



Self Diagnostics Checklist: Tissue Quality

- Using a relative pain/restriction scale of 1 - 10, “1” being no pain/restriction and “10” being the worst pain/restriction in the world, please check the appropriate box for each self-massage exercise below whenever you feel pain/restriction that is greater than a 5 out of 10.
- Your fitness homework is to religiously perform all self-massage exercises that were a 5 or greater on the pain/restriction scale both pre-workout and several times post-workout every day.
- For BEST results and injury prevention, perform this entire 30-10 Tissue Quality circuit at least once per week using a foam roller, tennis ball, softball, and/or massage stick where best applicable.

1	T-Spine/Mid-Back
2	Quads/Adductor (L)
3	Quads/Adductor (R)
4	ITB/TFL (L)
5	ITB/TFL (R)
6	Lats/Triceps (L)
7	Lats/Triceps (R)
8	Glutes/Hip (L)
9	Glutes/Hip (R)
10	Delts (L)
11	Delts (R)
12	Pec-Minor (L)
13	Pec-Minor (R)
14	Foot/Achilles (L)
15	Foot/Achilles (R)
16	Shins/Calves

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Self Diagnostics Checklist: Flexibility

- Using a muscle tightness scale of 1 - 10, “1” being no tightness and “10” being extremely tight, please check the appropriate box for each flexibility exercise below whenever you feel tightness that is greater than a 5 out of 10.
- Your fitness homework is to religiously perform all flexibility exercises that were a 5 or greater on the muscle tightness scale both pre-workout and several times post-workout every day. Be sure to self-massage all tight/related muscle groups FIRST in order to eliminate any Tissue Restrictions and provide a better, more complete stretch.
- For BEST results and injury prevention, perform this entire 30-10 Flexibility circuit at least once per week.

1	Quad Stretch (L)
2	Quad Stretch (R)
3	Hip Flexor (L)
4	Hip Flexor (R)
5	Front Splits (L)
6	Front Splits (R)
7	Tactical Frog
8	Pigeon Stretch (L)
9	Pigeon Stretch (R)
10	Calf Stretch (L)
11	Calf Stretch (R)
12	Stick Windmill (L)
13	Stick Windmill (R)
14	Prayer Stretch
15	Chest Stretch
16	Neck/ Trap Stretch

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Self Diagnostics Checklist: Mobility

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- Using a relative stability/range of motion/difficulty scale of 1 - 10, "1" being full range of motion/most stable/very easy to perform and "10" being partial range of motion/most unstable/very difficult to perform, please check the appropriate box for each mobility exercise below whenever you feel challenge that is greater than a 5 out of 10.
- Your fitness homework is to religiously perform all mobility exercises that were a 5 or greater on the stability/range of motion/difficulty scale both pre-workout and several times post-workout every day. Be sure to self-massage AND stretch all tight/related muscle groups in order to eliminate any tissue restrictions for optimal performance of these foundational bodyweight strength exercises.
- For BEST results and injury prevention, perform this entire 30-10 Mobility circuit at least once per week.

1	Bootstrapper
2	Spider-man Lunge (L)
3	Spider-man Lunge (R)
4	Monkey Lunge
5	Push-up Pike
6	Hip Hinge (L)
7	Hip Hinge (R)
8	Bridge To Reach
9	Windmill (L)
10	Windmill (R)
11	Pledge Push-up
12	Bird Dog
13	Get-Up (L)
14	Get-Up (R)
15	6-Point Reach
16	Stick Shoulder Pass



Self Diagnostics Checklist: Personal Improvement Routine

- First perform the complete Bulletproof Bootcamp routines and checklists including the Tissue Quality, Flexibility, and Mobility Circuits (in that order)
- Then select the 6 most “painful/restricted” self-massage exercises and place them in the chart below as exercises #1 - #6. From there, select the 5 most “tight” flexibility exercises and place them in the chart below as exercises #7 - #11. Lastly, select the 5 most “unstable/limited range of motion/difficult” mobility exercises and place them in the chart below as exercises #12 - #16. For all unilateral exercises confined to a single exercise in the circuit below/ simply switch sides at the halfway mark.
- For BEST results and injury prevention, perform this entire 30-10 Personal Improvement Routine both pre-workout and several times post-workout each day.

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