



Daily Fundamentals

by M1dnightWerewolf

(twitter.com/M1dnghtWerewolf)

This is the fundamental routine that was created to help you find more stability in your in-game performance. By adding a regular load to the cognitive and physical side on a regular basis, you keep your body in good shape, increasing your daily stamina, fixing your posture, improving concentration & cognition.

Keep in mind that a stable and healthy sleep is not less important than physical activities, so start this program by fixing your day schedule and [stabilizing your circadian rhythms](#).

Morning

Routine starts here, right after you wake up. First thing you do is a self-care morning routine, a cup of lemon water (perfect morning tonic imo). At this point we are ready to begin with warm up.

Most important part is to nicely stretch your body and have a good warmup without spending a lot of your energy on this process. This routine will shift your organism in tonus, provide an energy boost for a whole day and increase your overall feeling. Also, doing these exercises on a regular basis stabilizes your mentality, fixes bad posture and makes your body more supple to the load.

Exercises

Don't go really hard with it, the main point is to have a well-worked stretch and nice, tight warmup. So I do recommend doing Step 1 + Step 2. We get what we need, plus it's not so energy consuming.

- [Step 1] Full body stretch:

 [15 Minute Beginner Stretch Flexibility Routine! \(FOLLOW ALON...](#)



- [Step 2] Morning bodyweight workout, the point of training is to warm up nicely, not overtrain.

[▶ \[Level 1\] 10 Minute Bodyweight Workout for Starters](#)

- [Step 3, optionally] Dumbbell workout. If you want to go further and bodyweight workout isn't enough.

[▶ Home Workout For Beginners | Dumbbells Only](#)

Have breakfast 15 min - 2 hrs after you're done.

Nutrition

Here's some basic nutrition hacks to boost your cognition, stamina, stability and cognitive performance. Also there's a couple of natural caffeine sources that can replace energy drinks and coffee on a daily basis.

Caffeine

Caffeine is a natural stimulant that belongs to a class of compounds called xanthines. It is found in various plants, most notably in coffee beans, tea leaves, cacao beans (chocolate), and kola nuts. It acts as a central nervous system stimulant, meaning it increases alertness and reduces the feeling of fatigue.

The negative impact of coffee varies across individuals. Low to moderate doses of caffeine (50-300 mg) may cause increased alertness, energy, and ability to concentrate, while higher doses may have negative effects such as anxiety, restlessness, insomnia, and increased heart rate.

Also, having a high dose of caffeine on a daily basis can speed up caffeine tolerance. The stimulating effects of caffeine become less noticeable after an amount of time because the body becomes less responsive to the effects. You may drink more coffee to cover your tolerance and have at least the same effect that you had previously.

So I do not recommend drinking a lot of coffee and energy drinks to prevent negative effects on your organism as the result of growing caffeine tolerance.



Way more healthy way is to add a cup of green tea to your usual breakfast, or start drinking it instead of coffee. Green tea has a decent amount of caffeine (16,28 mg/g), L-theanine (6.56 mg/g), GABA and a lot of positive elements that improves your concentration and positively affects your cognitive ability. Also it helps to reduce negative effects from coffee and smoking.

Resources:

[Effect of green tea on phytochemicals on mood and cognition](#)

[Green tea effects on cognition, mood and human brain function: A systematic review](#)

I do not recommend mixing green tea with coffee in a liquid form. Get a drink of your choice and add L-theanine pills.

Dark chocolate

Dark chocolate is a pretty nice working concentration booster. There's a pretty large amount of caffeine and potassium in it. Also It increases gamma waves across multiple areas of the brain, so it causes a pretty significant impact.

Usually eating it when I need a huge concentration buff, pushes my cognitive performance to the limit. I take 20-50g of 74% dark chocolate (21-54 mg of Caffeine, 172-430 mg of Theobromine) to increase my concentration. Also I constantly have a boost in VRT after eating a nice chunk of dark chocolate. For me, it can replace a cup of coffee in some situations.

