



LCT IV
GREEN
STRENGTH

PRIMAL STRENGTH COACHING
WITH LUKE TIREY

BACK TO HUMAN “BLACKJACK” MOBILITY PROGRAM

BACK TO HUMAN INTRO

Green Strength's mission is to build strength, enhance performance, uplift-consciousness, and tune-in, both mind and body. We believe in eating real food, practicing primal strength training, and playing with mindful movement. The Green Strength community led by Lucius Tirey IV is about going back to the basics so you can move forward - in strength, movement, freedom, and life.

WHAT DOES IT MEAN TO GO BACK TO HUMAN?

Going back to human (BTH) means taking back control of your ability to be a healthy, happy, capable human being. This simple system will help reverse engineer what the healthy do naturally.

WHO SHOULD DO THIS PROGRAM?

Anyone can and should move their bodies in a healthy way on a daily basis. This program serves as a simple road map to begin with.

WHY SHOULD I DO IT?

Our bodies are designed to move, play, learn, adapt. Without healthy movement we slowly become less and less able. As humans we all want to increase the longevity of our bodies and minds. The BTH program will help bring back true vitality to your body.

These exercises are low impact and high return, gently challenging the multiple ways your body and joints move in order to realign and improve overall function of the body.

HOW DOES IT FIT IN WITH MY WORKOUTS?

You can do this program in length as a session of its own. Could use it as a warm up or cool down from your normal training as well. The goal we ask everyone to challenge themselves with is at the bare minimum aim for 7 exercises - for 7min - 7days a week. The GreenStrength team of coaches provided 4 different 7 exercises flows we individually enjoy. Picking a few each day and going through them is the key.

BACK TO HUMAN EXERCISES

OUR FAVORITE COMBOS:

LUCIUS

1, 9, 7, 13, 19, 20, 14

MARC

2, 3, 11, 13, 15, 18, 21

GREG

17, 3, 10, 11, 20, 18, 15

TYLER

1, 9, 3, 12, 10, 14, 18

- 1- Croc Breathe
- 2- Quadrupped Not Circles (series)
- 3- Deadbug
- 4- Birddog
- 5- 90/90 Rotations Into Shin Box Get Up
- 6- Baby Crawl Backwards
- 7- Sphinx Position Neck Nods
- 8- 4 Knots CARS (series)
- 9- Kickstand Into Bretzel
- 10- Hip Flexor Stretch Into 90/90 Split Squat
- 11- 1/2 Kneeling Windmill (series)
- 12- Hollow (series)
- 13- Scorpions (series)
- 14- Spinal Roll From Standing (series)
- 15- Ankle Walks Hand Extension
- 16- Blackburn (series)
- 17- Cross Crawl Bridge
- 18- Overhead Stick March
- 19- Rocking Into Leopard Plank (series)
- 20- Elbow Instep + Rotation
- 21- Pump Stretch

BACK TO HUMAN DETAILS

THE POSITIONS:

There are six positions:

1. Kneeling
2. Standing
3. Baby
4. Tummy / back
5. Hanging
6. Seated

Change up your choices day to day and find what you enjoy or seems to help you the most.

FORMAT:

You'll want to piece together a few of these movements and perform them daily. Change up your choices day to day and find what you enjoy or seems to help you the most. Spend at minimum 7 minutes a day playing with these movements. Be creative, change it up daily, just play and see what works.

POINTERS + TIPS:

- It is important to relax and be present in this practice. You must pay attention to your breathe throughout your movement practice as breathe is the driver behind healing and change.
- Think about form. The world has these exercises available to them but that doesn't stop us from still predominantly being in pain and discomfort. The secrets are the basics presented in this program. The basics done correctly have a huge carryover - focus on breathe and technique much more than reps or time.
- If you want to increase your bodies longevity, and minds happiness you must strive to stay able and thrive. Movement is medicine. Start here, start slow, and watch yourself grow!