

bp's

- the rebooster -



Brad Pamp's 5-Day Rebooster.

An ordered program.

12 Key Actions.

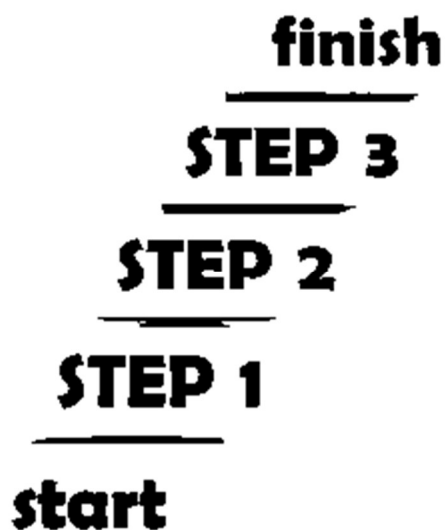
The Purpose

- ✓ A timely mind & body jolt,
- ✓ A cleanout in readiness for more committed exercise,
- ✓ The start before returning to ideal weight,
- ✓ Motivate action from a structured step-by-step plan.

Returning to optimum enthusiasm & confidence.

Getting Started

1. Print this book.
2. Follow the Sunday preparation guide before the Monday start.
3. Read through the 12 Action details.



SPECIAL NOTE – Your ‘possible changes.

The rebooster 5-day plan lists the exact practice followed by Brad Pamp.

Data shows the listed dietary, and exercise components appear practical and possible for 80%.

Many have enjoyed and thrived following the exact listed plan.

However,

Some typical and necessary alternatives for some include.

- *Cooking oats switching to; Gluten-free Rolled Oats (e.g., Red Mills, My Vegan or Aussie Oats).*
- *Goat’s Milk switching to; Almond Milk, MacaMilk, or MilkLab.*
- *Animal protein switching to; Tofu, Chickpeas, Lentils, or Bean Mix.*
- *Pre-made supermarket purchased salads changing to; making your own – this is easy.*
- *Portion sizes modified to; satisfying your appetite for 6-8 hours.*
- *Running switching to; Walking*
- *Stationary cycling switching to; Walking or Running, X-Trainer, Rower, Swimming etc.*
- *Postural strength action modifications to; Bridging, more conservative and developing actions.*

Please include your small changes to the shopping list, meals and exercise regime.

Hundreds have proven changes work practically and efficiently.

Please feel free to question Brad Pamp on fitting alternatives.

The Sunday preparation before the Monday start.

STEP 1 - Get Shopping.

- Shopping list – page 5.
- Most supermarkets sell ALL listed produce.



STEP 2 - Preparation.

- Make up the breakfast reboot mix (page 6).
- Cook and contain the Tuesday & Wednesday lunch (Halloumi, Petita seeds & Chicken Breast – page 9).
- Boil and refrigerate the eggs (2) – Friday’s lunch.
- Refrigerate everything else, with the pre-made lunch salads, placed front and centre.
- Leave the Multivitamins (Daily) & Valarian Forte (Monday night, only) on the sink.
- Search & download the free ‘Box Breathing Assistant’ (via App Store or Google Play).

Program your breathing cycles (6) and Edge duration (5 seconds) via the Time icon (see details – page 7).

- Brad Pamp leaves the raw honey & lavender oil in his car – re Brain De-stressor.

The brain de-stressor hack appears better practised in the car before walking into the house.

- Save the link for the 3-minute Brain Destressing Hack – page 9.
- Note Brad Pamp’s exercise rebooster week - page 7. Does this work for you?
- Consider the starting time, the time allocation for showering, breakfast, and transit.
- Set the alarm today. E.g., 5.35 am.
- Set out tomorrow’s training attire today and do this every day.

1. Brad Pamp's Rebooster Shopping List	page 5.
2. Brad Pamp's Rebooster Map	Page 6.
3. Brad Pamp's Rebooster Exercise Week	Page 7
4. All 12 Rebooster Key Features in Detail	Page 8.

