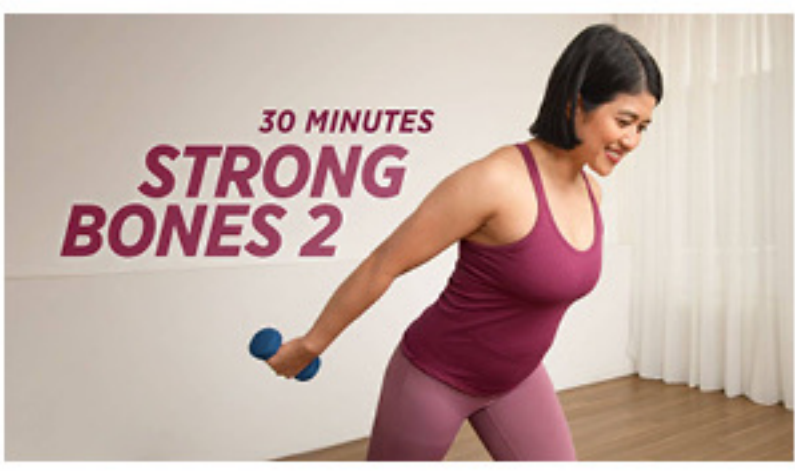
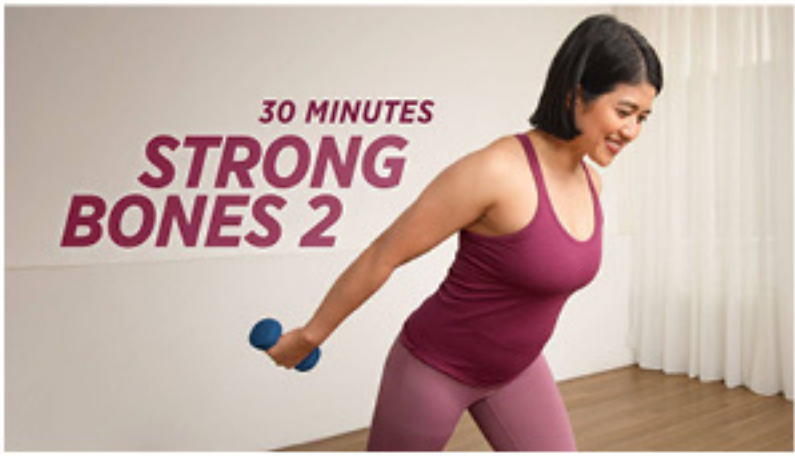


LOAD FOR LONGEVITY FOUNDATION PROGRAM

A 28-day introduction to loaded movement. Three weekly sessions (25–30 min) train the foundations of functional strength — lifting, carrying, stepping, standing — with light weights and Pilates precision. Built-in rest days, five bonus classes, and a progressive structure that lets you feel how much you’ve learned. Mat and dumbbells only.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 25 min Foundation For Lifting ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Everyday Reach & Carry ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Stepping Strong ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Strong Bones 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Bones 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Bones 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 25 min Foundation For Lifting ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 25 min Everyday Reach & Carry ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Stepping Strong ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Strong Bones 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Bones 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Bones 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 20 min Central Anchor ☆☆☆☆☆	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆	 15 min Full Body BASI ☆☆☆☆☆	 15 min The Art Of Stacking Your Spine ☆☆☆☆☆		

You are welcome to add bonus classes
anywhere your body needs them.