

# RECLAIM

## A 10-Day Nervous System Reset Program

*by FIGHT CVMP*

### Program Overview

RECLAIM is a comprehensive 10-day transformation program designed to restore your body's natural state of calm power, physical capability, and mental clarity. Through strategic nervous system regulation, targeted physical training, and practical combat movement, you will build a repeatable system for maintaining peak performance under any circumstance.

**Daily Time Investment:** 35–55 minutes

**Program Duration:** 10 consecutive days

**Level:** All levels (scalable to individual capacity)

# **What You Will Reclaim**

## **Energy**

Stop the drain. Learn to conserve and redirect your body's natural energy reserves through nervous system optimization and efficient movement patterns.

## **Control**

Develop the ability to regulate your nervous system on command. Access calm, focused states even under pressure or stress.

## **Strength**

Build functional, athletic strength through movements that translate to real-world power. Develop the core stability and postural integrity that elite performers rely on.

## **Balance**

Create physical and mental equilibrium through balance training that rewires your proprioceptive systems and sharpens body awareness.

## **Vision**

Gain clarity on your direction. Cut through mental noise to identify what matters and create actionable next steps.

## **Combat Confidence**

Awaken your body's innate coordination and power through fundamental martial movement that builds genuine confidence.

# The 10-Day Progression

## Day 1: Baseline Assessment & Protocol Activation

**Purpose:** Establish your starting point and commit to the transformation process.

**What You'll Do:**

- Complete a 2-minute baseline assessment measuring breath capacity, balance stability, and postural alignment
- Review and commit to the RECLAIM Protocol fundamentals (sleep hygiene, hydration standards, elimination of chaos inputs)
- Execute your first nervous system reset sequence using evidence-based regulation techniques

**Expected Outcome:** A clear understanding of your current state and an immediate shift in mental clarity. You'll establish the foundation mindset: "I'm back. I'm in control."

## Day 2: Breath Mechanics & State Control

**Purpose:** Master your primary tool for nervous system regulation—your breath.

**What You'll Do:**

- Learn three essential breathing protocols: downshift breathing (stress reduction), focus breathing (mental clarity), and recovery breathing (physical restoration)
- Complete a CO2 tolerance assessment to establish your baseline breathing efficiency
- Practice a 5-minute daily breath routine that you can use anywhere, anytime

**Expected Outcome:** Measurable reduction in baseline anxiety, improved mental presence, and increased available energy throughout the day.

## Day 3: Core Stability & Spinal Integrity

**Purpose:** Build the central axis of power that all movement originates from.

**What You'll Do:**

- Execute an anti-rotation core circuit that builds genuine functional strength
- Practice spine control drills that restore optimal posture and alignment

- Develop standing core stability through movements that translate to real-world applications

**Expected Outcome:** Stronger, more confident posture. Cleaner, more efficient movement patterns. Noticeable increase in physical power output.

## Day 4: Balance Training & Proprioceptive Development

**Purpose:** Rewire your body's awareness and control systems through targeted balance work.

### What You'll Do:

- Build single-leg strength while developing ankle and foot integrity
- Progress through a systematic balance ladder designed to challenge and improve coordination
- Practice fighter stance balance drills that integrate multiple stability systems

**Expected Outcome:** A profound sense of groundedness. Enhanced body awareness. Sharper mental focus that carries into all activities.

## Day 5: Mobility Work & Tension Release

**Purpose:** Eliminate chronic tension patterns that drain energy and limit performance.

### What You'll Do:

- Target the primary tension storage areas: hips, shoulders, and neck
- Learn to pair breathing with mobility work for enhanced nervous system benefits
- Complete a 10-minute daily 'unlock' sequence that restores natural movement

**Expected Outcome:** Body feels lighter, faster, and more athletic. Noticeable reduction in chronic tightness and pain patterns.

## Day 6: Intelligent Conditioning

**Purpose:** Build cardiovascular capacity without overtaxing the nervous system.

### What You'll Do:

- Choose from multiple conditioning modalities: Zone 2 training, incline walking, or jump rope protocols

- Execute 'fight pace' intervals—short, controlled work that builds stamina without burnout
- Learn recovery principles that prevent nervous system fatigue

**Expected Outcome:** Increased stamina and work capacity while maintaining calm nervous system baseline. Energy levels rise instead of crash.

## Day 7: Striking Fundamentals

**Purpose:** Integrate martial movement for coordination, confidence, and full-body power development.

**What You'll Do:**

- Learn three fundamental punch combinations with proper mechanics and guard
- Master two basic kick techniques with emphasis on safety and effectiveness
- Practice defensive checking and stance stability—the foundation of all combat movement

**Expected Outcome:** Tangible combat confidence. Improved coordination and rhythm. Access to the unique energy and focus that martial training provides.

