

A full-page photograph of a muscular man with short brown hair and a light beard, running on a rocky shore. He is shirtless, wearing light grey shorts and white sneakers. The background shows a blue ocean under a clear sky. In the top left corner, there is a circular graphic with the text 'DREW'S DAILY DOSE'. The main title 'YOUR DAILY DOSE OF EXERCISE' is overlaid on the left side of the image.

**DREW'S  
DAILY  
DOSE**

# **YOUR DAILY DOSE OF EXERCISE**



# THE WORKOUT

This full-body workout has been designed to improve diabetes management by stimulating two very important physiological processes:

1. It opens your glucose gateways so that the glucose from your bloodstream can freely enter your muscle cells which has a glucose lowering effect. Think of your muscles like sponges that soak up excess glucose from your bloodstream when you contract them
2. It improves insulin sensitivity for hours and even days after your workout is finished. Think of insulin like a key that opens the gateways to your muscles. After a workout like this, you'll be able to open more gateways with less keys! Win-win!

## COMPOUND MOVEMENTS

This workout is comprised of compound exercises i.e multi-joint movements that recruit many large muscle groups. This ensures that the two mechanisms mentioned above are maximally stimulated. The exercises I've selected help build a well-rounded, athletic, balanced physique.

## ANTAGONISTIC SUPERSETS

I've designed the workout so that opposing muscle groups (agonists and antagonists) are paired together and performed in a superset fashion. While one group of muscles work, the others rest. This allows your heart rate to remain elevated and increases your workout density (i.e how much you can squeeze into a given time frame). It's time-efficient, challenging, and a great fatigue-management framework so that there is minimal interference between exercises. This structure combines the benefits of resistance training on muscle and bone health with the benefits of cardiovascular training on your heart and vessels.

## THE WORKOUT

**3 rounds**  
**5 exercises**  
**15 minutes**



## TRAIN WITH ME

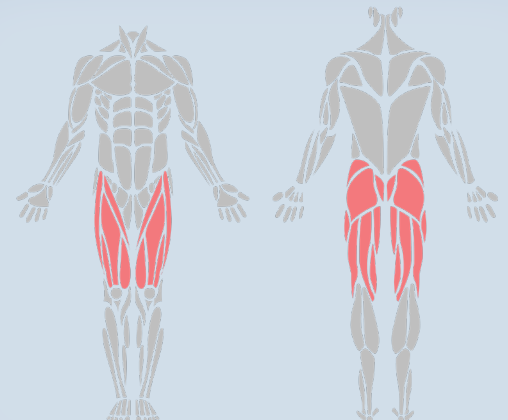
 **YouTube**  
**CLICK HERE**

# THE LUNGE



## EXERCISE PROFILE

**NAME:** Reverse Lunge  
**VARIATIONS:** Jumping Lunge  
**TARGET MUSCLE GROUPS:** Quads, Glutes  
**TECHNIQUE CUES:** Keep your knees in line with your toes (Don't let your knees cave in across your body), Keep your front foot flat on the ground, Maintain straight back and brace your core, bend opposite arm and leg in synergy



# THE PUSH-UP



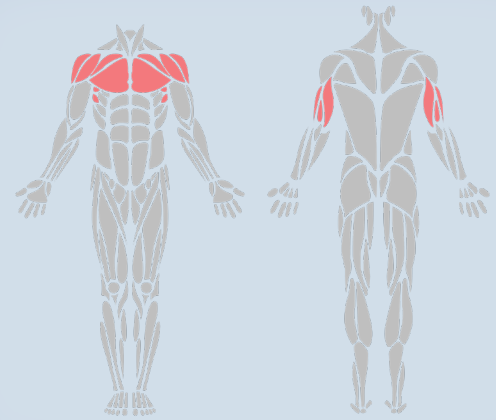
## EXERCISE PROFILE

**NAME:** Push-Up

**VARIATIONS:** Knee Push-Up, Toe Push-Up

**TARGET MUSCLE GROUPS:** Chest, Shoulders, Triceps, Abs

**TECHNIQUE CUES:** Maintain full body tension in plank position, Hands shoulder width apart, Don't flare your elbows, protract scapulars at top position, Maintain neutral neck



# THE MOUNTAIN CLIMBER



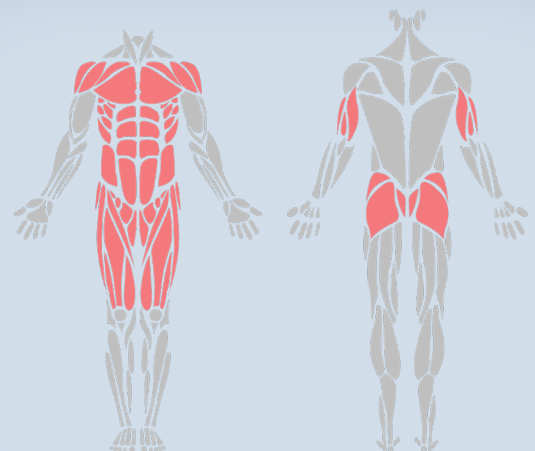
## EXERCISE PROFILE

**NAME:** Mountain Climber

**VARIATIONS:** Slow, Medium, Fast

**TARGET MUSCLE GROUPS:** Core, Arms, legs

**TECHNIQUE CUES:** Hands Under shoulders, Support bodyweight predominantly on hands, maintain plank position without hips dropping, maintain neutral neck





# THE V-UP



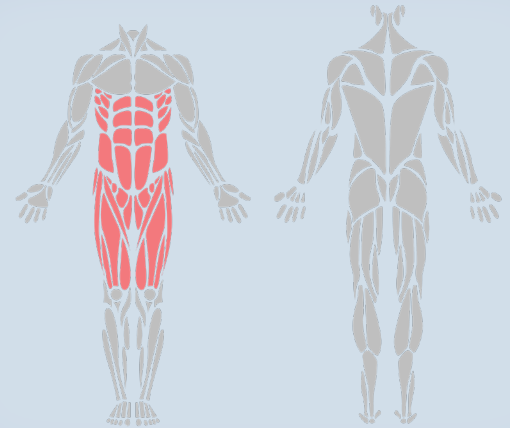
## EXERCISE PROFILE

**NAME:** V-Up

**VARIATIONS:** Straight legs, double leg, single leg, bent legs

**TARGET MUSCLE GROUPS:** Core and abdominals

**TECHNIQUE CUES:** Hollow body/dish shape at the bottom, compress lower back into the ground throughout the movement.



# THE SUPERMAN



## EXERCISE PROFILE

**NAME:** The Superman

**TARGET MUSCLE GROUPS:** Rotator cuff, deltoids, spinal erectors, glutes, hamstrings, neck, back.

**BE MINDFUL OF:** Shoulder blades down and back, externally rotate upper arm (think back of the hand toward the sky, squeeze feet together)

