

Stone Tactical Readiness Manual (Offline Edition)

Home Training + Nutrition Plan (12 Weeks)

Start date: February 17, 2026

Designed for: Police Officer, age 38 | Goal: leaner, stronger, faster, more durable, and fight-ready

What this manual gives you:

- A 12-week plan that starts small and progresses safely.
- A weekly schedule built around your actual shift pattern (including Sunday 15:00-23:00).
- Good / Better / Best options for every training day.
- An offline Exercise Library with step-by-step how-to cues for every movement used.
- Program plug-ins (P90X / P90X2 / P90X3 / Insanity / Simple and Sinister) mapped to the correct days, with scaling rules.
- Nutrition plan with batch cooking recipes (Instant Pot + Breville) and a simple supplement guide.
- Carry Finisher menu for the 'Simple and Sinister + carries' option.

Equipment you have / will use:

- Peloton bike (classes optional; plan includes non-internet alternatives)
- Kettlebells: 35, 44, 53, 62, 70 lb
- PowerBlock dumbbells: up to 90 lb each
- GoRuck pack ~20 lb (rucking)
- GoRuck adjustable sandbag: 50-80 lb fillers
- Pull-up bar (outdoor now; recommended indoor bar for consistency)
- Boots: Garmont military rucking boots; Socks: Camel City wool (double up OK)
- Optional add-ons (recommended): long resistance band, loop band set, foam roller, lacrosse ball, jump rope

Section 1 - How to Run This Plan (Start Small)

Good / Better / Best choices:

GOOD: 15-25 minutes. Minimum effective dose. Do this when tired or time-crunched.

BETTER: 30-45 minutes. Default option. Sustainable progression.

BEST: 45-70 minutes. Only when you feel good and sleep/recovery are solid.

Decision rules:

- If you feel beat up, pick GOOD or switch to MOB/REC (mobility counts).
- Only one high-impact plyometrics session per week (Weeks 1-4).
- If you choose a plyo-heavy Beachbody option that week, use Peloton intervals instead of hard run intervals.
- Stop 1-2 reps before failure on strength work. Clean reps only.
- Pain rule: sharp pain = stop and swap regression; soreness is OK; joint pain is not.

Weekly Schedule (workout codes)

- Monday (Off) [SA]: Strength A + Pull-ups + swings + core
- Tuesday (Off (possible day OT)) [C]: Conditioning (run/walk or Peloton intervals) + grip + core
- Wednesday (Double 07:00-23:00) [MOB]: Recovery only (mobility + breathwork; optional easy walk/ride)
- Thursday (09:00-17:00) [SB]: Strength B + carries/sandbag + (optional short Zone 2)
- Friday (15:00-23:00) [R]: Zone 2 Ruck (primary) or Zone 2 ride + mobility
- Saturday (Off) [TAC]: Tactical circuit + sandbag finisher + pull-up volume
- Sunday (15:00-23:00) [REC]: Recovery + readiness maintenance (keep it light)

Warm-up (6-8 minutes)

- Breathing reset: 5 slow nasal breaths (in 4 sec, out 6 sec).
- Cat-cow x 6.
- Hip hinge drill x 10.
- World's Greatest Stretch x 3 per side.
- Scap push-ups x 10.
- Bodyweight squat x 10 + glute bridges x 10.

Cool-down (5-10 minutes)

- Walk 3-5 minutes, then stretch calves, hamstrings, and hip flexors.
- Or couch stretch 60 sec/side + child's pose 60 sec + thoracic twist 60 sec/side.

Section 2 - Daily Training Templates (Good / Better / Best)

SA - Strength A (hinge + push + pull + core)

GOOD:

- Warm-up 6 minutes (see Warm-up).
- KB swings: 5 sets of 10 reps (35 lb). Rest 60 seconds.
- Push-ups: 3 sets of 8 reps (stop 2 reps before failure).
- 1-arm DB row: 3 sets of 10/side (moderate).
- Cool-down: 5 minutes mobility.

BETTER:

- Warm-up.
- KB swings: EMOM 8 minutes - 10 swings each minute (35-44 lb).
- DB floor press: 4 x 8 (RPE 7).
- 1-arm DB row: 4 x 10/side.
- Core: plank 2 x 45 sec; side plank 2 x 30 sec/side.
- Cool-down.

