



24/7 365



24 MINUTE WORKOUT

7 EXERCISES

1. WARM-UP (3 MINUTES)

- Jumping jacks: 1 minute
- Arm circles: 1 minute
- Jog in place: 1 minute

2. WORKOUT (21 MINUTES)

Perform each exercise for 3 minutes
with minimal rest in between sets:

KLIMB ROUTE

29°7'8"N 81°0'10"W

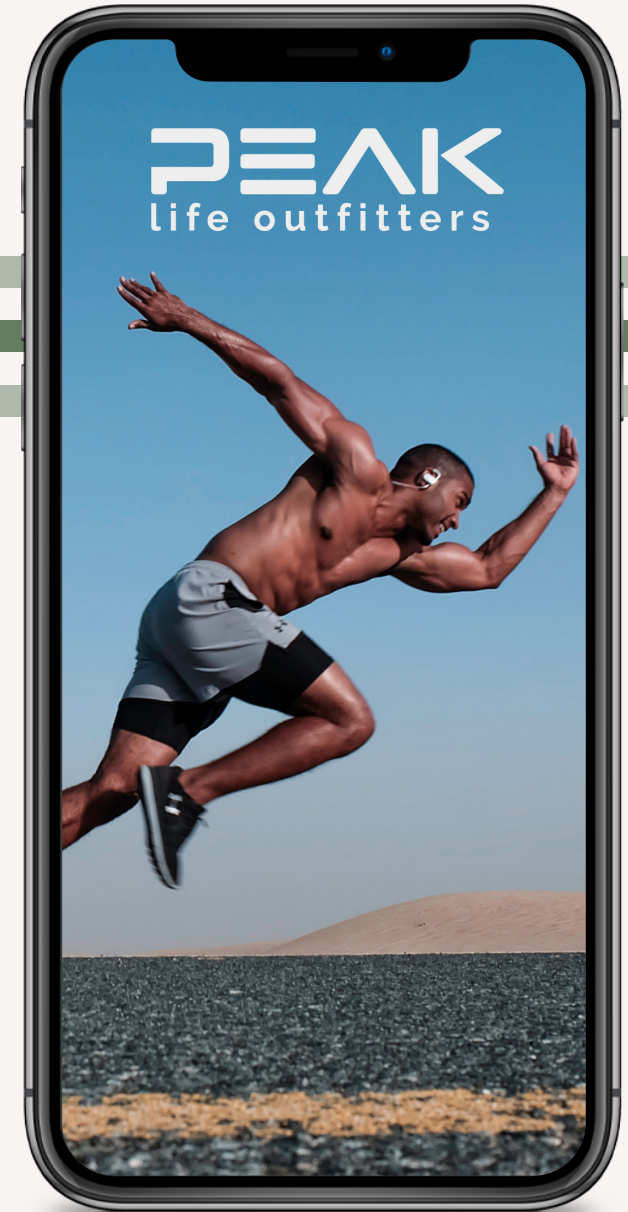
- Push-ups: 3 sets of 10 reps
- Squats: 3 sets of 12 reps
- Plank: Hold for 1 minute
- Lunges (alternating legs): 3 sets of 12 reps
- Bicycle crunches: 3 sets of 15 reps (each side)
- Tricep dips: 3 sets of 10 reps
- Mountain climbers: 3 sets of 20 reps

COOL-DOWN & STRETCH (3 MINUTES)

- Hamstring stretch: 1 minute
- Shoulder stretch: 1 minute
- Quad stretch: 1 minute

REMEMBER TO MAINTAIN PROPER
FORM THROUGHOUT THE WORKOUT
AND LISTEN TO YOUR BODY.

ADJUST THE INTENSITY AS NEEDED
AND DON'T FORGET TO STAY
HYDRATED.



PEAK 365

- Breath Work (3 Minutes)
- Prayer / Meditation (6 Minutes)
- Cold Water Exposure (5 Minutes)



ZONE

- Find a quiet and comfortable space.
- Sit or lie down in a relaxed position.
- Set a timer for 3 minutes for breathing exercises and 6 minutes for Bible reading.



BREATH WORK

(3 MINUTES)

- Close your eyes and focus on your breath.
- Inhale deeply through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly through your mouth for a count of 6.
- Repeat this cycle for 3 minutes, focusing on deep, rhythmic breathing.

PRAYER / MEDITATION (6 MINUTES)

- Open your Bible to a passage or verse that resonates with you.
- Read the passage slowly and thoughtfully.
- Reflect on the meaning and message behind the words.
- Take time to internalize the message and apply it to your life or share it with someone that needs to hear it.