Brad Pamp's Rebooster Shopping List

<input type="checkbox"/> 1 L Tupperware container	<input type="checkbox"/> Tabouli Mix	<input type="checkbox"/> Full cream	<input type="checkbox"/> Cenovis Multivitamin & Minerals
<input type="checkbox"/> Cooking Oats	<input type="checkbox"/> Lentil Salad Mix	<input type="checkbox"/> Goat's Milk	<input type="checkbox"/> Blackmores Valerian Forte
<input type="checkbox"/> Slivered Almonds	<input type="checkbox"/> Greek Salad Mix	<input type="checkbox"/> Eggs	<input type="checkbox"/> Vital Green or Supergreens
<input type="checkbox"/> Chia Seeds	<input type="checkbox"/> Zucchini Spaghetti	<input type="checkbox"/> Halloumi	<input type="checkbox"/> Lavender Oil
<input type="checkbox"/> Linseed Seeds	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Feta	<input type="checkbox"/> Salt
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Cheddar Cheese	<input type="checkbox"/> Pepper
<input type="checkbox"/> Pepita Seeds	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Sour Cream	<input type="checkbox"/> Tahini
<input type="checkbox"/> Walnuts	<input type="checkbox"/> Squash	<input type="checkbox"/> Chicken Breast	<input type="checkbox"/> Olive Oil
<input type="checkbox"/> Cocoa Nibs Shredded	<input type="checkbox"/> Cauliflower Rice	<input type="checkbox"/> Red Salmon (Tinned)	<input type="checkbox"/> Garlic Minced
<input type="checkbox"/> Coconut	<input type="checkbox"/> Avocado	<input type="checkbox"/> Cod or Snapper	<input type="checkbox"/> Ground Cumin
<input type="checkbox"/> Goji Berries	<input type="checkbox"/> Red Onion	<input type="checkbox"/> Atlantic Salmon	<input type="checkbox"/> Ground Cinnamon
<input type="checkbox"/> Cashew Nuts (Salted)	<input type="checkbox"/> Red Capsicum	<input type="checkbox"/> Tenderloin	<input type="checkbox"/> Coffee
<input type="checkbox"/>	<input type="checkbox"/> Baby Tomatoes	<input type="checkbox"/>	<input type="checkbox"/> Green Tea
	<input type="checkbox"/> Shallots		<input type="checkbox"/> Raw Organic Honey
	<input type="checkbox"/> Green Beans		<input type="checkbox"/> Butter
	<input type="checkbox"/> Snow Peas		<input type="checkbox"/> Brown Rice
	<input type="checkbox"/> Mushrooms		<input type="checkbox"/> Chilli flakes
	<input type="checkbox"/> Kale		<input type="checkbox"/>
	<input type="checkbox"/> Lemon		
	<input type="checkbox"/>		


Brad Pamp's Rebooster Map



ACTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Box Breathing	5.30 am In bed	5.30 am In bed	5.30 am In bed	5.30 am In bed	5.30 am In bed
Exercise	5.45 am Cardio – Run (30 mins & easy effort) Postural – 4 Sets P Ups – 10 Leg Rots – 12 Supermans -14	5.45 am Cardio @ Ride (30 mins & easy effort) Postural @ 4 Sets P Ups – 10 Leg Rots – 12 Supermans -14	5.45 am Cardio – Run (30 mins & easy effort) Postural – 4 Sets P Ups – 10 Leg Rots – 12 Supermans -14	5.45 am Cardio – Ride (30 mins & easy effort) Postural – 4 Sets P Ups – 10 Leg Rots – 12 Supermans -14	5.45 am Cardio – Run (30 mins & easy effort) Postural – 4 Sets P Ups – 10 Leg Rots – 12 Supermans -14
Cold Therapy	5 Seconds	10 seconds	15 seconds	20 seconds	25 seconds
Breakfast	Reboot Mix Coffee (Goat's Milk)	Reboot Mix NO COFFEE TODAY Herbal Tea alternative.	Reboot Mix Coffee (Goat's Milk)	VEG DAY Reboot Mix Coffee (Goat's Milk)	Reboot Mix Coffee (Goat's Milk)
Multi - V & M	After breakfast	After breakfast	After breakfast	After breakfast	After breakfast
Green Tea	10.30 am	10.30 am	10.30 am	10.30 am	10.30 am
Lunch	Tabouli Salad Lentil Salad Red Salmon	Greek Sal Halloumi Pep Seeds	Tabouli Salad Lentil Salad Chicken Breast	Greek Sal Cashews Walnuts	Tabouli Salad Lentil Salad Eggs
Arvo DownDog	3.30 pm 10 x Standing to DD	3.30 pm 10 x Standing to DD	3.30 pm 10 x Standing to DD	3.30 pm 10 x Standing to DD	3.30 pm 10 x Standing to DD
Pre-Evening De-stressor	6.00 pm Brain Hack # 2 Honey Lavender Breathwork @ 8:8	6.00 pm Brain Hack # 2 Honey Lavender Breathwork @ 8:8	6.00 pm Brain Hack # 2 Honey Lavender Breathwork @ 8:8	6.00 pm Brain Hack # 2 Honey Lavender Breathwork @ 8:8	6.00 pm Brain Hack # 2 Honey Lavender Breathwork @ 8:8
Dinner	Veg Mix Cod Tahini Sauce	Cauliflower Rice Av, Onion, Cap Tenderloin	FASTING TONIGHT Boiling water with fresh lemon or a Herbal Tea, only.	Green beans Mushrooms Zucchini Spag	Brown Rice Kale Atlantic Salmon
Post Dinner Greens	1tsp Cup Vital Greens – Boiling Water	1tsp Cup Vital Greens – Boiling Water	1tsp Cup Vital Greens – Boiling Water	1tsp Cup Vital Greens – Boiling Water	1tsp Cup Vital Greens – Boiling Water
Pre-Sleep Read	1 Valerian Forte In bed reading	In bed reading	In bed reading	In bed reading	In bed reading
DAILY SCORE	/12	/12	/12	/12	/12
TOTAL SCORE	/60				

