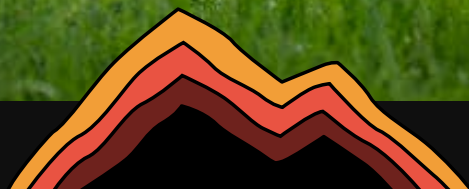
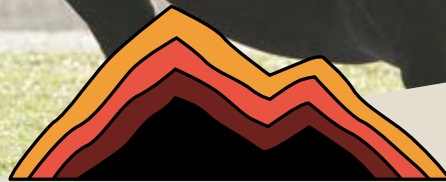




THE
YOGAFIT
PROGRAM



EARTH FED MUSCLE



EARTH FED MUSCLE

YOGAFIT PROGRAM

How much time are you dedicating to mindfulness, mobility and fitness? With our YogaFit program, you can focus on all three at the same time! Whether you're a current yogi looking for additional strength, or an athlete who needs to add some mobility and mindfulness to your practice, this workout is the perfect fit. Discover movements to help you access strength you may normally leave untapped and become a complete athlete with YogaFit.





HEALTH AND GENERAL FITNESS IS A LONG TERM JOURNEY

As a USA Weightlifting coach, I know how overwhelming it can be to evolve and grow. Before you start, set goals and develop simple daily rituals. You will encounter obstacles as you adopt this program, and your rituals will help you start the day and transition into your workouts. Consistently recording your progress in this program will help you achieve your strength and fitness goals, and evolve your life habits. Success will follow consistency! Review your goals regularly to maintain focus, and recognize your accomplishments to keep your journey exciting.

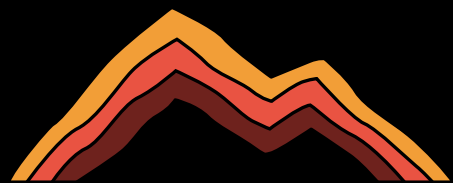
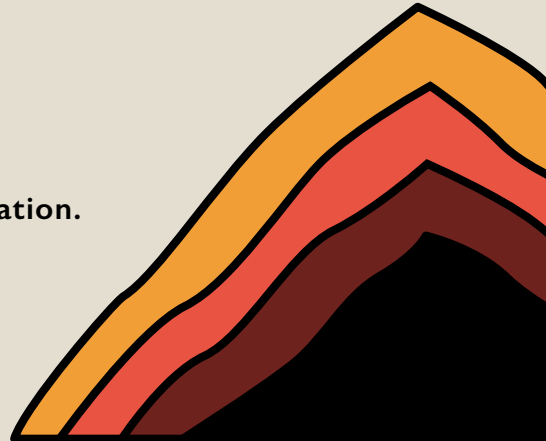
-Dane Miller



GETTING STARTED

When building strength and habits, always start with a strong foundation.
Watch the videos below for a better understanding of how to:

- Read programs
- Determine weights for each exercise
- Properly understand rest periods



EARTH FED MUSCLE

PROGRAM GOALS



**WATCH
THE VIDEO**



**UNDERSTANDING
GOALS**



**Develop Mobility.
Develop Stability.
Develop Full Body
Awareness.**



SUPPORTING YOUR JOURNEY

RECOMMENDED DAILY SUPPLEMENT ROUTINE



Morning Ritual Multivitamin

3 Pills Daily

A great way to ensure your body gets the vitamins and minerals it needs to maintain daily functions in the muscles, brain, and immune system all while improving general health.



Primitive Protein

1 Scoop Post-workout

Our grass-fed whey protein comes in a variety of great flavors, including exciting seasonals, made with natural flavors that are the best tasting on the market.



Missing Link Collagen

1 Scoop Daily

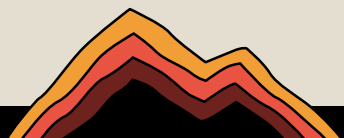
Earth Fed Muscles only work when the rest of the system is optimized. Historically, humans built healthy skin, joints, guts and hair with the amino acids in bone broth. These components are often lacking in our modern diets. Add The Missing Link Collagen Superprotein to your regimen and allow your body to make the connections it needs to operate at the peak of its evolution!



