

Introductory Autoimmune Fitness Program

Intro Phase

Day 1

Warm up - foam roll as needed, [assisted leg lowers](#), [supine hooklying breathing](#), [bear breathing](#), [control pause breathing](#)

- 1) Bike or treadmill - 5-10 min
- 2a) [Supported squat](#) - 2-3x10 (progress to reaching as able, then goblet)
- 2b) [Plank](#) - 2-3x30s

Day 2

Warm up - foam roll as needed, [assisted leg lowers](#), [supine hooklying breathing](#), [bear breathing](#), [control pause breathing](#)

- 1) Bike or treadmill - 5-10 min
- 2a) [Hinge pattern](#) - 2-3x10
- 2b) [Deadbugs](#) - 2-3x30s

Days 3 & 4

2 independent days of “cardio” - walking for 10 minutes, adding 1 minute a week or as able