



# WIM HOF METHOD Video Course



Manual/Workbook  
10-week WHM video course

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## Introduction:

Thank you for joining the course and commencing the Wim Hof Method.

This is your workbook. It will guide you through this 10-week course in the basics of the Wim Hof Method. Please print it, and fill it in as you go; you will need this valuable tool to track your progress and to reference your growth as the exercises develop.

This workbook is the first step, with it, you set your goals, and intention for this journey. We start by setting a baseline from which to measure your progress over the coming weeks. This is our basecamp from which you climb to the peak of awakening. Good luck, and above all, have fun!

### How do I start the course?

After you have printed this workbook read it carefully. The process begins with your commitment (See below). Fill it out before you start. After that follow the instructions, week by week, and track your results. Every week starts with a new video. Watch this video at least 5 days a week. If you have finished one week completely, achieved your goals, and enjoyed the process deeply than start the next week. If you struggled, or skipped a few days, no worries, just repeat that week before you go to the next one. It's not uncommon to repeat weeks several times. Don't judge yourself, this is not a competition. For the best results start with the introduction section and finish it step by step towards week 10.

If you don't have much time you can always do the short Daily Exercises (4 and 10 minute exercise videos). Just to do the basics if time is not your friend. They are also great way to start your day before you go to school or work.

### How can I ask questions?

You can leave your questions or comments below every video or post in our closed Facebook group <https://www.facebook.com/groups/wimhofmethod>. Send your request to the management. These questions will be answered by those who have been through the program, are advanced practitioners, or people like you, making their own discoveries along the way; welcome to the community!

## How do I use this workbook?

Read the instructions week by week and fill out your breath retention and push-up scores. In the videos Wim will instruct you what to do specifically that week. Tracking your progress is a good way to stay motivated in achieving your personal goals.

## How to track your results?

You will need to track your results using a timer or stopwatch (for the breathing exercises). For the push-up exercises, simply count them and note the totals in this workbook. Listen to your body. If something does not feel right, stop and restart the next day.

## How do I prepare?

Just start the program, sit down and relax. Use a blanket or yoga mat to sit down on. With your stopwatch, your printed workbook, you have everything you need; read the instructions and start the introduction video. Now, please fill in the questions on the next page.

## Important before your start

**Warning** - important message, please read carefully:

The breathing exercise has a profound effect and should be practiced in the way it is explained. **Always do the breathing exercise in a safe environment (e.g. sitting on a couch/floor) and unforced.** Never practice the exercises **before or during diving, driving, swimming, taking a bath or in any other environment/place where, should you pass out, a serious injury could occur.** Wim Hof breathing may cause tingling sensations and/or lightheadedness. If you've fainted, it means that you went too far. Take a step back next time.

The cold is a powerful force. **We strongly advise to gradually build up exposing yourself to the cold.** Always train without force and listen to your body carefully. If it is not practiced responsibly, there is a risk of hypothermia.

Do not practice the method during pregnancy or when having epilepsy. Persons with cardiovascular health issues, **or any other (serious) health conditions, should always consult a medical doctor before starting with the Wim Hof Method.**

From the heart,

Wim

## Commitment to achievement:

Setting goals is integral to keeping focus and motivation. You started this method with a purpose and it is essential to have this written down to remind yourself what you really want. Wim will motivate you while watching the videos, it is up to you to find the willpower to start the day with them. Every day. To help you with this we ask you to write down the answers to the following questions. Be as honest, specific and personal as possible.

### Why do you want to learn this method? (Motivation and reason)

What are your goals after these 10 weeks? (no more cold feet, 30 push ups, having more energy, seeing chakras. Etc.) (min. 3 goals.)

What are your personal obstacles to completing this course?

(If you missed a day, write down the reason why in the retention progress table and compare if it is inline with your motivation or your obstacles.)

### Setting a baseline:

Sit in a relaxed position or lie down. Hold your breath and measure it with a stopwatch.

How long did you hold your breath (in minutes and seconds)?

Do as many push-ups as you can, with proper form, and count them.

How many push ups were you capable of?

Do you experience for cold feet or hands?

