

## The Coasting Manifesto

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Coasting is the most efficient and effective aerobic and cardiovascular exercise motion possible for a humanoid life form. All other aerobic exercises and physical activities are less efficient and effective deviant forms of exercise containing wasted motion and waste energy. Some of these deviations can damage the body. Coasting minimizes and in some ways eliminates gravitational and impulse damage to the body while exercising the maximum number of muscles and accelerates the cardiovascular system with maximum efficiency and effectiveness. The accelerating metabolism and cardiovascular circulation can lead to weight loss and improved organ and tissue function. Coasting requires no equipment and you don't have to move anywhere. Coasting can also keep you warm when the environment is cold. Coasting when the environment is cold reduces sweating and overheating as well.

Coasting can be executed to varying levels from easiest to hardest. People who are starting out or are overweight may want to start at easiest. Easiest Coasting is important for training the main action with your arms that will enable the later simultaneous actions and possible variations. Higher levels of Coasting involve hopping from foot to foot on the balls of your feet as well. The higher levels involve more challenging hopping maneuvers. Using the balls of your feet as shock absorbers preserve your feet and legs from impulse damage while the gravitational impulse strengthens and increases the density of your bones (especially leg bones) and stimulates your ligaments and tendons with controlled and steady mechanical and cellular stress.

The easiest Coasting action (level 1) is the main component action of final and total Coasting. This gyroscopic exercise is the fulcrum of the corkscrew of gyroscopic action that will ultimately course through your body and cancel themselves out into a zero and/or low gravitational and impulse stress on the body. Immediately execute and practice this action at a steady rate and return to this action often when just standing around, sitting around, walking around, or watching television (ideal). Every human on Earth must immediately begin practicing this initial motion and move up to higher levels of Coasting with additional simultaneous actions. Focus on a predetermined amount of time (such as 10 minute sessions) and increase the steady rate of speed over future sessions. The key is to maintain as steady as possible speed throughout the duration of time and then focus on slowly increasing the speed that will be maintained throughout the duration of time. The session duration of Coasting and number of sessions can also be steadily increased over time. Deviations in speed and temporary stoppage due to surroundings are fine as it will merely make the cardiovascular system a bit less efficient during that time and will slightly reduce effectiveness.

## LEVEL 1 - GENERATION OF GYROSCOPIC FIST FULCRUM

Level 1 of Coasting is to take your two hands and make them into fists. Place your fists in front of you with your left hand on top and your right hand on the bottom. The angle of your forearms to focus on is approximately 45 degrees to 30 degrees from the lateral plane as that is the angle they will be spinning at. Start rotating the fists around each other so that they form a circle. The fists should spin up and over in a forward paddling motion. You can switch to a reverse paddling motion half of the time to ensure even muscle development, but always paddling forward seems to maintain even muscle development and is faster and easier to do and maintain. Keep spinning the fists around each other while maintaining a steady line of fists. The knuckles should remain on top and line up vertically. The knuckle of the middle finger should always be on the very top. The curled thumbs and pointy fingers should always face you. The angle of the forearms and size of circle can vary to a degree. The elbows and upper arms should remain stationary. A blurred wide diamond shape with the fist line blurring into a flame of alternating fists will form. The vertical and horizontal distance between the fists should be about 1 inch but can be increased somewhat, especially if speed is increased. Maintaining the vertical and horizontal distance between fists at about 1 inch as rotating speed increases can increase torque, but some increase in distance and circle size is okay. The height of the spinning circle can be temporarily lowered or raised while fist spinning to stretch and adjust the body. The height of the spinning circle should be in front of the chest with the upper arms forward laterally. The focused line of fists is the key and must be maintained evenly. The fists should be closed but the squeezing can vary a bit while spinning to stretch and adjust the muscles in the fists. Slightly loose fists to partially open fists are ideal. All body motions in Coasting should be a smooth power. There is no need to be tense. Looking at the fist line can help maintain physical focus and lining up to a line on the floor or lining up to an object like a post can help keep the gyroscopic action as consistently straight as possible. If you don't need to look at your fists you can level 1 Coast off and on while watching television, while sitting or standing, or you can level 1 Coast while standing in line or walking. You can also level 1 Coast while sitting up or even lying in a bed. It can also be done in a wheelchair. Immediately start spinning your fists and Coast in the future as often as possible to get exercise and increase the speed and quality of the gyroscope. Increasing speeds and increasing durations of time are desirable with more instances of Coasting during the day. Increase the Coasting level as your legs get stronger with exercise and practice. Ideally, you should Coast in installments totaling 90 minutes every day and eventually Coast continuously with as few short breaks as possible for 90 minutes everyday. Coasting at increasingly high levels while watching television, listening to music, or listening to talk radio will multitask your time and make the 90 daily minutes fly by.

The remaining higher levels of Coasting involve the legs and the left foot is in front and the right foot is in back. You are welcome to switch so that half the time the right foot is in front and left foot is in the back. The leg positions and actions are merely mirror images of each other. If you prefer to keep the right foot in front and the left foot in back you can do that instead all the time, just reverse the left and right foot references in the following instructions. The legs seem to develop evenly if you do not switch feet. I prefer to keep my left foot forward as it is more comfortable and allows me to go faster with greater ease, but I can do with my right foot in front as well, just not as fast. The primary advantage to spending half of your time with your left foot

forward and then the remaining half with the right foot forward is that it exercises and stretches your butt and back muscles evenly.

