

Trippez Aim Wonders

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I also do paid 1 on 1 coaching, dm me if you're interested.

The procedure is usually like this:

We do an intro where I ask some questions, then I ask for certain vods, then I make a document with detailed notes.

On the day of the main session we do a 1 hour call (usually takes a bit longer) going over the vods and answering any questions you have.

After that I send you a custom playlist, which I showcase at the end of the session and you get the notes that include pretty much everything we

talked about in detail.

Discord: trippez

or find me on: [Trippez | Kovaaks Coaching and Lessons](#)

Introduction

Welcome to my Aim Wonders document!

Here you will find all my current and future official content.

The focus lies on playlists which I try to make unique while still focusing on being effective for improvement.

You will find tons of scenarios in my playlists that you most likely never played before.

The goal is to offer those who are serious about aim training a bunch of great playlists to choose between, so things don't get boring and also offering playlists that help you work on specific aim issues.

All playlists are suited for intermediate and advanced players.

Playlists

Mixed

Valorant Routine

Created in close cooperation with IsakS.
The main focus of this playlist is to be effective for Valorant, but it will also be beneficial for all Tac-FPS games as well as your overall mouse control.
Most of the scenarios used were made/adjusted by us.

[Document with detailed advice and explanations](#)

Share Code: KovaaKsHipfiringRedCrucible

Colosseum Aimbotz Humanoid	1
Window Flick -BladeStorm-	1
1wall2targets horizontal small	1
Trippez Consecutive Tracking Random	1
Sini Click	1
Valorant Trackstops More Realistic	1
Stopping Heads	1
Flip off Flick Random	1
Valobotz_Aim_90	1
Corner Flick Invincible	1
Auto Strafes Pokeball 1 Target	1
Target Acquisition Flick Horizontal Small OwO	1
BotPeekDie Slower	1
voxTS Static Click rAim	1
Through Hole Tracking Sideways Valorant	1
Revolving Tracking Extra Thin 45%	1
Head level horizontal peek reflex	1
Valorant Peek Static Robots	1
Valorant Peek Strafing Robots	1
StrafeClick	1
Valorant Realistic Strafing Robot	1
Valorant Realistic Micro Strafing	1

Gotta Go Fast

These playlists have the goal to increase your overall speed.

Tracking:

The first three Gotta Go Fast playlists are tracking ones with very fast and reactive bots.

These are sort of experimental and are not really recommended to play without also practicing good technique on easier bots.

If you can't stop yourself from predicting all the time, I advise you to play easier scenarios for now.

For those who are doing fine, these very fast targets should push yourself and ultimately make you more comfortable at lower speed/less reactive scenarios. Though, once again, don't forget to also get in a good amount of clean technique practice in or bad habits might develop.

Clicking:

These will help you improve your flick speed.

The second playlist only has pressure scenarios.

While the goal is to keep up with the pace of the scenario, it's fine if you get hit sometimes if the pace is too high for you, try to ignore those hits and keep up good technique instead of panicking.

TS:

Good scenarios to push your switching speed.

Push your speed, but don't forget to at least try to keep up good technique so the speed can actually be transferred well to more precise ts / in-game situations. Avoid shaky landings.

Gotta Go Fast: KovaaKsGriefingGearedController

Close Fast Strafes Sparky 50% Faster	2
joeys warmup 30% faster	2
VSFSI Raspberry 90%	2
FuglaaXYZ Voltaic No Blinks but the bot has taken a speed potic	2
Ground Plaza Voltaic 1 Invincible Always Dash Speed No Dash	2
Air UFO Hard Invincible	1
VSS GP9 +50% speed	1
VSFSI Raspberry v2 90%	2
FuglaaXYVert Extra Hard	1
MSS Insanity Raspberry	1
Midrange Fast Strafes Invincible Grandmaster	2
CFSRI Raspberry 85%	2
VSFSI Rasp UFO	2

Gotta Go Fast 2:

KovaaKsHeadshottingGhostpeekedAntidive

CFSEI Blink OW	2
fuglaaXYShortstrafesINSANE Fixed V2	2
FuglaaXYZ Voltaic More Blinks	2
CFSRI Raspberry 85%	2
MSS Raspberry v2	2
Close Fast Strafes Hard Invincible Extra Thin	2
Air Frantic RSII Raspberry 85%	2
Tili Vertical Smoothness v2	2
CFSI OW	2
CFSI Thin UFO 110%	2
UFO Fallen Hard	2
MFSI v3 Raspberry	2

Gotta Go Fast 3:

