

A 52-Week Program Built Around You.

Structured. Progressive. Fully planned.

208

Sessions
Programmed

4

Days
Per Week

52

Weeks
Fully Mapped

4

Phases of
Progression

WHAT'S INCLUDED

Everything you need.
Nothing you don't.

- **208 pre-built sessions**

Nothing left to guess — every workout is ready and waiting.

- **4 progressive phases**

Foundational to advanced, your body progresses safely over time.

- **Monthly trainer check-in**

A 15-minute video call each month to stay on track.

- **Dr. Puente, DC — on call**

Optional chiropractic guidance if a movement feels off.

- **Video form checks**

Send a clip anytime — up to 2 per week — and get direct feedback.

THE GOAL

Own your health.
For life.

Most programs focus on the short term. This one is built around the long game — building enough consistency, education, and confidence that you can eventually train on your own, with less injury and better results than going at it alone.

EVERY SESSION FOLLOWS THE SAME STRUCTURE

POWER SUPERSET

Med ball + jump/hop/bound

PUSH / SQUAT / CORE

Triple set — anterior chain

PULL / HINGE / CORE

Triple set — posterior chain