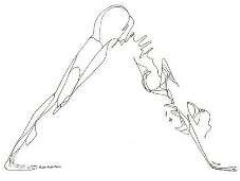
Brad Pamp's Rebooster Exercise Week

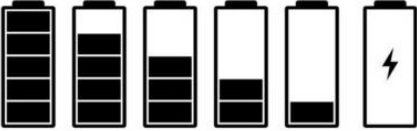
Day	Action	Time	Complete
Mon	Starting Time	5.45 am	✓
	Run (see 'easy' intensity in the details)	30	
	Postural Set (see routine in the details)	5	
Tues	Starting Time: 5.45 am	5.45 am	
	Ride (Stationary)	30	
	Postural Set	5	
Weds	Starting Time: 5.45 am	5.45 am	
	Run	30	
	Postural Set	5	
Thurs	Starting Time: 5.45 am	5.45 am	
	Ride (Stationary)	30	
	Postural Set	5	
Fri	Starting Time: 5.45 am	5.45 am	
	Run	30	
	Postural Set	5	

All 12 Rebooster Key Features in Detail

#	Action	Details
1	<p>Box Breathing on Waking</p> <p><i>A quick brain & body tune-up for the day ahead.</i></p> <p><i>Box Breathing positively changes the mind and body.</i></p> <p><i>Structured breath practice is easy to follow, accessible, and centuries prove its value.</i></p>	<ul style="list-style-type: none"> ○ Start on waking while still in bed. ○ Headphones are best. ○ Open and start the App. ○ 2 minutes of box breathing. ○ 4 second splits (Edge Duration) @ 6 Cycles - see pic. ○ I use the free App: Box Breathing Assistant, but any box breathing program will work. ○ The Limitless Series – Hack 1 uses a 4-second edge split - http://www.bp4oplus.com.au/performance-one/ 
2	<p>Exercise</p> <p><i>This easy session floods the brain with stress-free oxygen, is low acid-forming, allows for a fast and efficient recovery, and quickly lowers exercise-induced higher body temperature.</i></p> <p><i>Rebooster training is not designed to improve athleticism.</i></p>	<p>Before starting: 1 cup water with a (very) tiny pinch of pink Himalayan salt.</p> <p>The exercise starts 10 minutes from waking – this includes the 2-minute box breathing.</p> <p>Time: 30 minutes aerobic sessions & 5 minutes postural sets.</p> <ul style="list-style-type: none"> • While I could tolerate more than 30 minutes, the daily consistency of manageable sessions, excuse free, is the key to the rebooster. <p>Intensity: Easier, flowing, conversational-paced effort – about 75% of my maximum sustainable effort. Never will I push harder during a rebooster period.</p> <p style="text-align: center;"><i>I will finish the session feeling like I could continue.</i></p>

