

# Introductory Autoimmune Fitness Program

## Phase 1

### Day 1

Warm up - foam roll as needed, [assisted leg lowers](#), [floor slides](#), [hip lifts](#), [supine hooklying breathing](#), [bear breathing](#)

- 1a) [Squat](#) - 2-3x10 (go off of pattern and ability)
- 1b) [TRX row](#) - 2-3x10 (regress to scapular retraction pattern if necessary)
- 1c) [Plank](#) - 2-3x40s

### Day 2

Warm up - foam roll as needed, [assisted leg lowers](#), [floor slides](#), [hip lifts](#), [supine hooklying breathing](#), [bear breathing](#)

- 1a) [Kettlebell deadlift](#) - 2-3x10
- 1b) [Incline push up](#) - 2-3x10
- 1c) [Deadbugs](#) - 2-3x30s

### Days 3 & 4

2 days of independent cardio for 20 minutes - walking, elliptical, or treadmill