

# 30x4 Exercise Program

To maintain a healthy level of fitness without causing too much stress on the body, it is recommended to do the following 4 exercises for 30 repetitions (or minutes) daily:

1. **Pushups** – can be done as a full push-up, knee push-up, bed push-up, or wall push-up
2. **Sit-ups** – range of motion only needs to tighten the abs, no need to sit all the way up
3. **Body weight squats** – may wish to hold a door frame for stability
4. **Walking** – leisurely pace for 30 minutes



This regimen takes about 35 minutes to perform each day and provides adequate activity for all parts of the body to ensure optimal wellness without risking injury.

In order to be most effective with this workout, it is advised that patients start with the number of repetitions (or minutes) they can perform comfortably and add one repetition per week until arriving at 30 repetitions (or minutes). If at any time soreness, fatigue, or shortness of breath is experienced, it is advised to return to the previous number of repetitions (or minutes) for an additional week before once again trying to increase the number. There is no set timeline to achieve 30 repetitions (or minutes).

While the 30x4 Exercise Program is a good stand-alone workout, it also will enhance any other athletic activity patients do because it provides a moderate workout to the upper body, core, and lower body as well as light cardiovascular activity.

IOM advises that all additional activities bear an intensity that is pleasant to the patient for the duration of the workout. If additional activities become tiring, create soreness, or stop being fun, they are likely going to increase the body's stress response to a level that inhibits optimal healing, so it is very important to keep additional activities fun and pleasant.

The 30x4 will not turn patients into athletes, but it will ensure a level of fitness that provides optimal wellness for life and it will enhance the athletic performance of people who wish to be athletes by giving them a foundational program that optimizes body functions.