

# COACH, HOW DO I?

The best program is consistent small steps. Everyone can be motivated for a couple of weeks or months. Can you imagine yourself in 1 year, 5 years, 10 years?

Kaizen means continuous improvement.

## We all have habits. Can we choose better ones?

### Fix Knee Pain?

→ **MINI HABIT**

Roll side of glutes 2 minutes/day.

- Warm-up pre-training/game.
- Train your roots: Feet and toes!
- Self-massage with ball/roller.
- Relax into stretch: glutes, quads, hamstring, calves.
- Practice bodyweight squats daily.
- Train landing as much as jumping
- Learn to sit on your knees.
- **DON'T BE HIM WHO DUNKS 50x BEFORE PRACTICE.**

### Sleep Better?

→ **MINI HABIT**

Put your phone on flight mode 1-2hrs before sleep.

- Relaxed move/stretch
- Ignore phone 1-2hrs before
- Stillness practice
- "Numb body" scan
- Clean your room
- Avoid eating too late

### Train When I'm Injured?

→ **MINI HABIT**

Finish every shower cold, 10 Seconds to 2 minutes will do.

- Remember you can always do something and turn setbacks into long-term advantage.
- When one part of your body is injured, train all the other parts.
- Become better at elements in your game, physique, mindset you have neglected.

### Jump Higher?

→ **MINI HABIT**

10-25 jumps randomly during the day.

- Practice jumping... as a skill.
- Speed snatch & swings.
- Squat to strengthen legs.

### Gain Muscle?

→ **MINI HABIT**

Eat a fist of protein with every meal.

- Strength train every week (tip: with slow eccentric).
- Eat protein with every meal.
  - > Animal source: *fish, turkey, lamb, chicken, beef, bone broth soup and cheese etc.*
  - > Plant source: *chickpeas, lentils, tofu, seitan, mushrooms etc.*
- Change your snacks from candy to real food: hard-boiled egg, dried fruit or nuts mix, Greek yoghurt/Skyr, tuna, cheese, peanut butter + apple, hummus + carrot, egg muffin

### Meditate?

→ **MINI HABIT**

Sit 5 minutes in open observation before you sleep.

- Sit, stand, walk, lie down or move
- Open observation
- Attention exercises:
  - > Attention on breathing.
  - > Attention on what you see.
  - > Attention on open space.
  - > Attention on what you hear.
  - > Attention on what you feel.

### Get The Right Mindset?

→ **MINI HABIT**

Sculpt or dry!

- View from above: observe current mindset.
- Take notes to understand your thinking better.
- Become inconsistent: get disinterested in habits that don't work.

