

## CHAMPIONSHIP PERFORMANCE

Hybrid Athlete | DOM Living Philosophy

### ADVANCED 12-WEEK ELITE PROTOCOL

---

#### ELITE ATHLETIC PERFORMANCE

This is the pinnacle of the DOM Living system. Championship Performance is designed for advanced athletes who have mastered the fundamentals and are ready to push beyond their limits.

You'll achieve championship-level strength, elite body composition, and complete athletic dominance.

---

#### PROGRAM OVERVIEW

- Duration: 12 Weeks (3 Mesocycles)
  - Frequency: 5-6 Days per Week
  - Session Length: 75-90 Minutes
  - Focus: Peak Performance, Advanced Periodization, Elite Conditioning
  - Equipment: Full Gym + Advanced Calisthenics Setup
- 

#### ELITE TRAINING PRINCIPLES

##### 1. UNDULATING PERIODIZATION

Daily variation in volume and intensity for continuous adaptation.

##### 2. ADVANCED PROGRESSIVE OVERLOAD

Manipulating volume, intensity, frequency, and technique complexity.

##### 3. RECOVERY OPTIMIZATION

Strategic deloads, active recovery, and mobility work.

##### 4. PERFORMANCE NUTRITION

Precise macro timing and supplementation protocols.

---

## PERIODIZATION PHASES

### PHASE 1 (Weeks 1-4): ACCUMULATION

- High Volume, Moderate Intensity
- Build work capacity and muscle mass
- Establish movement patterns for advanced techniques

### PHASE 2 (Weeks 5-8): INTENSIFICATION

- Moderate Volume, High Intensity
- Maximize strength and power output
- Advanced calisthenics skill development

### PHASE 3 (Weeks 9-12): REALIZATION

- Strategic Volume, Peak Intensity
- Express maximum strength and performance
- Master advanced hybrid movements



## CHAMPIONSHIP PERFORMANCE TARGETS

### STRENGTH STANDARDS:

- Bench Press: 1.75x+ Bodyweight
- Squat: 2.5x+ Bodyweight
- Deadlift: 3x+ Bodyweight
- Overhead Press: 1x+ Bodyweight

### CALISTHENICS MASTERY:

- 15+ Strict Pull-Ups
- 30+ Dips
- 10+ Muscle-Ups (Strict)
- Freestanding Handstand 60+ seconds
- Front Lever 10+ seconds
- Planche Progression (Advanced)

### PERFORMANCE METRICS:

- Body Fat: 8-12%
- Vertical Jump: 30+ inches
- 40-yard Dash: < 5.0 seconds



## ELITE NUTRITION PROTOCOL

### PRECISION MACROS:

- Protein: 1.2g per lb bodyweight

- Carbs: 3-5g per lb (Training days) | 1-2g (Rest days)
- Fats: 0.4-0.5g per lb bodyweight

#### NUTRIENT TIMING:

- Pre-Training: 50g carbs, 30g protein (90min before)
- Intra-Training: 40g fast carbs + EAAs
- Post-Training: 50g protein, 100g carbs (within 30min)

#### SUPPLEMENTATION:

- Creatine Monohydrate: 5g daily
  - Beta-Alanine: 3-5g daily
  - Citrulline Malate: 6-8g pre-workout
  - Omega-3: 2-3g daily
- 

#### THE CHAMPION'S MINDSET

"Championship Performance is a Way of Life"

You don't reach elite performance through motivation.  
You reach it through:

- OBSESSIVE DISCIPLINE
- RELENTLESS CONSISTENCY
- STRATEGIC INTELLIGENCE
- UNWAVERING FOCUS

Mediocrity is comfortable.  
Greatness requires sacrifice.

Discipline Over Motivation.  
Excellence Over Excuses.  
Dominance Over Doubt.

This is DOM Living at the highest level.

---

#### CONTACT & ELITE SUPPORT

Website: [ruben4tpifi.github.io/DOMWebsite](https://ruben4tpifi.github.io/DOMWebsite)  
Advanced Coaching: Available for Championship athletes

Discipline. Focus. Dominance.  
DOM Living - From Skinny to Champion.