## Day 8: Shadowboxing & Flow State Access

**Purpose:** Merge movement and mind into a state of effortless performance.

**What You'll Do:**

- Complete a 10-minute guided shadowboxing session
- Learn to integrate rhythm and breathing for optimal flow
- Practice 'no-thought' movement drills that quiet mental chatter

**Expected Outcome:** Significant reduction in mental noise. Enhanced focus and presence. Experience of being 'in your body' rather than trapped in your head.

## Day 9: Clarity Framework & Direction Setting

**Purpose:** Translate physical transformation into life direction and decision-making power.

**What You'll Do:**

- Complete a 20-minute clarity framework: identify what stays, what goes, and what comes next
- Create your personal identity statement based on your transformed state
- Design your next 30-day action plan with clear milestones
- Establish your non-negotiables list for maintaining your reclaimed state

**Expected Outcome:** Crystal clear decisions. Calm confidence about next steps. Elimination of drift and uncertainty.

## Day 10: Final Assessment & System Integration

**Purpose:** Validate your transformation and establish the lifetime maintenance system.

### What You'll Do:

- Repeat the baseline assessment from Day 1 to measure tangible improvements
- Learn the RECLAIM Loop—how to run this 10-day reset whenever needed
- Review your complete transformation and integrate lessons learned

**Expected Outcome:** Measurable proof of change. Complete confidence in your ability to reclaim control anytime. A repeatable system for life.

# Program Deliverables

## Core Training Modules:

- 10 comprehensive video-guided training sessions
- Detailed daily structure with exact timing and sequencing
- Progressive skill development across all domains

## Assessment Tools:

- Day 1 baseline measurements
- Day 10 comparison testing
- Progress tracking frameworks

## Lifetime Systems:

- The RECLAIM Loop protocol for maintenance
- Emergency reset sequences for acute stress
- Integration guides for sustainable practice

## Bonus Materials:

- RECLAIM companion guide (PDF format)
- Quick reference cards for daily protocols
- Community access for accountability and support

# The Commitment

This program requires full engagement for 10 consecutive days. Half-measures produce half-results. The protocols are designed to work together synergistically—skipping days or cherry-picking elements will compromise your outcomes.

## **What You Must Provide:**

- 35–55 minutes daily for 10 days
- Commitment to the RECLAIM Protocol standards (sleep, hydration, reduced chaos)
- Willingness to be uncomfortable during training
- Honesty in self-assessment and execution

## **What You Will Receive:**

- A calmer, more regulated nervous system
- Improved posture and core stability
- Increased energy throughout the day
- A repeatable system for maintaining peak state
- Combat-style confidence in your physical capabilities
- Clarity and direction in life decisions



# After RECLAIM

The 10-day program is not the end—it's the beginning. Upon completion, you will possess:

**The RECLAIM Loop:** A condensed version of the 10-day program that can be executed in 30-40 minutes whenever you feel yourself drifting

**Emergency Protocols:** Quick reset sequences for high-stress moments

**Assessment Competency:** The ability to recognize when you need to run RECLAIM again

**Lifetime Access:** All materials remain available for repeated use

The goal is not temporary change. The goal is to give you a system you own forever—a tool you can deploy whenever life demands more from you than you feel capable of giving.

# Who This Program Is For

RECLAIM is designed for anyone who feels:

- Disconnected from their body
- Trapped in mental noise and anxiety
- Lacking in physical confidence
- Drained of energy despite adequate rest
- Uncertain about direction or purpose
- Weakened by chronic stress

This program is also for those who:

- Want practical, no-nonsense training without spiritual bypassing
- Value measurable results over vague promises
- Understand that real change requires real work
- Are ready to reclaim what stress and modern life have taken

# Getting Started

Beginning RECLAIM requires minimal equipment:

- Space to move (approximately 6x6 feet)
- Comfortable athletic clothing
- Optional: yoga mat, light dumbbells, resistance band
- Required: commitment to show up for 10 days

The program is structured to be completed in sequence. Day 1 must be completed before Day 2, and so on. This progressive structure ensures proper adaptation and skill development.

Upon enrollment, you will receive immediate access to Day 1 materials. Each subsequent day's content will become available after completing the previous day's work.

# Your Transformation Begins Now

Ten days from now, you will be different. Your nervous system will be calmer. Your body will be stronger. Your mind will be clearer. And you will have a proven system for maintaining this state.

The question is not whether RECLAIM works—the protocols are based on proven training methodologies used by fighters, tactical athletes, and high performers.

The question is whether you're ready to do the work.

*RECLAIM by FIGHT CVMP*

*10 Days. Complete System. Lifetime Access.*