KovaaKsHipfiringGhostpeekedPopcorn

Air NUNS AIO Insane	2
Close Evasive Hard	2
Air NUNS AIO Insane Far	1
Flicker XYZ Long Dash	2
Flickerbot Raspberry	2
MFSI v3 Raspberry	2
Close Fast Strafes Hard Invincible Extra Thin	2
Midrange Short Strafes Invincible Raspberry 30s	2
Raspberry Reactive	2
Midrange Fast Strafes Invincible Raspberry v2 30s	2
Fallen Reactivity Air	2
VSS Close-Mid Long - 110%	2
VSS GP9 thin - 110%	2

Gotta Go Fast Clicking:

KovaaKsImpactingGoatedFragger

Speed Habits Easy	2
krak wide rows	3
ochTS v3 Click	2
beanClick 150% Speed	2
krak 180 speed static	2
voxTS Static Click rAim	2
Nineteen Micro Adjust Speed Clwzera	2
krak widewall clusters 60s	2
RawMouseControlReact1	2

RawMouseControlReact4	2
RawMouseControlClickingXYZ	2
krak valorant small	2
wide clusters medium	2

Gotta Go Fast Clicking 2:
KovaaKsJigglepeekingGodlikeCheater

1w1ts flick pressure	2
fuglaaPressure	2
ochPressure Volume Goated	2
1w2ts flick pressure	2
ochPressure v2	2
Pressure Aiming - 10 Targets Shortened	2
FuglaaPressure [Wide Wall]	2
insPressure2	2
1w1ts flick pressure extra	2
bil Pressure Wide	2
darkPressure	2
1w1ts flick pressure 25% faster	2
speedPressure Raspberry	3

Gotta Go Fast TS: KovaaKsJumpingGodlikeXur

Static Switching Pure	2
voxTS Viscose Varied	2
kinTS V2 Static	2
ochTS v3	2
beanTS	2
RaspberryTS Better	2
KinTS Voltaic Speed Prac Static Easy	2
voxTS 90	2
SPEED SWITCHING CEOG	2
krak 180 static ts speed	2
Bounce 180 Speed Training (Fast Switch)	3
KinTS Voltaic Speed Prac Static	2
crispTS - @wa11p1per	2

Gotta Go Fast TS 2:
KovaaKsKillstreakingGoldenochreOfftank

Steady Brake Easy	2
KVA Switching Speed	2
wasuTS Small	2
voxTS Voltaic Viscose beta stolen by fallen but weird map HELP	2
voxTS Viscose Varied 30s	3
devTS Speed	2
patTS Voltaic 90 v2	2
patTS Voltaic Daan Beta 2	2
krak sphere ts static	2
krak ts	2
KinTS Voltaic Speed Prac Static	2
krak torus ts static	2
krak high verticality ts	2

Bouncing Overlords

Massive collection of scenarios with bouncing targets.

Includes clicking, tracking and multi click scenarios.

The big variety of scenarios will help you build a more complete skill dealing with predictable targets in-game, this includes them falling, bouncing, jumping or moving in predictable routes like on a zipline.

Use the “randomize all” option in the playlists settings.

Share Code: KovaaKsChallengingWeeklyArmor



- B180T Voltaic Easy
- B180T Voltaic 30% Smaller
- B180T Inverted
- B180 Voltaic
- fuglaab180t
- B180 Voltaic Extra Small
- B180 Varied
- B180 Voltaic 30% Smaller 2Shot
- B180 Glassed Raspberry

B180 Voltaic Small v2
Bounce CT Dodge Park no Movement
B180 Voltaic Barriers
B180T Small smooth
Vertical Hell
B180TI Inverted
B180T Smooth Low TTK
Reflex Arc Click
B180T Inverted

Leap 180 Reload
Fountain Track Small
Leap 180 Master
Clay Pigeon Shooting
B180T Mixed
Leap 180 Tracking Small Invincible
Multiple Bounces
Leap 180 Reload small
Leapcorn TI

B180 Inverted
Bounce 180 Tracking Invincible Always Bounce
Bounce 180 Low Ground
Bounce 180 High Ground
L180TI Sparky
Bounce 180 High Ground Tracking Invincible
Bounce 180 3-Click v2
B180V Glassed 20%S Raspberry
BounceTS 30% Smaller

L180TI Small Sparky
Bounce Tili
Spherical Centering bounce 600
Spherical Centering bounce 300
B180T Tili
B180TI Tili
B180T Spooky Tili
Bounce 180 Sparky
Bounce 180 Small

Bounce 180 Speed Training (Fast Switch)
Bounce 180 High Ground Tracking Invincible
fuglaaBounce180
Bounce 180 Tracking Small High Ground
Bounce 180 Three layers
BounceClickSphere
Bounce 180 Fast
Bounce 180 Tracking Faster
BounceTS Far

