

THE CLARITY PROTOCOL

Workout Database Complete

Built in Cape Town. Engineered for the world.

CLARITY PROTOCOL

THE CLARITY PROTOCOL: TRAINING DATABASE

1. Program Summary

The Clarity Protocol is a holistic rebuilding system designed for the modern high-performer. It filters out the noise of traditional fitness by focusing on the **"1% Rule"**: incremental, compounding gains in discipline and physical capability.

The Protocol Core:

- * **Skill-Based Strength:** Mastering your bodyweight through elite calisthenics—moving from basic "reps" to total mechanical control (Planche, Levers, Handstand).
- * **Hormonal Optimization:** Leveraging natural HGH spikes through high-intensity bursts and metabolic conditioning.
- * **The Contrast Loop:** Using Sauna (80°C+) for protein repair and Cold Exposure (3 min) to sharpen the "Clarity Filter" and reset the nervous system.
- * **Mental Fortitude:** Built on Stoic principles, every session is a trial designed to break the "bubble" of isolation and build a resilient, social, and sharp mind.

2. The Workout Database

ID	CLARITY NAME	THE 1% OBJECTIVE	THE MOVEMENT	THE BIO-FINISHER	STOIC COMMAND
01	The Drakensberg Ascent	Leg Endurance & VO2 Max	100 Air Squats 800m Run 75 Lunges 400m Run 50 Jump Squats 200m Sprint	Cold Exposure: 3 min @ 10°C (Reset CNS)	"The obstacle is the way."
02	The Karoo Silence	Scapular Retraction Mastery	5x10 Scapular Pull-ups 5x10 Ring Rows (Feet Elevated) 5x15s Tuck Front Lever Hold	Sauna: 20 min @ 80°C (Dynorphin Release)	"Silence is a lesson learned from the many sufferings of life."
03	The Stoic Anvil	Chest/Tricep Density	100 Push-ups (AFAP) <i>Every break:</i> 30s Plank <i>Then:</i> 5x10 Dips	HGH Sprints: 4x30s All-Out (90s Rest)	"To be like the rock that the waves keep crashing over."
04	The Tugela Drop	Explosive Power	5 rounds: 10 Box Jumps (High) 10 Clapping Push-ups 10 Explosive Pull-ups	Cold Exposure: 3 min Plunge (Mental Grit)	"Difficulty shows what men are."
05	The Cederberg Crag	Grip & Forearm Strength	5 min Dead Hang Accumulation. <i>Every drop:</i> 10 Burpees.	Sauna: 15 min + Cold Shower Contrast	"You have power over your mind - not outside events."
06	The Kalahari Grit	Shoulders & Core Stability	5 rounds: 3 Wall Walks 30s Handstand Hold 20 Shoulder Taps	Sauna: 25 min Endurance (Heat Shock)	"If it is endurable, then endure it."
07	The Void	Mental Resilience (AMRAP)	20 min AMRAP: 5 Pull-ups 10 Push-ups 15 Squats (Murph Style)	Cold Exposure: 5 min (The Deep Freeze)	"We suffer more often in imagination than in reality."
08	The Lion's Head	Vertical Pulling Strength	5x5 Weighted Pull-ups (or eccentric) 4x8 Chin-ups 3xMax Dead Hang	HGH Sprints: 6x20s Hill Sprints	"It is not death that a man should fear, but he should fear never beginning to live."

