

# Welcome to the MNM 6 Week Training Block Protocol

This MNM training block system is not a workout library.

It is a **structured training system** built for men who want measurable progress, discipline, and long-term results.

If you are looking for motivation, novelty, or random workouts, this is not the place.

If you are looking for **structure, progression, and standards**, you are exactly where you should be.

---

## The MNM Training Philosophy

Results come from **systems**, not intensity spikes or motivation.

The MNM Training Vault is built on four non-negotiable principles:

- Structure creates consistency
- Progression drives results
- Discipline beats motivation
- Completion builds confidence

Every training block inside the vault subscription follows these principles. Nothing is random. Nothing is rushed.

---

## How the MNM Training Block Is Structured

The Vault is divided into progressive layers. Each layer exists for a reason and should be followed in order.

### 1. Foundation Protocols

All members begin here. Foundation Protocols establish:

- Proper execution
- Volume tolerance
- Progression discipline
- Training consistency

**Completion of at least one Foundation Protocol is required before advancing.**

This ensures all members share the same standards

---

## 2. Goal-Specific Blocks

Once foundations are complete, members progress into programs aligned with their current objective:

- Fat loss
- Lean muscle development
- Body recomposition
- Strength and size hybrid phases

Each block runs for a defined period and includes clear progression rules.

---

## Training Standards (Read Carefully)

The MNM Training Vault operates under clear standards. These are not suggestions.

- All sessions are logged
- Progression is tracked weekly
- Missed sessions are not replaced with random workouts
- Load is increased only when execution is earned
- Recovery and sleep are treated as part of training

Members who follow standards progress. Members who ignore them do not.

---

## How Progression Works

Every program inside the Vault includes:

- Defined rep ranges
- Clear progression rules
- Load increases only after rep targets are achieved

Progress is earned through:

- Consistent execution
- Incremental overload
- Completion of full training blocks

This prevents stagnation and overtraining while reinforcing discipline.

---

## Why This System Works

Most men fail because they:

- Change programs too often
- Train without structure
- Rely on motivation
- Lack accountability

The MNM Training Vault removes these variables by providing:

- A clear starting point
- A logical progression path
- Structured training phases
- Non-negotiable standards

Consistency becomes automatic. Results become inevitable.

---

## What Is Expected of You

The Vault provides structure. You provide execution.

You are expected to:

- Follow programs as written
- Complete full training phases
- Track sessions honestly
- Respect recovery and nutrition

Those who do this see results. Those who don't lack progression.

---

## When to Advance or Change Programs

Programs are changed only when:

- A full training block is completed
- Progression targets are met
- Recovery and execution remain consistent

Switching programs early delays progress and breaks momentum.

# Final Note

The MNM 6 Week Training Block is designed to build more than muscle. It builds:

- Structure
- Discipline
- Consistency
- Self-respect

Train with intent.

Follow the system.

Earn your progress.

---

## Next Step

**Begin with Protocol I** - Do not rush the process. The system works when you work it.