



IF YOU'RE NOT KEEPING TRACK,
OFFICIAL DUDE RECOMMENDED:

- ✓ TURKISH GETUPS
- ✓ HEX BAR DEADLIFT
- ✓ KETTLEBELL SWINGS
- ✓ SPRINTS
- ✓ JUMP ROPE
- ✓ PULL-UPS
- ✓ WEIGHTED DIPS
- ✓ ROW MACHINE
- ✓ SIT-UPS
- ✓ SAUNA
- ✓ AIR BIKE

Nonchalantly Maximizing Health and Fitness

By: Spencer Christian
AKA Dude Working Out

LESS IMPORTANT

Ice

Sauna

Cardio

Nutrition/Sleep

Resistance Training

MOST IMPORTANT



Stay Lean
Stay Strong

Core Philosophies

- Anaerobic: Resistance Training (weights/bands/body), Sprints
- Aerobic: Zone 2, 3, 4 Training (Row Machine, Fan-bike, HIIT)
- Nutrition:
 - 2 meals a day (16-18 hours fasting / 6-8 hours eating window)
 - High protein in-take
 - Minimize or eliminate excess flour and sugar
- Low-stress activity : Walking/Hiking/SUP (near daily)
- **NO OVERTRAINING**: Avoid Injury / days off / sleep / proper warmup
- Keep it simple, keep it consistent

Resistance Training – Key Takeaways

- **Stability AND Strength**
- Resistance Training is perhaps the most crucial health component as we age. *It hides all manners of sin and aging.*
- Resistance training benefits bone strength, muscle tissues (muscle loss as we age speeds up!), and mental state.
- Resistance exercises can maintain normal blood glucose levels, lipids, and cholesterol, and hence the management of chronic conditions like cardiovascular diseases and diabetes mellitus.

“If you have the aspiration of kicking ass when you’re 85, you can’t afford to be average when you’re 50.”
—Peter Attia

Resistance Training – Typical Components

Key Movements:

- Squats (1-2 x week)
- Deadlift (1-2 x week)
- Lunges (1-2 x week)
- Kettlebell Swings (3-4 x week)
- Turkish Getups (2-3 x week)
- Pullups (3 x week)
- Push-ups/Chest press (1-3 x week)
- Dips (1-2 x week)
- Back Rows (1-2 x week)
- Shoulder Press (1-2 x week)
- Planks / Side Planks (near daily)

Other Movements:

- Power Cleans (1-2 x month)
- KB Snatch (1-2 x month)
- Nordic curls/variation
- Lower Back Extension
- Farmer Carries

Variable Amount/Tempo Mix

- Low weight and high reps
- High weight and low reps
- Fast vs slow movements
- Static holds

Anaerobic – Other

- Bodyweight exercises, a jump rope, and a kettlebell can go a long way.
- Hard to avoid benefits of sprints; hard to risk getting injured as you age
 - 70-90% effort sprints 2-4 x a week
- Full body workouts 3-4 x a week yield good results
- Bodybuilding based split-training can also work
- HIIT or interval training should be integrated often
- Fast Twitch fibers are fleeting... Work to maintain them as you age
 - ***Plyometrics and jumps still have a place, just not the same as in your 20s***

Nutrition – Key Takeaways

- **Time Restricted Eating**

- 16 hr fasting window/ 8 hour eating window
- I eat first meal at noon; last before 8:00pm
- Sometimes I wait until 3 or 4pm, but always stop at 8pm
- Water/Black coffee are ok during fasting window

