

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

Hybrid Programs 6pack

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: 6 HYBRID FITNESS PROGRAMS

Gravity-only. Any park. Any hotel. Any country.

PROGRAM 1: THE WARRIOR

Combat-inspired. Animal flows + explosive power + Zone 2.

Duration: 6 weeks | **Equipment:** Pull-up bar | **Sessions:** 5x/week

The Philosophy

Move like an animal. Strike like a predator. Recover like a monk.

Weekly Schedule

DAY	SESSION	DURATION
Mon	Predator Flow	45 min
Tue	Zone 2 Hunt (nasal jog + rucking)	40 min
Wed	Strike Day (explosive power)	35 min
Thu	Active Recovery (mobility + breathwork)	30 min
Fri	The Gauntlet (full circuit)	40 min

Predator Flow (Monday)

3 rounds, 45s work / 15s transition: 1. Bear crawl forward (10m) → backward (10m) 2. Crab walk lateral (10m each direction) 3. Gorilla hops (forward momentum, hands and feet) 4. Inchworm into push-up (5 reps) 5. Lizard crawl (10m) 6. Duck walk (deep squat walk, 10m) - Rest 2 min between rounds

Strike Day (Wednesday)

5 rounds, full rest between exercises: 1. Clapping push-ups: 5 reps (max explosion off floor) 2. Jump squats: 8 reps (full depth, max height) 3. Explosive pull-ups: 5 reps (pull chest to bar) 4. Broad jumps: 5

reps (measure last rep) 5. Burpee to tuck jump: 8 reps - Rest 90s between exercises, 3 min between rounds

The Gauntlet (Friday)

AMRAP (As Many Rounds As Possible) in 30 min: - 10 Push-ups - 10 Jump squats - 5 Pull-ups - 10 Bear crawl steps - 5 Burpees - 30s Plank

6-Week Benchmark: 8+ rounds in The Gauntlet

PROGRAM 2: THE NOMAD

Hotel room. 20 minutes. Zero equipment. No excuses.

Duration: 4 weeks | **Equipment:** None | **Sessions:** 6x/week

The Philosophy

The road destroys discipline. This program is your insurance policy.

The Daily 20 (Choose one per day, rotate)

Day A: The Tower (Vertical Push/Pull)

- Pike push-ups: 4x8
- Handstand hold (wall): 3x30s
- Chair dips: 4x12
- Bodyweight skull crushers (door frame/desk): 3x10
- Overhead towel stretch: 2x30s each side

Day B: The Engine (Lower Body + Cardio)

- Jump squats: 4x15
- Walking lunges: 4x20 steps
- Single-leg RDL (bodyweight): 3x10 each
- Calf raises (on step): 4x20
- Wall sit: 3x45s

Day C: The Armor (Pull + Core)

- Door frame rows (towel over door): 4x12
- Superman holds: 4x20s

- Plank: 3x60s
- Side plank: 2x30s each
- Dead bug: 3x12 each side

Day D: The Furnace (Full Body HIIT)

4 rounds, 40s on / 20s off: 1. Burpees 2. Mountain climbers 3. Jump lunges 4. Push-ups 5. High knees 6.

Plank shoulder taps

Day E: The Flow (Mobility + Stretch)

20 min continuous movement: - Cat-cow: 2 min - World's greatest stretch: 2 min each side - Deep squat hold: 3x60s - Pigeon pose: 2 min each side - Thoracic rotation: 2 min each side - Neck CARs (circles): 1 min each direction

Day F: The Test

- Max push-ups in 2 min: ____
- Max squats in 2 min: ____
- Max plank hold: ____
- Max wall sit: ____
- *Record. Compare weekly.*

4-Week Benchmark: All test numbers improve 20%+

PROGRAM 3: THE POWER COUPLE

His + Her paired workouts. Train together, sync differently.