BEST:

- Warm-up.
- Pull-up strength: 5 x 2-3 strict (or band-assisted), 2 minutes rest.
- KB swings: EMOM 10 minutes - 10 swings (44-53 lb).
- DB floor press: 5 x 6 (heavier).
- 1-arm DB row: 5 x 8/side (heavier).
- Carry finisher: farmer carry 3-4 rounds of 40-60 sec with 60 sec rest.
- Cool-down.

Program plug-ins:

- Simple & Sinister (scaled)
- P90X3: Total Synergistics
- P90X3: The Challenge
- P90X: Chest & Back (Week 3+ recommended)

C - Conditioning (intervals) + grip/core

GOOD:

- Option 1: Peloton low impact ride 20 minutes + 5 minutes core.
- Option 2: Run/walk 20 minutes (run 1 min, walk 1 min).
- Finish: calf stretch + hip flexor stretch.

BETTER:

- Run intervals: warm-up 8 min easy; 8 rounds of 30 sec hard / 90 sec easy; cool-down 5 min.
- Grip: farmer holds 4 x 30-45 sec (heavy).
- Core: dead bug 2 x 8/side + side plank 2 x 25 sec/side.

BEST:

- Peloton HIIT/Intervals 30-45 minutes OR run 6 x 2 min hard with 2 min easy.
- Grip: towel hangs 4 x 15-25 sec OR farmer holds 5 x 45 sec.
- Mobility: 8 minutes (hips/calves/T-spine).

Program plug-ins:

- P90X3: Accelerator or Agility X or CVX
- Insanity: Cardio Recovery (Week 1-2 friendly)
- Insanity: Core Cardio & Balance (Week 3+)
- P90X: Plyometrics (Week 4+ only; not with hard run same week)

MOB - Recovery (Wednesday double)

GOOD:

- 5-10 minutes: couch stretch 60 sec/side, calves 60 sec/side, open books 8/side.

BETTER:

- 10-20 minutes: mobility flow + 2 minutes nasal breathing (long exhales).

BEST:

- 20-30 minutes easy walk or recovery ride + 10 minutes mobility.

Program plug-ins:

- P90X: X Stretch
- P90X3: Dynamix
- P90X2: Recovery + Mobility

SB - Strength B (squat + pull + carries/sandbag)**GOOD:**

- Warm-up.
- Goblet squat: 3 x 8 (44 lb).
- Pull-ups: 4 sets of 2 reps (band-assisted if needed).
- Suitcase carry: 3 x 40 sec/side.
- Cool-down.

BETTER:

- Warm-up.
- Goblet squat: 5 x 8 (44-53 lb).
- DB RDL: 4 x 10 (moderate).
- Pull-ups: 5 sets (leave 1 rep in tank).
- Sandbag bear-hug carry: 4 x 40-60 sec (50-60 lb).

BEST:

- Warm-up.
- DB front squat (or heavy goblet): 5 x 6.
- DB RDL: 5 x 8 (heavier).
- Pull-ups: 6 sets of 2-4 strict (rest 2 min).
- Sandbag finisher: 10 minutes carry density (40-60 sec carry, 40-60 sec rest) at 60-80 lb.

Program plug-ins:

- Simple and Sinister (scaled) + Carry Finisher (choose one from Section 3)
- P90X3: Eccentric Lower (Week 3+; be cautious first time)
- P90X: Legs & Back (Week 4+ recommended)

R - Zone 2 (ruck or bike)**GOOD:**

- 20-30 min easy ruck (20 lb) OR 20-30 min easy ride + 5-10 min stretch.

BETTER:

- 40-60 min Zone 2 ruck at 20 lb (flat roads). Finish with calves/hips stretch.

BEST:

- 60-75 min Zone 2 ruck (20-30 lb if joints feel great) OR 45 min Zone 2 ride + 10 min mobility.

Program plug-ins:

- P90X3: Dynamix (after ruck)
- P90X: X Stretch (after ruck)

TAC - Tactical day (mixed modal + sandbag)**GOOD:**

- Circuit x 2 rounds (easy pace): 10 swings (35), 8 goblet squats (35), 8 push-ups, 40 sec suitcase carry/side.

- Finish: 5 min mobility.

BETTER:

- AMRAP 18-20 min: 12 swings (44), 8 DB push press, 10 rows total, 8 step-ups or burpees (scaled).
- Sandbag finisher: 8 min bear-hug carry density at 50-60 lb.

