

# OZEMPIC: 196 - [AMA 32 Sneak Peek] Exercise, squats, deadlifts, BFR, and TRT

<https://silosolo.com/540563>

## Summary

The host, Peter Attia, follows a consistent exercise routine with cardio and lifting sessions. He incorporates blood flow restriction (BFR) using a device called 'smart cuffs'. BFR is done every day that he lifts, typically at the end of the workout. The weight used for BFR is 30-40% of one's one rep max.

## Silo sample questions

- What is Peter Attia's exercise routine?
- How does Peter incorporate blood flow restriction (BFR) into his exercise routine?
- What is the purpose of BFR?
- How does Peter measure his arterial occlusive pressure when using bands without cuffs?

## Topics

Exercise routine

Blood flow restriction (BFR)

## Key Takeaways

- The host, Peter Attia, follows a consistent exercise routine with cardio on Tuesday, Thursday, Sunday, and a separate workout on Saturday
- He does an upper body-lower body split for lifting, with lifting days on Monday, Wednesday, Friday, and Sunday
- Peter prioritizes his lifting sessions and will not compromise on them, even if he has to move the days around
- His preferred timing for lifts is in the morning, but he is more flexible on weekends
- Peter incorporates blood flow restriction (BFR) into his exercise routine and uses a device called 'smart cuffs'

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