



3 MINUTE MOVEMENT

WRITTEN BY
COACH ELI

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INTRODUCTION

WEEK 1

3 Rounds

10 Repetitions

Squat

Push

Pull

Jump

NOTES:

- Become very proficient in these patterns.
- Practice the skill of moving.
- Move at your own pace until you feel prepared to push faster.
- Try challenging yourself when you feel ready by adding 1 extra rep to each movement.
- Breathe in through the nose and out through pursed lips.
- Sprinkle this in throughout your work day.
- Leave 3-4 hours in-between each routine.
- Invite a friend to do the program with you.

week

WEEK 2

3 Rounds

10 Repetitions

Squat

Y's

Shoulder Raise

Ladder Climb

NOTES:

- Master the form first.
- Try adding an extra rep to each when you feel ready to progress yourself.
- Try adding a 4th round when you feel ready.
- Feel the raw sensations of movement on your body. Feel the wind, blood flow, tingle, and find pleasure in these sensations to help center you and develop a love for movement.
- Try making time for these routines in-between meetings.

Week

WEEK 3

3 Rounds

10 Repetitions

Squat

Throw

Arm Circles

Lateral Jump

NOTES:

- Try progressing yourself by going deeper in your squat, or getting rid of the chair if you used one.
- Notice your posture before versus after completing.
- Try penciling these routines into your calendar.
- Try to focus on breathing smoothly during the routine.
- Try these barefoot inside or on grass.

week

WEEK 4

3 Rounds

10 Repetitions

Hinge

Push Pull

Hip Airplane

Forward Back Jump

NOTES:

- If you feel pain. Stop. Notice what your body is telling you. Modify accordingly.
- If you struggle with the hip hinge then really practice it first using my cues before forcing it.
- The movements do not need to be perfect.
- Do it at your best possible form. Just move.
- Try breathing in and out through the nose.
- Invite a friend to join you in repeating the program from week 1.
- Celebrate yourself!

week

THE END

MEET COACH ELI

Hey! Eli here.

I am a lover of movement, certified personal trainer, and full time goofball. After injuring my back at 16 I fell in love with rehab and getting to the root of aches and pains. I grew up with a very awkward body, caved in shoulders, bow-legs, duck feet, anterior pelvic tilt, ankles caved in, long forward neck. When I began my fitness journey I had every nagging pain in the book. I gained knowledge, experience and wisdom through my time studying to become a physical therapist (which I ended up leaving to pursue Acting and Personal Training), my endless hours studying different movement modalities, working on my own injury riddled body daily, to training hundreds of real, everyday people inside of packed gyms in Santa Monica, CA.

I relentlessly pursued functional strength training, yoga, pilates, bodybuilding, to name a few. I understand the detriment that our current modern lifestyle of excessive time spent hunched over at our desk has on our body. My goal is to help you feel, move, and live happier, healthier, pain free lives through simple movement repeated daily.

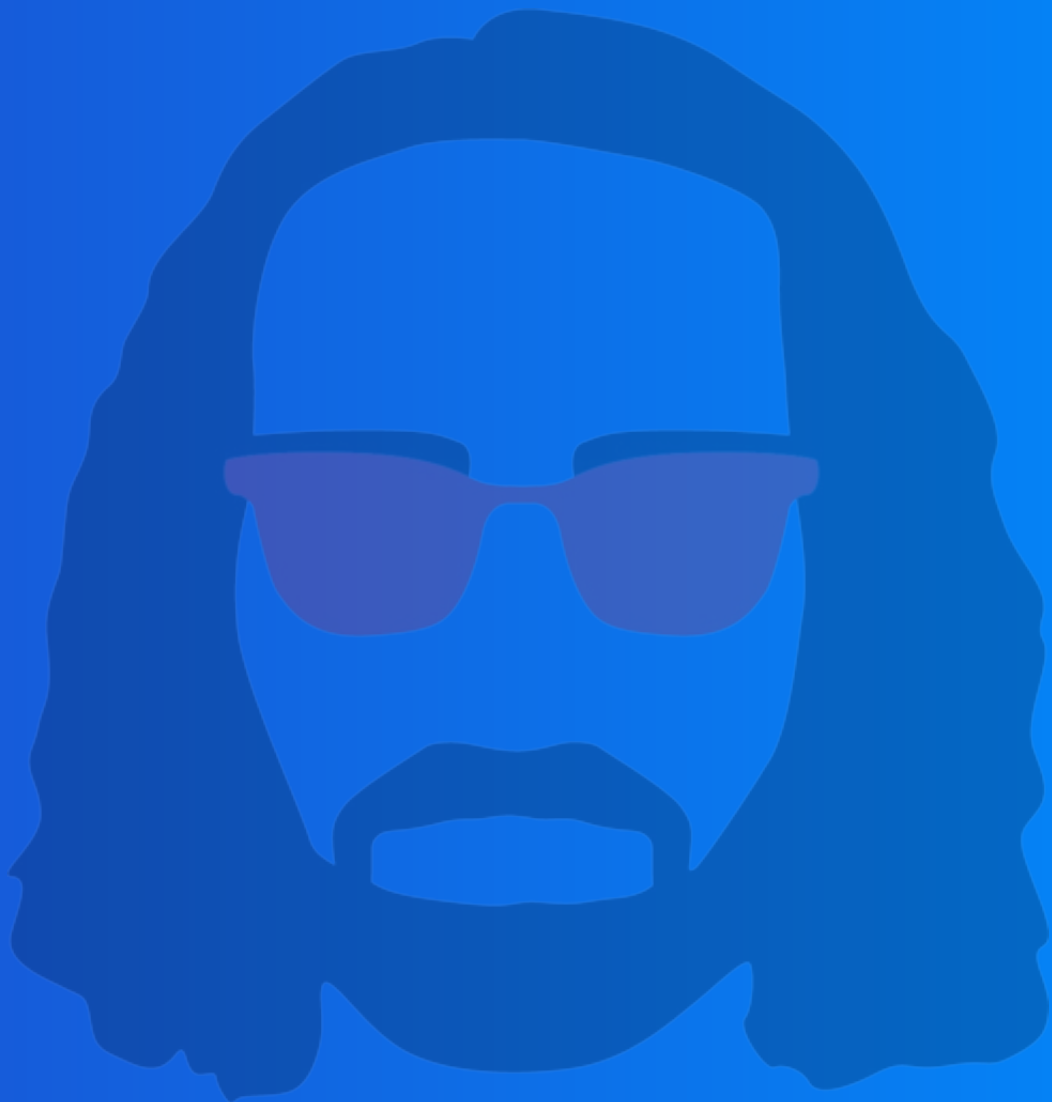
Let's get moving!





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