- *Protein* – Primary source of all calories

- Restrict excess flour/packaged items

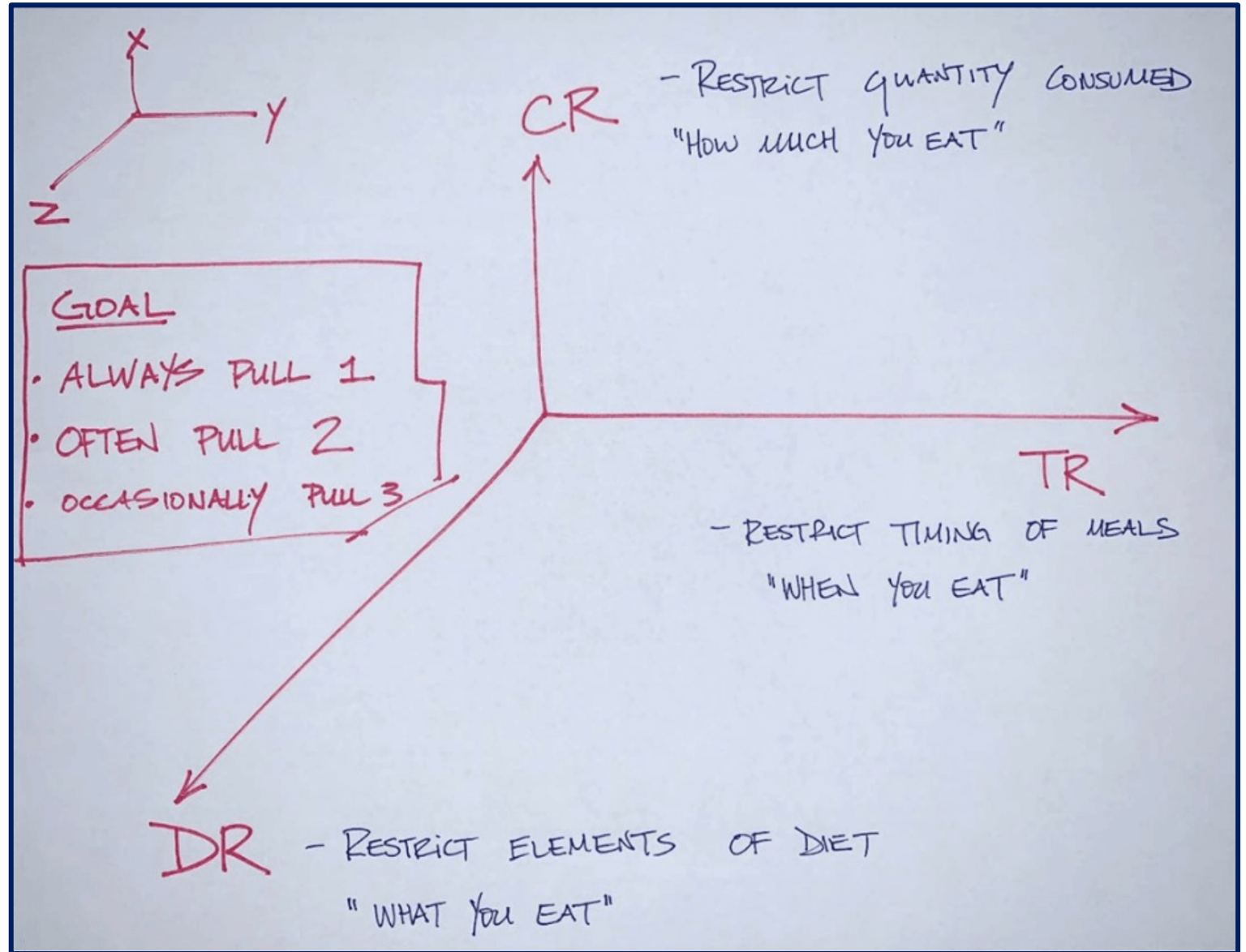
- Restrict excess sugar/desserts (1-2 days a week-cheat days)

- ***Explore benefits to keto diet/paleo diet/carnivore diet. If you don't fully commit, use guidelines to approach and experiment with diet.***

- Sources: Dr. Peter Attia; Mark Sisson; Rhonda Patrick

Peter Attia's 3 Levers Framework:

- Caloric Restriction
- Time Restriction
- Dietary Restriction



Nutrition – Typical Components

- Eggs (5-6 daily)
- Chicken (1-2 x week)
- Steak (1-2 x week)
- Fish (1-2 x week)
- Beef (1-2 x week)
- Protein bowl/smoothie (1-2 x week)
- Water (Too much)
- Coffee (2-3 cups)
- Dark leafy greens (Often as possible)
- Sweet Potatoes (1 x week)
- Rice (1-3 x week)
- Pizza (sometimes)
- Cookies (1-2 x week)

***Meal planning
prevents poor
decisions.***

Other

- I only use olive oil or avocado oil
- I use butter and drink whole milk
- Might be worth exploring allergens (gluten, milk, other)

Sleep – Key Takeaways

- Best nootropic: sleep
- Best stress relief: sleep
- Best trauma release: sleep
- Best immune booster: sleep
- Best hormone augmentation: sleep
- Best emotional stabilizer: sleep

Good Sources: Matt Walker, Andrew Huberman
(<https://hubermanlab.com/toolkit-for-sleep/>)

Other good sources: Rhonda Patrick

Aerobic – Key Takeaways

Cardio is still important, but I'm convinced less important than resistance training. *But why compare?* DO BOTH.

- Zone 2 (mine is about 130 bpm) 1-2 x week
 - Row machine; Fan bike; brisk / weighted walk
 - Long runs once a week are great.
- Zone 3/4 - usually 3 mile run or more intense row machine 1 x week
 - 2-3 mile runs twice a week good too.
- Alternatives: cycling, jump rope, jumping jacks, swimming
 - 20 mins of jumping jacks twice a week will suffice.
 - Watch your ankles
- Good Sources: Peter Attia, *Goggins if you need...*

Heat/Cold Therapies

- Not necessary; Good to have if possible
- Multi-decade studies have observed **AWESOME** benefits* to regular sauna use (4 x a week 20 mins at 180°F)
 - I use sauna 2-4 x week at 200 °F for 20 mins (sometimes back and forth with ice)
- Ice bath studies are new and less convincing. But they feel nice.
 - I cold plunge in the ice bath 5-7 x week at 35 °F for 3-4 mins
 - I love it for the discipline and mental effects it seems to bring.
- Good Sources: Dr. Rhonda Patrick,
<https://www.foundmyfitness.com/topics/sauna>

*Studies on traditional, not infrared saunas

Good Sources

Health, Fitness, Nutrition

<https://fitnessclone.com/mark-sisson-workout-diet/>

<https://www.foundmyfitness.com/>

<https://peterattiamd.com/category/exercise/>

<https://twitter.com/GuruAnaerobic>

Corrective Exercises

<https://www.youtube.com/@SquatUniversity>

Kettlebell Workouts

<https://www.youtube.com/@BeStrongFirst>

<https://www.youtube.com/@KeithWeber>

Turkish Getup Tutorial

<https://www.youtube.com/watch?v=jgKFttG0Z7I>

Kettlebell Swing Tutorial

<https://www.youtube.com/shorts/aSYap2yhW8s>

Spine Health (McGill Big 3)

<https://www.youtube.com/shorts/C89EKtI8a3o>

<https://www.youtube.com/watch?v=P8YiZO3OGjk>

