



Level 3 Introduction

As you embark on this last level of training within Volume 1 of this program, it's quite possible you're feeling a little overwhelmed and may even feel like it's all getting a little complicated.

And that can lead to a little frustration. And impatience.

So I'd like to share this recommendation with you:

Simplify.

There's a few things I've learned over the years and have often been reminded of....

- If you simplify your training, it is bound to get easier.
- If you can know the purpose of each exercise or movement you do – what your goals are with it – where your “weak links” reside, you're bound to get more from those movements.
- If you can learn and truly internalize the most basic concepts of human movement as we know it today, you'll become an absolute MASTER of your body, AND your health.
- If you become a master of your own body and leader of your health and wellness, you will get the absolute best results possible from the training you do.

As you embark on Level 3, stay focused on the basics and fundamentals and be true to this process. You deserve it!

And yes, wherever you can, simplify. Break it down. Chunk it. Scale it back to its raw elements.

A quick review and “rule of thumb” about frequency and scheduling

In the introduction to this course, I talked a little bit about scheduling and also recommended you look for the area here on the site that’s labeled “scheduling” for more specific guidance on when and how often to perform all of the movements in this program.

Now that you’re into Level 3, it’s worth repeating.

Why? Level 3 exercises are generally much more fatiguing. They often involve greater total muscle force generation and significant stress. Which is what is sometimes needed to force adaptation to a stronger more stable you!

But here’s the thing: *recovery*.

The greater the stress within a session or exercise, the greater the need for recovery afterward.

For redundancy, here are those general “rules of thumb” to keep in mind:

- For stability-oriented exercises (Basic Abdominal Brace and Half Front Plank w/ Reach are two examples) that are not stressful or very damaging to tissues, but require a great deal of focus to do “correctly,” you can and should do them often. Frequency is extremely valuable when “brain training” and “joint training.” By brain and joint training, I simply mean they’re neurological in nature.
- Conversely, for strength-oriented exercises (most of the exercises in Level 3 are examples) that are stressful to muscle and connective tissue and create fatigue, more rest between sessions is required. Listen to your body.
- Rest and recovery are an essential component for improvement, yet at the same time, frequently practicing low-stress skills that require concentration and focus is also

required to improve. Learn to know the difference and if in doubt, err on the side of caution.

Enjoy the journey!