

Innate Aerobic Fitness Workouts

When we are discussing aerobic workouts what we are really talking about is exercising the endurance component of both the neuromusculoskeletal and cardiac systems.

Frequency: Some form of aerobic activity must be done daily. As long as the intensity and duration are kept at moderate levels, daily aerobic activity is well within human genetic adaptability capabilities. In fact, it is a genetic physiological requirement!

Intensity: Aerobic fitness is best attained and maintained with moderate intensity exercise such as brisk walking, hiking, jogging, cycling, elliptical training, skipping rope, dancing etc.

Duration: Aerobic fitness activities should be performed for a minimum of one hour per day. This activity does not have to take place during a single session. For example, a half hour jog in the morning and one half hour or two fifteen minute walks or a 30 min bike ride later in the day is fine.

Innate Strength Fitness Workouts

When we are discussing strength and power workouts what we are really talking about is exercising the anaerobic, maximal effort component of the neuromusculoskeletal, and to some extent, cardiac systems.

Frequency: Some form of resistance strength training should be done 2-3 times per week, with a minimum of 48 hrs (preferably 72) between bouts. 2-3 bouts of highly intense resistance training is well within human genetic adaptability capabilities. In fact, it is a genetic physiological requirement!

Intensity: Resistance training should be done at a high intensity. Obviously, beginners will utilize much lower resistances and begin to increase intensity gradually, however, regardless of level, it is important to demand more from your muscles than they are accustomed to performing – this is the basis of improving and is termed the overload principle. Once oriented to resistance training each set should be performed to the point of exhaustion.

Duration: Resistance training should not be of greater duration than 30-40 minutes. The key is intensity, not duration. If you are not exhausted after 30-40 minutes you did not work hard enough! You should NOT be in pain, you should be exhausted, there is a BIG difference.

The Innate Physical Fitness Program™ Energy Expenditure and Daily Activity Pattern Profiles

Activities to Avoid or Minimize

1. Sitting
2. Standing with weight on one foot
3. Reading on back with head flexed forward
4. One sided sports (always practice both hands)
5. Carrying bags on one shoulder
6. Sleeping on stomach
7. Cradling phone between shoulder and ear
8. Watching T.V. (no justification possible)
9. Repetitive activities with arms in front or overhead
10. Poor posture during any activity

Good Choices to Make

1. Follow the Innate Physical Fitness™ plan
2. Daily Innate Spinal Hygiene™
3. Regular Chiropractic Spinal Checkups
4. Sitting on a ball with good posture at good work station
5. Frequent breaks with exercises and stretches
6. Maximize opportunity for physical daily living tasks
7. Hobbies that require physical exertion
8. Finding an exercise buddy or group
9. Gymnastics, Yoga or Pilates or equivalent
10. Set mirrors in car so you can only see out of them with proper posture
11. Dance!!
12. Own a wobble board or mini tramp and a Swiss Ball.

What these figures represent in terms of total daily caloric expenditure:

For the “average” 50kg (132lb) female this equates to daily requirements of:

Total Daily Energy Expenditure 2500 calories

Total Daily Energy Expenditure from Physical Activity 1250 calories

The average “Industrialized” energy expenditure values are:

Total Daily Energy Expenditure 1700 calories

Total Daily Energy Expenditure from Physical Activity 435 calories

For the “average” 80kg (176lb) male this equates to daily requirements of:

Total Daily Energy Expenditure 4000 calories

Total Daily Energy Expenditure from Physical Activity 2000 calories

The average “Industrialized” energy expenditure values are:

Total Daily Energy Expenditure 2720 calories

Total Daily Energy Expenditure from Physical Activity 696 calories

**This is NOT only about body weight. The value of increased daily physical activity is independent of body weight; daily physical exertion is required for homeostatic physiology and biochemistry regardless of body weight. This is why comparison of the figures for physical activity are the most important.*

Paleolithic Energy Expenditure	VS	Contemporary Energy Expenditure
Innate Genetically Congruent	VS	Industrial Genetically Incongruent
Wild and Natural	VS	Domesticated and Unnatural
Healthy, Homeostatic Physiology	VS	Sick, Adaptive Physiology

Energy Expenditure

Paleo: Contemporary

***TEE/kg/d**

1.47 : 1

***PA/kg/d**

2.87 : 1

*TEE (Total Energy Expenditure)

*PA (Physical Activity Energy Expenditure)

For the “average” 80kg (176lb) male this equates to daily physical activity energy expenditure requirements of:

2000 calories

For the “average” 50kg (112lb) female this equates to daily physical activity energy expenditure requirements of:

1250 calories

To put these values in the perspective it is useful to look at the amount of kcal/kg/hr expended during some common physical activities.

