

# **BULLETPROOF BOOTCAMP**



*Discover How To Double Your Flexibility, Get Rid Of  
Aches & Pains, and Improve Posture AND  
Performance In 3 Short Weeks!*

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# **BULLETPROOF BOOTCAMP**

## Self-Diagnostic Checklist- Tissue Quality

- Using a relative pain/restriction scale of 1-10, "1" being no pain/restriction and "10" being the worst pain/restriction in the world, please check the appropriate box for each self-massage exercise below whenever you feel pain/restriction that is greater than a 5 out of 10
- Your fitness homework is to religiously perform all self-massage exercises that were a 5 or greater on the pain/restriction scale both pre-workout and several times post-workout every day
- For best results and injury prevention, perform this entire 30-10 tissue quality circuit at least once per week using a foam roller, tennis ball, softball, and/or massage stick where best applicable

<b>30-10 Massage Circuit</b>		
1	Foot/Plantar LEFT	
2	Foot/Plantar RIGHT	
3	Calf/Achilles LEFT	
4	Calf/Achilles RIGHT	
5	Hamstrings LEFT	
6	Hamstrings RIGHT	
7	ITB/TFL LEFT	
8	ITB/TFL RIGHT	
9	Quad/Hip Flexor LEFT	
10	Quad/Hip Flexor RIGHT	
11	Mid-Glute/Piriformis LEFT	
12	Mid-Glute/Piriformis RIGHT	
13	Biceps/Triceps LEFT	
14	Biceps/Triceps RIGHT	
15	Psoas	
16	T-Spine/Mid-Back	

# **BULLETPROOF BOOTCAMP**

## **Self-Diagnostic Checklist- Flexibility**

- Using a relative muscle tightness scale of 1-10, "1" being no tightness and "10" being extremely tight, please check the appropriate box for each flexibility exercise below whenever you feel tightness that is greater than a 5 out of 10
- Your fitness homework is to religiously perform all flexibility exercises that were a 5 or greater on the muscle tightness scale both pre-workout and several times post-workout every day. Be sure to self-massage all tight/related muscle groups first in order to eliminate any tissue restrictions and provide a better, more complete stretch
- For best results and injury prevention, perform this entire 30-10 flexibility circuit at least once per week

<b>30-10 Flexibility/Stretching Circuit</b>		
1	Couch Stretch LEFT	
2	Couch Stretch RIGHT	
3	Band Leg Lowering LEFT	
4	Band Leg Lowering RIGHT	
5	Shin Box LEFT	
6	Shin Box RIGHT	
7	Adductor Rocking LEFT	
8	Adductor Rocking RIGHT	
9	Cobra Stretch	
10	Prayer Stretch	
11	Dynamic Hip Flexor Stretch LEFT	
12	Dynamic Hip Flexor Stretch RIGHT	
13	Biceps/Triceps LEFT	
14	Biceps/Triceps RIGHT	
15	Psoas	
16	T-Spine/Mid-Back	

# **BULLETPROOF BOOTCAMP**

## **Self-Diagnostic Checklist- Mobility/Activation**

- Using a relative stability/range of motion/difficulty scale of 1-10, “1” being full range of motion/most stable/very easy to perform and “10” being partial range of motion/most unstable/very difficult to perform, please check the appropriate box for each mobility/activation exercise below whenever you feel a challenge that is greater than a 5 out of 10
- Your fitness homework is to religiously perform all mobility/activation exercises that were a 5 or greater on the stability/range of motion/difficulty scale both pre-workout and several times post-workout every day. Be sure to first self-massage AND stretch all tight/related muscle groups in order to eliminate any tissue restrictions for optimal performance of these foundational bodyweight strength exercises
- For best results and injury prevention, perform this entire 30-10 mobility/activation circuit at least once per week

<b>30-10 Mobility/Activation Circuit</b>		
1	Spider-Man Lunge LEFT	
2	Spider-Man Lunge RIGHT	
3	Inch Worm Flow	
4	Tactical Frog	
5	Can Opener	
6	Glute Bridge	
7	Front Plank	
8	Lunge To Balance LEFT	
9	Lunge To Balance RIGHT	
10	Stick Pass	
11	Stick Windmill	
12	Side Plank LEFT	
13	Side Plank RIGHT	
14	Hollow Body Hold	
15	Bootstrapper	
16	Pledge Push-up	

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## **Self-Diagnostic Checklist- Personal Improvement Routine**

- First perform the complete **BULLETPROOF BOOTCAMP** routines and checklists including the tissue quality, flexibility and mobility/activation circuits (in that order)
- Then select the 6 most “painful/restricted” self-massage exercises and place them in the chart below as exercises #1-6. From there, select the 5 most “tight” flexibility exercises and place them in the chart below as exercises #7-11. Lastly, select the 5 most “unstable/limited range of motion/difficult” mobility/activation exercises and place them in the chart below as exercises #12-16. For all unilateral exercises confined to a single exercise in the circuit below, simply switch sides at the halfway mark
- For best results and injury prevention, perform this entire 30-10 personal improvement routine both pre-workout and several times post-workout each day

<b>30-10 Personal Improvement Routine</b>		
1		
2		
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10		
11		
12		
13		
14		
15		
16	Pledge Push-up	

