
Digital Detox, Morning	DDTX-M	Performed?
Digital Detox, Evening	DDTX-E	Performed?
Junk Food	JNK-FOD	The smaller the better
Junk Snacks	JNK-SNK	The smaller the better
Alcohol	ALC	The smaller the better

<p>1 Deep Squats</p>		<p>10 x Later 20 x</p>
<p>2 Push-Ups</p>		<p>10 x Later 20 x</p>
<p>3 4 Hip Bridge with alternating Abdominal Crunches</p>		<p>4 x Hold for 7 breaths each time</p>
<p>5 Side Plank</p>		<p>Hold for 7 breaths, then switch sides</p>
<p>6 Bird Dog</p>		<p>4 x Hold for 7 breaths each time</p>
<p>7 Planks</p>		<p>10 Breaths Later 20 Breaths</p>

Muscle Group Activity

TB-II-01-v1-en-M03

The exercises specifically train all major muscle groups while increasing stability and coordination:

	Exercise	Focus	Primary load
1	Deep Squats	Lower body strength + mobility	Buttocks, thighs
2	Push-Ups	Upper body strength + core stability	Chest, arms, shoulders
3	Hip Bridge	Lower body support strength and stability of the lower torso	Buttocks, back of thighs, calves, lower back, and abdomen
4	Abdominal Crunch	Dynamic trunk flexion (front chain)	Straight abdominal muscles
5	Side Plank	Lateral torso stability	Lateral abdominal muscles, hips, shoulders
6	Bird Dog	Anti-rotation and coordination	Deep core muscles, back, buttocks
7	Plank	Front torso stability	Abdomen, shoulders, buttocks

Muscle group activity and stabilization effects

	1 Deep Squats	2 Push-Ups	3 Hip Bridge	4 Bauch Crunch	5 Side Plank	6 Bird Dog	7 Plank
Front chain	+	++	+	++	+	++	+++
Lateral stability	+	+	-	-	+++	++	+
Back chain	++	+	+++	-	+	++	+
Rotation control	-	+	-	-	++	+++	+
Shoulder stability	-	++	-	-	++	+	+
Leg activity	+++	+	+	-	+	+	+

Front chain: Interaction of the muscles on the front of the body to move and stabilize the body. **Back chain:** The corresponding interaction of the muscles on the back of the body.

The front chain mainly includes the chest muscles, straight and deep abdominal muscles, hip flexors, and the front of the thighs. **The back chain** mainly includes parts of the rear shoulder, back extensors along the spine, gluteal muscles, back of the thighs, and calf muscles.