Duration: 8 weeks | **Equipment:** Pull-up bar + mat | **Sessions:** 4x/week

The Philosophy

Same gym. Same timer. Different protocols. He pushes for testosterone. She syncs to her season.

Weekly Schedule

DAY	HIS FOCUS	HER FOCUS (ADAPT BY PHASE)
Mon	Upper Power	Upper Tone (lighter TUT if Autumn/Winter)
Wed	Lower Strength	Lower Strength (skip heavy in Winter phase)
Fri	Full Body Circuit	Full Body Circuit (modify intensity by season)
Sat	Partner Challenge	Partner Challenge

Monday: The Upper Session

Partner superset format — one works, one rests

HIS SET	HER SET	REPS
Pull-ups	Band-assisted pull-ups (or negatives)	4x6-8
Push-ups (explosive)	Push-ups (tempo 4s down)	4x10-15
Dips	Bench dips	3x8-12
Plank hold	Dead bug	3x max / 3x10 each

Friday: The Circuit

20 min AMRAP — both work simultaneously: - 10 Push-ups (his: explosive / her: controlled) - 10 Squats (his: jump / her: tempo) - 5 Pull-ups (his: strict / her: negatives or band) - 10 Lunges each leg - 30s Plank - Track rounds separately. Compare improvement weekly.

Saturday: The Partner Challenge

Takes 15 min. Builds teamwork.

Challenge 1: The Relay - Partner A: Max push-ups while Partner B holds wall sit - Switch. 3 rounds each.

Challenge 2: The Carry - Piggyback squats: 5 reps (switch who carries) - Wheelbarrow walk: 20m then switch

Challenge 3: The Sync - 100 push-ups combined (split however you want) - 100 squats combined - 5 min plank combined - *Finish together or not at all.*

PROGRAM 4: THE LONGEVITY PROTOCOL

Joint health + mobility + Zone 2. For the 35+ rebuilder.

Duration: 12 weeks | **Equipment:** Resistance band + pull-up bar | **Sessions:** 5x/week

The Philosophy

The old model destroyed joints for aesthetics. This model builds joints that last 80 years.

Weekly Schedule

DAY	FOCUS	DURATION
Mon	Strength (controlled tempo, full ROM)	40 min
Tue	Zone 2 (nasal breathing only)	45 min
Wed	Mobility (CARs + loaded stretching)	35 min
Thu	Zone 2	45 min
Fri	Strength (eccentric focus)	40 min

Monday: Controlled Strength

Every rep: 4s down, 2s pause, 2s up. No momentum.

EXERCISE	SETS X REPS	FOCUS
Push-ups (full ROM, chest to floor)	3x10	Shoulder health
Aus. rows (rings or bar)	3x10	Scapular control
Deep squat (hold 3s at bottom)	3x12	Knee/ankle mobility
Single-leg bridge	3x10 each	Glute activation
Dead hang	3x30-60s	Spinal decompression
Face pull (band)	3x15	Rotator cuff

Wednesday: The Mobility Lab

Full-body joint care. Non-negotiable.

JOINT	EXERCISE	DURATION
Neck	CARs (slow circles)	1 min each direction
Shoulder	Band dislocates + wall slides	3 min
Thoracic spine	Foam roll + rotation	3 min
Hip	90/90 + pigeon + couch stretch	5 min each side
Knee	ATG split squat (loaded stretch)	3 min each
Ankle	Wall ankle stretch	2 min each
Wrist	CARs + flexion/extension	2 min

Friday: Eccentric Focus

Slow negatives build tendon strength. 5-second lowering.

EXERCISE	SETS X REPS	ECCENTRIC
Push-up negatives	3x6	5s down, explode up
Pull-up negatives	3x5	5s down from top
Pistol squat negatives (to box)	3x5 each	5s lowering
Nordic curl negatives	3x4	5s forward fall
Ring/bar rows (slow)	3x8	5s pulling phase

12-Week Benchmark: Pain-free deep squat hold (2 min), 60s dead hang, 10 strict pull-ups

PROGRAM 5: THE INCINERATOR

Fat loss. HIIT + calisthenics. 28-day shred.

