

The Methodology

Every session. Same architecture. 52 weeks of intentional progression.

Most programs ask for intensity before the body has earned it.

This one does the opposite — foundational patterns first, complexity added only once the body is ready.

The sequencing is not a nice-to-have. It is the entire reason this works over a full year.

EVERY SESSION — SAME 3-BLOCK STRUCTURE

01 POWER SUPERSET

Med ball throw + jump, hop, or bound. Explosive work happens first — while the nervous system is fresh. This is not warming up. This is training power before fatigue sets in.

02 PUSH / SQUAT / CORE

Upper body push + knee-dominant lower body + core — trained as one circuit. Anterior chain, balanced loading, and a core movement matched to that day's focus.

03 PULL / HINGE / CORE

Upper body pull + hip-dominant lower body + core — balances the session and trains the posterior chain. The body leaves every workout evenly loaded.

CORE FOCUS ROTATES BY DIRECTION — DAILY

MONDAY

Anti-Extension

Resists arching of the low back

WEDNESDAY

Anti-Flexion

Resists spinal rounding under load

FRIDAY

Anti-Lateral

Resists side bending

SATURDAY

Anti-Rotation

Resists twisting through the trunk

THE FOUR-PHASE ARC — 52 WEEKS, NEVER RANDOM

PHASE 1

Wks 1-13

Foundation

Bilateral, standing. Clean movement over load.

PHASE 2

Wks 14-26

Unilateral

Single-arm and single-leg variations enter.

PHASE 3

Wks 27-39

Split-Stance

Half-kneeling pressing and pulling. Single-leg squats.

PHASE 4

Wks 40-52

Peak

Most advanced work. The prior 39 weeks prepared for this.