

Inspired by the Acclaimed Intu-Flow® Longevity System

The Intuitive Flow Daily Double

QUICK START GUIDE

**Follow Along Program
To Jump-Start Your Morning
and Wrap Up the Day**



**Unique 6 Level Approach
- Designed for Everyone**



Follow the flow, and let your intuition move you

The Intuitive Flow Daily Double

QUICK START GUIDE

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IMPORTANT:

Please be sure to thoroughly read the instructions in this book, paying particular attention to all cautions and warnings shown for The Intuitive Flow Daily Double to ensure proper and safe use.

GWINT FISHER

RMAX International Head Coach, Team Leader and
Director for North America.



“My infatuation with human movement began when I was a young boy. I was constantly engaged in some type of sport throughout childhood and adolescence. Following that passion I decided to continue my study of the human body at Fresno State University while working to pay for my education as a personal trainer. After graduating with a Master’s degree in Exercise Science in 2010 I incurred a debilitating injury that threatened the end my career in the fitness industry. During that time I came across a book, called FREE TO MOVE by Scott Sonnon. It changed my life. This book offered me insight in how my body was designed to move, and outlined a simple approach on how to regain that innate ability injury free. It took an entire year, but finally I was pain free. In 2013 I took my first Circular Strength Training certification (developed by Coach Sonnon), the world’s premiere Health First Fitness System, which sent me on a journey of exploration, adventure, and healing.... A journey that continues to this day. I have since been certified in Clubbell Athletics, FlowFit, Clubbell Yoga, and the TACFIT Fitness System... coined “The World’s Smartest Workout” by Men’s Health Magazine. These vehicles allow me to share more intelligent and advanced training methods in a manner that is accessible to everyone, at any level. They offer improvements in mobility, strength, power, coordination, agility, endurance, heart rate recovery, and above all create a healthy body that is resilient, and prepared to face the challenges of daily life.”

THE INTUITIVE FLOW DAILY DOUBLE

There is an idea that is widespread across all cultures, the idea that when we get to a certain age we must succumb to our bodies as they begin to breakdown and fall apart. Disease and disrepair manifest and we can do little to address these issues because, well, that is just the way life is. But what if you came across a piece of knowledge that completely debunked that idea? Knowledge that provided a systematic approach to move the body in a way that removed the barriers and restrictions that lead to this widespread breakdown? Well friends, that knowledge is, and has been accessible for some time now... it can be found in The Intu-Flow® Longevity System, Developed by Hall of Fame Coach Scott Sonnon.

The Intu-Flow Longevity System, released in the early 2000's, has gone on to become the world's premiere joint mobility program and has had a profound effect on the movement culture as a whole. It filled the gap between rehab and the world of fitness, empowering people to take responsibility for their health by learning how to use their bodies the way nature intended. For more information about the Intu-Flow Longevity System see Intu-flow.com.

The release of this revolutionary system opened the doorway for joint mobility to establish a presence in the fitness industry. This paradigm shift made people realize that if we focused on FEELING BETTER through a daily, low intensity joint mobility practice, the physique we were always looking for would naturally manifest itself as a result of that intention. This practice would lay a solid foundation for our fitness and remove the barriers that prevent us from reaching our full potential.

Intu-Flow went on to become the foundation of Scott Sonnon's Circular Strength Training® (CST) system. A new category of strength and conditioning that provided a blueprint for making high quality programs using every movement that the human body can make rather than just a select few. The CST system also provided us with the tools to compensate for specific tasks that are often presented in certain high stress occupations and has inspired many more unique training modalities to help people work through the stressors of daily life.

The Intuitive Flow Daily Double, formulated from the CST system, is an Intu-Flow inspired program.

The Intuitive Daily Double was designed to provide a detailed road map for basic skill acquisition in a simple format that only takes 12 minutes in the morning, and 12 minutes at night. If you have ever struggled with exercises like squats and pushups, The Intuitive Flow Daily Double will guide you through the process of mastering these skills.

The morning flow was specifically designed to wake up the spine by mobilizing the joints that commonly carry stiffness and tension... i.e. the hips and shoulders. Once mobilized we activate the core so that the body moves as one seamless unit rather than a bunch of broken parts; improving posture and adding that sense of "pep" in your step as you go about your day.