Bounce 180 Low Ground Tracking Invincible
BounceTS
BounceTS Far 30% Smaller
fuglaabounce180t
B180 rAim Easy
B180T Voltaic Regen
B180 Voltaic 30% Smaller
B180TI Goated Small
B180T Ultimate

aimerz+ B180TC Normal
aimerz+ B180TC Hard
B180 Voltaic Revolving
B180 Voltaic Easy Barriers
B180TI Extra Small Remastered
B180 Voltaic Intermediate Barriers
B180 Voltaic Small v2
fuglaab180t Extra Small
B180T Voltaic Speed Small

B180 Voltaic Barriers
B180T Voltaic Speed
B180T High P+ Easy
B180 High P+ Easy
leapTS Click
Bounce Clicking 30% Smaller
LeapTS
B180T Revolving Easy
B180T Voltaic Speed Large

B180 Voltaic Far
pM B180T Easy
pM B180T Med
B180TI HS
B180T Revolving
B180TI Voltaic Far
B180 HS
B180 Voltaic High P+
B180 Voltaic High Triple Click P+

B180T Voltaic Height Gauntlet Small
B180T HS
B180T Voltaic High
B180T Pure small
B180T Voltaic Height Gauntlet Small 200% HP
hopTS Invincible GOATED Raspberry
hopTS Raspberry GOATED 125% HP +1 Bot
hopTS Click Raspberry
hopTS Raspberry

VT bounceTS Advanced Regen 20% Smaller 130% HP
hopTS Raspberry 125% HP
aimerz+ B180C Normal
aimerz+ B180C Hard
VT Bounceshot Barriers Easy
VT Bounceshot Advanced
VT Bounceshot Intermediate
VT Bounceshot Novice
VT Bounceshot Barriers

VT Bounceshot Intermediate 3-Click
VT Bounceshot Barriers Hard LG56
BC120TI pAim
hopTI Goated
B120T pAim
BC120 pAim
PGTI pAim
PGTI pAim Easy
aimerz+ PTI Hard

aimerz+ PTI Normal
B180T Voltaic High P+
B180 High Triple Click P+ Easy
Popcorn Voltaic High Easy
Popcorn Voltaic Easy No Reload
Popcorn rAim Easy
BounceSphere Gauntlet
tamTargetSwitch Popcorn
PopcornTS Raspberry

Popcorn Gauntlet V2 Raspberry
Popcorn Zalatoray
Leap 180 Reload Small Curved

So Stressed Out

Fun short playlist meant to make you more used to aiming in high stress situations. Try to not tense up too much and learn to stay calm despite getting challenged. This is experimental but it could theoretically help with performing well in clutch situations in-game.

Share Code:

KovaaKsCapturingSpringgreenBottomfrag

Colosseum Thin	3
Krunker Bunny Peek	2
Mike's Igc3 Extreme	3
Krunker Bunny Combat	2
Invasion Target Switching Dodge	3
darkPressure	2

Track but Click

Experimental playlists I made a long time ago.

The idea here is that having to click while tracking will help with becoming better at adjusting back onto the target in a clean motion as having to confirm that you are really on target and then click is a more conscious effort than just having to hold a button and move your mouse.

Also it's good practice for semi-automatic weapons in games.

Track but Click:

KovaaKsCheatingMahoganyExitfragger

StrafeClick Easy	2
MLSI Headshot Click OW	2
Narrow Strafe Clicking	2
Midrange Fast Strafes Invincible Headshot Jump Click	2
StrafeClick	2
Popcorn Goated Tracking Invincible Click	2
Apex MLSI Headshot Click	2
VSS CML Track and Click	2
[N] CLS Click Robots	2
Auto Balanced Bunny Dodge Click	2
MLSI HS Click OW	2

Track but Click 2: KovaaKsFlashingPeachMap

Air Angelic 4 Click	2
VSS GPAIO Click	2
FuglaaXYZ Reactive Click	2
Vavoryd's diver click	2
VSS GPAIO Thin Click	2
Air Angelic Invincible 2 Click	2
Zykoma Gliders HC INV	2
Air Click Low TTK 20% Smaller	2
Overhead Incline Click Hard	2
Aim Gods rAim	2
Smoothbot Invincible Goated Clicking	2

Tracking

Smooth Reactivity

These tracking playlists combine smoothness with reactivity.

The reactivity of the scenarios varies and your goal should be to keep up as much of the smoothness you have on easier to read (less reactive) scenarios while playing the harder to read ones.

Make sure to not tense up too much and smoothly get back onto the target once you drop off of it, never

flick.