How is your mindfulness during the day? (focus, engagement, presence, does your mind drift, do you find yourself actively engaged in your projects/work/studies, or are you on 'autopilot")

How is your sleep in general? (how many hours per night do you sleep?  
what is the quality of your sleep?)

## Let's get started! Breathing

Every training begins with proper breathing. Sit down comfortably in a peaceful environment (bedroom, living room, back yard, in nature, whatever suits you). Then relax, consciously, and begin to breathe from the abdominal region, not too shallow, not too deep. Think of it like blowing up a balloon. Do this thirty times. Saturate the muscles and organs with extra oxygen. The goal is to let the oxygen saturate not only the lungs, but also all of the internal organs. It may feel like you are hyperventilating, but just remember that you have control.

\*Note: When I say “easy does it” I am emphasizing that I do not want you to force the explained technique. It is important to stay comfortable and not over exert yourself. Practicing will push you a little more each time. Just try to stay relaxed; don't force it.

Whenever you feel saturation throughout your body, exhale completely (easy), then inhale until you can't take in any more air (don't force it), then exhale completely (easy) and hold your breath (easy). (N.B. you are holding your breath with empty lungs) When the feeling telling you to breathe comes, inhale fully and hold it for ten seconds with your lungs full of air. When you complete that, you have completed your first cycle!

Repeat. By practicing this, over time you will be able to hold each breath longer and get deeper into your system (immune system, nervous system, blood circulation and heart).

After each retention (holding of breath) and inhalation, close your eyes. You may be able to see electrical charges (some categorize these lights as chakras, electric potentials, or even neurons firing). If you go deep inside yourself, you can stimulate this electricity by a pneumatic pressure that goes up the spine toward your forehead. These lights are your aim!

Oxygen aids the metabolism in creating energy for the body to circulate throughout your system. When you empty the lungs of oxygen, hold for retention until you can't anymore, and then inhale. Doing this will give the body new oxygen, unlocking boosts of energy. This cycle of retention/inhalation provokes electricity to go up the spine, stimulating the nervous system, immune system, blood circulation, and heart. Thus, ending up in the forehead and influencing the brain effectively.

The breathing exercise you see I am doing here is a controlled breathing exercise, and key here is the breath retention. With this exercise you learn how to hold your breath longer and to make conscious contact with your heart, autonomic nervous system and immune system. You learn how to override the hypothalamus which is (later) responsible for regulating the peripheral nerves and veins which in turn regulate body temperature.

### The technique of the breathing exercise:

The technique is characterized by cycles consisting of a few minutes of breathing in and breathing out continuously (30-40 times) followed by the retention/exhalation cycle. After every cycle take a deep breath and hold it (inhalation) for another 10-15 seconds (if you want longer, and it's no strain, it's not a problem at all).

# WEEK 1

For the first week, follow the instructions on the video. Fill out your daily progress on the sheet below. If you have insufficient time then you can do the daily exercises. (See portal) Go for it!

## Retention Progress Week 1:

What was your longest retention time (seconds without air in the lungs)

Start video week 1.

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)
1			
2			
3			
4			
5			
6			
7			

## How to do the yoga-flex breathing exercise?

Start by sitting in the position Wim is explaining. Go to your stretch point. Breathe in. Hold this breath for a few seconds. Feel the stretch. After that let go, breathe out and see if you can go beyond what you thought your stretch limits were. Repeat this a couple of times. Do not force anything, enjoy and relax. See video Introduction > Physical Stretches Explained

## Cold shower exercise week 1: (See Video: Introduction > Cold Exercises Explained)

After the breathing and meditation exercises, your body and mind will be prepared for the next challenge: the confrontation with cold. It's like I always say, "The Cold is a noble force." If people ask me what that means I tell them, "The cold forces me to generate heat. It makes me feel alive. I see the heat as a warm friend whom I call upon to provide balance." Every Yin has its Yang. The cold is about balance and moderation.

The cold water will train the tiny muscles in your veins to become stronger. As you progress you can even sit, walk, or run through the snow and ice generating the heat you need at will. More importantly, this training strengthens your immune response; helping your body prevent future diseases, lower your heartrate etc.