## LEVEL 2 - HOPPING AT 0 DEGREES

Level 2 Coasting is a harder and more effective form of exercise because it involves the legs. Level 2 Coasting has the left leg in front at 45 degrees and bent slightly. The foot should be straight forward at 0 degrees and parallel to the fist line (otherwise known as the fulcrum line). The right leg should be outstretched behind and to the right at a 45 degree angle continuous with the left leg with the right foot at a 45 degree angle in the opposite direction on the legs (like a V formation between the legs and right foot). The 0 degree angle of the left foot and the 45 degree angle of the right foot are very important and these angles must be maintained. It is similar to a standing front stance in martial arts. While generating the gyroscopic fist fulcrum with your arms start moving your weight back and forth on your feet. This can be done on the flats of your feet or very preferably on the balls of your feet with your heels raised as much as possible. The flats of your feet or the balls of your feet are the two variations of level 2. Using the balls of your feet (like being tippy-toe) is better because the lower legs are exercised as well as the upper legs and serves as a shock absorber for the feet. It is recommended you wear socks and shoes when Coasting to absorb the impulse. Coasting on a mat as well can even further reduce impulse to the feet. If you are too overweight and/or uncoordinated to stay on the balls of your feet use the flats of your feet until your legs are strong enough and/or you lose enough weight to stay on the balls of your feet. Level 2 has 3 levels of magnitude that can be done on the flats of your feet or the balls of your feet (preferred). Magnitude 1 is to rock back and forth on your front and back feet (while spinning your fists around generating the gyroscope, it is always spinning the same as your legs increase in magnitude and levels, it stabilizes you and gives your legs something to push against increasing exercise). The left leg can be bent more to increase the rocking distance back and forth. Magnitude 2 is to bend both your front and back legs in an alternating fashion shifting your body weight from leg to leg. This replaces walking. Magnitude 3 is to bend both of your legs alternatively and raise your feet as high as possible. This replaces running. All 3 magnitudes of level 2 can be increased in speed. Work on increasing the magnitude and speed of hopping from foot to foot back and forth with spinning your fists around faster and faster. Try to go from the flats of your feet to the balls of your feet. This will further strengthen your legs in preparation for higher levels of Coasting.

## LEVEL 3 - HOPPING AT 45 DEGREES

Level 3 Coasting is harder and is recommended that all humans on Earth get to this level as soon as possible as it increases physical torque by crossing the gyroscopic gravitational field being generated by the arms with the line of legs at a crossed leg 45 degree angle allowing higher speeds and greater leg exercise with better balance and concentrates all physical action into one torqued corkscrewed line throughout the entire body. It also forces you to always be on the balls of your feet and makes you bend your legs more increasing mechanical disadvantage making your legs work more. The crossed legs also exercises your butt muscles and back more as your body is twisted. The key is to move the left foot to the right so the left leg crosses the fulcrum/fist line and the left foot always lands and moves to the right of the fist line. The left foot should stay at 0 degrees when hopping up and down to the right of the gyroscopic fist line and

always lands on the ball of the foot. The right foot should be moved to the left of the gyroscopic fist line so the right leg crosses over the fulcrum line. The right foot should maintain its 45 degree angle and keep landing on the ball of the foot. Each foot should be planted just beyond and outside the fist fulcrum line and hop up and down straight just outside of the fist line. The crossed over balls of the feet are landing beyond and outside of the wrists of the fist line. The spinning fists are working at 0 degrees and the crossed legs are working at 45 degrees the opposite of the 45 degrees the legs were at in level 2 crossing and pushing against the gyroscopic gravitational field and increases torque while centralizing physical action. If the left foot was at 45 degrees instead of 0 degrees and lined up with the 45 degrees of the right foot, it would be easier to visualize that the crossed legs and both feet all lining up at 45 degrees, but keeping the left foot at 0 degrees instead makes the setup more stable. Start hopping up and down left and right alternatively on the balls of your feet while spinning the fists. Work on increasing the speed of hopping while maintaining a certain comfortable height of the feet rising up. A good height for the balls of the feet to rise is 3 to 6 inches. The legs will probably bend between 45 degrees and 90 degrees. Steadily increasing the height of the rising feet is like increasing the level of stair master. If you are having difficulty crossing your legs all the way over so that the balls of your feet land opposite and outside of the wrists of the fist line, Coast at level 2 and slowly bring your feet in so that they form a straight line under the gyroscopic fist line. Then work on slowly crossing the feet outside of the fist line until the balls of your feet are outside of the wrists (or possibly even farther outside of the wrists). This will ease you from level 2 to level 3 as your legs get stronger. Level 3 also has 3 levels of magnitude like level 2. Magnitude 1 is to rock back and forth on the balls of your feet with your legs crossed. Magnitude 2 is to bend each of your legs and slowly raise each leg up and down alternatively (replacing walking) with your legs crossed. Magnitude 3 is to bend the legs more and raise each foot up and down alternatively in a rapid fashion (replaces running). If you are having trouble advancing from level 2 to level 3, slowly ease your legs into a crossed position as mentioned earlier and start rocking, walking, and then finally running in place in the 3 increasing levels of magnitude.

