

Introductory Autoimmune Fitness Program

Phase 2

Day 1

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

- 1a) Cardio - versaclimber, bike, rower 2 minutes
- 1b) [Squat](#) - 2-3x15 (go off of pattern and ability)
- 1c) [TRX row](#) - 2-3x15 (regress to scapular retraction pattern if necessary)
- 1d) [Plank](#) - 2-3x45s

Day 2

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

- 1a) Cardio - versaclimber, bike, rower 2 minutes
- 1b) [Kettlebell deadlift](#) - 2-3x15
- 1c) [Incline push up](#) - 2-3x15
- 1d) [Deadbugs](#) - 2-3x15 ea

Days 3 & 4

2 days of independent cardio for 30 minutes - walking, elliptical, or treadmill