Cold Exposure Benefits



COLD WATER EXPOSURE (5 MINUTES)

- Cold water immersion
- Cold showers
- Contrast Water Therapy (Contrast Baths)



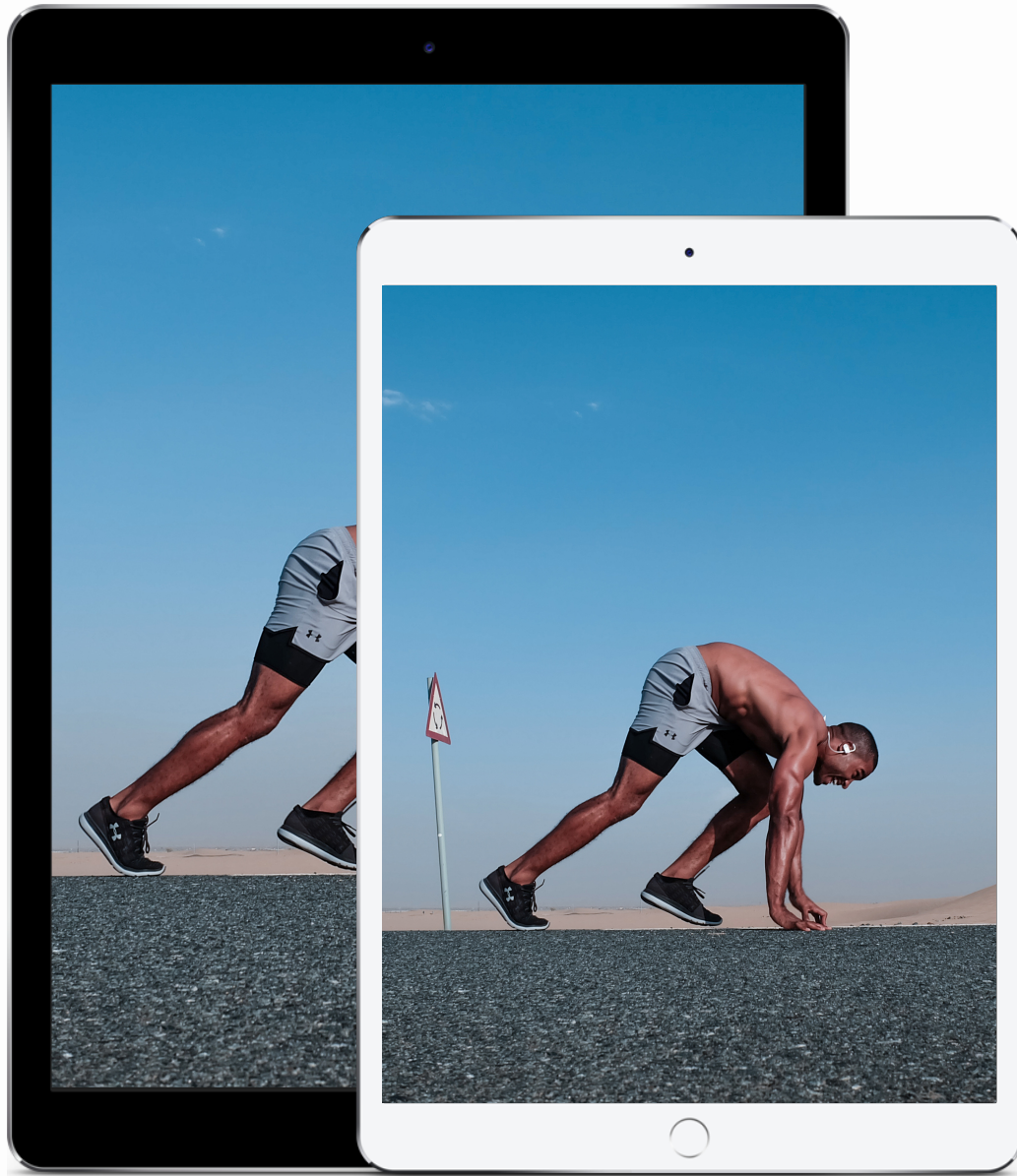
CONCLUSION

- Take a deep breath and slowly open your eyes.
- Reflect on how you feel after completing the routine.
- Carry the sense of calm and clarity with you throughout the day.

PEAK 24/7 365

Repeat this "PEAK 365" routine daily as recommended by your healthcare provider to cultivate a sense of peace, spiritual connection, and mental clarity in your life.

Adjust the duration or exercises as needed to fit your level of fitness and schedule.





TALK TO US

iklimb.com

dennis@iklimb.com
marlon@iklimb.com



[@peak.lifeoutfitters](https://www.instagram.com/peak.lifeoutfitters)