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09	The Seneca Split	Hip Mobility & Leg Strength	5x10 Cossack Squats (per side) 5x10 Bulgarian Split Squats 5x30s Horse Stance	Sauna: 20 min Stretch Session	"Time you enjoy wasting is not wasted time."
10	The Marcus Aurelius	Total Static Control	10 min EMOM: Odd: 15s L-Sit Even: 15s Handstand	Cold Exposure: 2 min Plunge (Focus)	"Waste no more time arguing about what a good man should be. Be one."
11	The Cape Point	Posterior Chain	4 rounds: 15 Glute Bridges (Single Leg) 15 Supermans 20 Reverse Lunges	HGH Sprints: 10x10s Sprints (Short/Sharp)	"Amor Fati - Love your fate."
12	The Blyde River	Flow & Coordination	20 min Animal Flow: Bear Crawl -> Crab Walk -> Kick Throughs	Sauna: 20 min Meditation	"The universe is change; our life is what our thoughts make it."
13	The Tableau	Core Compression	5 rounds: 15 V-Ups 15 Leg Raises 15 Hollow Rocks 1 min Plank	Cold Exposure: 3 min (Inflammation Flush)	"Self-control is strength. Right thought is mastery. Calmness is power."
14	The Knysna Forest	High Volume Calisthenics	Accrue: 50 Pull-ups 100 Push-ups 150 Squats <i>Break as needed</i>	Sauna: 20 min Recovery	"Very little is needed to make a happy life."
15	The Cradle	Fundamental Basics	10 rounds: 3 Pull-ups, 6 Push-ups, 9 Squats	HGH Sprints: 4x40s Sprints	"Nothing creates character like the voluntary acceptance of difficult duty."
16	The Zambezi Flow	Push/Pull Balance	4 rounds: 8 Dips 8 Rows 8 Pike Push-ups 8 Chin-ups	Cold Exposure: 3 min Plunge	"No man is free who is not master of himself."
17	The Skeleton Coast	Metabolic Conditioning	21-15-9 Reps for Time: Burpees Thrusters (or Squat Jumps) Pull-up	Sauna: 15 min + Ice Bucket	"He who has a why to live can bear almost any how."

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18	The Outeniqua	Leg Strength & Power	5x5 Pistols (assisted) 4x10 Broad Jumps 3x1 min Wall Sit	HGH Sprints: 5x20s Sprints	"Excellence is never an accident."
19	The Epictetus Hold	Isometrics Only	3 rounds (Max Hold): Plank Wall Sit Chin-up Hold Bottom Squat Hold	Cold Exposure: 4 min (Test of Will)	"It's not what happens to you, but how you react to it that matters."
20	The Clarity Summit	Full Body Integration	1 mile Run 50 Burpees 50 Lunges 50 Sit-ups 1 mile Run	The Contrast: 15m Sauna -> 3m Cold -> 15m Sauna	"Man conquers the world by conquering himself."

THE CLARITY PROTOCOL: WORKOUT ENGINE — BATCH 1 (50 Sessions)

Generation Parameters

- **Focus:** Standard (Bodyweight Mastery)
 - **Travel Mode:** OFF (Sauna/Plunge available)
 - **Equipment:** Bodyweight, Pull-up Bar, Rings, Parallettes
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#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
01	The Obsidian Pull	HIGH	Pull-ups 4x8 / Pseudo Planche PU 4x8 / Tuck Planche 4x10s / Pistol Squat 3x5/leg / Hollow Rocks 3x15	5x5 Strength	Sauna 20m → Cold 3m	Final set: 100% nasal breathing.	Grass-Fed Steak + Sweet Potato
02	The Stoic Press	HIGH	Dips 4x10 / Chin-ups 4x10 / Wall HSPU Neg 4x3 / Jump Squats 4x12 / Dragon Flags 3x5	AMRAP x 15 min	Sauna 25m → Cold 2.5m	No music. Complete silence.	Wild Salmon + White Rice + Avo
03	The Iron Descent	MOD	Pike PU 4x10 / Australian Rows 4x12 / L-Sit Hold 4x15s / Cossack Squats 3x8/side / V- Ups 3x15	4x8 Hypertrophy	Sauna 15m → Cold Shower 90s	Hold bottom position 10s on last rep.	Bone Broth + Eggs + Sourdough
04	The Granite Lock	HIGH	Ring Push- ups 4x10 / L- Sit Pull-ups 3x6 / Adv Tuck Planche 4x8s / Box Jumps 4x8 / Toes-to-Bar 3x8	EMOM x 10 min	Contrast: 10m/1m/10m/2m	Eyes closed during all holds.	Beef Mince + Kimchi + Eggs
05	The Void Anchor	LOW	Push-ups 4x15 / Ring Rows 4x12 / Handstand Wall 3x30s / Wall Sit 3x45s / Plank 3x45s	3x12 Endurance	Legs Up Wall 10m + Cold Shower	3 Cyclic Sighs between every set.	Turkey Mince + Sweet Potato