BEST:

- Intervals 5 rounds: 90 sec hard (sandbag carry + swings) / 90 sec easy walk.
- Pull-up volume: EMOM 10 min, 2-3 reps clean.
- Sandbag finisher: 10 min carry density at 60-80 lb.

Program plug-ins:

- P90X: Kenpo X (plus sandbag carry)
- P90X3: MMX or The Warrior
- Insanity: Pure Cardio (Week 5+ only)

REC - Sunday (15:00-23:00) recovery + prep

GOOD:

- 8-12 min mobility: couch stretch, calves, open books, 2 min breathing.

BETTER:

- 10-15 min easy walk + mobility. Keep it light.

BEST:

- 20-30 min easy Zone 2 ride or walk + mobility. Stop before fatigue.

Program plug-ins:

- Insanity: Cardio Recovery
- P90X3: Dynamix
- P90X: X Stretch

Section 3 - Program Plug-Ins (Offline Guidance)

These notes tell you how to use each program workout safely inside this plan. They are not a step-by-step transcription of any video. Use your DVDs/downloads for the exact follow-along.

Simple & Sinister (scaled)

- Intent: swings + get-ups for strength, power, and durability.
- Offline recipe (safe): 5-10 sets of 10 swings + 2-5 get-ups per side. Rest as needed. Finish with easy stretching.
- Scale: start with 35-44 lb swings. Get-ups 35 lb (or unloaded) until smooth.
- Carry Finisher (this is what '+ carries' means): choose ONE option after S&S.
- GOOD (5 min): suitcase carry 2 rounds/side x 40 sec OR farmer hold 3 x 30-40 sec.
- BETTER (8-10 min): suitcase carry 3 rounds/side x 45-60 sec OR farmer carry 4 rounds x 45-60 sec.
- BEST (10-12 min): farmer carry ladder 5 rounds x 60 sec OR sandbag bear-hug carry 4-6 rounds x 40-60 sec (start 50-60 lb; build to 60-80).
- Default choice: suitcase carries for anti-rotation core strength and duty transfer.

P90X - Chest & Back (substitute on SA day)

- Intent: push/pull strength with lots of pull-up and push-up variations.
- How to use: keep reps clean; stop 1-2 reps before failure; log pull-up totals.
- Add-on (optional): 5 minutes of carries OR 5 minutes of core (planks).
- Scaling: use bands for pull-ups; do push-ups on an incline if needed.

P90X - Legs & Back (substitute on SB day)

- Intent: leg strength + pulling volume; big calorie burn.
- How to use: keep squat mechanics clean; prioritize knee tracking and depth you own.
- Add-on (optional): 3-4 x 40 sec suitcase carries.
- Scaling: reduce plyo elements; slow tempo; take longer rests.

P90X - Plyometrics (substitute on C day, Week 4+ only)

- Intent: high-impact power and conditioning.
- Rule: only once per week. If you do this, swap hard running for bike intervals that week.
- Scaling: reduce jump height; step instead of jump; focus on quiet landings.

P90X - Kenpo X (substitute on TAC day, joint-friendly)

- Intent: light-to-moderate conditioning, coordination, and stress release.
- How to use: keep guard up, rotate hips, stay light on feet.
- Add-on: 6-8 min sandbag bear-hug carry (50-60 lb).

P90X - X Stretch / Yoga X (MOB/REC options)

- Intent: recovery, mobility, parasympathetic downshift.
- How to use: breathe slow; do not chase extreme ranges; prioritize hips/calves/T-spine.

P90X2 - Recovery + Mobility (MOB option)

- Intent: mobility + stability; shoulders/hips/core.
- How to use: keep it easy. This is recovery, not a workout to crush.

P90X3 - Total Synergistics (SA option, efficient)

- Intent: total-body athletic strength in 30 minutes.

- How to use: choose loads you can move crisply; avoid sloppy speed.

P90X3 - The Challenge (SA option, pull-up focused)

- Intent: push/pull density; great for pull-up improvement.
- How to use: cap reps short of failure; add a dead hang finisher if desired.

P90X3 - Agility X / Accelerator / CVX (C option)

- Intent: athletic conditioning with lower total impact than Insanity.
- How to use: control landings; scale jumps; keep breathing under control.

P90X3 - Dynamix (MOB/REC option)

- Intent: mobility and recovery flow; perfect for Wednesday and Sunday.

P90X3 - Eccentric Lower (SB option)

- Intent: lower-body strength/endurance; soreness can be high.
- Rule: first time, use GOOD version or stop early. Avoid pairing with long ruck next day.

