

THE CLARITY PROTOCOL

# Training Phase 4wk

---

Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

# THE CLARITY PROTOCOL: 4-WEEK HYBRID TRAINING PHASE

## Phase Parameters

- **Duration:** 4 Weeks (12 Sessions)
- **Frequency:** 3 Sessions/Week (Mon / Wed / Fri)
- **Focus:** Functional Strength, Antigravity Skill Acquisition, Mobility
- **Progression Rule:** When you hit 15 reps on any movement for 2 consecutive sessions, advance to the next progression.

## Weekly Structure

DAY	SESSION TYPE	CNS LOAD	CLARITY RESET
Monday	PUSH + Planche Skill	HIGH	Cold Plunge 3 min @ 10°C
Wednesday	PULL + Front Lever Skill	HIGH	Cold Plunge 3 min @ 10°C
Friday	FULL BODY + Mobility	MODERATE	Sauna 20 min @ 80°C
Tue/Thu/Sat/Sun	Active Recovery	LOW	Legs Up Wall 10 min / Walk

# WEEK 1-2: THE FOUNDATION

## Monday — PUSH + Planche

ORDER	MOVEMENT	SETS X REPS	PROGRESSION THRESHOLD	NOTES
A1	<b>Planche Lean</b> (Floor)	4 x 15s hold	4 x 20s → Tuck Planche	Protract scapula. Shift weight forward.
A2	Pseudo Planche Push-ups	4 x 8	4 x 15 → Tuck Planche PU	Hands by hips, lean forward.
B1	Dips (Parallel Bars)	4 x 8	4 x 15 → Weighted Dips	Full ROM. 3s eccentric.
B2	Pike Push-ups (Elevated)	3 x 10	3 x 15 → Wall HSPU Negatives	Hips high. Forehead to floor.
C	Hollow Body Hold	3 x 30s	3 x 45s → Hollow Rocks	Lower back glued to floor.

**Post-Session:** Cold Plunge 3 min. Cyclic Sighing 5 min. **Recovery Meal:** Grass-Fed Steak + Sweet Potato + Celtic Salt (See CNS Recovery Guide).

## Wednesday — PULL + Front Lever

ORDER	MOVEMENT	SETS X REPS	PROGRESSION THRESHOLD	NOTES
A1	<b>Tuck Front Lever Hold</b>	4 x 10s	4 x 15s → Adv. Tuck FL	Depress and retract scapula.
A2	Pull-ups (Dead Hang Start)	4 x 6	4 x 15 → Weighted Pull-ups	Full ROM. No kipping.
B1	Australian Rows (Feet Elevated)	4 x 10	4 x 15 → Front Lever Rows	Chest to bar.
B2	Chin-up Negatives (5s Eccentric)	3 x 5	3 x 8 → Weighted Chins	Control the descent.
C	Dead Hang (Passive)	3 x 45s	3 x 60s → Active Hang	Spinal decompression.

**Post-Session:** Cold Plunge 3 min. Cyclic Sighing 5 min. **Recovery Meal:** Wild Salmon + White Rice + Avocado (See CNS Recovery Guide).

---

## Friday — FULL BODY + Mobility

ORDER	MOVEMENT	SETS X REPS	PROGRESSION THRESHOLD	NOTES
A1	Pistol Squat (Assisted)	3 x 5/leg	3 x 10 → Unassisted Pistol	Hold counter-weight if needed.
A2	Ring Rows	3 x 12	3 x 15 → Feet Elevated Rows	Squeeze at top.
B1	Handstand Wall Hold	3 x 30s	3 x 45s → Freestanding	Chest to wall (face in).
B2	Cossack Squats	3 x 8/side	3 x 15 → Weighted Cossack	Full depth. Heel down.
C1	Thoracic Bridge	3 x 20s	3 x 30s → Full Wheel	Open chest. Push through shoulders.
C2	Pancake Stretch	3 x 45s	—	Breathe into the stretch.

**Post-Session:** Sauna 20 min @ 80°C. Cold Shower 60s to finish. **Recovery Meal:** Bone Broth + Collagen + Turmeric (See CNS Recovery Guide).

---

## WEEK 3-4: THE INTENSIFICATION

---

Apply the same session structure. Upgrade any movement where you have hit the **15-rep threshold** or the time threshold during Weeks 1-2.

**Key Changes:** \* **Volume:** Add 1 set to compound movements (A-series). \* **Intensity:** Add 1s to all eccentrics (3s → 4s). \* **Skill:** Increase hold times by 5s across all isometrics. \* **Recovery:** Add a 4th session (Saturday) of **Active Recovery** — 30 min walk + Legs Up The Wall 10 min + Cyclic Sighing 5 min.

---

## Progression Logic (The 15-Rep Rule)

---

```
IF reps_completed >= 15 FOR 2 consecutive sessions:  
  ADVANCE to next progression  
  RESET reps to starting volume (6-8 reps)  
  LOG: "Progression Unlocked: [Movement Name]"
```

This logic is implemented in `clarity_tracker.py` .

---