#### LEVEL 4 - HOPPING ALL THE WAY UP

Level 4 is like level 3 only the feet are raised all the way up. The left foot is repeatedly raised up until the left heel touches the front of the right thigh. The right foot is raised until the right heel touches the back of the left thigh. Once you can get your feet this high work on increasing speed. This maxed out stair master level will even further strengthen your legs for even higher levels.

#### LEVEL 5 - HOPPING BACK AND FORTH

Level 5 is like level 4 only your work on leaping forward and backward as well as raising your feet all the way up. This level has no theoretical limit since you can always leap forward and backward at a greater distance. In lower levels the entire body was a torquescrew but this turns each leg into an independent torquescrew spring even further increasing torque and exercise by splitting the torque in the twisted back and crossed legs into the two legs separately. When you are standing on your left ball of your foot and the right heel is touching the back of your left thigh, push back with your left leg so that your body flies backward through the air. While your body is flying backward in the air quickly bring your left foot up to touch the left

heel to the front of your right thigh and bring your right foot down so you land on your right ball of your foot. Then leap forward and quickly bring your right heel up to touch the back of your left thigh and land on the ball of your left foot. Keep repeating the procedure leaping back and forth with your crossed legs landing all of your weight on each ball of your foot alternatively. It is like level 4 with your feet coming all the way up only you are leaping forward and backward with increasing distance. The high speed gyroscope your fists are generating will help stabilize you during this challenging maneuver. By this advanced level you should be able to generate a very high speed and high quality gyroscope and you will need it to maintain balance and stability while your body is flying forward and backward in an arcing trajectory with increasing distance and speed.

#### LEVEL 6 - HOPPING AT 90 DEGREES

Level 6 is like level 5 only you turn your waist to the left and cross your legs as far as possible so that the gyroscopic fist fulcrum is crossed leg 90 degrees to the legs instead of crossed leg 45 degrees in levels 3, 4, and 5. The legs hop side to side with the feet lining up 90 degrees to the gyroscopic fist fulcrum and the feet line up on the same line at 90 degrees and the feet both face with the toes aiming to the right. The entire body leaps side to side with increasing speed and distance instead of forward and backward with the high speed gyroscopic fist fulcrum providing stability during this extremely challenging maneuver. Keep landing on the alternating balls of your feet and bring up your heels to the opposite thighs while flying side to side through the air with increasing speed and distance with no theoretical limit to the increasing distance. The increased torque of being at 90 degrees and leaping side to side further exercises the butt and back muscles.

#### LEVEL 7 - HOPPING AROUND IN A CIRCLE

Level 7 is like level 6 only you slowly rotate around in a circle. The gyroscopic fist fulcrum is rotated 90 degrees (or even farther if possible) and you slowly rotate around to your left while leaping side to side as far as possible with increasing distance like in level 6. The speed of rotation can slowly be increased as well. Level 7 rotation can be applied to level 4 and level 3 as well, the legs are simply hopping all the way up or only partially the way up instead of also leaping side to side as far as possible as well. Rotation further increases torque and pushes coordination skills, but the primary drawback is that rotating around makes watching television more challenging.

#### LEVEL 8 - HOPPING HIGHER

Level 8 is like level 7 only you work on leaping higher and higher as well as leaping farther and farther like in level 5 and 6. Leaping higher and higher can be applied to level 5 and 6 as well without level 7 rotation.

#### LEVEL 9 - BENDING GYROSCOPE DOWN

Level 9 is to push the gyroscopic fist fulcrum down by curling your abdomen like when doing a sit up. Adding this to level 8 while rotating around while hopping farther and higher with

push down on the leaping arc giving it a wide M shape instead of a single arc. Increasing leaping height will further counteract a increasingly fast and strong gyroscope being pushed down farther with increasing force as the abdomen gets stronger. It is like a super sit up as your body counteracts and pushes against itself in a vertical line. Level 9 abdomen curling and pushing the gyroscope down can be applied to the lower levels as well.

#### LEVEL 10 - BENDING GYROSCOPE UP

Level 10 is to like level 9 only you arc your back all the way back and raise the gyroscope so that it is overhead. This exercises your back muscles to complement exercising your abdominal muscles with level 9. You can fluctuate between level 9 and level 10 pushing the gyroscope down and pulling it back up again and again as you rotate around. It looks like a corkscrew or pinwheel spinning around as you push down and pull up repeatedly. Level 10 back arcing and pulling the gyroscope up overhead can be applied to lower levels as well.