Smooth Reactivity: KovaaKsQuestingSepiaProjectile

xyz smooth insane v2	2
Paki Aim Invincible	2
Frantic Dot	2
Tili Vertical Smoothness v2	2
VT rA PureG pA vF CISA CIAS Yuki aim CA - Various Angle	2
VT rA PureG pA vF CISA CIAS Yuki aim CA - Various Angle ADHD	2
WPV Vertsphere	2
Pasu TI XYZ	2
psalmTS small track v2	2
Air Frantic Raspberry	2
Pasu Track Kid ADHD v2	2
raspStrafes 360	2
Vert Smoothing Small Diagonal	2
fuglaaXYShortstrafesINSANE Fixed V2	2

Smooth Reactivity 2: KovaaKsBombingPeriwinkleQuest

VSS Smooth Thin Strafes	2
MFSI Precision	2
Valorant Reactive Strafes	2
Kindaclose Long Strafes Needle Thin	2
WPV Semi-Reactive Strafes	2
odb MFSI Thin	2
Thin Aiming Short Invincible	2
Smooth Thin Strafes Raspberry	2
MFSI rAim - Thin	2

Smooth Thin Strafes Grandmaster	2
VSFSI Raspberry 75%	2
Stelos v2	2
Thinbot Plaza Raspberry Invincible v2	2

Smooth Reactivity 3: KovaaKsFeedingVioletXur

Controlsphere OW	2
Smooth ReactSphere	2
Bowl Smoothness Small - @wa11p1per	2
Smoothtrack Reactive	2
Controlsphere weaker UFO	2
TiliSphere	2
MicroTrackSphere	2
Lilith Control	2
Weefall	2

RaspberryXYZ Invincible V2	2
GarFRawControl	2
Psalm Control Lilith	2
raspStrafes 360 v2 80%	2

Smooth Reactivity 4: KovaaKsTeleportingMiniEngine

Whisphere	2
SmoothDot Horizontalish (Hard)	2
wa11p1per's Smoothbot	2
Smooth Thin Strafes Raspberry Thin	2
Whisphere Small & Slow	2
Smoothbot Raspberry V3	2
PreciseSphere	2
Prediction Cancelling - Far I	2
Air Angelic Lilith	2
Smoothtrack	2
PreciseSphere Fast	2
Psevsphere	2
LilithXYZ	2

Stop and Go

The bots in this playlist stop moving as part of their dodge patterns, which makes it more important for you to not predict and react to the bot movement after actually reading it.

Share Code: KovaaKsJumpingLightvenetianredBrush

TrackStop Easy	1
Valorant Trackstops	1
TrackStop	1
kindaclose long stop strafes hard	1
Trackstop Intermediate Close	1
Smooth Thin Strafes Always Stops	1
Trackstop Intermediate	1
Kindaclose long stop strafes	1
TrackStop Fixed	1
Trackstop Master	2
Smooth Extra Thin Strafes Stops	2
Trackstop Grandmaster	2
Smooth Thin Strafes Stops	2
cfsi but it stops randomly	1
Trackstop Grandmaster Close	2

Clicking

Peak Peeking Practice

I made this playlist quite a long time ago and nowadays I would probably just recommend to focus on practicing peeking / reacting to peeks in an actual game, though this would have the downside that these situations aren't that easy to get a lot of repetitions on outside of aim trainers.

While it's not perfect I still think that this playlist will

definitely help you improve at reacting to peeking targets, improve your click timing and to move out of cover and adjust onto a target.

Share Code: KovaaKsRaiding360Camp

Pole Peeker	2
Corner Peeking	1
Stopping Heads	2
Peek Training (with player model)	2
Eclipse Flick	3
Peek Clicking	2
Window Flick -BladeStorm-	2
Peek and Click	2
cscross	3
Hide & Click	2
Corner Flick	3
Valorant peek operator	2

Target Switching

Smooth Regen

The first Smooth Regen playlist was also my first official playlist. I talked with two great aimers about aiming things and we came to the conclusion that a playlist with regenerating targets would be great but didn't exist yet.

So I made one and now many more unique playlists have followed.

The bots in this playlist regenerate their health and by that they force you to use good technique and avoid shakiness. As these are target switching scenarios you will also improve on smooth landings (there are two tracking scenarios in the original playlist).

