

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

MetCon Workouts

Built in Cape Town. Engineered for the world.

THE CLARITY PROTOCOL: METABOLIC CONDITIONING (Batch 07)

Philosophy

Simple movements. Maximum intensity. Strip fat. Build the cardiovascular floor. Prime the body for the HGH-triggering sauna. The "Afterburn" effect does the work while you recover.

MetCon Finishers (#81-90)

#	CLARITY NAME	THE PROTOCOL	SOLO INTENSITY RULE	HGH THERMAL SPIKE
81	The Engine	10 Rounds: 10 Burpees + 10 Pull-ups	Zero transition time	20m Sauna / 3m Cold Plunge
82	The 500 Club	250 Squats + 250 Push-ups (total)	Break it up however — just finish	15m Steam / 2m Cold Plunge
83	The Hill Hammer	12x 30m Sprints (uphill)	Walk down, breathe, then go	20m Sauna / 5m Cold Shower
84	Tabata Core	20s/10s x 8 Rounds: V-Ups	Explosive on the 20s	15m Sauna / 3m Cold Plunge
85	The Century	100 Dips + 100 Lunges	Do not sit down until done	20m Steam / 4m Cold Plunge
86	EMOM 15	Every Minute: 5 Pull-ups + 10 Push-ups	Rest for remainder of minute	15m Sauna / 2m Cold Plunge
87	The Long Walk	30-min Protocol Walk (fast pace)	100% nasal breathing only	10m Steam / 3m Cold Plunge
88	The Burner	50 Burpees (for time)	Move like your life depends on it	20m Sauna / 3m Cold Plunge
89	Jumping Jacks	500 Total (sets of 50)	Stay light on your toes	25m Sauna / 5m Cold Plunge
90	The Final Rebuild	1-mile Run + Max Push-up set	Sprint the last 100m	15m Steam / 3m Cold Plunge

Stoic Endurance Finishers (#91-100)

For the days when you need to prove your mental fortitude to yourself.

#	CLARITY NAME	THE PROTOCOL	STOIC RULE	HGH THERMAL SPIKE
91	The Static Stoic	3 Rounds: 1m Plank + 1m Wall Sit + 1m Dead Hang	No fidgeting. No adjusting. Hold.	15m Sauna / 3m Cold Plunge
92	The Pyramid Burn	Push-ups 1→20→1	No rest between sets	20m Sauna / 3m Cold Plunge
93	The Breathing Ladder	Squats 1→20. Breaths between sets = rep count	Breathe only through nose	15m Steam / 2m Cold Plunge
94	The Shadow Boxer	15 min rhythmic movement + 100 Sprawls	No stopping during the 15 min	20m Sauna / 5m Cold Shower
95	The Crawl	50m Bear Crawl + 50m Crab Walk	Eyes forward. No looking down.	15m Sauna / 3m Cold Plunge
96	The Mountain	100 Mountain Climbers + 20 Burpees (4 Rounds)	No pausing between exercises	20m Steam / 4m Cold Plunge
97	The Deep Breath	10-min slow mobility flow + 15m max-effort sprints	Complete silence during mobility	15m Sauna / 2m Cold Plunge
98	The Push/Pull	1 Push-up, 1 Pull-up... up to 15 of each	No rest between movements	20m Sauna / 3m Cold Plunge
99	The Clarity Mile	1.6km run carrying 10kg (backpack)	Maintain even pace throughout	25m Sauna / 5m Cold Plunge
100	The Protocol Peak	Max Pull-ups + Max Dips + Max Squats (1 set each)	No rest between movements. Film it.	30m Sauna / 3m Cold Plunge

The 100-Workout Database is Complete.

BATCH	WORKOUTS	FOCUS
HGH Hybrid	#01-20	Skill + Thermal + Progression
Grip & Hang	#21-40	Muscle-Up Preparation
Engine (Generated)	#41-70	Procedural Hybrid Variety
Big Six	#71-80	Primitive Single-Movement Power
MetCon	#81-100	Metabolic Conditioning + Stoic Endurance