#### COASTING WHILE SITTING OR LYING ON BACK

The 10 levels of Coasting can be practiced in an abbreviated form while sitting on the edge of a chair. The amount of exercise is less, but it is easier and allows for practicing general foot positioning in harder levels. Ideally, the seat should be of a height where the legs are bent at 90 degrees with your feet flat on the floor. A slight deviation in bent leg angle is okay but the legs being bent at greater than 135 degrees is undesirable. Simply generate a gyroscopic fist fulcrum while sitting on the edge of a chair or couch. Then begin hopping your legs alternating left and right with increasing speed. Move the left foot ahead and right foot back while hopping to execute level 2 while sitting. It can be done on the flats of your feet or on the balls of your feet, but if you are unable to stay on the balls of your feet while hopping while sitting on the edge of a chair you would have to be extremely overweight and/or uncoordinated, so use this opportunity to practice hopping on the balls of your feet. For sitting level 3 simply cross your legs. For sitting level 4 raise the left foot so the left heel touches the bottom of your right knee and then raise the right foot so the front of the right foot touches the back of the left knee. Sitting level 5 is abbreviated (it is impossible to leap forward and back while sitting on the edge of a chair) by executing sitting level 4 but increasing the level by placing the left foot in front as far as possible and placing the right foot in back as far as possible. Continue to touch the left heel onto the bottom of the right knee and touch the front of the right foot on the back of the left knee. Sitting level 6 is approximated by moving the legs as in sitting level 5 but turning your waist to the left and turning the gyroscopic fist fulcrum until it is as close to 90 degrees as possible. Sitting level 7 can be approximated by slowly turning around while sitting on a rotating stool. Sitting level 8 is impossible since it is impossible to leap higher and higher while sitting. Sitting level 9 can be done by simply bending down. It can be done when turned at 90 degrees or rotating while on a stool, but you can also bend straight down. Sitting level 10 is the same as sitting level 9 but you simply lean as far back as possible raising the gyroscopic fist fulcrum directly overhead. It can be done when turned at 90 degrees or rotating while on a stool, but you can also bend straight back.

The 10 levels of Coasting can also be practiced in an even more abbreviated form while lying on the floor on your back. The amount of exercise is even less and is even less challenging.

It is not recommended since you get no impulse training at all on your feet and legs, but is a theoretical variation that can be used for very basic practice and minimal exercise. While on your back bend raise your legs up to a 45 degree angle, bend and cross them in a similar fashion to the Coasting while sitting, and execute the levels. Levels 1, 2, 3, 4, and 5 can be executed while lying down having the feet move up and down at a 45 degree angle. Levels 6, 7, 8, 9, and 10 are not possible since you are lying on your back and cannot turn your waist 90 degrees, rotate, jump higher, or bend the gyrosopic fist fulcrum down or up.

## INCREASING LEVEL OF GYROSCOPIC FIST FULCRUM

Spinning the gyrosopic fist fulcrum at level 1 at 1 inch by 1 inch with increasing speed is adequate for accompanying all 10 levels of leg Coasting. The speed should keep increasing to add more stabilization for increasingly challenging and complex leg maneuvers. The level of the gyrosopic fist fulcrum can also be increased to more complicated structures to increase and multiply torque, but is a lower priority to increasing the leg Coasting level. Work on getting the leg level up to level 3, 4, or 5 with a long duration of time and a high amount of consistent speed with each leg forward before increasing the level of the gyrosopic fist fulcrum.

### LEVEL 1 - GENERATING GYROSCOPIC FIST FULCRUM

Rotate fists around each other with a 1 inch horizontal gap and 1 inch vertical gap and keep increasing speed.

### LEVEL 2 - GENERATING BIGGER GYROSCOPIC FIST FULCRUM

Increase horizontal gap and vertical gap between fists equally increasing the size of the circle. Using the same amount and energy and effort will lead to a lower number of rotations per minute (rpm) although the speed of the fists will be the same. Increase the speed of your fists as the size of the circles increases. Attempting to maintain the same rpm as the size increases will encourage higher angular velocity of the fists. This will cause greater fist spinning speed and more exercise. The elbows will slightly move closer to each other as the size the circle increases.

### LEVEL 3 - GENERATING A GYROSCOPE WITHIN A GYROSCOPE

Take the gyrosopic fist fulcrum with a 1 inch by 1inch gap and move it close to your chest. Move the entire structure up, over, forward, down, and back up to the chest in a gigantic circle as large as you can manage. This is a circle within a circle and the speed of the both the circles can be increased over time.

### LEVEL 4 - GENERATING ENLONGATED GYROSCOPE AT 4 AXES

This level is very important so you can skip from level 1 to level 4 when you are able to generate an extremely fast and strong level 1 gyrosopic fist fulcrum with a very consistent speed and are looking for even more challenge and exercise. Level 4 has 4 axes. The first axis (axis 1 vertical) is to take the gyrosopic fist fulcrum and while maintaining a horizontal gap of 1 inch, steadily increase the vertical gap. As the vertical gap increases the elbows should remain

stationary except for moving somewhat closer together as the vertical gap between the fists increases. Keep increasing the vertical gap while maintaining the structure of the gyroscopic fist fulcrum with the knuckles always on top and lining up vertically. Work on increasing the vertical gap between the fists and then work on increasing speed.

The second axis (axis 2 diagonal up) is to adjust the vertical axis so that it runs at 45 degrees with the top away from you and the bottom near you. The diagonal down gap between the fists stays at 1 inch with the diagonal up gap increasing. Keep increasing the diagonal up gap while maintaining the structure of the gyroscopic fist fulcrum with the knuckles always on top and lining up vertically. Work on increasing the diagonal up gap between the fists and then work on increasing speed.