1. Start with a warm shower (as long as you like)
2. Finish with a cold shower (30 seconds)



How was your first week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 2

Start the video week 2. Begin with 4 retention/exhalation cycles of breathing, as in week 1

Reminder: The technique is characterized by cycles consisting of a few minutes of breathing in and breathing out continuously (30-40 times) followed by breath holding for up to 1-2 minutes. After every cycle take a deep breath and hold it for another 10-15 seconds, then repeat. For the second week, please follow the instructions in the video Good luck!

### Retention Progress Week 2:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-Ups

What is your score doing normal push-ups with breathing. This is your starting point for the course. (in minute 4:15 of the video Wim ask you to pause the video and fill this out)

If you think a normal push-up exercise is too hard for you. You can do it by sitting on your knees and try to do some proper push-ups.

**Please note your push-up scores below.**

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

**Cold shower exercise week 2:** (See Video: Cold Immersion > Taking a Cold Shower)

1. Start with a cold shower (30 seconds)
2. Go back to a warm shower (as long as you like)
3. Then go back to the cold shower (30 seconds)
4. Go back to a warm shower (as long as you like)
5. Finalize with a cold shower (30 seconds)

How was your second week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 3

Start with 4 retention/exhalation cycles of breathing.

Reminder: The technique is characterized by cycles consisting of a few minutes of breathing in and breathing out continuously (30-40 times) followed by breath holding (exhalation) for up to 1-2 minutes. After every cycle take a deep breath and hold it for another 10-15 seconds (inhalation), then repeat.

### Retention Progress week 3:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

Please note your push-up scores below without breathing for the next week.  
(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold shower exercise week 3:

1. Start with a cold shower (1 minute)
2. Go back to a warm shower (as long as you like)
3. Finish with a cold shower (1 minute)

How was your 3rd week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	

## WEEK 4

Start with 4 cycles of retention/exhalation breathing and the fourth session with the push-ups. Follow the instructions in the video. Right on!!!

### Retention Progress week 4:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 4:

Please note your push-up scores below without breathing for the next week. (Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold shower exercise week 4:

Go for the 10 minute cold shower challenge. Do it for one day this week. You can do it! The rest of the week follow the steps below.

1. Start with a cold shower (1 minute)
2. Go back to a warm shower (as long as you like)
3. Finish with a cold shower (1 minute)



How was your 4rd week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 5

Start with 4 cycles of retention/exhalation breathing. In the 5<sup>th</sup> round you do the push-ups.

For the this week, follow the instructions in the video.

Please fill in your progress on the sheet below. Good luck, Feel good!

### Retention Progress week 5:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 5

Please note your push-up scores below without breathing for the next week.

(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold shower exercise week 5:

Do the 10 minute cold shower challenge every day this week.

If you are not (yet) able to do it, no problem just do the cold shower exercise of week 4.

How was your 5th week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 6

Start with 4 cycles of breathing and the fourth session with the push-ups.

For the this week, follow the instructions in the video.

Please fill in your progress on the sheet below. Good luck, Feel good!

### Retention Progress week 6:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 6:

Please note your push-up scores below without breathing for the next week.

(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold shower exercise week 6: (Read Carefully)

This week is different than other weeks. Please follow Wim's precise instruction in the video. Only do this exercise if you feel strong and followed all training days of the previous weeks. This exercise can be dangerous, so prepare well. Eat something before you start. Hold on to something firm while standing under the shower. If your bathroom is slippery please use something steady and non-slippery to stand on. Don't force anything. If you feeling dizzy, stop directly and try again the next day.

1. Start with a cold shower and breathe in and out for 30 seconds.
2. Breathe in and hold your breath for 30 seconds.  
(Don't force anything. If you feeling dizzy stop directly)
3. Continue with a warm shower as long as you like.
4. Repeat step 1 and 2.

How was your 6th week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	





## WEEK 7

Start with 4 cycles of retention/exhalation breathing and the fourth session with the push-ups.

For the this week, follow the instructions in the video.

Please fill in your progress on the sheet below. Good luck, Feel good!

### Retention Progress week 7:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 7:

Please note your push-up scores below without breathing for the next week.

