



**Wim Hof Method**  
Extraordinary in everyone

**Workbook/Manual**  
**10-week course ©WHM**

## **Introduction:**

Thank you for joining the course and start with the Wim Hof Method.

This is your workbook. It will guide you through the 10-week course in which you will learn the complete Wim Hof Method. Please print it out and fill it out. This guidebook starts with your motivation for beginning this journey and settings goals. Then we start setting a baseline. This is our basecamp from which we climb the peak of awakening. Good luck, and above all, have fun!

## **How to start the course?:**

After you printed this workbook read it carefully. It al starts 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 video. Watch this video min. 5 days a week. If you are finished one week completely and feel did that week with full commitment than start the next. If you skipped a few days, no problem. Just repeat that week before you go to the next. For the best result start with week 1 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 to start your day with before you go to school or work.

## **How can I asked questions?**

You can leave your questions or comments below every video. This questions will be answered by me or other members of the portal.

## **How to use this workbook?:**

Read the instructions week by week and fil out your retention and push up scores. In the videos Wim will instruct you what to do that week. To reach your goal and get the feeling of getting results please also note down your sensations and personal comments. This is the only way to make progress.

## **How to track your results?:**

You can track your results using a timer or stopwatch (for the breathing exercises). And just count your pushup exercises and note them in this workbook. Listen to your body. If something feels not right, stop and restart the next day.

## **How do I prepare?**

Just start the program and sit down and relax. Use a blanket or yoga mat to sit down on. Relax take your stopwatch, your printed workbook, read the instructions and start the introduction video.

The yoga exercises are explained in a document. You can download this document and print it out. Go to the portal. You will find it the section Physical Exercises > Exercise Instruction Guide.

Than it is time to begin with your first lesson. Good luck. Now fill out the questions on the next page.

From the heart,

Wim

## **Commitment to achievement:**

Setting goals is integral to keep focus and motivation. You started this method with a purpose and it is essential to have this written down to keep you reminded of 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:**

Try to sit in a relaxed position or lie down. Hold your breath and measure it with a stopwatch. Write down the time without breathing.

Do as many pushups as you can, with proper form, and count them. Write it down.

Do you experience cold feet or hands?

How is your mindfulness during the day?

How is your sleep in general?

## WEEK 1

### Let 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 put “easy” in parentheses, 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). When the feeling telling you to breathe comes, it is because of the depletion of oxygen. At this point, you can 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 laced with boosts of energy. This provokes the electricity to go up the spine, reaching 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. After every cycle take a deep breath and hold it for another 10-15 seconds (if you want longer, it's not a problem at all).

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

Start video week 1.

### Retention Progress Week 1:

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   |                |                |                |                |

### How to do the yoga flex breathing exercise:

Start by sitting in the position Wim is explaining. Go to your stretch point. Breathe in. Then hold it for a few seconds. Feel the stretch. After that let go, breathe out and see if you go beyond your stretch limits you thought they were there. Repeat this a couple of times. Do not force anything, enjoy and relax.

### Cold shower exercise week 1: (See Video: Cold Immersion > Taking a Cold Shower)

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. Through certain exposures to the cold you can make your body stronger. You can start now by practicing this at home! For example, take a cold shower after a hot one. This 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. More importantly, this helps your body prevent future diseases.

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, 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 3 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 for up to 1-2 minutes. After every cycle take a deep breath and hold it for another 10-15 seconds (if you want longer, it's not a problem at all).

For the second week, please follow the instructions in the video (approximately 32 minutes). Good luck! Love from the heart

### 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   |                |                |                |                |

What is your score doing normal pushups 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 pushup exercise is too hard for you. You can do it by sitting on your knees and try to do some proper pushups.

**Please note your pushup scores below without breathing for the next week.**

| Day | Pushups |
|-----|---------|
| 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. Finish with a cold shower (30 seconds)

**How was your week, day by day? Do you feel differences in your body your mind, 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 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 for up to 1-2 minutes. After every cycle take a deep breath and hold it for another 10-15 seconds (if you want longer, it's not a problem at all).

#### 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 pushup scores below without breathing for the next week.**

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### **Cold shower exercise week 3:**

In week one and two we learned to adapt and began controlling the body with the mind. Next step we can make is how to control the mind and body using the power of visualization. Remember, never force anything; let your intuition guide you. Always listen to what your body is telling you. The next time you go to perform a cold exercise, like the cold shower, I would like you to visualize heat generating within your body, just before you enter. Hopefully, you will notice that it brings a sensation of warmth and control. With every breath, intensify this sensation and keep your mind focused on the heat. Don't let it stray away. We can do this with our mind by reconditioning our way of thinking.