The third axis (axis 3 horizontal) is to adjust the diagonal up axis so that it runs at 180 degrees with the ends far away and near you. The horizontal gap between the fists keeps increasing with the vertical gap staying at 1 inch. Keep increasing the horizontal gap while maintaining the structure of the gyroscopic fist fulcrum with the knuckles always on top and the knuckles lining up vertically. Work on increasing the horizontal gap between the fists and then work on increasing speed.

The fourth axis (axis 4 diagonal down) is to adjust the horizontal axis so that it runs at 45 degrees with the top near you and the bottom away from you. The diagonal up gap between the fists stays at 1 inch with the diagonal down gap increasing. Keep increasing the diagonal down gap while maintaining the structure of the gyroscopic fist fulcrum with the knuckles always on top and the knuckles lining up vertically. Work on increasing the diagonal down gap between the fists and then work on increasing speed.

To execute the gyroscopic fist fulcrum at level 4 transition between the 4 axes in the order of 1, 2, 3, and 4 repeatedly. Do each axis for several minutes to develop arm coordination.

## LEVEL 5 - GENERATING ENLONGATED GYROSCOPE WITH ROTATING AXES

This level is like level 4 only you smoothly transition between the 4 axes in the order of 1, 2, 3, and 4 in a large rotating motion like a two blade paddle wheel rotating forward. This motion multiplies torque and you can increase exercise by increasing the distance and speed of the fists spinning around each other and also increase the speed of the overall paddle wheel rotation.

Coasting can be made more challenging by wearing wrist and ankle weight bracelets. It is recommended that you focus on increasing speed and duration first. Weighted fists and feet will not increase damage to the body since no limbs are ever fully extended while Coasting. The speed of fist spinning and the speed of hopping are independent of each other. It is recommended you increase the speed of both steadily. Having the entire weight of your body placed on each ball of your foot gives each leg a great deal of weight training. Wearing a weight vest as well can increase the weight training your legs are receiving.



## WEIGHTLIFTING

Weightlifting can be used to increase Coasting effectiveness. Breaks between Coasting sessions can be utilized by doing some weightlifting, Coasting again, doing some more and different weightlifting, Coasting again in reverse/mirror image, etc. These weightlifting exercises will be listed in priority of importance to help in strengthening and lengthening the primary gyroscopic gravitational field and its multiple field crossings. They will be grouped in two by their opposing pair of actions. The legs have lowest priority since you are already giving them a great deal of weight training with hopping all of your weight between the legs. The arms (especially forearms) have highest priority since strong arms are needed to spin as fast of a gyroscope as possible.

The following opposing actions are grouped and prioritized weightlifting maneuvers can all be performed with a weightlifting bar or dumbbells except for the deltoid straight down and upper leg flexor and extensor maneuvers which require a machine. For people starting out it is recommended you use two dumbbells and perform each of the weightlifting maneuvers with 3 repetitions 10 with heavier dumbbells or 3 repetitions of 20 with lighter dumbbells. Lighter dumbbells may be 20 pounds and heavier dumbbells 30 pounds for many people starting out. The following weightlifting regiment should be done every day or every other day. Heavier weight training may be done every other day to allow full muscle regeneration between sessions whereas lighter weight training may be done every day since it is more cardiovascular in nature. When weightlifting breathe in when pulling in and breathe out when pushing out. When the maneuver is pushed out and extended hold for 2 seconds before pulling back in. Certain maneuvers can be done with very heavy dumbbells/weightlifting bars/weightlifting machines as desired for bodybuilding and power lifting purposes, but at least do all the maneuvers each day or every other day with lighter or heavier dumbbells with 3 X 20 or 3 X 10 sets respectively with proper breathing each time for the semi aerobic weightlifting regiment. Additional weightlifting maneuvers are fine as they tend to hybridize the following isolated and simplified maneuvers. Additional maneuvers may perform specialized muscle exercises as well.

### Priority One – flexor/extensor weightlifting

Use a weightlifting bar or dumbbells. This is the most important weightlifting exercise by far as bigger and stronger forearms will generate a stronger and faster gyroscope for the rest of your body to intersect and push through and against.

### Priority Two – bicep/tricep weightlifting

This is the second most important as your upper arms are exercised and utilized somewhat as the fists are generating the primary gyroscope. Perform a bicep curls with dumbbells or a weightlifting bar. Tricep weightlifting can be executed with a dumbbell in each hand and the upper arms and elbows pointing straight up.

Priority Three – deltoid straight up/deltoid straight down (requires machine)/deltoid arcing up  
The deltoid muscles are used/exercised somewhat less with fist spinning.

Pushing up dumbbells or a weightlifting bar straight up overhead execute the deltoid straight up maneuver. Pulling a tethered bar down will perform the deltoid straight down maneuver. Dumbbells must be used to execute the deltoid arcing up maneuver. The dumbbells start outside of the hips with slightly bent arms and the arms swing up and forward until the dumbbells are overhead above the shoulders. .