(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold shower exercise week 7:

Please follow instructions of Wim in the video. Only do this exercise if you feel strong and followed all training days of the previous weeks. This exercise can be dangerous. So prepare well. Eat something before you start. Hold on to something firm while standing under the shower. If you bathroom is slippery please use something steady and non-slippery to stand on. Don't force anything. If you feeling dizzy, stop directly and try it the next day.

1. Start with a breathing exercise of 30 seconds and focus on what to come.
2. Turn on the cold shower
3. Hold your breath and go for 1 minute into the cold shower  
(Don't force anything. If you feeling dizzy stop directly)
4. Than switch the shower to warm. Start breathing for 30 seconds
5. Switch it back to cold and hold your breath for 1 minute and. Repeat this steps.

How was your 7th week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 8

Start with 4 cycles of breathing and the fourth session with the push-ups.

For the this week, follow the instructions in the video.

Please fill in your progress on the sheet below. Good luck, Feel good!

### Retention Progress week 8:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 8:

Please note your push-up scores below without breathing for the next week.

(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold shower/bath exercise week 8:

Please follow instructions of Wim in the video. Only do this exercise if you feel strong and followed all training days of the previous weeks. This exercise can be dangerous. So prepare well. Eat something before you start. Check out to hold something standing under the shower. If you bathroom is slippery please use something steady and non-slippery to stand on. Don't force anything. If you feeling dizzy, stop directly and try it the next day. If you take an ice-bath please make sure you always have someone around you to help if something goes wrong.

Please do not overdo anything. If you are not ready to do this challenge, repeat the cold shower exercise of week 7.

1. Prepare a challenge. (fill up your bath tub with ice bricks)
2. Focus and do the breathing exercise for 30 seconds.
3. Go into the bath or outside water for 10 to 20 seconds

How was your 8th week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 9

In this week there are no breathing and push-up exercises in the video. But you can (and should) do this on your own. You can also do the daily exercises in the portal. You will find two videos under the section Daily Exercises. (One video of 4 minutes and one of 10 minutes)

For the this week, follow the instructions in the video.  
Please fill in your progress on the sheet below. Good luck, Feel good!

### Retention Progress week 9:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 9:

Please note your push-up scores below without breathing for the next week.  
(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### Cold exercise week 9: Brown Fat Activation

Please follow instructions of Wim in the video. Only do this exercise if you feel strong and followed all training days of the previous weeks. This exercise can be dangerous. So prepare well.  
Eat something before you start. Don't force anything. If you feeling dizzy, stop directly and try it the next day.

1. Sit relaxed. Breathe in and out slowly
2. Take your breath in hold it and put pressure on the spine and sholders.
3. Feel the warmth come up to your ears and release the breathing.

How was your 9th week, day by day?

Do you feel differences in your body, your mind or your energy?

Day	How did I feel after the exercises? What were my personal results?
1	
2	
3	
4	
5	
6	
7	



## WEEK 10

In this week there are no breathing and push-ups exercises in the video. But you can (and should) do this on your own. You can also do the daily exercises in the portal. You will find two videos under the section Daily Exercises. (One video of 4 minutes and one of 10 minutes)

For the this week, follow the instructions in the video.  
Please fill in your progress on the sheet below. Good luck, Feel good!

### Retention Progress week 10:

What was your longest retention time (seconds without air in the lungs)

Day	Round 1 (sec.)	Round 2 (sec.)	Round 3 (sec.)	Round 4 (sec.)
1				
2				
3				
4				
5				
6				
7				

### Push-up exercise week 10:

Please note your push-up scores below without breathing for the next week.  
(Again if you can not do a normal push-up, try it by sitting on your knees)

Day	push-ups
1	
2	
3	
4	
5	
6	
7	

### What is your challenge this week?

Find a challenge for yourself. Go swimming outside, go running in shorts, go outside and sit in the snow/cold. Take an ice bath etc etc. You have trained very hard to do this and I am sure you are ready. Now it is your challenge. Go for it!

Congratulations finishing this course. Feel free to leave comments of your results in the portal and share it with others.

From the heart,

Wim