

Jan 26, 2026 Coaching Call Summary

- Weighted vests should be used with specific goals in mind, such as increasing metabolic cost during walks, but they provide minimal bone density benefits compared to heavy weightlifting or jump training.
- A gradual adaptation protocol for weighted vests is essential, starting with 2-5 minutes indoors while cooking, then progressing to short walks with 8-12 pounds (10-15% of body weight) to avoid upper trapezius muscle strain.
- During illness, cardiovascular fitness is lost first, and exercise should be avoided when sick because it creates competing inflammatory responses that impede both workout effectiveness and recovery.
- Strength training sessions should be limited to two per week as recommended in the Stronger program, with interval training staggered on non-strength days when energy levels are good.
- Daily walking for 30 minutes is recommended regardless of other exercise routines, serving as essential movement to counteract excessive sitting compared to previous generations.
- Cassava or almond flour wraps are acceptable alternatives to regular tortillas in the 28-day kickstart program, though whole food carbohydrates like butternut squash or sweet potato are preferred.
- Weighted vests provide minimal bone density improvement, with heavy weight lifting and jump training being far more effective for skeletal health.
- Combining bent-over rows with knee flexion is acceptable when using heavy weights as it mimics functional movement patterns like lifting a 40-pound bag of dog food.
- Whole body vibration plates are highly recommended for bone density improvement, showing significant results in total hip and lumbar spine within six months when used 10 minutes five days weekly or 15 minutes three days weekly.
- Jump training for bone density requires only 10-20 jumps in four different sets most days of the week, progressing from heel drops to explosive squat jumps and eventually drop jumps from elevated surfaces.
- DEXA scans should include three sites - total hip, lumbar spine, and forearm/wrist - with patients advised to request comprehensive testing from their physicians rather than franchise locations.
- Protein-fortified foods like protein rice are often unnecessary marketing gimmicks, with whole food protein sources and naturally higher-protein alternatives like quinoa being more beneficial.
- Tricep exercises can be modified with kickbacks, straight arm extensions, or skull crushers for those who struggle with overhead positioning due to individual muscle attachment variations.
- App login issues require using email authenticator rather than website credentials, with technical support available through flipping50.com for troubleshooting.