	<p>BP - I am setting up my body for more demanding exercise – this is the necessary primer.</p> <p>The postural strength exercise is vital towards good functional health and, perhaps more so, a strong mindset and self-confidence – data shows.</p>	<p>Aerobic Sessions:</p> <p>MON – Run; a super easy warm-up period at 50% of my max-effort, building slowly up to my 70% of max-effort and run over a flattish terrain and half the session on grass.</p> <p>TUES – Stationary Ride; Easy warm-up 10 minutes @ my 60% of maximum sustainable effort, 10 minutes @ 70%, and the final 10 minutes at 80%. Riding rhythmically and all to music.</p> <p>WEDS – Run, same set as Monday.</p> <p>THURS – Stationary Ride, same set as Tuesday.</p> <p>FRI – Run, holding my 75% but including hills, never allowing my perceived effort to pitch higher than my 75% on the ascents.</p> <p style="text-align: center;"><i>Running speed & total distance is irrelevant.</i></p> <p style="text-align: center;"><i>Time (30 minutes) and perceived effort (70-80%) is all-important.</i></p> <p>Daily Postural Set:</p> <p>Performed directly after the aerobic session.</p> <ul style="list-style-type: none"> ○ 10 Push-Ups, ○ 12 Laying Leg Rotations (face up), ○ 14 Alternate Supermans, <p style="text-align: center;">➡ 4 sets in a circuit style.</p> <div style="display: flex; justify-content: space-around; align-items: center;">  </div>										
3	<p>Cold Therapy</p> <p>Boost brain energy, heighten the best mood and quickly return exercising body temperature back to optimal balance.</p> <p>This cheating version of a full-submersion will soon become part of your daily practice – so powerful are the immediate results.</p>	<ul style="list-style-type: none"> ○ The last 10 seconds of my shower is cold water only. ○ The colder, the better. ○ I raise my arms, allowing the water to run over my axillary lymph. <p><i>I start with 5 seconds and built an additional 5 seconds every day for five days.</i></p> <table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Mon</th> <th>Tues</th> <th>Weds</th> <th>Thurs</th> <th>Fri</th> </tr> </thead> <tbody> <tr> <td>5 seconds</td> <td>10 seconds</td> <td>15 seconds</td> <td>20 seconds</td> <td>25 seconds</td> </tr> </tbody> </table>	Mon	Tues	Weds	Thurs	Fri	5 seconds	10 seconds	15 seconds	20 seconds	25 seconds
Mon	Tues	Weds	Thurs	Fri								
5 seconds	10 seconds	15 seconds	20 seconds	25 seconds								
4	<p>Breakfast Reboot Mix</p> <p>Brain & body energy – immediate energy and sustained enduring enduring.</p> <p>The perfect mix of insulin-balance healthy carbs and good fats.</p> <p>Tasty, repeatable and efficient.</p>	<ul style="list-style-type: none"> ✓ 1 Cup Reboot Mix ✓ 1 Cup water – microwaved for 2 minutes. ✓ ½ cup fresh Blackberries & Raspberry mix. ✓ Coffee with Goat’s Milk. <p>The Reboot Mix</p> <p>1 L Tupperware container, mixing;</p> <ul style="list-style-type: none"> <input type="checkbox"/> 750g Cooking Oats <input type="checkbox"/> 60g Slivered Almonds <input type="checkbox"/> 60g Chia Seeds <input type="checkbox"/> 60g Linseed (Flax) Seeds <input type="checkbox"/> 100g Shredded Coconut <input type="checkbox"/> 60g Sunflower Seeds <input type="checkbox"/> 60 g Goji berries <input type="checkbox"/> 60g Cocoa Nibs <div style="text-align: right;">  </div>										