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
06	The Marble Flow	MOD	Diamond PU 4x12 / Commando Pull-ups 3x6/side / Freestanding HS 3x15s / Bulgarian Split 4x10/side / Windshield Wipers 3x6/side	Tabata 20s/10s	Steam 15m → Cold 60s	Warm-up barefoot on grass.	Chicken Thigh + Rice + Spinach
07	The Anvil Grind	HIGH	Pseudo Planche PU 4x8 / Pull- ups 4x8 / Back Lever Tuck 3x10s / Pistol Squat 3x3/leg / Hanging Leg Raises 3x10	21-15-9	Sauna 15m → Cold 3m → Sauna 10m	Dead hang 60s before first set.	Lamb Chops + Root Veg + Butter
08	The Forge Edge	HIGH	Archer PU 3x6/side / Negative PU 4x5 / Straddle Planche Lean 3x10s / Broad Jumps 4x6 / Ab Wheel 3x8	5x5 Strength	Sauna 20m → Cold 3m	No counting. Go by feel only.	Steak (250g) + Sweet Potato
09	The Titan Surge	MOD	Dips 4x10 / Chin-ups 4x10 / Planche Lean 4x15s / Single-Leg Bridge 3x12/side / Hollow Body 3x30s	Ladder 1-10	Hot Bath 20m → Cold 90s	Write 1% Objective before. Read after.	Salmon + Sweet Potato Mash
10	The Carbon Trial	HIGH	Ring PU 4x10 / Explosive	Death by Reps	Sauna 25m → Cold 2.5m	Last set at half speed.	Organ Meat Patties + Rice

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
			PU (C2B) 4x5 / Wall HSPU 3x5 / Nordic Curl Neg 3x5 / Dragon Flags 3x5				
11	The Meridian Hold	LOW	Push-ups 4x15 / Australian Rows 4x12 / V-Sit Hold 3x8s / Horse Stance 3x30s / L-Sit Floor 3x15s	30/30 x 10 rds	Cold Shower 3m	Box breathe 2 min before session.	Sardines + Sourdough + Avo
12	The Apex Burn	HIGH	Dips 4x10 / Pull-ups 4x8 / Tuck FL 4x10s / Jump Squats 4x12 / V-Ups 3x15	AMRAP x 20 min	Contrast: 10m/1m/10m/2m	No sitting during rest periods.	Grass-Fed Burger + Avo + Salad
13	The Basalt Spike	MOD	Pike PU 4x10 / Ring Rows 4x12 / Iron Cross Prep 3x8s / Cossack 3x8/side / Hollow Rocks 3x15	Pyramid 2- 4-6-8	Sauna 15m → Cold Shower 90s	Cold face wash between supersets.	Bone Broth + Turmeric + Eggs
14	The Ember Silence	HIGH	Pseudo Planche PU 4x8 / L-Sit PU 3x6 / Adv Tuck FL 4x8s / Box Jumps 4x8 / Toes-to-Bar 3x8	EMOM x 10 min	Sauna 20m → Cold 3m	Dedicate session to someone. Name them.	Wild Salmon + White Rice
15	The Atlas Storm	HIGH	Archer PU 3x6/side / Chin-ups 4x10 / Planche	10-9-8-7-6- 5-4-3-2-1	Sauna 15m → Cold 3m → Sauna 10m	Final exercise: eyes closed HS max hold.	Beef Mince Bowl + Kimchi