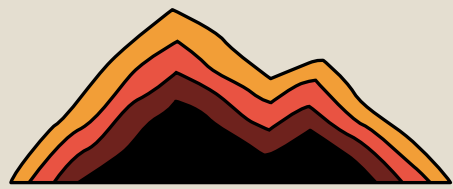
Forty Winkz: ZMA Advanced

2 Pills Before Bed

Sleep is the most important time to recover from your rigorous workouts and gain strength. Our ZMA advanced induces natural muscle relaxation, helps to balance the immune system, normalizes hormone levels, and aids in nervous system recovery and immune system health.



EARTH FED MUSCLE



EARTH FED MUSCLE
YOGAFIT
PROGRAM

OVERVIEW: WEEKS 1-4



WATCH
THE VIDEO



WEEKS 1-4

DAY 1

Back Mobility



WARM UP

2-3 ROUNDS MINIMAL REST

PANTHER CRAWL
25' FORWARD 25' BACKWARD

X 12

BOX
JUMP

X 5

REVERSE
SNOW ANGEL

X 10

BOX JUMP
FROM STEP

X 5

WORKOUT

EXERCISE 1



EXERCISE 2



EXERCISE 3



A	Barbell Back Squat Light	
B	Supine Twist	
45 seconds rest		
A	3 x 20 empty bar	
B	3 x 4 breaths each side	
A	3 x 20 empty bar	
B	3 x 4 breaths each side	
A	3 x 20 empty bar	
B	3 x 4 breaths each side	
A	3 x 20 empty bar	
B	3 x 4 breaths each side	

A	Bodyweight Rear Leg Elevated Squat	
B	Down Dog	
30 seconds rest		
A	4 x 8/8	
B	4 x 5 breaths	
A	4 x 8/8	
B	4 x 5 breaths	
A	4 x 8/8	
B	4 x 5 breaths	
A	4 x 8/8	
B	4 x 5 breaths	

A	Goblet Squat	
B	Cat and Cow Pose	
C	Calf Raise	
No resting		
A	3 x 15	
B	3 x 8/8	
C	3 x 20	
A	3 x 15	
B	3 x 8/8	
C	3 x 20	
A	3 x 15	
B	3 x 8/8	
C	3 x 20	
A	3 x 15	
B	3 x 8/8	
C	3 x 20	

WEEKS 1-4

DAY 2

Upper Mobility



WARM UP

2-3 ROUNDS MINIMAL REST

**TURKISH
GET-UP**

3/ARM

**HOLLOW HOLD WITH
BAND UNDER BACK**

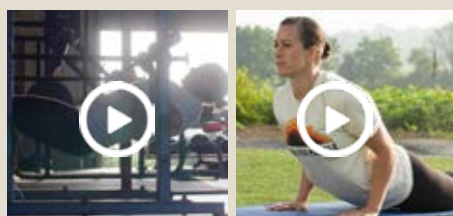
8 BREATHES

**SINGLE LEG
RDL**

X 8/8

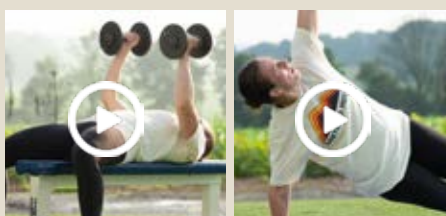
WORKOUT

EXERCISE 1



A		Barbell Reclining Row	
B		Chaturanga	
Minimal rest			
A	4 x 20		
B	4 x 3 repetitions		
A	4 x 20		
B	4 x 3 repetitions		
A	4 x 20		
B	4 x 3 repetitions		
A	4 x 20		
B	4 x 3 repetitions		

EXERCISE 2



A		DB Bench Press Neutral Grip	
B		Side Plank	
30 seconds rest			
A	4 x 12-15		
B	4 x 6-10 slow breaths per side		
A	4 x 12-15		
B	4 x 6-10 slow breaths per side		
A	4 x 12-15		
B	4 x 6-10 slow breaths per side		
A	4 x 12-15		
B	4 x 6-10 slow breaths per side		