		<ul style="list-style-type: none"> <input type="checkbox"/> 60g Walnuts <input type="checkbox"/> 1tbsp Ground Cinnamon <p>ATTENTION: No coffee (caffeine) on Tuesday.</p>
5	Multi-Vitamin & Mineral	<ul style="list-style-type: none"> o 2 Multi-vitamin & Mineral tablets. <p>I use the Cenovis Multi-Vitamin & Mineral.</p> <p><i>My year-round diet most likely provides all the nutrients I need in maintaining my optimal health & wellness. The Rebooster Multivitamin & Mineral (5 Days) is a 'just in case' gap filler. I consider it insurance.</i></p>
6	Mid-morning Herbal Tea	<p>Green Tea between 10.30 – 11.30 am.</p> <p><i>A healthy Green Tea replaces a 'second' coffee.</i></p>
7	Lunch	<p>Brad Pamp prepares ALL lunches during the rebooster.</p> <ul style="list-style-type: none"> o The Salad's & Nut Mix are prepared and contained. o The Chicken, Eggs, Halloumi & Peptita are cooked and contained. <p>Before each meal: 1 cup of water.</p> <p>MON – ¼ Tabouli Mix (pre-made), ¼ Cup Lentil Mix (pre-made), 100g (Tinned) Red Salmon, pepper to taste.</p> <p>TUES – Greek Salad (pre-made), 40-50g Halloumi, Tbn Pan-fried Pepita seeds.</p> <p>WEDS - ¼ Taboulli Mix (pre-made), ¼ Cup Lentil Mix (pre-made), 150g Pan-fried Chicken Breast (contained), pepper to taste.</p> <p>THURS – 2 Cups (Large-serve) Greek Salad (pre-made), adding 1/3 cup of salted cashew nuts, ¼ cup Walnuts. Be sure your Greek salad contains feta.</p> <p>FRI - ¼ Tabouli Mix (pre-made), ¼ Cup Lentil Mix (pre-made), 2 Eggs (boiled & contained), pepper to taste.</p> <p>Note – Thursday Rebooster menu is veg only.</p>
8	Mid-afternoon Down dog	<p>3.00 – 4.00 pm.</p> <p>10 x Standing and into Down dog (classic yoga pose), holding for 3 seconds.</p> <p><i>Standing, bend your knees, allowing your hands to touch the floor, walk out into the down dog pose – see pic, hold for 3 seconds, make your back to the standing position.</i></p> 
9	Brain Hack #2	<p>6.00 pm.</p> <p>BP's Limitless Series – Brain Hack # 2.</p> <p>Link: http://www.bp40plus.com.au/limitless-series-two/</p> <ol style="list-style-type: none"> I. 1 tsp Raw Honey - the darker, the more organic, the better. II. Lavender Oil – deep nasal breath, leaving a little under the top lip. III. Press play and enjoy the 3 minutes of 8:8 breathwork.
10	Dinner	<p>MON – ½ plateful, Broccoli, Cauliflower, Zucchini, Squash; air-fried @ 180° & 15 minutes (roasting would also be great); served with fresh cod (or snapper), about 150g, drizzling with a little Tahini sauce; 1/2 tsp Tahini, 1 tsp Olive Oil, 1 tbn Lemon juice, 1/3 tsp minced garlic, & a pinch of ground cumin, whisking thoroughly.</p>

		<p>TUES – 3/4 cup Cauliflower Rice - pre-prepared and pan-fried in a tsp butter & pinch of sea salt, ½ Avocado, chopped red onion & red capsicum, served with 120g Tenderloin – no sauces or dressings.</p> <p>WEDS– FASTING</p> <p>THURS – 1 cup chopped green beans, ¾ cup snow peas, 1 cup chopped mushrooms, pan-fried in 1 tbs butter, 1 tsp minced garlic, a pinch of sea salt & 1 tbn chopped basal and served on ¾ cup of Zucchini spaghetti pre-prepared.</p> <p>FRI – 1 cup brown rice (packet) adding freshly squeezed lime juice, mixed with chopped red onion, shallots, kale (chopped into chips, drizzled with olive oil, buckets of seas salt and cooked at 180’ for 15 minutes), 1 large tbsp guacamole (1/2 avocado, 1 tsp sour cream, pinch of chilli flakes, pinch of salt and 1 tsp Olive oil) served with 100g Atlantic Salmon.</p> <p>Directly after finishing the meal;</p> <ol style="list-style-type: none"> 1. Brush your teeth. 2. Cup of boiling water with fresh lemon.
<p>11</p>	<p>Post-Dinner Alkalisng Drink</p> <p><i>If it weren’t for the extraordinary health benefits, there’s no way I would tolerate the taste.</i></p> <p><i>De-flam your body, reach optimum gut health balance, alkalising with power greens.</i></p>	<ul style="list-style-type: none"> ○ 1 tspn Vital Greens ○ 1 Cup Boiling Water ● Supergreens (cheaper but less palpable) offers identical results. 
<p>12</p>	<p>Read hardcopy before sleep</p> <p><i>It’s now the time of day to avoid sleep-sabotaging lights, including screens – and all blue lights.</i></p> <p><i>Allow the brain to fall heavy with nutritious sleeping melatonin.</i></p>	<ul style="list-style-type: none"> ○ Before sleeping, typically while in bed, read a hard copy until the eyes feel heavy. <p>Common reading;</p> <ul style="list-style-type: none"> ○ War & Peace, Macbeth, Steve Waugh’s Tour Diary or Big League. ○ A Lavender drop or two on the pillow. <p>Monday Night, only; 1 Valarian Forte.</p> <p>Valerian will help the week of nutritious deeper sleep.</p>

For any questions, please get in touch with Brad Pamp via brad@bp40plus.com.au.

