

# FUNDAMENTALS VS CLASSIC VIDEO COURSE

## WHAT'S THE DIFFERENCE?



FOR MORE DETAILS AND TO SIGN UP VISIT  
[WIMHOFMETHOD.COM/ELEARNING](https://wimhofmethod.com/elearning)



FUNDAMENTALS	Features	CLASSIC
A fun, easy to follow journey into the what & why, guided by Wim	<b>STYLE</b>	The old school Wim Hof Method, with a self-guided approach
All levels	<b>SUITABLE FOR</b>	All levels
10 weeks	<b>DURATION</b>	10 weeks
Yes - organised by theme	<b>EXPLANATION VIDEO</b>	Yes - not themed
Yes	<b>GROUP BREATHING SESSION</b>	Yes
Yes - 10 guided meditations	<b>GUIDED AUDIO BREATHING SESSIONS</b>	No
Yes	<b>BREATHING BUBBLE MEDITATION</b>	Yes
Yes	<b>COLD SHOWER EXERCISES</b>	Yes
Yes	<b>ICE BATH EXERCISES</b>	Yes
Yes - with certified yoga teacher, suitable for all levels, separate videos	<b>YOGA EXERCISES</b>	Yes - with Wim, not suitable for all levels, not separate videos
Yes - meditation, cold yoga, pH testing, oximeter	<b>ADDITIONAL EXERCISES</b>	Yes
Yes	<b>WEEKLY CHALLENGES</b>	Yes
Yes - weekly	<b>HOMEWORK VIDEOS</b>	No
Yes - weekly explanation & detailed progress tracking	<b>WORKBOOK (PDF)</b>	Yes - basic progress tracking
Yes	<b>AVAILABLE ON MOBILE APP</b>	Yes
EN, NL, DE, ES, FR, PT, RU	<b>LANGUAGES - VIDEO</b>	EN, NL, DE, ES
EN, NL, DE, ES, FR, PT, RU	<b>LANGUAGES - WORKBOOK</b>	EN, NL
No - available on mobile app	<b>DOWNLOADABLE VIDEOS</b>	No - available on mobile app
Yes	<b>LIFETIME ACCESS</b>	Yes
13h 30m	<b>TIME DURATION OF CONTENT</b>	8h 40m