P90X3 - MMX / The Warrior (TAC option)

- Intent: fight-style conditioning, coordination, core.
- How to use: focus on form and footwork; stay joint-friendly.

Insanity - Cardio Recovery (REC/MOB option)

- Intent: active recovery and mobility emphasis.
- How to use: keep it easy. This is not a max session.

Insanity - Core Cardio & Balance (C option, Week 3+)

- Intent: conditioning + core + balance, moderate impact.
- Scaling: step down jumps; take extra breaks.

Insanity - Pure Cardio / Cardio Power & Resistance (TAC/C option, Week 5+)

- Intent: high intensity; only when base is rebuilt.
- Rule: do not stack with plyo and hard runs in the same week.

Section 4 - Exercise Library (How-To Cues)

Kettlebell Swing (two-hand)

Purpose: Hip power, posterior chain strength, conditioning transfer, back resilience.

Setup:

- Stand with feet about shoulder width; KB a foot in front of you.
- Hinge: push hips back, keep shins nearly vertical, spine neutral.
- Grip the handle, tilt the bell toward you, pack shoulders (armpits tight).

Execution:

- Hike-pass the bell back high between thighs (like snapping a football).
- Snap hips forward hard; squeeze glutes; bell floats to chest height.
- Arms stay relaxed like hooks; do not lift with shoulders.
- Let the bell fall; hinge again; repeat. Breathing: sharp exhale at the top.

Common mistakes:

- Squatting instead of hinging (knees too far forward).
- Overextending at the top (ribs flaring, leaning back).
- Lifting with arms/shoulders instead of driving with hips.
- Letting the bell drop low (keep it high in the hinge).

Regressions:

- Deadlift the KB (hinge practice) 3 x 8-10.
- Swing with lighter bell (35-44 lb) and fewer reps.

Progressions:

- Increase bell weight (53-70 lb) while keeping crisp form.
- Increase density: EMOM (every minute on the minute) sets.
- One-hand swings after Week 6 if shoulders feel great.

Turkish Get-Up (TGU)

Purpose: Shoulder stability, core control, hip mobility, total-body coordination (excellent for duty durability).

Setup:

- Lie on back; KB in right hand, arm vertical; right knee bent, left leg straight.
- Left arm at ~45 degrees for support; eyes on the bell.

Execution:

- Roll to left elbow (keep right arm locked).
- Post to left hand; lift hips into a bridge (high hips).
- Sweep left leg under to a lunge position (left knee under hip).
- Windshield-wiper the back leg to square up; stand.
- Reverse the steps back down with control. Switch sides.

Common mistakes:

- Bent elbow (keep the bell-side elbow locked).
- Rushing transitions; losing shoulder pack.
- Letting the knee collapse inward on the lunge.

Regressions:

- Do it unloaded (shoe on fist) for 3 reps/side.
- Use 35 lb and do partial get-ups (to elbow / to hand) first.

Progressions:

- Increase weight gradually (44-62 lb).
- Add pauses: 2 seconds at elbow/hand/bridge/lunge.

Goblet Squat (KB or DB)

Purpose: Leg strength, hip mobility, posture under load.

Setup:

- Hold KB horns at chest (or a DB vertically).
- Feet shoulder width; toes slightly out; brace core.

Execution:

- Sit down between hips; knees track over toes.
- Keep chest tall; elbows inside knees at the bottom.
- Drive up through midfoot; exhale near the top.

Common mistakes:

- Heels lifting (ankle limitation).
- Knees collapsing inward.
- Rounding at the bottom.

Regressions:

- Box squat to a chair; reduce depth.
- Bodyweight squats 3 x 10.

Progressions:

- Heavier bell (53-70 lb).
- Tempo squats: 3 seconds down, 1 second pause.

DB Romanian Deadlift (RDL)

Purpose: Hamstrings/glutes/back strength; protects knees by strengthening hinge pattern.

Setup:

- DBs in hands; stand tall; slight knee bend; ribs down.

Execution:

- Hinge hips back; slide DBs down thighs; keep spine neutral.
- Go to mid-shin or when hamstrings limit without rounding.
- Drive hips forward; squeeze glutes at top.

Common mistakes:

- Rounding back to chase depth.
- Turning into a squat (too much knee bend).

Regressions:

- KB deadlift from floor.
- Shorter range of motion.

