

C.R.U.S.H. YOUR MOUNTAIN HEALTH

THE BLOOD SUGAR PROTOCOL CHART

Your Calves | Your Farmer's Walk | Your Breath | Your Results

A science-backed, three-phase metabolic protocol designed for adults over 40. Three separate physiological pathways attacking blood sugar simultaneously. Under 20 minutes. No gym required. Best performed 30-90 minutes after a meal.

PHASE 1	PHASE 2	PHASE 3
THE FARMER'S WALK	THE SOLEUS PUSHUP	THE BREATHWORK
<i>Standing Total Body</i>	<i>Seated Targeted</i>	<i>Seated or Lying Recovery</i>
<p>Pick up weights — 15 to 50 lbs per hand</p> <p>Stand TALL: shoulders back, core braced</p> <p>Walk 40 to 60 feet at a deliberate pace</p> <p>Heel strikes ground first, rolls to toe</p> <p>Breathe steadily throughout the walk</p> <p>Every major muscle group fires at once</p> <p>Quads, hamstrings, glutes, core, traps,</p> <p>rhomboids, forearms & calves all active</p> <p>Pre-activates and warms the soleus</p> <p>Builds grip strength — a longevity marker</p>	<p>SIT DOWN immediately after the walk</p> <p>Feet flat on the floor, hip-width apart</p> <p>Toes and balls of feet stay on floor</p> <p>Press through ball of foot — raise heels</p> <p>Lift heels as HIGH as they will go</p> <p>HOLD at top position for 1 to 2 seconds</p> <p>Lower heels SLOWLY back to floor</p> <p>Perform 20 to 25 slow, deliberate reps</p> <p>Seated = soleus dominant (NOT gastrocnemius)</p> <p>Standing = WRONG for this protocol</p>	<p>Sit or lie flat after your final round</p> <p>Place one hand on chest, one on belly</p> <p>INHALE through nose — 4 counts</p> <p>BELLY rises first, not chest</p> <p>EXHALE through mouth — 6 to 8 counts</p> <p>Exhale LONGER than inhale — this is key</p> <p>Activates vagus nerve and drops cortisol</p> <p>Stops liver from reloading blood glucose</p> <p>8 to 10 complete cycles minimum</p> <p>5 minutes of practice is ideal</p>

THE COMPLETE ROUND STRUCTURE

STEP	ACTION	POSITION	DURATION / REPS
1	Farmer's Walk	STANDING	40 to 60 feet
2	Sit down immediately	SEATED	Transition — no pause
3	Soleus Pushup (SPU)	SEATED	20 to 25 slow reps
4	Full Rest	SEATED	60 to 90 seconds

REPEAT	3 to 4 rounds total	—	Best within 90 min after a meal
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THE SCIENCE BEHIND THE PROTOCOL

52%	60%	2x	88%
Reduction in blood glucose spike	Less insulin required	Fat metabolism between meals	Slow-twitch fibers in the soleus

Sources: Hamilton et al., *iScience* 2022 | Leong et al., *Clinical Interventions in Aging* 2019 | Sowmya & Shashikala, *Journal of Clinical and Diagnostic Research* 2015 | Ma et al., *Frontiers in Psychology* 2017

DAILY BLOOD SUGAR MANAGEMENT SCHEDULE

TIMING	ACTIVITY	DURATION
Every 2 to 3 hours throughout the day	Seated Soleus Pushups — 15 to 20 reps anywhere you sit	2 to 3 minutes
30 to 90 min after any meal	Full Protocol — Farmer's Walk + Soleus Pushup + Breathwork	15 to 20 minutes
Immediately after final round	Breathwork Finisher — 4-count inhale / 6-8 count exhale	5 minutes minimum

CRITICAL REMINDER: The Soleus Pushup is ALWAYS performed SEATED. Standing calf raises target the gastrocnemius — NOT the soleus. Sit down immediately after every Farmer's Walk before beginning your reps.

Hosted by Henry Gaskins Certified Health & Life Coach crushyourmountain.com	<b style="color: #1a6d4d;">DON'T JUST CLIMB YOUR MOUNTAIN CRUSH THROUGH IT!
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