EXERCISE 3



A	DB Curl and Press	
B	Balancing Table Top (extend opposite arm and leg)	
Good strong back, lower slowly		
A	4 x 15	
B	4 x 8-10 breaths per side	
A	4 x 15	
B	4 x 8-10 breaths per side	
A	4 x 15	
B	4 x 8-10 breaths per side	
A	4 x 15	
B	4 x 8-10 breaths per side	

WEEKS 1-4

DAY 3

Combination



WARM UP

2-3 ROUNDS MINIMAL REST

PANTHER CRAWL
25' FORWARD 25' BACKWARD
X 12

BOX JUMP
X 5

REVERSE SNOW ANGEL
X 10

BOX JUMP FROM STEP
X 5

WORKOUT

EXERCISE 1



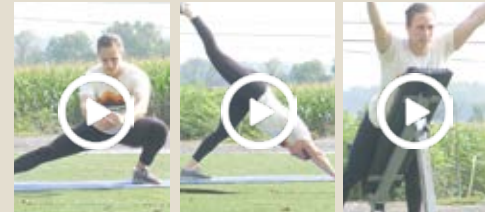
A	DB Walking Lunges	
B	Chair Pose	
C	Push Ups (Tight Core, Elbows In)	
Long Steps and Good Holds		
A	4 x 8/8	
B	4 x 30 seconds	
C	4 x 12	
A	4 x 8/8	
B	4 x 30 seconds	
C	4 x 12	
A	4 x 8/8	
B	4 x 30 seconds	
C	4 x 12	
A	4 x 8/8	
B	4 x 30 seconds	
C	4 x 12	

EXERCISE 2

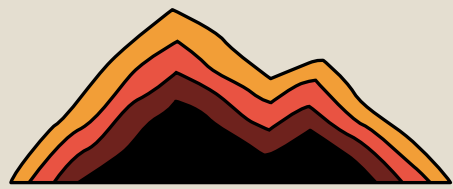


A	Step Ups	
B	Standing Frog Pose	
C	One Arm Row	
Easy Reps, Short Rest Sink deeper with each breath in Frog Pose		
A	4 x 8/8	
B	4 x 6 breaths	
C	4 x 8/8	
A	4 x 8/8	
B	4 x 6 breaths	
C	4 x 8/8	
A	4 x 8/8	
B	4 x 6 breaths	
C	4 x 8/8	
A	4 x 8/8	
B	4 x 6 breaths	
C	4 x 8/8	

EXERCISE 3



A	Cossack Squat	
B	Downdog Split	
C	Y's on Incline	
Mobile and Stable		
A	3 x 8/8	
B	3 x 5 slow breaths per side	
C	3 x 12	
A	3 x 8/8	
B	3 x 5 slow breaths per side	
C	3 x 12	
A	3 x 8/8	
B	3 x 5 slow breaths per side	
C	3 x 12	
A	3 x 8/8	
B	3 x 5 slow breaths per side	
C	3 x 12	



EARTH FED MUSCLE
YOGAFIT
PROGRAM

OVERVIEW: WEEKS 5-8



WATCH
THE VIDEO



WEEKS 5-8

DAY 1

Back Mobility



WARM UP

2-3 ROUNDS MINIMAL REST

PANTHER CRAWL
25' FORWARD 25' BACKWARD

X 12

BOX JUMP

X 5

REVERSE SNOW ANGEL

X 10

BOX JUMP FROM STEP

X 5

WORKOUT

EXERCISE 1



	A	Moderate Barbell Deadlift	
	B	Child's Pose	
		45 seconds rest	
WEEK 1 RAMP	A	3 x 20 moderate	
	B	3 x 25 seconds	
WEEK 2 RAMP	A	3 x 20 moderate	
	B	3 x 25 seconds	
WEEK 3 STATIC DELOAD	A	3 x 20 moderate	
	B	3 x 25 seconds	
WEEK 4 RAMP	A	3 x 20 moderate	
	B	3 x 25 seconds	

EXERCISE 2



	A	Deficit Split Squat	
	B	Thread the Needle	
		30 seconds rest	
WEEK 1 RAMP	A	4 x 8/8	
	B	4 x 20 seconds	
WEEK 2 RAMP	A	4 x 8/8	
	B	4 x 20 seconds	
WEEK 3 STATIC DELOAD	A	4 x 8/8	
	B	4 x 20 seconds	
WEEK 4 RAMP	A	4 x 8/8	
	B	4 x 20 seconds	