Smooth Regen:

KovaaKsDashingAlmightyCounterstrafe

tamTargetSwitch Smooth Hard	2
Controlsphere TS regen	2
Smoothbot TS Voltaic Regen Hasin 20% Smaller	2
devTS Goated NR Small Regen	2
tamTS Varied	2
Pasu Voltaic TS Small Regen	2
tamTargetSwitch Control Hard	2
Smoothbot TS Voltaic Regen Hasin	2
tamTargetSwitch Smooth Hard faster	2
Smoothbot TS Regen II	2
tamTargetSwitch Smooth Hard Smaller	2
VoxTS Voltaic mini regen	2
Thin Control Raspberry	2
Trippez Popcorn Smooth Track regen	2

Smooth Regen 2: KovaaKsJumpingCopperClient

[Short vod of me playing all scenarios](#)

Pasu Switch Wide Regen	2
VT bounceTS Advanced Regen 20% Smaller 130% HP	2
canTS LG56	2
Trippez Consecutive Tracking	2
tamTS smooth Lapu4 15% small	2
VT psalmTS Advanced Regen 30% smaller	2
tamTargetSwitch Control Small	2
VT evaTS Advanced Regen 30% Smaller	2
180 regen warzone harder	2
Star Tracking Regen - @wa11p1per	2
VT SkyTS Advanced Smooth HARD LG56	2
Smoothbot TS Tili Regen	2
GarfMicroTS 20% Larger 15% Slower	2
tamTS control Lapu4 180	2

Smooth Regen 3: KovaaKsFlashingGoatedXur

[Short vod of me playing all scenarios](#)

Auto Strafes Pokeball 2 Target Wide	3
Pole Switching 360 Long Strafes Regen	3
Wide Strafe Humanoid Trippez	3
Trippez Smooth Switching Regen	3
bemeTS Regen V2	3
Trippez Auto Strafes Switching	3
Leap 180 Tracking Trippez	3
Trippez PsalmTS Regen	3
Bowl Smoothness Switching HARD 200% HP Regen V2	3

Evasive Switching

This type of target switching is great as it forces you to vary your speed and transition from a flick into tracking well.

These types of scenarios are probably the most frequent type of aiming in actual games, so practicing them should make it easier to translate your aim properly in-game. And as a bonus they are also fun to play (in my opinion).

Evasive Switching:

KovaaKsCapturingCharcoalgrayClip

TrgSwitch Harder	2
canTS Hard	2
B180T Spooky Tili	2
TiliTS Reactive	2
PsalmTS Tili Small	2
B180T Mixed	2
KinTS Tili	2
FuglaaXYZ TS	2
raspTS	2
tamTS smooth Lapu4 15% small	2
KVA Switching Small	2
cisA pressure switching small	2
ToonsTS rAim	2

Evasive Switching 2: KovaaKsDinkingClearedClutch

3D Switching	2
spaTS pAim	2
Smoothbot TS Tili	2
B180T Tili	2
kints pure 30s	3
CowserTS Evasive	2
Paki Aim Angelic	2
ochTS Evasive	2
fuglaab180t	2

Jump Punish TS Head	2
PopcornTS Raspberry	2
tamTS control Lapu4 180	2
fuglaabounce180t	2

Evasive Switching 3: KovaaKsDodgingClippyAfk

wifeTS (wifeswitch)	2
funscenario	2
Skeet Tracking Goated	2
Reactive Switching v2	2
Axis Tracking Extended 30s	3
apa3's Bounce House	2
Flexibility Trainer No Reload	2
Vertical Switching Sparky	2
Controlsphere TS VT Small	2
Vertical Heaven	2
Tarzaning 360 Switching	2
Zeeq's Bounce TargetSwitch V2	2
JTS Tracking - @wa11p1per	2

Evasive Switching 4:
KovaaKsCheatingHorizontalCapture

CowboyTS	2
Wide Strafe Humanoid no acc 125% HP	2
Fountain Track Small	2
Vertical Switching small Ig	2
hopTS Raspberry 125% HP	2
Bowl Smoothness Switching HARD 200% HP - @wa11p1per	2
SmoothsphereTS Precision	2
SmoothPipeTS WPR	2
Far Skeet Tracking	2
Lap360TS	2
Bounce Capsule 50% SLOW	2
Air Switch pAim Hard	2
ShakyTS Tracking HARD - @wa11p1per	2

360 Comfort

This playlist works on the underlooked and underdeveloped skill of very large angle target switching and big hand mouse movements in general. You will also become better at off-screen flicks and aiming in weird angles.

I very much recommend using high FOV for the target switching scenarios so you don't always have to guess where your next target is.

Push your speed, but try to stay relaxed. Practicing with too much tension will make it difficult

and inconsistent to reproduce those flicks in-game as they won't feel smooth and effortless.

This playlist is pretty intense, so take a few small breaks.

Share Code: KovaaKsDinkingScaredBrush

Arm Turning Training 60s FIXED	2
Tile Frenzy 360 Strafing 400Prct Track	2
Target Switching 360 Static	2
Air Target Switching 360	2
Tarzaning 360 Switching	2
KinTs 360 NR Varied	2
Pole Switching 360 Easy	2
Pole Switching 360	2
Arm Turning Training Thin V2 60s	2
Tile Frenzy 360 Strafing 400Prct Track Small	2
Sharpbot Raspberry	2
Target Switching 360 Static Thin	2
CowserTS speed	2
Lava Bounce House	2
6wall14targets_Pokeball	2
krak sphere ts static	2

Precision TS

While most target switching playlists have the focus to help the player build up higher flick speed, this instead focuses on improving the precision of your flicks.