Progressions:

- Heavier DBs, fewer reps (5-8).
- Single-leg RDL (balance).

DB Floor Press

Purpose: Press strength with shoulder-friendly range; builds push power for duty/combatives.

Setup:

- Lie on floor; knees bent; DBs over chest; shoulder blades pulled down and back.

Execution:

- Lower elbows to floor under control (45 degrees from body).
- Pause lightly; press up to lockout; do not shrug.

Common mistakes:

- Elbows flared straight out.
- Shrugging shoulders toward ears.

Regressions:

- Push-ups on incline.
- Lighter DBs.

Progressions:

- Heavier DBs or pause reps.

- Neutral grip for shoulder comfort.

DB Push Press

Purpose: Explosive overhead power; transfers to lifting, striking strength, and gear handling.

Setup:

- DBs at shoulders; feet hip width; brace core; glutes tight.

Execution:

- Dip 2-4 inches (small knee bend).
- Drive hard and press overhead; lockout with biceps near ears.
- Lower with control back to shoulders.

Common mistakes:

- Deep squat dip (too much).
- Pressing with loose core/arched back.

Regressions:

- Strict press lighter.
- Half-kneeling single-arm press.

Progressions:

- Heavier DBs; reduce reps to 4-6.

1-Arm DB Row

Purpose: Pull strength for grappling, posture, and shoulder health; direct pull-up support.

Setup:

- One hand on bench/chair; hinge; back flat; DB hangs under shoulder.

Execution:

- Row DB to ribs/hip; elbow tight; pause 1 second.
- Lower under control; keep torso still.

Common mistakes:

- Twisting torso; jerking weight.
- Shrugging shoulder up.

Regressions:

- Lighter DB; slow tempo.

Progressions:

- Heavier DB; 5-8 reps.
- Chest-supported row if you add a bench.

Pull-up (strict) + Progressions

Purpose: Climbing readiness, grip, upper-back strength, PFQ benefit, combatives control.

Setup:

- Hands shoulder width; full hang; ribs down; glutes lightly tight.

Execution:

- Pull elbows to ribs; chest toward bar; chin clears bar.
- Lower to full hang under control (2-3 seconds).

Common mistakes:

- Kipping or swinging; half reps; craning neck.
- Shrugging shoulders to ears (no shoulder pack).

Regressions:

- Band-assisted pull-ups (recommended band).
- Negatives: jump to top, lower 5-8 seconds.
- Scap pull-ups: 3 x 8.

Progressions:

- Add weight with backpack once you can do 8+ clean reps.
- EMOM density: 2-3 reps each minute for 10 minutes.

Farmer Carry / Suitcase Carry

Purpose: Grip, trunk stiffness, posture under load, real-world strength (kids/gear).

Setup:

- Pick up heavy DBs (or one DB for suitcase). Stand tall; ribs down; chin tucked.

Execution:

- Walk slow and steady; shoulders down; avoid leaning.
- Switch sides each set for suitcase carry.

Common mistakes:

- Shrugging; leaning; rushing steps.

Regressions:

- Static holds 30-45 seconds.

Progressions:

- Longer time 60-90 seconds; heavier weight.

Sandbag Bear-Hug Carry

Purpose: Odd-object strength, grappling carryover, back and trunk durability.

Setup:

- Hug bag high on chest; elbows down; brace; tall posture.

Execution:

- Walk controlled; short steps; breathe behind the shield (slow exhales).

Common mistakes:

- Bag too low (pulls low back).
- Leaning back; flaring ribs.

Regressions:

- Use 50 lb; shorter sets (20-30 sec).

Progressions:

- 60-80 lb; 40-60 sec sets; add slight hills.

Plank / Side Plank / Dead Bug

Purpose: Core stiffness without spinal wear; protects back; transfers to fighting and rucking.

Setup:

- Plank: elbows under shoulders; ribs down; glutes tight.
- Side plank: elbow under shoulder; hips stacked.

Execution:

- Hold steady; breathe; avoid sagging.
- Dead bug: low back pressed into floor; move opposite arm/leg slowly.

Common mistakes:

- Hips sagging; holding breath; fast dead bug reps.

Regressions:

- Knee plank; shorter holds.

Progressions:

- Longer holds; add suitcase carry core work.

Rucking (20 lb)

Purpose: Aerobic base, leg/tendon durability, kit tolerance, fat loss with low joint impact.