EXERCISE 3



	A	Jump Lunge	
	B	Baby Pose	
	C	Side Band Walks	
		No resting	
WEEK 1 RAMP	A	3 x 6/6	
	B	3 x 30 seconds	
	C	3 x 12/12	
WEEK 2 RAMP	A	3 x 6/6	
	B	3 x 30 seconds	
	C	3 x 12/12	
WEEK 3 STATIC DELOAD	A	3 x 6/6	
	B	3 x 30 seconds	
	C	3 x 12/12	
WEEK 4 RAMP	A	3 x 6/6	
	B	3 x 30 seconds	
	C	3 x 12/12	

WEEKS 5-8

DAY 2

Upper Mobility



WARM UP

2-3 ROUNDS MINIMAL REST

**TURKISH
GET-UP**

3/ARM

**HOLLOW HOLD WITH
BAND UNDER BACK**

8 BREATHERS

**SINGLE LEG
RDL**

X 8/8

WORKOUT

EXERCISE 1



A	DB Incline Bench Press Neutral Grip	
B	Upward Facing Plank	
Strength and stability		
A	4 x 12-15	
B	4 x 30 seconds	
A	4 x 12-15	
B	4 x 30 seconds	
A	4 x 12-15	
B	4 x 30 seconds	
A	4 x 12-15	
B	4 x 30 seconds	

EXERCISE 2



A		Lat Pulldown or Pull Ups	
B		Threaded Needle	
30 seconds rest			
A	4 x 20/4 x 5		
B	4 x 12/12		
A	4 x 20/4 x 5		
B	4 x 12/12		
A	4 x 20/4 x 5		
B	4 x 12/12		
A	4 x 20/4 x 5		
B	4 x 12/12		

EXERCISE 3



A	Chest Supported DB Row	
B	Dolphin Pose	
Good strong back, lower slowly		
A	4 x 15	
B	4 x 20 seconds	
A	4 x 15	
B	4 x 20 seconds	
A	4 x 15	
B	4 x 20 seconds	
A	4 x 15	
B	4 x 20 seconds	

WEEKS 5-8

DAY 3

Combination



WARM UP

2-3 ROUNDS MINIMAL REST

PANTHER CRAWL
25' FORWARD 25' BACKWARD

X 12

BOX JUMP

X 5

REVERSE SNOW ANGEL

X 10

BOX JUMP FROM STEP

X 5

WORKOUT

EXERCISE 1



A		Barbell Overhead Squat	
B		Star Plank	
C		Bench Dips	
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		

EXERCISE 2

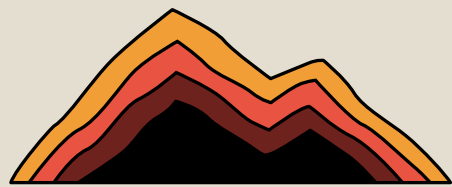


A	Frog Squats	
B	Twisting Boat Pose	
C	Renegade Row	
Easy Reps, Short Rest		
A	4 x 15	
B	4 x 20/20 seconds	
C	4 x 8/8	
A	4 x 15	
B	4 x 20/20 seconds	
C	4 x 8/8	
A	4 x 15	
B	4 x 20/20 seconds	
C	4 x 8/8	
A	4 x 15	
B	4 x 20/20 seconds	
C	4 x 8/8	