Playing this playlist with good technique will help you improve your flick stability, micro-corrections and smooth tracking after a flick.

Share Code: KovaaKsFlankingCobaltChopper

[Short vod of me playing all scenarios](#)

Amare beanTS	4
ShakyTS Far - @wa11p1per	3
SmoothsphereTS Precision	3
Far Skeet Tracking	3
1w2ts Pasu Track Far	4
Amare Floating Heads TS	4
CircleTS	3
Trippez Slide Targets Thinner	3
WPV starkTS	3
1w2ts Pasu Perfected Regen TS 30% Smaller	3
VT SkyTS Advanced Smooth HARD LG56	3
Skeet Tracking Goated Small	3

Health

This is a small collection of my favourite health related content on youtube. While I personally trust the content I linked below, I'm not a health expert in any way, so make sure you contact a professional, if you are unsure if, for example, some exercises are safe for you.

Click on the + symbol after the links to read my comment on the video.

Austin Goh

The goat of videos that seem like they have to be clickbait, but actually help the way they are advertised. Whether it's improving your appearance by fixing your posture or slimming down your face or fixing some health issues.

Some of my favourites:

▶ How to fix bad posture naturally with no equipment! - Get the perfect pos...

[+](#)¹

▶ How to get rid of the dark circles under your eyes naturally - do it 2 times...

[+](#)² ▶ How To Instantly Improve Your Blood Flow & Circulation [+](#)³

<https://www.youtube.com/watch?v=mtSPf9QIbEc> (Burn Face Fat) [+](#)⁴

▶ How to naturally reshape your jawline in 3 minutes a day [+](#)⁵

▶ How To Strengthen Your Wrists [+](#)⁶

▶ This is the Secret To Having Perfect Blood Flow & Circulation [+](#)⁷

▶ The 8 Most Effective Techniques for Anxiety Brain Fog [+](#)⁸

▶ How to Fix Carpal Tunnel in Both Hands Naturally [+](#)⁹

The Bioneer

Awesome channel that has unique and interesting content and focuses mainly on fitness but has tons of other great videos. The focus here is on functional training, that means that the exercises shown in the fitness videos aren't focusing on pushing your numbers up in the fitness studio, but instead make you feel good in all aspects of movement and strength.

Some of my favourites:

- [▶ The Power of Horse Stance - 5 Minutes a Week Can Change How You ...](#)
- [±¹⁰ ▶ Why You NEED to Add Shadow Boxing to Your Functional Training \(F...](#)
- [±¹¹ ▶ Hollow Body - The Most IMPORTANT Ab Exercise You're Not Doing! \(Fe...](#)
- [±¹² ▶ Glute Bridges Fix Your Glutes, Back, & Posture! ±¹³](#)
- [▶ How to QUICKLY Improve Mobility \(No More PAINFUL Holds!\) ±¹⁴](#)
- [▶ Everyone Should Squat: Why Daily Squats Make You Feel Younger & M...](#)
- [±¹⁵ ▶ Achieve Your Final Form: The Road to Peak Performance ±¹⁶](#)
- [▶ Boost Your Brain's Processing POWER - Working Memory Training ±¹⁷](#)

[Brain Education TV](#)

This channel has awesome mental health/wellness videos that often show unique techniques from Brain Education, which apparently is “an academic study from South Korea that stems from over 40 years of research and application and has been practiced by millions around the world”. I randomly discovered this channel and I found many videos to very effectively calm me down and help me relax, no matter if it's because I'm stressed and want to be able to focus properly again or if my thoughts won't let me fall asleep easily.

Some of my favourites:

- [▶ Brain Respiration | 10 Minute Daily Routines ±¹⁸](#)
- [▶ Brain Wave Vibration | 10 Minute Daily Routines ±¹⁹](#)
- [▶ BRAIN TAPPING for Headaches, Migraines, Brain Fog | 10 Minute Daily...](#)
- [±²⁰ ▶ EYEBALL STRETCHING for Eye Fatigue | 10 Minute Daily Routines ±](#)
- [²¹ ▶ FINGER JOINTS Exercises | 10 Minute Daily Routines ±²²](#)
- [▶ FACE EXERCISES for Rejuvenation | 10 Minute Daily Routines ±²³](#)
- [▶ CHAKRA OPENING with Tapping | 10 Minute Daily Routines ±²⁴](#)
- [▶ MIND BODY CONNECTION | 10 Minute Daily Routines ±²⁵](#)

[HealthyGamerGG](#)

Most of you probably heard about HealthyGamerGG and Dr. K, but for those who haven't yet, this is a big recommendation if you are interested in psychology and mental health. There is a wide variety of topics covered, so you will most likely find what you are looking for, if you have a specific topic in mind. Dr. K does a great job at explaining things in a way that is easy to understand while also being relatable.