The evening flow was formulated to combat the one activity that most of us find ourselves in on a daily basis... Sitting. This is done by reconnecting to the earth with fundamental open hip and closed hip poses to wind the body down and wrap up the day.

The Intuitive Flow Daily Double offers six unique levels. The first three are for the true beginner. Even if you haven't exercised in over 20 years, you will find in these levels a refreshing way to start from scratch.

THE INTUITIVE FLOW DAILY DOUBLE

The last three levels consist of the same exercises as the first three, but when done in a different order they offer a chance to work a little harder on specific skills that are often presented in many of the beginner Circular Strength Training (CST) programs. This format offers a guide for higher level CST practitioners to troubleshoot common hurdles experienced in the system.

It doesn't matter if you are a beginner or a seasoned athlete... You are guaranteed to find a challenge in this program, and learn more about yourself in the process.

- Only 12 minutes in the morning and 12 minutes at night
- Improve posture, feel better, strengthen joint function, relieve stress
- No equipment required
- No experience necessary
- An easy follow along format for basic skill acquisition i.e. squats and pushups
- 70 individual video tutorials
- 12 follow along videos
- 6 unique levels
- The first 3 levels are for the true beginner
- The last 3 levels establish a foundation for CST beginner programs
- Morning flow mobilizes the hips and shoulders, then activates the core.
- Evening flow compensates for the daily act of sitting by engaging and strengthening the hips

FREQUENTLY ASKED QUESTIONS

Q: Why should I choose the Intuitive Flow Daily Double?

A: Because it is a complete program that only requires 12 minutes in the morning and 12 minutes at night.

Q: Do I need any equipment for this program?

A: No equipment necessary

Q: What are the benefits I can expect from using this program?

A: A consistent daily practice will help you feel better, move better, sleep better, increase energy, and prepare yourself for more challenging exercise programs in the future.

Q: What if I am out of shape and new to exercise? Can I still use this program?

A: Most definitely! In fact the first three levels were designed for those who have not exercised in many years.

Q: Is it possible that the Intuitive Flow Daily Double program can be hard for me?

A: If you are a true beginner the first three levels will be challenging, but not extremely difficult. If you are looking for a greater challenge, then start with level four.

Q: Can I use other fitness programs in conjunction with the Intuitive Flow Daily Double?

A: Yes, doing the flows in the morning and evening will only add to the results of your current fitness program.

Q: How can I use the Intuitive Flow Daily Double with other fitness programs?

A: You can either use them as prescribed, or once you have gone through the program and understand how it was designed, the AM flows can be used as a warm-up whereas the PM flows will serve as your cool-down.

QUICK START RECOMMENDATIONS

I. The Intuitive Flow Daily Double was designed as a follow along program. Although if you feel that you need more insight into each exercise you have the option to watch the instructional videos either before and/or after you execute a given flow.

II. PHASE ONE: PROGRAMS 1-3 For the true beginner, it is recommended that you download the product begin with Follow Along Level One.

III. Beginner Flows (1-3) are designed to be performed daily. AM Level One in the Morning before breakfast, and PM Level One in the afternoon before dinner. Perform the same level for 30 days before moving onto the next level. Repeat the 30 day schedule until all flows are complete. This will take three months. After you have completed the first three months move on to phase two.

IV. PHASE TWO: PROGRAMS 4-6 For the more experienced individual, it is recommended that you download the product and begin with Level Four.

V. Do not discredit exploring the beginner programs. They are the same exercises, just performed in a different order.

VI. Component Flows (4-6) are designed to be performed daily, just like beginner flows. Start with AM Level Four in the morning before breakfast, and PM Level Four before dinner. Perform the same level for 30 days before moving onto the next level. Repeat the 30 day schedule until all flows are complete.

VII. Once you have completed the entire program, use the Component Flows (4-6) at your own discretion. They are a great way to warm up (AM Flows) or cool down (PM Flows) before and/or after a moderate intensity workout.

VIII. Listen to your body. All flows were designed to be low to moderate efforts. If a prescribed flow poses a great challenge, then decrease the repetitions and rest as much as you need to. Over time you will get better. Trust the flow, and let your intuition move you... Or slow you down.