#### Priority Four – pectoral/trapezius

Push ups or bench pressing with a weightlifting bar or dumbbells exercise the pectorals. If you have dumbbells but no bench press to lie on you can lie on your back on the floor and use dumbbells and when pulling back towards your chest bend your wrists outside and fold your arms all the way so the dumbbells closely approach your chest with your upper arms on the floor to approach the full bench press motion on a bench. Leaning forward and down and pulling up with dumbbells or a weightlifting bar will exercise the trapezius muscles. They are exercised even less while fist spinning.

#### Priority Five – abdominal/back weightlifting

The stomach and lower back are the closest to bystanders during the high speed bicycling/high torque stair master combination action of Coasting (they do get some exercise during level 9 and 10), but weightlifting them is still important. Conventional crunches with crossing diagonal crunches with a rising opposite crossing leg will abdominal muscles. The lower back can be exercised by standing, leaning forward, and rising back up with dumbbells or weightlifting bar.

#### Priority Six – upper leg flexor (hamstring) (requires machine)/upper leg extensor weightlifting (requires machine)

A machine is unfortunately required for these exercises. Lift the flexors (hamstring muscles) and extensors. The upper legs are exercised extensively while hopping during Coasting.

#### Priority Seven – upper leg pushing/lower leg (gastrocnemius) pushing

This is done best with a weightlifting bar across the shoulders or can also be done with dumbbells being held at the sides. Squat down to a mid level onto a box and rise (box squat) or squat more for more exercise. Repeatedly stand on tippy toes and rest onto the heels to exercise lower leg (gastrocnemius). The lower legs are exercised extensively while hopping during Coasting.

## STRETCHING

Stretching is not necessary for Coasting since the limbs are never fully extended during the motions. However, stretching is important for every day use of the body. The following stretching regiment is organized and prioritized to complement Coasting. Redundancy and complexity has been removed from the regiment and Coasting takes care of aerobic needs, so the stretching regiment isolates only mechanical needs. It is known as mechanical stretching. Ideally you should mechanically stretch once a day in the morning and especially before strenuous use of the body.

## LEGS (Priority One)

With legs apart in 0 and 45 degree angles place palms at small of back working into prayer formation bend waist so face approaches knee of 0 degree leg (then reverse legs)

With legs apart in 0 and 45 degree angles raise arms laterally 0 and 45 degrees with palms outstretched and facing down turn waist toward 0 degree leg, then turn palms up (then reverse legs)

With legs apart in 0 and 45 degree angles bend waist so face approaches 0 degree knee with opposite hand reaching for foot and other hand sticking straight up while looking at straight up hand (then reverse legs)

Bend left leg put left forearm on left leg stretch right leg with right foot on heel with right hand pushing down on outstretched leg (then reverse left and right)

1<sup>st</sup> strength bent leg has flat foot

2<sup>nd</sup> strength bent leg has foot on ball of foot

3<sup>rd</sup> strength bent leg with foot on ball of foot is drawn to center of body

Sitting on floor spread legs apart as far as possible

Reach for foot with both hands, then outside hand reaches for foot with inside hand over head towards foot (then reach for other foot)

Reach both hands in front onto floor as far as possible with legs still spread apart

Sitting on floor bend knees and place feet together in butterfly formation

Bring feet in and knees down as far as possible

With left leg bent place left foot on right knee and right leg straight reach for right foot with both hands (then reverse left and right)

## WAIST (Priority Two)

With legs apart place hands on hips and rotate body around

With legs apart place left hand on hip, take right arm and stretch over and left (then reverse left and right)

With legs apart place hands on hips and lean backward

With legs apart fold arms and lean down

With legs apart place hands on floor and advance hands backward between legs

With legs apart place hands on floor and lean forward advancing forward on hands

## ARMS (Priority Three)

While standing push elbow horizontally across with other hand (then switch hands)

While standing push raised elbow inside and down behind head (then switch hands)

While standing place hand in front of body vertically, other hand turns it each way (then switch hands)

## HEAD (Priority Four)

Rotate head around with neck in both directions

## STRETCHING ARMS FOR GYROSCOPIC FIST FULCRUM (Priority Five)

Press fists together with maximum pressure in front of the chest with knuckles facing out. Move fists closer to touch the chest and then move the fists away from the chest as far as possible keeping the fists together. Bring in and out several times. Rotate fists so that the knuckles face up and repeat moving the fists in and out all the way several times. Rotate fists so that the knuckles face down and repeat moving the fists in and out all the way several times. Press fists together with maximum pressure in front of the chest with knuckles facing out. Move fists straight up as far as possible and then move the fists down as far as possible keeping the fists together. Bring and down several times. Rotate fists so that the knuckles face up and repeat moving the fists up and down all the way several times. Rotate fists so that the knuckles face down and repeat moving the fists up and down all the way several times. Press fists together with maximum pressure in front of the chest with knuckles facing out. Move fists in, up, out and down as far as possible keeping the fists together. Bring around in a forward circle several times. Rotate fists so that the knuckles face up and repeat moving the fists around all the way several times. Rotate fists so that the knuckles face down and repeat moving the fists around all the way several times.

