

T H E C L A R I T Y P R O T O C O L

HGH Workouts

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: THE BIG SIX (Primitive Power)

Philosophy

Stop overcomplicating. Six movement patterns. One movement per session. Maximum intensity. Maximum hormonal output. The sauna does the rest.

The Six Patterns: Push / Pull / Squat / Brace / Hinge / Sprint

#	CLARITY NAME	POWER MOVEMENT	SOLO INTENSITY RULE	HGH THERMAL SPIKE
71	The Foundation	100 Strict Push-ups (sets of 10)	30s rest exactly between sets	20m Sauna / 3m Cold Plunge
72	The Gravity Pull	50 Strict Pull-ups (total)	Every rep: 1s chin-hold at top	15m Steam / 2m Cold Plunge
73	The Lung Burn	100 Air Squats (non-stop)	Steady, rhythmic pace — no pausing	20m Sauna / 5m Cold Shower
74	The Core Brace	10-min Cumulative Plank	Clock stops when knees touch	15m Sauna / 3m Cold Plunge
75	The Wall Forge	5-min Wall Sit (total)	Hands behind head, chest out	20m Steam / 4m Cold Plunge
76	The Hinge	100 Good Mornings (bodyweight)	Focus on hamstring stretch	15m Sauna / 2m Cold Plunge
77	The Dip Press	50 Parallel Bar Dips (total)	Go as deep as mobility allows	10m Steam / 3m Cold Plunge
78	The Sprint Burst	10x 40m Sprints	Walk back = only rest	20m Sauna / 3m Cold Plunge
79	The Bridge	5x 1-min Glute Bridges	2s squeeze at top every rep	25m Sauna / 5m Cold Plunge
80	The Clarity Hang	3x Max Effort Dead Hangs	Eyes closed, nasal breathing	15m Steam / 3m Cold Plunge

How to Use

Pick one. Do it. Sauna. Eat. That is the session.

Fuel (all sessions): Grass-Fed Protein + Organic Carb + Celtic Salt. Zero seed oils.

When to deploy Big Six sessions: - Low readiness / recovery day that still needs movement - Travel (no equipment beyond a bar) - "I don't feel like training" days — simplicity removes the excuse
