

Thoren Bradley Cheat Sheet: Bio, Daily Routine, and Fitness Philosophy

Get the Thoren Bradley one-pager: how a rural California tree worker with a master's in physiology built 4.9 million TikTok followers, his full daily routine, and his philosophy on fitness, mindset, and success.

Who he is

1. Thoren Bradley (Thor for short) was raised in a very rural section of the Sierra Nevada mountains of northern California, near the town of Groveland, just outside Yosemite National Park.
2. After his father passed when he was a teen, he inherited tree service and arboring equipment and worked to make money through high school.
3. He earned a master's degree in physiology, spent the start of his professional life in NCAA Division 1 athletics, then stepped away to build a very different life blending fitness, media, and outdoor work.
4. He is now a social media influencer with 4.9 million TikTok followers and 488k Instagram followers, and created the Ohk fitness app to make exercise science and nutrition knowledge accessible in plain language, with a goal of closing the health knowledge gap.

His daily routine (from the interview)

5. 4:30 a.m. wakeup, then cardio.
6. 5:00 a.m. egg white omelette while answering emails from app users.
7. 9:00 a.m. workout for a little over an hour (some days Muay Thai training too).
8. 11 a.m. to 1 p.m. money-making ventures through social media, plus modeling or ad jobs.
9. 3 to 7 p.m. outside labor: taking care of property or helping others do the same.
10. 7:00 p.m. shower, eat, and pursue business opportunities until he cannot focus any longer.

Fitness and mindset philosophy (his words, from the interview)

11. He got into fitness because physical exertion calms the storm of anxiety and ADD in his head; bodybuilding-style exercise brings relief, and Muay Thai and JiuJitsu help tremendously.
12. His mindset practice: taking up to 8-hour breaks with no music with words, no podcasts, and no screens, until he has mentally digested his inner thoughts.
13. His definition of success: waking up with the sensation of looking forward to the day you have just started; success is not a milestone, it is a sensation.
14. On pursuing goals: relate everything to the process being a blast instead of weighing new pursuits by how realistic they sound.
15. Note: in the interview he also discusses his own interest in experimental drug technology (psilocybin, ketamine, ibogaine, MDMA, 2CD) for depression, addiction, PTSD, and sleep; he states these are not to be messed with without the legalities of a professional present. These are his personal statements, not recommendations.

Want the full guide?

Want the full interview with his answers on tattoos, consciousness, and connecting with people? Read the complete guide Cheat sheet distilled from the David's Guide article above, using only the guide's stated facts and the interviewee's own words; anything not stated there is marked [VERIFY].

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