It's important to focus on this sensation and not dwell on other matters. In time, this focus will come naturally to you. Once you can feel and control the heat, go into the cold water and control your breathing. Immerse with the power of the mind over the body. When you first get in, you may notice a gasping response. Try to control this, and then peacefully adapt to the water. Continue to keep your mind focused on that heat sensation. Stay in the cold water for as long as it feels comfortable. As soon as you feel any sort of pain or feel uneasiness, get out.

When you get out of the water, you will probably see steam coming off your body. This is a good thing and a nice result of a focused mind and proper visualization. Remember, never force. Eventually, when you feel comfortable enough, you can add the breathing exercises, explained in the first section, to your cold-water immersions. If you want to kick it up a notch, after you saturate with air and are able to hold your breath for a while, place your entire body underwater while holding your breath. I am able to easily do this up to 6.5 minutes everyday without any force whatsoever. Let your body guide your training and only do what you are comfortable with.

### **Cold shower and visualization exercise:**

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 3th week, day by day? Do you feel differences in your body your mind, 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 breathing and the fourth session with the pushups.  
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   |                |                |                |                |

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### Cold shower and visualization exercise:

Go for the 10 minute cold shower challenge this week. Do it once. 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 week, day by day? Do you feel differences in your body your mind, 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 breathing and the fourth session with the pushups.

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   |                |                |                |                |

### Please note your pushup scores below without breathing for the next week.

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### Cold shower and visualization exercise:

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

**How was your week, day by day? Do you feel differences in your body your mind, your energy?**

| Day | What did you noticed today? What were your sensations? |
|-----|--|
| 1   |  |
| 2   |  |
| 3   |  |
| 4   |  |
| 5   |  |
| 6   |  |
| 7   |  |

## WEEK 6

Start with 4 cycles of breathing and the fourth session with the pushups.

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   |                |                |                |                |

**Please note your pushup scores below without breathing for the next week.**

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### Cold shower and visualization exercise:

This week is different than other weeks. Please follow the instructions.

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 dissy, stop directly and try it the next day.

1. Start with a cold shower and breath in and out for 30 seconds
2. Breath in and hold your breath for 30 seconds.  
(Don't force anything. If you feeling dissy stop directly)
3. Start a warm shower and repeat the exercise.  
(breath in and out for 30 seconds and hold your breath for 30 seconds.
4. Repeat step 1 and 2.



**How was your week, day by day? Do you feel differences in your body your mind, your energy?**

| Day | What did you noticed today? What were your sensations? |
|-----|--|
| 1   |  |
| 2   |  |
| 3   |  |
| 4   |  |
| 5   |  |
| 6   |  |
| 7   |  |

## WEEK 7

Start with 4 cycles of breathing and the fourth session with the pushups.

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   |                |                |                |                |

**Please note your pushup scores below without breathing for the next week.**

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### Cold shower and visualization exercise:

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.

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 week, day by day? Do you feel differences in your body your mind, 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 pushups.

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   |                |                |                |                |

**Please note your pushup scores below without breathing for the next week.**

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### Cold shower and visualization exercise:

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 dissy, stop directly and try it the next day.

If you take an Icebath please make sure you always have someone around you to help if something goes wrong. Please do not overdo anything.

1. Prepare a challenge. (fill up your bathtube 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

If you don't able to do this challenge. Repeat the coldshower exercise of week 7.

**How was your week, day by day? Do you feel differences in your body your mind, 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 pushup exercises in the video. But you can do this by 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   |                |                |                |                |

### Please note your pushup scores below without breathing for the next week.

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

| Day | Pushups |
|-----|---------|
| 1   |         |
| 2   |         |
| 3   |         |
| 4   |         |
| 5   |         |
| 6   |         |
| 7   |         |

### Cold exercise: Brown Vet 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 dissy, stop directly and try it the next day.

1. Sit relaxed. Breath 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 week, day by day? Do you feel differences in your body your mind, your energy?**

| Day | How did you feel after the exercises? What were your personal results? |
|-----|--|
| 1   |  |
| 2   |  |
| 3   |  |
| 4   |  |
| 5   |  |
| 6   |  |
| 7   |  |

## WEEK 10

In this week there are no breathing and pushups exercises in the video. But you can do this by 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   |                |                |                |                |

### Please note your pushup scores below without breathing for the next week.

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

| Day | Pushups |
|-----|---------|
| 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 icebad 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