What one finds interesting in this channel varies from person to person very much, so I won't be recommending anything in particular. Just look around and see if you find a video interesting.

You will find videos focused on certain topics but also interviews with viewers and streamers, that usually cover many topics.

[FitnessFAQs](#)

In this channel you will find tons of very good videos about calisthenics. The physiotherapist who makes the videos is great at explaining things clearly and the information given is top-tier.

Some of my favourites:

- [▶ The WORST Calisthenics Mistakes Everyone Makes](#) [±](#) ²⁶
- [▶ Bulletproof Wrists | Decrease Pain & Increase Strength](#) [±](#) ²⁷
- [▶ Master The Dip - \(BEGINNER TUTORIAL\)](#) [±](#) ²⁸
- [▶ Strong Lower Back Workout - NO Equipment](#) [±](#) ²⁹

[Ido Portal](#)

Fitness channel focused on training your body by doing “primal motions” instead of lifting weights or more standard calisthenics
Sadly there isn't much content that shows easy to follow along exercises, but the ones I linked below are unique and feel great, so I still put them in this list.

- [▶ Basic Spinal Wave](#) [±](#) ³⁰
- [▶ The Diagonal Stretch](#) [±](#) ³¹
- [▶ Ido's Squat Routine 2.0](#) [±](#) ³²
- [▶ Scapula Mobilization Routine](#) [±](#) ³³

Additional Videos:

[Upright Health](#)

- ▶ [Tight Hamstrings - Why Static Stretching Doesn't Work \(and What Does\)](#)
- ▶ [How to Sit On Your Heels - Seiza for Everyone](#)

[SELF](#)

- ▶ [5-Minute Guided Meditation: Morning Energy | SELF](#)

[motivationaldoc](#)

- ▶ [Hand Acupressure Points Before Bed Gets You to Sleep Fast & Deeply | ...](#)
- ▶ [Do This 1 Minute Every Morning & Feel the Difference | Dr. Mandell](#)
- ▶ [PRESS NOW FOR INSTANT ENERGY - Dr Alan Mandell, DC](#)

[Cat Lady Fitness](#)

- ▶ [Get over your FEAR OF NEEDLES by doing this! - Stress Relief / EFT / ...](#)

[Dr Levi Harrison](#)

- ▶ [Hand & Wrist Exercises For Gamers!](#)
- ▶ [Hand & Wrist Exercises For Gamers - PART 2!](#)
- ▶ [Hand, Wrist & Forearm Strengthening Exercises](#)

[ATHLEAN-X](#)

- ▶ [How to Run \(SAFER, FASTER, WITHOUT PAIN!\)](#)
- ▶ [PUSHUPS - Perfect Form Every Single Time!!](#)
- ▶ [You CAN Increase Your Pushups \(JUST DO THIS!\)](#)
- ▶ [The "22 Day" Ab Workout \(NO REST!\)](#)

My comments:

¹ You might be able to feel and even see a difference after the first time, but make sure to keep going for at least a week 1 or 2 times a day. The results lasted a long time for me, but you also have to make sure to fix the causes so the bad posture does not come back.

² Make sure to wash your hands beforehand and also you might also want to use some moisturizing cream around your eyes before you start, but washing hands is more important. Try doing the exercises 1-2 times a day for 1-3 weeks. When I followed the video for the first time back in the days, the results came fast, but everyone is different, so don't give up.

³ If you sit around a lot, your blood flow is most likely not the best. Follow this video to increase your circulation by a lot. It's honestly pretty exhausting, but it's worth it. Doing it in the morning can also help you wake up.

⁴ Face fat can be really stubborn, even if you reduce your overall weight. Following this video 1-2 times a day for 2-3 will most likely give you visible results. For me the most noticeable changes happened in the first few days, as it is also the case for most people. Though if you keep going you can get even better results over time.

⁵ You might think that having a good jawline is just about having good birth RNG. But if you aren't happy with your jawline, I have good news for you. You can actually visibly change your jawline with the right exercises. Austin Goh also has exercises against double chin if you struggle with that. If you're looking for even more exercises that go in this direction, google "mewing".

Also if you are a mouth breather, learn to breathe through your nose, it will help not only your appearance but also your health.

⁶ Quick and simple wrist exercises that can help your wrists to feel better and also prevent injuries.

⁷ 1 minute video about how to improve your blood flow easily.

