

XR 2.0 ROADMAP

This roadmap is designed to: 1. Help optimize health, fitness, and longevity, and 2. Enhance mental and physical performance: <https://www.youtube.com/watch?v=uhKoUqkoMXY>

1. Practice intermittent fasting: <https://www.youtube.com/watch?v=dx-Dfw447gk>
 - Go 12-16 hours per day without calories. Ideally shoot for an 8 hour feeding window. The end of the fast will create a magic window where physical results can be optimized.
2. End your fast with an **XR 2.0** workout: <https://www.youtube.com/watch?v=AgqrHfA5QSM>
 - Effective fitness training to include total body circulation, extended range of motion, and safe and symmetrical muscular exhaustion in 30 minutes or less.
3. Become fat adapted: https://www.youtube.com/watch?v=o4r_u1x97IU
 - Minimize sugars and processed foods and replace with healthy fats.
4. Add more greens: <https://www.youtube.com/watch?v=8pnxt9HuuXQ>
 - Local, seasonal, and fresh veggies, greens in particular, are the base of every **XR 2.0** meal.
5. 5 fluids to have daily: <https://www.youtube.com/watch?v=yIPT4Y-yBVk>
 - 1. Purified water, 2. High altitude, organic coffee, 3. Apple cider vinegar, 4. Teas/ Kombucha, 5. Bone broth

*Variety should be applied to all 5 steps to further enhance results. Change will induce mental and physical stimulation, a requirement for **XR 2.0**. From workouts to length of fasting to food choices to mindset, break routine in a healthy and fun way as much as possible. Routine will make you stagnant and functionally weak! -Insert Hormesis

*Mobility in every way should be a constant. Always move in different ways through full ranges of motion as a child does. If mobility is performed correctly, the body will be functionally strong enough to perform any feat injury free.

*Quality sleep and stress management are required for Extreme Results. You cannot out eat or out train poor sleep and chronic stress patterns.

*Consume fermented foods multiple times daily. A healthy gut flora, microbiome, is required for optimal health, fitness, and longevity, which means a steady supply of pre and probiotic fibers.

*Don't overcomplicate nutrition! Just remember these 7 words: "Eat real foods, not much, mostly plants."

*All results are created from consistency. So while we search for the ultimate lifestyle, strive to "be a little less perfect and a little more consistent."

*Get lab tested by a functional medicine practitioner and supplement accordingly. Supplements without lab results can be deleterious.

*Incorporate these steps and techniques listed above at least 80% of the time and your results will be limitless.

*The **XR 2.0** program is for driven individuals wanting to kick more ass in every way. **XR 2.0** is not for everyone, and there are more suitable programs for individuals desiring mediocrity. For further information, please contact Eddie Henry at 251-978-4411, eddie@xrlifestyles.com or visit the website at www.xrlifestyles.com. Let's go!