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
			Lean 4x15s / Pistol (Assisted) 3x5/leg / Windshield Wipers 3x6				
16	The Sentinel Arc	LOW	Diamond PU 4x12 / Negative PU 4x5 / Handstand Wall 3x30s / Wall Sit 3x45s / Plank 3x45s	3x12 Endurance	Legs Up Wall 10m + Cold Shower	5 min Viparita Karani in silence after.	Turkey + Rice + Sauerkraut
17	The Monolith Wave	MOD	Ring PU 4x10 / Commando PU 3x6/side / L-Sit Parallettes 4x15s / Bulgarian Split 4x10/side / Ab Wheel 3x8	Every 90s x 8 rds	Steam 15m → Cold 60s	Pause 3s at hardest position, first set.	Chicken Thigh + Rice + EVOO
18	The Eclipse Crush	HIGH	Dips 4x10 / Pull-ups 4x8 / Tuck Planche 4x10s / Broad Jumps 4x6 / Hanging Leg Raises 3x10	5x5 Strength	Sauna 20m → Cold 3m	No watch. Train by internal clock.	Steak + Sweet Potato + Salt
19	The Onyx Forge	HIGH	Pseudo Planche PU 4x8 / Explosive PU (C2B) 4x5 / Straddle Planche Lean 3x10s / Shrimp Squats	AMRAP x 15 min	Sauna 25m → Cold 2.5m	Deep squat hold 2 min before warm- up.	Slow-Cooked Oxtail + Rice

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
			3x5/leg / Dragon Flags 3x5				
20	The Tempest Drive	MOD	Pike PU 4x10 / Ring Rows 4x12 / Back Lever Tuck 3x10s / Single-Leg Bridge 3x12/side / Hollow Body 3x30s	Tabata 20s/10s	Sauna 15m → Cold Shower 90s	100% nasal breathing final set.	Salmon + Sweet Potato + Berries
21	The Cipher Drop	HIGH	Dips 4x10 / Chin-ups 4x10 / Wall HSPU Neg 4x3 / Jump Squats 4x12 / V-Ups 3x15	21-15-9	Contrast: 10m/1m/10m/2m	No verbal cues entire session.	Lamb Chops + Root Veg
22	The Sovereign Rise	LOW	Push-ups 4x15 / Australian Rows 4x12 / Freestanding HS 3x15s / Cossack 3x8/side / Side Plank 3x30s/side	30/30 x 10 rds	Cold Shower 3m	Write objective. Read after session.	Beef Biltong + Nuts + Honey
23	The Zenith Lock	HIGH	Ring PU 4x10 / L-Sit PU 3x6 / Adv Tuck Planche 4x8s / Nordic Curl Neg 3x5 / Toes-to-Bar 3x8	Death by Reps	Sauna 20m → Cold 3m	Hold bottom position 10s last rep.	Organ Meat Patties + Rice
24	The Crucible Split	MOD	Archer PU 3x6/side / Negative PU 4x5 / Planche Lean 4x15s / Box Jumps	4x8 Hypertrophy	Hot Bath 20m → Cold 90s	Eyes closed during all holds.	Bone Broth + Eggs + Sourdough

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
			4x8 / Ab Wheel 3x8				
25	The Raptor Strike	HIGH	Pseudo Planche PU 4x8 / Pull-ups 4x8 / Tuck FL 4x10s / Pistol Squat 3x3/leg / Windshield Wipers 3x6	EMOM x 10 min	Sauna 15m → Cold 3m → Sauna 10m	Last set at half speed (double tempo).	Grass-Fed Steak + Sweet Potato
26	The Prism Shift	MOD	Diamond PU 4x12 / Ring Rows 4x12 / V-Sit Hold 3x8s / Broad Jumps 4x6 / Hollow Rocks 3x15	Pyramid 2-4-6-8	Steam 15m → Cold 60s	3 Cyclic Sighs between every set.	Wild Salmon + White Rice
27	The Summit Drill	HIGH	Dips 4x10 / Commando PU 3x6/side / Wall HSPU 3x5 / Bulgarian Split 4x10/side / Hanging Leg Raises 3x10	5x5 Strength	Sauna 25m → Cold 2.5m	No music. Complete silence.	Smoked Mackerel + Rice Cakes
28	The Relic Plunge	LOW	Pike PU 4x10 / Chin-ups 4x10 / Handstand Wall 3x30s / Horse Stance 3x30s / L-Sit Floor 3x15s	3x12 Endurance	Legs Up Wall 10m + Cold Shower	Warm-up barefoot on grass.	Turkey + Sweet Potato
29	The Phantom Break	HIGH	Ring PU 4x10 / Explosive PU (C2B) 4x5 / Iron Cross Prep 3x8s /	AMRAP x 20 min	Sauna 20m → Cold 3m	Dead hang 60s before first set.	Beef Mince + Kimchi + Eggs