⁸ Very simple yet effective solution. If you have brain fog and it's difficult for you to think clearly, then this video is perfect for you. It will help you think clearer and calm you down.

⁹ I used to struggle with Carpal Tunnel symptoms myself. While I fixed my wrists with exercises from Dr Levi Harrison (listed under additional videos), the exercises shown in this video are also great. Do them regularly and your wrists will feel better over time.

[go back to Austin Goh](#)

¹⁰ The horse stance can be really difficult at first, but it's a very useful exercise. It strengthens your glutes, hamstrings, quads, core, tendons and more. It's also a great practice for your willpower as you will find that the point of when you really want to give up holding the stance and the point of when you actually can't keep going aren't the same.

There are various versions of the horse stance with slightly different benefits. Make sure that you perform the stance properly and don't practice with bad form, just so you can feel better about being able to hold for longer.

¹¹ Shadow boxing is a fun and effective form of working out. It helps with things like strength, endurance, flexibility, balance and coordination. When you do shadow boxing with good form and intensity it will really help you feel more athletic and teach you some basics of boxing as well. If done properly, it will also help improve your focus and impact your mental positively in general.

¹² The hollow body exercise not only trains the more visible muscles but also your deepest abdominal muscles. This tightens the whole area which improves your appearance, while also giving you more stability and strength for all kinds of workouts.

¹³ Simple yet effective exercise that helps counter the negative effects sitting has on your body. Not only will you feel better but your posture will also improve.

¹⁴ Great video on the topic of mobility exercises. Multiple exercises are shown with very good explanations that help you understand the whole topic better.

¹⁵ In this video you can learn a lot about why squatting is great for you. You will also learn how to do them safely, how often you should do them and more.

¹⁶ Very cool video about how you can improve and reach a high level at whatever you want to improve at. The visuals are nice and the advice given is something I think everyone should hear and think about.

¹⁷ Awesome video on the topic of brain training.

[go back to The Bioneer](#)

¹⁸ Very effective breathing technique to clear your mind. Once you learn how to do it properly, you can use it anytime you want to calm down and relax.

¹⁹ This technique is simple, unique and awesome. Here you need to be active with your body, while also calming down. While I 100% recommend it to everybody, it's especially nice for people who struggle to just sit down and not move their body during meditation.

²⁰ Great video about a tapping technique that helps you clear your mind and help your brain feel lighter.

²¹ If you look at a monitor a lot, your eyes get tired. This video will help you relax them and make them feel better in general.

²² If you feel like your hands are stiff and don't feel good, then the exercises shown in the video are perfect for you. They will help loosen up tension in your joints and promote circulation in your hands.

²³ I feel like many people have stiff face muscles without even realizing it. This video will help your face to feel loose and refreshed. Personally it also makes me feel more awake.

²⁴ The idea of opening up chakras, made me skeptical at first. But after trying it, I recommend it 100%. Try it out for yourself and see how you feel afterwards.

²⁵ If your mind often wanders and you struggle to focus your thoughts for an extended amount of time, then this video will help you. You might feel an improvement directly after doing the practice once, but to have lasting effects, you need to be consistent and develop this focus over time.

[go back to Brain Education TV](#)

²⁶ This video shows some of the worst mistake you can make when doing calisthenics, while showing how to approach things correctly. Short, but full of useful information.

²⁷ Nicely explained and effective wrist workout. Since most (or all) people reading this are gamers, this is especially good for you, so you can decrease the risk of getting a wrist injury from gaming.

²⁸ To follow this video you need a dip bar. If you have one you can use, or think about getting one that you can use at home, this is a great video to learn how to use it properly for good results and minimal risk of injury. I personally work out at home and bought dip bars mid 2022 and found it to be a great investment as the workout was more fun for me compared to no equipment workout.

²⁹ The lower back often gets overlooked when working out, but strengthening it is important to avoid pain and health problems. This video shows great exercises that are effective without needing any equipment, which means that you have no excuse to not work out your lower back.

[go back to FitnessFAQs](#)

³⁰ It might take you some time to learn how to properly do this motion, but it's my favourite mobility exercise. It will make your whole back feel better, if you put in some time into this while maintaining a good form.

³¹ At first I was struggling a bit with balance while doing the stretch, but it's worth to learn how to do it as the stretch itself feels great and is according to Ido "one of the most 'bang for one's buck' movement tools"

³² Awesome stretch workout while being in a squat. If you are unable to squat properly, don't force it as you risk injuries by doing that. If you struggle but you want to learn how to properly squat, you should check out the videos about the squat, made by Upright Health, who is linked under additional videos

³³ Short and useful videos about how to use bands to rehab your shoulders or to keep them healthy. The motions are easy to remember and effective.

[go back to Ido Portal](#)

Enjoy! :)