EXERCISE 3

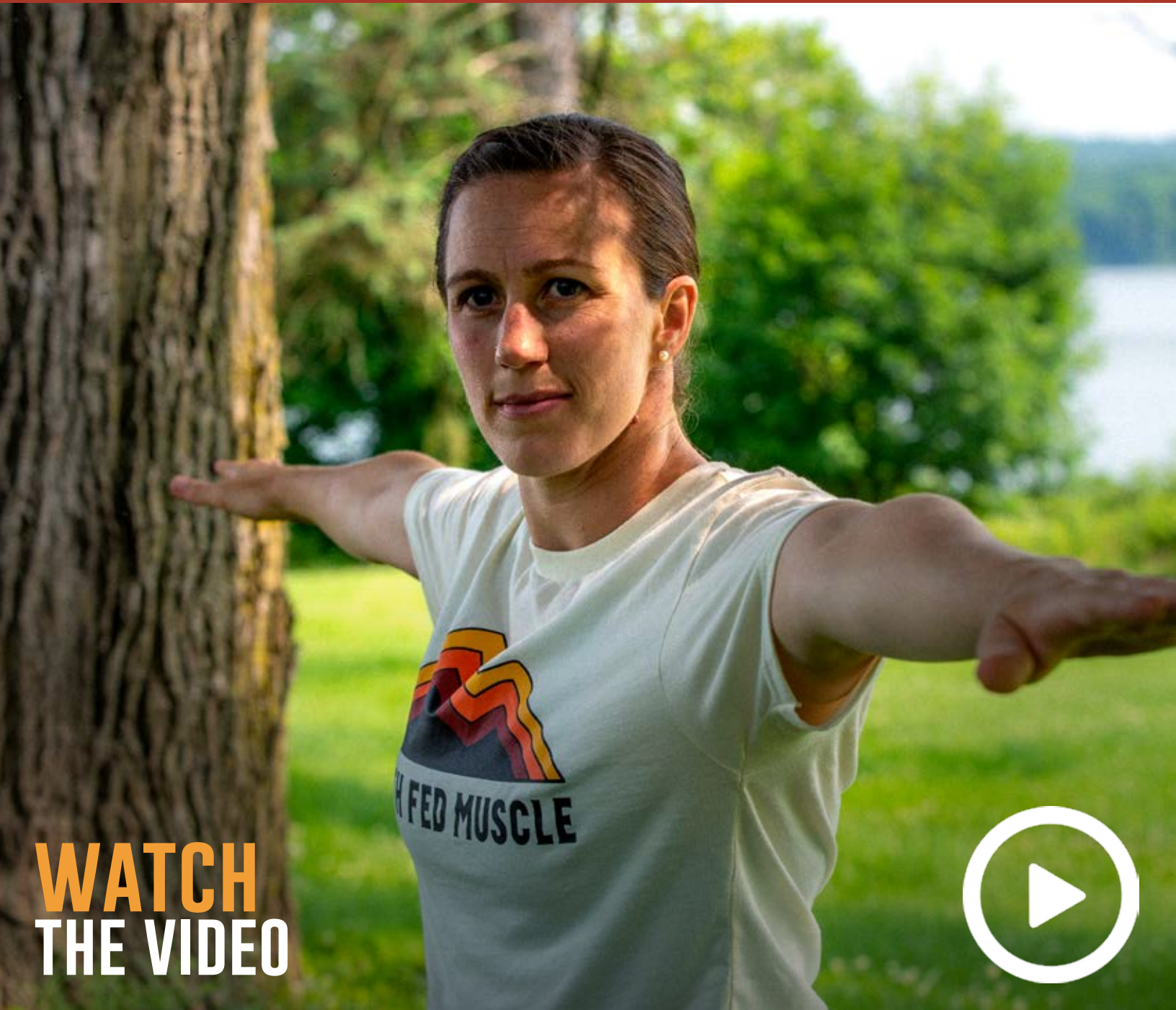


A	Sliding Lunge	
B	Warrior I	
C	Pipe Push Ups	
Mobile and Stable		
A	3 x 8/8	
B	3 x 30/30 seconds	
C	3 x 12	
A	3 x 8/8	
B	3 x 30/30 seconds	
C	3 x 12	
A	3 x 8/8	
B	3 x 30/30 seconds	
C	3 x 12	
A	3 x 8/8	
B	3 x 30/30 seconds	
C	3 x 12	