Setup:

- Pack weight high and tight; shoulder straps snug; waist belt if available.
- Foot care: tape hotspots early; wool socks; dry feet post-ruck.

Execution:

- Walk at conversational pace (Zone 2).
- Posture: tall; ribs down; short stride; arms swing naturally.

Common mistakes:

- Too much weight too soon; trying to jog with a ruck.
- Overstriding (heel striking hard).

Regressions:

- Shorter time (20-30 min).

Progressions:

- Add time first; then consider 25-30 lb after Week 4 if joints feel good.

Part 2 - Nutrition (Simple, Repeatable, Family-Friendly)

Targets:

- Goal: fat loss while supporting strength and recovery.
- Protein: 160-190 g/day (anchor).
- Calories: start ~2200-2400/day, adjust every 14 days based on trend.
- Carbs: higher on Mon/Tue/Sat; lower on Wed/Sun (recovery days).
- Hydration: 80-100 oz/day; electrolytes if sweating heavily.

Meal system:

- Use a repeatable template: Protein + carb (rice/quinoa) + veg + sauce.
- Batch cook twice per week: once on Monday or Tuesday, once mid-week (Thursday or Friday).
- Family-friendly rule: cook the same main protein and carb; you control portions.

Batch cooking recipes:

Instant Pot White Rice (big batch)

- Rinse 2 cups white rice until water runs clearer.
- Add to Instant Pot with 2 cups water and 1/2 tsp salt.
- Pressure cook 4 minutes; natural release 10 minutes; fluff.
- Store 4-5 days refrigerated.

Instant Pot Quinoa (big batch)

- Rinse 2 cups quinoa well (important for bitterness).
- Add 2 and 1/4 cups water and 1/2 tsp salt.
- Pressure cook 1 minute; natural release 10 minutes; fluff.
- Store 4-5 days refrigerated.

Instant Pot Salsa Chicken (bowls, wraps, salads)

- Add 2-3 lb chicken breast or thighs to pot.
- Pour 1 jar salsa over chicken. Add 1 tsp cumin and 1 tsp garlic powder.
- Pressure cook 10-12 minutes (breast) or 12-14 minutes (thigh).
- Natural release 10 minutes; shred; mix back into salsa juices.

Breville / Oven Salmon (sheet pan)

- Preheat to 400F. Line tray with foil or parchment.
- Season salmon with salt, pepper, garlic, lemon. Light olive oil spray.
- Bake 10-14 minutes (depending on thickness).
- Add veg (broccoli/asparagus) on same tray for last 8-10 minutes.

Turkey Taco Meat (stovetop, fast)

- Brown 2 lb lean ground turkey with diced onion.
- Add taco seasoning + splash of water; simmer 5 minutes.
- Use for bowls (rice/quinoa), wraps, or salads.

On-the-go meals:

- Protein shake + banana (Legion whey or Orgain).
- Greek yogurt cups + berries.
- Tuna packet + microwave rice cup.

- Hard-boiled eggs + fruit.
- Jerky + string cheese + apple.
- Thermos: turkey chili or salsa chicken + rice.

Supplements (simple stack + quality rules):

Note: Iron is lab-driven. If you take prescriptions or have medical conditions, check with your clinician before adding supplements.

- Creatine monohydrate: 3-5 g daily (any time).
- Vitamin D3: common winter support (dose depends on labs; many use 1000-2000 IU/day).
- Omega-3 fish oil: if you do not eat fatty fish 2+ times/week (look for third-party testing).
- Magnesium glycinate at night: sleep/recovery support for many people.
- Zinc: moderate dose only; avoid long-term high-dose without copper consideration.
- Iron: only if labs indicate deficiency.
- L-theanine: 100-200 mg with coffee for smoother focus (start low).
- L-methylfolate: consider clinician-guided use if indicated; not a blanket recommendation.

Quality rules:

- Quality filter: look for USP Verified, NSF Certified for Sport, or Informed Choice where possible.
- Costco often carries USP-verified options (e.g., Nature Made, Kirkland Signature) - check labels.
- Avoid mega-dosing stacks; keep it simple and consistent.

Part 3 - Tracking

- Weigh-in: 2x per week, same conditions.
- Measurements: every 2 weeks - waist (navel), chest, hips, thigh, upper arm, neck.
- Performance checks (every 4 weeks): max strict pull-ups; 1-mile time (or same Peloton test ride); 45-min ruck pace at 20 lb.
- Use the Excel tracker for check-offs and trends.