

# THE **FORGE** - BACK 9

## NON-NEGOTIABLE DAILY TASKS



### **MORNING WATER**

DRINK 24 oz. OF WATER AS THE 1ST THING YOU CONSUME FOR THE DAY (PREFERABLY WITH A SQUEEZE OF REAL LEMON)



### **DAILY MOTION - "EFD+"**

COMPLETE THE DAILY MOTION EFD's AND THE 4 EXTRA REQUIRED EXERCISES (ELBOW TOUCHES, SMALL SHOULDER CIRCLES, SIDE HIP PLANK, & THORACIC WALL SIT)



### **MEDITATION / BREATHING**

PERFORM AT LEAST 20min OF MEDITATION, BREATHING EXERCISES, (EITHER 20+ CONSECUTIVE MIN OR TWO 10+min SESSIONS)



### **COLD SHOWER**

TAKE A 2-MINUTE OR LONGER COLD SHOWER OR COLD PLUNGE.



### **INTENTIONAL PHYSICAL ACTIVITY**

PERFORM AT LEAST 40 CONSECUTIVE MINUTES OF INTENTIONAL PHYSICAL ACTIVITY ("IPA") THAT IS INTENDED TO CHALLENGE YOU.



### **DIET / ALCOHOL COMMITMENTS**

WRITE DOWN YOUR SPECIFIC DIET AND ALCOHOL RULES THAT YOU WILL ADHERE TO FOR THE NEXT 40 DAYS.



### **GOLF SWINGS & SLOW-MO SWING**

PERFORM 5 GOLF SWINGS BOTH RIGHT AND LEFT-HANDED WITHOUT A GOLF BALL, FOLLOWED BY A ONE 1-MINUTE SLOW MOTION SWING (DOMINANT SIDE)



### **1-MINUTE MAXOUT**

PERFORM AT LEAST ONE REP OF A HIGH-INTENSITY EXERCISE FOR 60-SECONDS (NOT LONGER THAN 60 SECONDS)



### **PERSONAL DAILY COMMITMENT**

COMPLETE ONE PERSONAL DAILY TASK OF YOUR CHOOSING THAT YOU KNOW WILL MOVE YOU FORWARD IN SOME AREA OF YOUR LIFE.