EARTH FED MUSCLE
YOGAFIT
PROGRAM

OVERVIEW: WEEKS 9 - 12



WATCH
THE VIDEO



WEEKS 9-12

DAY 1

Back Mobility



WARM UP

2-3 ROUNDS MINIMAL REST

PANTHER CRAWL
25' FORWARD 25' BACKWARD

X 12

BOX
JUMP

X 5

REVERSE
SNOW ANGEL

X 10

BOX JUMP
FROM STEP

X 5

WORKOUT

EXERCISE 1



A	Bodybuilder Front Squat	
B	Knees to Chest with Slow Rock	
45 seconds rest		
A	4 x 8-10	
B	4 x 20 rocks each side	
A	4 x 8-10	
B	4 x 20 rocks each side	
A	4 x 8-10	
B	4 x 20 rocks each side	
A	4 x 8-10	
B	4 x 20 rocks each side	

EXERCISE 2



A	Step Up into Lunge	
B	Reclined Pigeon Pose	
	30 seconds rest	
A	4 x 8/8	
B	4 x 20 seconds each side	
A	4 x 8/8	
B	4 x 20 seconds each side	
A	4 x 8/8	
B	4 x 20 seconds each side	
A	4 x 8/8	
B	4 x 20 seconds each side	

EXERCISE 3



A	Jump Step Ups	
B	Downward Facing Dog	
C	Calf Raise	
No resting		
A	3 x 6/6	
B	3 x 30 seconds	
C	3 x 12/12	
A	3 x 6/6	
B	3 x 30 seconds	
C	3 x 12/12	
A	3 x 6/6	
B	3 x 30 seconds	
C	3 x 12/12	
A	3 x 6/6	
B	3 x 30 seconds	
C	3 x 12/12	

WEEKS 9-12

DAY 2

Upper Mobility



WARM UP

2-3 ROUNDS MINIMAL REST

**TURKISH
GET-UP**

3/ARM

**HOLLOW HOLD WITH
BAND UNDER BACK**

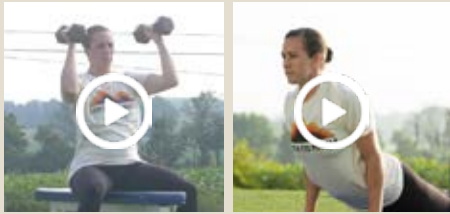
8 BREATHES

**SINGLE LEG
RDL**

X 8/8

WORKOUT

EXERCISE 1



A		DB Arnold Press	
B		Upward Dog	
Strength and stability			
A	4 x 12-15		
B	4 x 30 seconds		
A	4 x 12-15		
B	4 x 30 seconds		
A	4 x 12-15		
B	4 x 30 seconds		
A	4 x 12-15		
B	4 x 30 seconds		

EXERCISE 2



A	Seated Row or Chin Ups	
B	Side Plank Scoop	
30 seconds rest		
A	4 x 20/4 x 5	
B	4 x 12/12	
A	4 x 20/4 x 5	
B	4 x 12/12	
A	4 x 20/4 x 5	
B	4 x 12/12	
A	4 x 20/4 x 5	
B	4 x 12/12	

EXERCISE 3



A	DB Bent Over Row into Floor Press	
B	Crow Pose or Tripod Pose	
Good strong back, lower slowly		
A	4 x 15/15	
B	4 x 20 seconds	
A	4 x 15/15	
B	4 x 20 seconds	
A	4 x 15/15	
B	4 x 20 seconds	
A	4 x 15/15	
B	4 x 20 seconds	

WEEKS 9-12

DAY 3

Combination



WARM UP

2-3 ROUNDS MINIMAL REST

PANTHER CRAWL
25' FORWARD 25' BACKWARD

X 12

BOX
JUMP

X 5

REVERSE
SNOW ANGEL

X 10

BOX JUMP
FROM STEP

X 5

WORKOUT

EXERCISE 1



A		Overhead Walking Lunges	
B		Extended Side Angle Pose	
C		Miracle Gro	
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		
A	4 x 8		
B	4 x 30/30 seconds		
C	4 x 12		

EXERCISE 2



A	Squat and Jump to 12" Box	
B	Warrior I Pose	
C	Alternating DB Incline Bench	
Easy Reps, Short Rest		
A	4 x 8	
B	4 x 20/20 seconds	
C	4 x 12/12	
A	4 x 8	
B	4 x 20/20 seconds	
C	4 x 12/12	
A	4 x 8	
B	4 x 20/20 seconds	
C	4 x 12/12	
A	4 x 8	
B	4 x 20/20 seconds	
C	4 x 12/12	