## IMPULSE/AEROBIC TRAINING OF ARMS FOR GYROSCOPIC FIST FULCRUM (Priority Six)

The 0 and 45 degree angles of the feet during leg Coasting can also be applied to the fists while executing a fist pounding regiment. Face a wall from 1 – 2 feet away and position your fists so that the left fist is horizontally lined up to your face and the knuckles are pointing up. The right fist should line up horizontally with the bottom of your sternum with the knuckles pointing 45 degrees with the thumb facing the center of the body. Then cross your fists so that the left fist is right of the head and the right fist is crossed left of the head therefore crossing your arms through the central vertical axis of your body. The left fist should maintain having the knuckles point upward and the right fist should maintain its diagonal angle with the small finger side pointing at the top left fist. Try to cross the fists far enough apart so that the small finger side of the right fist points at the left side of the left fist that is crossed to the right of the head. The right fist should be left of the body. The first bodily position is to be standing vertically or possibly slightly leaning forward (1 – 10 degrees) and facing a wall 1 – 2 feet away. The second position is to have your feet farther away from the wall and are leaning your torso forward by a certain degree that increases over time. The third position is to get onto floor on your knees and position upper legs straight up. Bend waist so that the torso is 90 degrees to your upper legs and you are looking straight down. Place your fists onto the ground at the same crossed 0 and 45 degree angles. The fourth position is to facing the floor as with the third position but with the legs in a straight position like when doing push ups. The fifth position is like the fourth position but with additional weight placed on the back. These bodily positions are in the order of increasing difficulty. The first fist pounding pattern is to push up with both arms simultaneously like when

doing a push upon your knuckles. The second pattern is to push up strongly with both arms simultaneously and jump up into the air. The third pattern is to raise each arm up alternatively in a walking/running fashion like when leg Coasting at level 3. The fourth pattern is to push up and down with each arm individually like a one armed push up. The fifth pattern is to jump into the air with each arm individually in a hopping motion. These five bodily positions and five fist pounding patterns equal 25 possible maneuvers. Gloves should be worn to reduce impulse damage to the fists. This will reduce the risk of arthritis while still allowing some impulse training and strengthening of the fists and arms. The heaviest padding is to use boxing gloves. Less padding is found in martial arts sparring gloves. Even less padding is found in thick winter gloves (like with Thinsulate). Even less padding is found in thin winter gloves/knit gloves/work gloves. No padding is found with bare fists. Thinsulate thick winter gloves are a nice medium and are recommended. You can try other listed and unlisted gloves to see what works best. You can also try fist pounding onto some style of mat or pad.

Here is a list summarizing the bodily positions, fist pounding patterns, and fist padding.

Position 1 facing wall at 1 – 2 foot distance while standing straight up or slightly leaning forward (0 – 10 degrees)

Position 2 facing wall while leaning forward with increasing angle and farther distance between wall and feet

Position 3 while on knees and facing floor pound fists onto floor

Position 4 while in push up position with straight legs pound fists onto floor

Position 5 while in push up position with straight legs with increasing weight on back pound fists onto floor

Level 1 push ups

Level 2 jumping

Level 3 walking/running

Level 4 one arm push ups

Level 5 one arm jumping (hopping)

Boxing gloves

Martial arts gloves

Heavy (Thinsulate) winter gloves

Knit gloves/work gloves

Bare fists

This fist pounding regiment gives the arms the same impulse/aerobic training as the legs during leg Coasting. It also has a stretching aspect to it so it is part of the overall stretching regiment. It is at the lowest priority so it should be done at the end of the stretching regiment and may not be done every day due to limits of energy and/or time. When doing fist pounding maneuvers make sure to do half with the left fist at top and then half with the right fist on top. Find out how many of the five fist pounding patterns you can do in the five bodily positions. You will be able to do fewer patterns as the difficulty of the bodily position increases. With more practice you will get stronger and be able to execute more fist patterns in more bodily positions. When doing the fist pounding regiment aim for a certain duration of time (such as 10 minutes)

and steadily increase the speed and height of the fists. Then work on increasing the difficulty of fist patterns and bodily positions. Finally work on the length of the overall fist pounding regiment.

## RECALIBRATING THE SLEEP CYCLE WITH COASTING

Humans are designed to sleep 5 hours, be awake 3 hours, and then sleep another 3 hours. The natural cycle has humans going to bed when the sun goes down (like around 7 PM) and sleep 5 hours until 12 AM. This deep sleep cycle is when biomolecular and neurological repairs are made. Humans then wake up for a 3 hour period.(from 12 AM to 3 AM) and then go back to sleep for another 3 hours (3AM to 6 AM) for a lighter sleep nap cycle. Humans then wake up when the sun come up. This keeps humans in or near bed while it is dark. In the old days when people worked a lot physically during the day they would go to bed as soon as it got dark and then fall asleep right away and more deeply due to a life of greater physical exertion. As humans started use indoor lights, radios, and televisions they started to stay up later at night after the sun went down and therefore squeezed the 5 and 3 hour cycles into one. This causes some people to wake up involuntarily at odd hours as the body resists the compressed singular sleep cycle. Also, humans today do less physical jobs with more mental stress and do not get as much physical activity which leads to a longer period of time to fall asleep and a lighter sleep cycle. This too can lead to waking up involuntarily. These factors lead to sleep disorders and insomnia. It is possible to schedule Coasting aerobics, weightlifting, and stretching regiments and use the power of the trinity of exercise to accelerate the time frame of humans to recalibrate the sleep cycle so that it is more efficient and resplit into its natural two sleep cycle process while taking an equal or even less amount of time overall. Multiple Coasting sessions can be done during the day, but when possible during your daily schedule it is best to have the primary Coasting session at night right before bed (like when watching television) and the secondary one when you first get up in the morning (while watching even more television).

