

# Introductory Autoimmune Fitness Program

## Phase 3

### 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](#) - 3-4x10 (go off of pattern and ability)
- 1c) [DB row](#) - 3-4x10 ea (regress to scapular retraction pattern if necessary)
- 1d) [Plank](#) - 3-4x60s

### 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](#) - 3-4x10
- 1c) [Dumbbell bench press](#) - 3-4x10
- 1d) [Inchworm walkout](#) - 2-3x15 ea

### Days 3 & 4

2 days of independent cardio for 30 minutes - walking, elliptical, or treadmill  
Begin to add in some higher intensity - running for 2 minutes and then adding 1 minute every week at the end of the beginning of the 30 minutes. Still only 30 minutes total.