EXERCISE 3

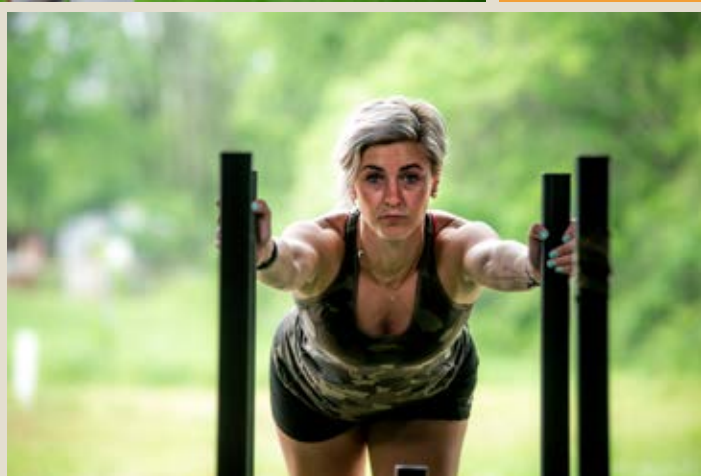
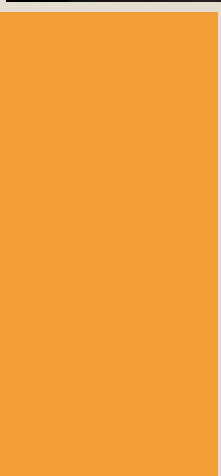
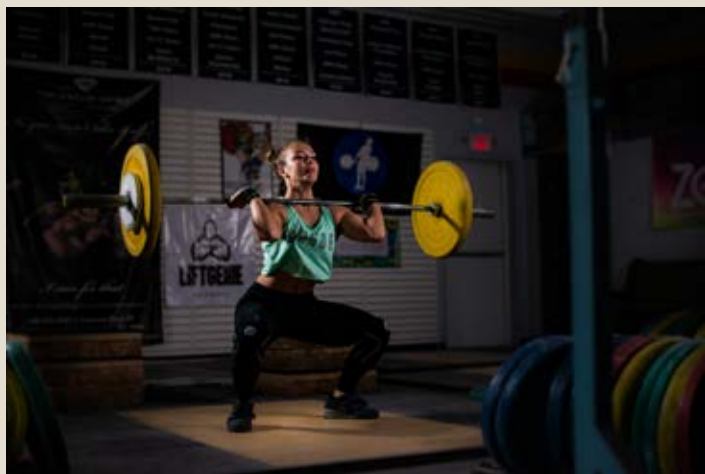


A	Sliding Lunge Forward/Side/ Backward	
B	Upward Facing Bow Pose	
C	Rolling Triceps	
Mobile and Stable		
A	3 x 8/8	
B	3 x 30 seconds	
C	3 x 12	
A	3 x 8/8	
B	3 x 30 seconds	
C	3 x 12	
A	3 x 8/8	
B	3 x 30 seconds	
C	3 x 12	
A	3 x 8/8	
B	3 x 30 seconds	
C	3 x 12	



SHARE YOUR PROGRESS. JOIN THE EARTH FED COMMUNITY.

Earth Fed Muscle was begun as a project between friends who wanted to live healthy lifestyles. Clean, effective supplements are what we sell, and health and happiness have become two of our underlying values. It's with this in mind that we started Earth Fed Evolutions, a Facebook group dedicated to healthy social media use through goal-sharing and support. Join the community, start a conversation, and support your friends in their journeys to health now!



JOIN THE GROUP
facebook



ABOUT DANE MILLER

Dane is a USA Weightlifting International Team coach. He is the owner of Garage Strength, and co-founder of Earth Fed Muscle. Dane coaches primarily in Olympic Weightlifting and Track and Field, but has been the strength coach for athletes in sports from wrestling to swimming to basketball. Dane has been recognized for his athletes' stellar successes - including state champions, national champions, and Olympians - with the Larry Barnholth Award for Coaching Excellence. When Dane isn't coaching, you might find him feeding his chickens and pigs with his wife Caitlin, and a couple of his four children.