Execute the primary Coasting session (ideally 90 minutes) at night before bed. The session can end right before bed or earlier (such as about an hour) then go to bed. You can increase the cool down time if you have trouble falling asleep. You can do some or all of the semi aerobic weightlifting regiment before going do bed during the cool down time. When you wake up in the morning do the second “lesser session”. It can be the same duration as the greater evening session or the morning lesser session can be less long if you do not have the time or energy. Try to do half and half with each foot (favored and unfavored) for both evening and morning sessions. You can do the mechanical stretching session in the morning after the lesser Coasting session. Go through the priorities of the stretching regiment in order as far as you can depending on your energy level and time restraints. You can also do the remainder of the weightlifting regiment during the awake cycle if you did not finish it earlier. Try to get through weightlifting priorities 1 – 5 as often as possible. If your sleep session is 7 to 8 hours and/or you do not feel like going back to bed for the nap cycle, go about your day. If you wake up after approximately 5 hours and do the morning Coasting session and mechanical stretching regiment and feel like going back to bed for the nap session, do so. The second cool down time will be less than the first cool down time or may even be eliminated. The nap cycle will probably be about 3 hours. Executing a Coasting session right before bed may cause you to fall asleep faster and deeper causing you to wake up earlier (5 hours) therefore resplitting the sleep cycles. If you

suffer from sleep disorders and can't fall asleep or keep waking up try executing a Coasting session before bedtime or right after you wake up involuntarily to see if the exercise will help you fall asleep. If you do a Coasting session before going to bed and another Coasting session after you wake up you can do additional Coasting sessions during the day if desired of various durations. There is no need to do more than one weightlifting session and one stretching session a day.

The first goal is to fall asleep faster and enter the first 5 hour cycle (repair cycle) and sleep deeper with waking up earlier. The second goal is to decrease the length the 3 hour awake cycle and stretching. The third goal is reduce the time of the second 3 hour cycle (nap cycle) with the exercise during the awake cycle and deeper and more efficient sleep during the repair and nap cycles. The repair cycle will probably stay at the same duration but may shorten a bit. The exercise regiments will accelerate the time frame of the overall sleep cycle and resplit the sleep cycles while saving time. Hopefully the overall time being asleep with a middle awake cycle will be not be too much longer than the old singular 8 hour cycle. If the individual cycles become shorter and more efficient, the overall time may be the same or even possibly less.

## CONCLUSION

Coasting (slang for self generating/emulating aerobics), semi aerobic weightlifting, and mechanical stretching are designed to complement each other and form the trinity of exercise. No other exercises or activities are needed to lose weight and reconstitute the cardiovascular system, build muscles, and stretch the body to reduce biomechanical degradation. The structure of the three regiments is simple, but the scalability knows no limit. All wasted motion and redundancy in exercise has been eliminated. Simplicity is the key. Jogging, bicycling (except for travel), exercise machines, and aerobics classes are no longer needed since Coasting (self generating/emulating aerobics) simultaneously generates or emulates all the exercise machines with far greater torque (namely an exercise bicycle, a stair master, and an elliptical machine) using the body for weight training of the legs and the arms generate the gyroscope of bicycling with the hands to serve as the cardiovascular and metabolic regulator. Semi aerobic weightlifting isolates and simplifies weightlifting into 15 isolated maneuvers and is grouped into opposing pairs and prioritized into proper order to complement Coasting with the maneuvers starting in the forearms and working down to the low priority of the legs which are weight trained extensively during Coasting anyway. Proper breathing and form is emphasized and can be done with nothing more than two dumbbells if desired or necessary. Mechanical stretching stretches all areas of the body as simply as possible without redundancy and is prioritized. Yoga (slang for semi aerobic stretching) is no longer needed as the stretching element is isolated and in top efficiency form covering all parts of the body in the mechanical stretching element. The aerobic component of yoga is taken care of far more efficiently and effectively with Coasting (self generating/emulating aerobics). Aerobics classes are no longer needed as Coasting takes care of all aerobic exercises simultaneously and eliminates the unnecessary complexities of aerobics and the need to keep going to aerobics class. The overall exercise regiment of the three complementary regiments have Coasting as priority one, semi aerobic weightlifting as priority two, and mechanical stretching as priority three. The weightlifting and stretching regiments have their maneuvers organized by priority and should always be executed in the same order so that the higher priority maneuvers are done more often in case you sometimes stop early due to lack

of time or energy. Ideally, Coasting should be done 90 minutes every day, semi aerobic weightlifting done with lighter weights every day or heavier weights every other day, and mechanical stretching every morning and before strenuous every day physical activity. All humans on Earth must immediately start moving like this!