

Why you should break away from 7 days



Seven... what a difficult number.

You can't divide it in half or into thirds...

Yet it is the structure of our week.

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday.

Here's the problem - Not everything fits perfectly into a 7 day rotation.

As an example... Not every muscle group responds best to being trained once every 7 days.

The same goes for Diets.

I do best [fasting once every 4 or 5 days](#).

So I fast a bit more than once per week, but a bit less than twice per week.

You do not to be beholden to a 7 day cycle of diet or exercise.

Experiment with 4 or 5 and 9 or 10 day workout cycles

Consider diet plans that revolve around fasting once every 5 or 6 days.

Don't get too hung up on trying to make everything fit into seven days.

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3rd April 2023

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29th March 2023

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