Duration: 4 weeks | **Equipment:** None | **Sessions:** 6x/week

The Philosophy

Fat loss is not about burning calories. It is about creating a hormonal environment that burns fat at rest. Short, intense work + clean fuel + sleep = the incinerator.

Weekly Structure

DAY	SESSION	STYLE
Mon	Tabata Push	4 min all-out
Tue	Zone 2 Fasted	45 min AM walk/jog (nasal)
Wed	Tabata Pull + Core	4 min all-out
Thu	Zone 2 Fasted	45 min
Fri	The Inferno (full body)	20 min EMOM
Sat	The Long Burn (Zone 2 extended)	60 min hike/ruck

Tabata Push (Monday)

8 rounds: 20s ALL-OUT / 10s rest - Round 1-2: Burpees - Round 3-4: Push-ups - Round 5-6: Jump squats - Round 7-8: Mountain climbers

Tabata Pull + Core (Wednesday)

8 rounds: 20s ALL-OUT / 10s rest - Round 1-2: Pull-ups (or jumping pull-ups) - Round 3-4: Plank to push-up (commando) - Round 5-6: Jump lunges - Round 7-8: V-ups

The Inferno (Friday)

EMOM (Every Minute On the Minute) x 20 min: - Min 1: 10 Burpees - Min 2: 15 Push-ups - Min 3: 20 Squats - Min 4: 10 Pull-ups - Min 5: 30 Mountain climbers - Repeat 4x

The Nutritional Lock

No incinerator works without fuel control: - [] No eating after 19:00 - [] Fasted Zone 2 (AM sessions) - [] Zero seed oils / sugar for all 28 days - [] 3L water + electrolytes daily - [] 1 tbsp ACV before largest meal

4-Week Benchmark: Visible change in photos. Improved EMOM rounds.

PROGRAM 6: THE MORNING RITUAL

15 minutes. Fasted. At sunrise. Every single day.

Duration: Perpetual | **Equipment:** None | **Sessions:** 7x/week

The Philosophy

This isn't a "program." It's a non-negotiable. Performed outdoors at sunrise, barefoot on grass. Combines sun viewing, grounding, breathwork, and movement into one 15-minute ritual.

The Sequence (Memorize This)

MIN	ACTION	PURPOSE
0-2	Stand barefoot. Face the sun. 10 deep nasal breaths.	Circadian anchor + grounding + CO2 tolerance
2-5	Sun salutation flow (3 slow rounds)	Spinal warm-up + deliberate movement
5-7	Push-ups (2 sets, controlled tempo)	Upper push activation
7-9	Deep squat hold (2 min total, break as needed)	Hip/ankle opening + leg activation
9-11	Dead hang (if bar available) or wall stretch	Spinal decompression + grip
11-13	Walking lunges (20 steps)	Unilateral leg + balance
13-14	Plank (60s)	Core brace
14-15	Stand still. 5 breaths. Set intention for the day.	Stoic anchoring

Progression (Monthly)

MONTH	PUSH-UPS	SQUAT HOLD	HANG	PLANK
1	2x10	2x30s	2x15s	60s
2	2x15	2x45s	2x30s	90s
3	2x20	2x60s	2x45s	120s
6	2x30	2 min straight	60s straight	3 min

The Rule

*"The ritual happens regardless. Raining? Do it. Tired? Do it. Traveling? Do it in the hotel parking lot. **The ritual is the identity.**"*

PROGRAM SELECTOR

GOAL	PROGRAM	DURATION
Raw athleticism	The Warrior	6 weeks
Travel-proof fitness	The Nomad	4 weeks
Train with partner	The Power Couple	8 weeks
Joint health / 35+	The Longevity Protocol	12 weeks
Rapid fat loss	The Incinerator	4 weeks
Daily non-negotiable	The Morning Ritual	Perpetual
