

# Introductory Autoimmune Fitness Program

## Phase 5

### Day 1

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

1a) [Vertical jumps](#) 2x6

1b) [Med ball slams](#) 2x6

2a) [Squat](#) - 3-4x8 (go off of pattern and ability)

2b) [DB row](#) - 3-4x8 ea (regress to scapular retraction pattern if necessary)

3a) [Split squat](#) 3-4x10 ea

3b) [Plank](#) - 3-4x60s

### Day 2

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

1a) [Lateral bounds](#) 2x6

1b) [Med ball hip toss](#) 2x6

2a) [Trap Bar/kettlebell deadlift](#) - 3-4x8

2b) [Dumbbell bench press](#) - 3-4x8

3a) [Single leg deadlift](#) - 3-4x8 ea

3b) [Palloff press](#) - 3-4x30s ea

### Days 3 & 4

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

Half running half walking - alternate for 2 min at a time or continuous