

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

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 |

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|----|-------------------------|-----------|---|-------------------|---------------------------------------|---|--------------------------------------|
| 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 |

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|----|--------------------------|-----------|---|----------------------|---------------------------------------|--|--------------------------------|
| | | | 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 |

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|----|----------------------------------|-----------|---|----------------------|--------------------------------------|---|-----------------------------------|
| | | | 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 |

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|----|-----------------------------------|-----------|--|--------------------|-----------------------------------|---|---------------------------------------|
| | | | 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 |

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|----|--------------------------|-----------|---|-----------------|-----------------------------------|--|--------------------------------|
| | | | 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 |

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|----|-----------------------------------|-----------|--|--------------------------|-----------------------------------|---|--------------------------------|
| | | | 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 |

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|----|-------------------------------|-----------|---|-------------------|--------------------------|---|--------------------------------------|
| | 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 Parallelles 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 |

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| 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 |

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| 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 |

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| | | | 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
```