

Jocko's Workout Routine | Jocko Willink & Dr. Andrew Huberman

<https://silosolo.com/472384>

Summary

The speaker discusses their daily routine, which includes waking up early and working out. They share that the duration and specific activities of their workouts vary depending on the day and schedule. The speaker engages in a variety of exercises, such as weightlifting, cardio, running, sprinting, swinging kettlebells, and jiu jitsu. They emphasize the importance of tracking their training to monitor progress and make adjustments. Additionally, the speaker finds physical activity and exercise to be energizing and fascinating.

Silo sample questions

- What is the balance for you in terms of structure and lack of structure?
- How long does the speaker train for?
- What types of exercises does the speaker do?
- Does the speaker track their training?
- What is the speaker's perspective on energy and physical activity?

Topics

daily routine

types of exercises

tracking training

balance of structure and lack of structure

perspective on energy and physical activity

Key Takeaways

- The speaker's daily routine is structured in terms of waking up early and working out, but the specific activities and duration of the workouts vary depending on the day and schedule.
- The speaker's workouts can range from as short as 8 minutes to as long as 3 hours.
- The speaker engages in a variety of exercises including weightlifting, cardio, running, sprinting, swinging kettlebells, and jiu jitsu.
- Yes, the speaker keeps track of their workouts in detail to monitor progress and make adjustments.
- The speaker enjoys physical activity and believes it contributes to their overall energy levels. They view energy as an important aspect of life and are fascinated by it.

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