Resources:

[How much Caffeine is in chocolate and why it feels different compared to coffee](#)

Nuts

Nuts permanently took its place on my desk. I eat nuts very often, especially when I have a massive cognitive load. When I get mentally tired, mid-game or after a session, nuts help me quickly feed up my brain. Also it's pretty tasty.



By eating nuts I'm keeping my cognition on the level and won't let this short-time instability affect my overall gaming performance.

Most frequently I'm choosing **walnuts**, these are my favorite. It has a high proportion of fat (DHA Omega-3 fatty acids), also it's pretty nutritious and provides a lot of energy to my brain.

Resources:

[Nut consumption for vascular health and cognitive function](#) [Published online by Cambridge University Press]

[Nut Consumption for Cognitive Performance: A Systematic Review](#)



Water

Water is the most important component when it comes to last longer. Nowadays, almost everybody hears about the importance of keeping yourself hydrated. I'm just gonna say that it actually helps, and what's more, consistent self-hydration became a #1 habit for me throughout the day, especially when it comes to spending some time on my PC.

So yeah, drink more water, also you can mix it with fast carbohydrates and sugars (honey, juice, jam e.t.c.), citrus fruits (orange, lemon, lime, grapefruit e.t.c.) and creatine, which will make you retain more water in your muscles, which gives you more stamina.

Resources:

[▶ What Happens to Your Body On Creatine?](#)

[Keeping hydrated](#)



Sports nutrition

Sports nutrition and its effect on gaming performance is a pretty large part to describe. I'll make a separate youtube video, also add all the material in this document.



Pre-session hands & wrist warm up

Pre-session warmup is my regular routine when it comes to gaming / aim training. As a result, you will stretch and warm up your arm muscles, which will provide stability boost and slight increase in your aim performance right from the start of the training session.

Also it prevents risks of having wrist & fingers injuries, removing pain, makes your hands more strong and improves endurance.

- Hands & wrist pre-session stretch:

 [9-MINUTE WRIST INJURY PREVENTION ROUTINE FOR GAMERS ...](#)

- Muscles warm up with powerball:

 [Powerball Exercises | Train Your Forearms At Desk | Wrist Rehab](#)

- Warmup using hand grips:

 [Hand Gripper Follow Along Workout - Strong & Vascular Forearms In ...](#)

- Exercises for fingers using PowerFingers:

 [Fitness for Climbing: 11. Tendon Injury Prevention - Power Fingers | C...](#)

Cognitive training

When it comes to cognitive training - you need to know this is a routine for stabilizing and slowly increasing your reaction time and cognitive performance. Reaction time affects basically every aspect of your aim and perception. That's why we need to reduce it as much as possible, especially when it comes to reactive tracking.

Regular training will gain consistent Visual Reaction Time improvement. Give yourself some time to see the results, note session data and calculate session AVG. Compare it to previous numbers, analyze the difference.

Pay attention:

- Benchmark yourself at the top of your condition (after morning workout / before gaming session).
- Make short breaks every 15-30 minutes.



HB Reaction time bench	https://humanbenchmark.com/tests/reactiontime	Target score: <150ms	Simple VRT Test. React to green light as quickly as possible.
Ballsheet	https://dphdmn.github.io/ballsheet/	Target score: >25s	You receive points when killing dots. Try to last as long as possible.
HB Aim trainer	https://humanbenchmark.com/tests/aim	Target score: <280ms	React and kill the target as quickly as possible. Focus on accuracy.
Aimbooster	http://aimbooster.com/s/uagqAb9	Target score: >45 hits	Same as previous one, but target spawn delayed. Targets disappear in 220ms.
APM benchmark	https://www.arealmegame.com/apm-actions-per-minute-test/en/	Target score: >350 APM	Click dots from 50 to 0 as fast as possible. Be accurate with your shots and prioritize correct targets.

My [HumanBenchmark](#) profile