

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.