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
			Shrimp Squats 3x5/leg / Dragon Flags 3x5				
30	The Column Crack	MOD	Archer PU 3x6/side / Australian Rows 4x12 / Tuck Planche 4x10s / Single-Leg Bridge 3x12/side / Plank 3x45s	Ladder 1-10	Sauna 15m → Cold Shower 90s	Pause 3s at hardest position, first set.	Chicken Thigh + Rice
31	The Keystone Press	HIGH	Pseudo Planche PU 4x8 / Pull- ups 4x8 / Adv Tuck FL 4x8s / Jump Squats 4x12 / V-Ups 3x15	10-9-8-7-6- 5-4-3-2-1	Contrast: 10m/1m/10m/2m	No counting. Go by feel only.	Steak + Sweet Potato + Salt
32	The Aegis Flow	MOD	Diamond PU 4x12 / Negative PU 4x5 / Freestanding HS 3x15s / Cossack 3x8/side / Hollow Body 3x30s	Every 90s x 8 rds	Hot Bath 20m → Cold 90s	Cold face wash between supersets.	Bone Broth + Turmeric
33	The Fulcrum Surge	HIGH	Dips 4x10 / L-Sit PU 3x6 / Straddle Planche Lean 3x10s / Pistol (Assisted) 3x5/leg / Toes-to-Bar 3x8	EMOM x 10 min	Sauna 20m → Cold 3m	Dedicate session to someone.	Wild Salmon + Avo
34	The Vanguard	HIGH	Ring PU 4x10 / Chin-	21-15-9	Sauna 15m → Cold 3m →	No watch. Internal clock	Lamb Chops + Root Veg

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
	Hold		ups 4x10 / Back Lever Tuck 3x10s / Box Jumps 4x8 / Ab Wheel 3x8		Sauna 10m	only.	
35	The Pylon Burn	LOW	Push-ups 4x15 / Ring Rows 4x12 / L-Sit Parallettes 4x15s / Wall Sit 3x45s / Side Plank 3x30s/side	30/30 x 10 rds	Cold Shower 3m	5 min Viparita Karani after.	Sardines + Sourdough + Avo
36	The Obelisk Trial	MOD	Pike PU 4x10 / Commando PU 3x6/side / Planche Lean 4x15s / Broad Jumps 4x6 / Windshield Wipers 3x6	Tabata 20s/10s	Steam 15m → Cold 60s	100% nasal breathing final set.	Salmon + Sweet Potato Mash
37	The Cortex Edge	HIGH	Archer PU 3x6/side / Pull-ups 4x8 / Wall HSPU Neg 4x3 / Nordic Curl Neg 3x5 / Dragon Flags 3x5	5x5 Strength	Sauna 25m → Cold 2.5m	Deep squat hold 2 min before warm- up.	Organ Meat Patties + Rice
38	The Vector Silence	HIGH	Pseudo Planche PU 4x8 / Explosive PU (C2B) 4x5 / Tuck FL 4x10s / Single-Leg Bridge 3x12/side / Hanging Leg Raises 3x10	Death by Reps	Sauna 20m → Cold 3m	Box breathe 2 min before session.	Grass-Fed Steak + Sweet Potato