Jogging	11.6 kcal/kg/hr
Walking	6 kcal/kg/hr
Weight Training	8 kcal/kg/hr
Interval Sprints/Stairs/Hills	13 kcal/kg/hr
Cycling	7 kcal/kg/hr
Skipping Rope	10 kcal/kg/hr
Dancing (mod. Intensity)	7 kcal/kg/hr

For what duration would each of these activities have to be performed in order to achieve the daily innate energy expenditure requirements?

Jogging	2 hours
Walking	> 4 hours
Weight Training	> 3 hours
Interval Sprints/Stairs/Hills	2 hours
Cycling	3.5 hours
Skipping Rope	2.5 hours
Dancing (mod. Intensity)	3.5 hours

Although it is quite obvious that most people will not engage in these activities on a daily basis for this length of time it is very important for everyone to realize what is innately required for homeostasis. This stops people from the suicidal tendency of justifying living a sedentary existence all day by going for a "workout". Once they realize how inadequate the "workout" really is in terms of their daily needs they will start to be more active all day.

The best way to increase physical activity levels on a daily basis is to incorporate as much physical activity as possible into the normal living routine. There are a vast number of ways to create opportunities for physical activity during normal daily hours rather than only during scheduled exercise times.

Taking stairs, walking to work, walking to get groceries, cycling to work or to shop, joining an active activity club or sport, organizing lunch break walks, finding active hobbies for after work instead of watching television etc etc.

The reality is people have enough time to get their daily exercise, most of them are just so out of shape that they are too tired to exercise. The irony is that they are too tired because they don't exercise!

The Innate Physical Fitness™ Exercise Protocols

Innate Physical Fitness™ Activity Profile

Aerobic (Endurance)	Daily
Resistance (Strength)	2-3x/wk
Anaerobic (Speed and Power)	2-3x/wk
Spinal Hygiene (Core, Agility, R.O.M.)	Daily

**Some activities will have overlap into more than one category (e.g. some strength activities will also involve speed, power, core and agility training).*

**Activities that combine as many resistance, anaerobic and spinal hygiene activities as possible or as many aerobic and spinal hygiene activities as possible are desirable.*

**Aerobic and strength exercises should not be combined in the same workout.*

The Innate Physical Fitness™ Golden Rules

1. Understand that daily physical activity is a required nutrient not a therapy or an option. Choosing to refrain from physical activity is a form of suicide. Love yourself and take care of yourself; you are too precious to do anything else.
2. Start each day with physical and spiritual-emotional exercise.
3. Add as much activity to your normal daily routine as possible. Always walk instead of drive when possible. Always take stairs instead of an elevator. Always choose active social outings for friends and family when possible. Get a workout partner or group.
4. Never go a day without exercise or Innate Spinal Hygiene™.
5. Always assess your physical fitness level, activity level, and energy expenditure level compared to the gold standard for health and homeostasis – your hunter-gatherer ancestors.

General Exercise Principles

Progression: All new activities should be introduced gradually and slowly progress in terms of intensity, duration, and frequency. This is both physically and psychologically important.

Overload: Human physiology mirrors the environmental stimuli it is exposed to. Fitness levels are no different. If a workout does not overload the neuromusculoskeletal system no physiological adaptation will occur because adaptation is not necessary. For improvements to be seen the physiological demand of the activity must exceed current physiological adaptive levels.

Specificity: The physiological adaptation that takes place is specific to the environmental (physical activity) stimulus. This is why The Innate Physical Fitness Program™ involves all components of fitness and contains activities that are specific to human genetic requirements. The specific goal is sufficient activity for health not just for fitness levels. Fitness levels can be improved in the absence of innate health, but innate health cannot be experienced without innate fitness levels.