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
39	The Conduit Rise	MOD	Dips 4x10 / Australian Rows 4x12 / Adv Tuck Planche 4x8s / Bulgarian Split 4x10/side / Hollow Rocks 3x15	4x8 Hypertrophy	Sauna 15m → Cold Shower 90s	No sitting during rest periods.	Beef Mince + Kimchi
40	The Bulwark Grind	HIGH	Diamond PU 4x12 / Chin-ups 4x10 / Freestanding HS 3x15s / Shrimp Squats 3x5/leg / V-Ups 3x15	AMRAP x 15 min	Contrast: 10m/1m/10m/2m	Eyes closed during all holds.	Wild Salmon + White Rice
41	The Paragon Arc	LOW	Ring PU 4x10 / Negative PU 4x5 / Handstand Wall 3x30s / Cossack 3x8/side / Plank 3x45s	3x12 Endurance	Legs Up Wall 10m + Cold Shower	Write objective. Read after.	Turkey + Rice + Sauerkraut
42	The Stratum Wave	MOD	Pike PU 4x10 / Ring Rows 4x12 / V-Sit Hold 3x8s / Pistol (Assisted) 3x5/leg / Ab Wheel 3x8	Ladder 1-10	Hot Bath 20m → Cold 90s	Hold bottom position 10s last rep.	Chicken Thigh + Rice + EVOO
43	The Nexus Forge	HIGH	Archer PU 3x6/side / L-Sit PU 3x6 / Iron Cross Prep 3x8s / Jump Squats 4x12 / Toes-to-Bar 3x8	EMOM x 10 min	Sauna 20m → Cold 3m	No verbal cues entire session.	Steak + Sweet Potato + Salt

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
44	The Catalyst Drop	HIGH	Pseudo Planche PU 4x8 / Commando PU 3x6/side / Straddle Planche Lean 3x10s / Box Jumps 4x8 / Dragon Flags 3x5	10-9-8-7-6-5-4-3-2-1	Sauna 15m → Cold 3m → Sauna 10m	Last set at half speed.	Slow-Cooked Oxtail + Rice
45	The Drakensberg Anchor	HIGH	Dips 4x10 / Pull-ups 4x8 / Wall HSPU 3x5 / Broad Jumps 4x6 / Hanging Leg Raises 3x10	5x5 Strength	Sauna 25m → Cold 2.5m	3 Cyclic Sighs between every set.	Lamb Chops + Root Veg
46	The Table Mountain Lock	MOD	Diamond PU 4x12 / Chin-ups 4x10 / Tuck Planche 4x10s / Horse Stance 3x30s / Hollow Body 3x30s	Pyramid 2-4-6-8	Steam 15m → Cold 60s	No music. Complete silence.	Bone Broth + Eggs + Sourdough
47	The Karoo Crush	HIGH	Ring PU 4x10 / Explosive PU (C2B) 4x5 / Planche Lean 4x15s / Nordic Curl Neg 3x5 / Windshield Wipers 3x6	AMRAP x 20 min	Contrast: 10m/1m/10m/2m	Warm-up barefoot.	Grass-Fed Burger + Avo
48	The Cedarberg Shift	LOW	Push-ups 4x15 / Australian Rows 4x12 / Back Lever Tuck 3x10s / Wall Sit	30/30 x 10 rds	Cold Shower 3m	Dead hang 60s before first set.	Beef Biltong + Nuts + Honey

#	CLARITY NAME	INTENSITY	MOVEMENT STACK	SCHEME	THERMAL	STOIC CONSTRAINT	FUEL SUGGESTION
			3x45s / L-Sit Floor 3x15s				
49	The Sovereign Spike	HIGH	Pike PU 4x10 / Ring Rows 4x12 / Adv Tuck FL 4x8s / Pistol Squat 3x3/leg / V- Ups 3x15	Death by Reps	Sauna 20m → Cold 3m	No counting. Go by feel only.	Smoked Mackerel + Rice Cakes
50	The Clarity Summit	HIGH	Dips 4x10 / Pull-ups 4x8 / Wall HSPU 3x5 / Shrimp Squats 3x5/leg / Dragon Flags 3x5	21-15-9	Sauna 25m → Cold 2.5m	Dedicate to someone. Final HS eyes closed.	Steak (250g) + Sweet Potato + Berries

Generate More

```
# Next 50 with weighted focus
python clarity_workout_gen.py --count 50 --focus weighted

# Next 50 with explosive focus
python clarity_workout_gen.py --count 50 --focus explosive

# Travel-friendly (no sauna)
python clarity_workout_gen.py --count 50 --travel

# Save to file
python clarity_workout_gen.py --count 100 --output markdown --save batch_2.md
```