



The **Dogfight** Method:
DOG PROTOCOL

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Train hard.

Train smart.

Own your decisions.

The Dogfight Method: DOG PROTOCOL

Introduction

I built this method because I was tired of watching capable people underperform and make excuses for their lack of fitness.

Not because they were lazy.

Not because they lacked potential.

But because they were never trained with structure, intent, and responsibility.

Fitness became entertainment. Training became optional.

And the moment pressure appeared, most people folded.

That is unacceptable to me as a coach.



REBUILD - RISE - RAVAGE

My goal has never been to create people who only look fit.

Looking good will be a byproduct of this program.

Everyone wants that. But appearance has never been the objective.

The objective is capability.

I build athletes who can endure stress, recover under pressure, and apply force when called upon.

People who can protect themselves, protect others, and carry responsibility when it matters.

This Protocol is not for the weak minded. But it is built for those who choose to protect the weak.

PROTOCOL

The Power of the Dog

When I talk about the power of the dog, I am not talking about uncontrolled aggression.

A dog is calm by default. It is loyal. It shows up every day without negotiating with its emotions.

But when the moment comes, a real dog does not hesitate.

It moves forward. It protects the herd. It absorbs pressure and keeps functioning.

That is the standard behind the Dog Protocol. Not chaos. Not ego.

But reliable, controlled capability. This method is built to create guard dogs and fight dogs.

Men and women who can endure what is thrown at them and still act with clarity and intent.

Not for glory. But for responsibility.

Dog Protocol

The Dog Protocol is not a workout plan.

It is not a system.

And it is not a style you copy.

It is a method.

That distinction matters.

And if you're asking yourself what the difference is, good.

I'm glad you asked.



System versus method, what's the real difference?

A system puts predefined structures first. Exercises are fixed. Templates are locked. The program comes first and the athlete is expected to fit into it. That is a top down approach.

If you don't fit, the system does not care. You are the problem.

Most fitness programs work like this.

They look clean on paper and fall apart in real life.

A method works the other way around.

A method puts the athlete or fighter first.

It starts with principles, not templates.

It looks at the person, the goal, the constraints, and the reality they live in.

Then it builds the training modalities around them.

SYSTEM VS METHOD

The principles do not change. The tools can.

That is how the Dogfight Protocol works.

The method adapts to the athlete without losing its identity.

It scales.

It holds under pressure.

It survives reality.

EXERCISE VS TRAINING

why this difference matters

The difference is not effort. It is intent.

Most people exercise.

They look at the one hour they train.

They get their sweat on.

They feel tired. They get a little sore.

They constantly change programs or goals.

There is no long term plan. No clear destination.

They are busy, not progressing.

Training is different...
Training is well defined.

It is goal based.
It is designed to take you from point A to
point B.

Training always answers three questions:

What am I building
Why am I building it
How does this prepare me for what comes next

If those questions are not answered, you are
not training.

You are just exercising.



How this applies to the Dogfight Protocol

In the Dogfight Protocol, nothing exists by accident.

Every phase has a purpose. Every restriction exists for a reason.

Every decision is made to support long term capability.

You are not here to feel destroyed after every session.

You are here to become more capable over time.

That requires training, not random effort.

TRAINING

The 24 week structure

The Dog Protocol is a 24 week reconstruction process built around three macrocycles.

Each phase has a clear goal.

Each phase prepares you for the next.

Nothing is rushed. Nothing is skipped.

Throughout the entire process, everything you do is guided by five constant codes.

The codes do not change. Only the focus does.

This keeps the athlete intact while performance increases.

5 CODES

REBUILD

Endurance, aerobic capacity, fat loss

REBUILD is where everything starts.

This phase strips excess body fat and rebuilds the aerobic engine.

Breathing improves.

Movement efficiency improves.

Recovery improves.

Joints, ligaments, and connective tissue are prepared for future load.

The body learns to work longer without panic.

Discipline is rebuilt through consistency, not intensity.

A fighter who cannot endure is a liability.

REBUILD fixes that.

RISE

strength, power, aerobic and anaerobic capacity

Once the engine is built, we load it.

RISE develops strength and power while maintaining endurance.

Calories are increased deliberately through a controlled reverse diet.

Recovery improves while output rises.

Heavier loads and higher tension are introduced without losing control.

The aerobic base remains while anaerobic capacity is layered on top.

This phase teaches controlled aggression.

Capacity becomes capability.

RAVAGE

muscle, anaerobic capacity, armor building

RAVAGE completes the frame.

Lean muscle is built.

The anaerobic engine is turbo charged.

The body becomes denser, stronger, and more resilient under fatigue.

This is not vanity hypertrophy.

This is muscle as armor.

You do not chase size to impress.

You build mass to absorb force.

the Five Codes

Across all phases, everything you do is governed by five codes.

They are not options. They are structure.

The Forge governs training and physical adaptation.

The March governs daily movement and base capacity.

The Drills govern rhythm, coordination, and engine work.

The Fuel governs calories, protein, timing, recovery support, and water.

The Edge governs discipline, self trust, stress tolerance, and reliability under pressure.



A final word before you begin

I do not expect perfection.

I expect commitment.

There will be boring days.

There will be uncomfortable days.

Those days are part of the method.

If you want comfort, this is not for you.

If you want excuses, you will not find them here.

But if you want to become someone who can endure, protect, and act when it matters, this work is worth your time.

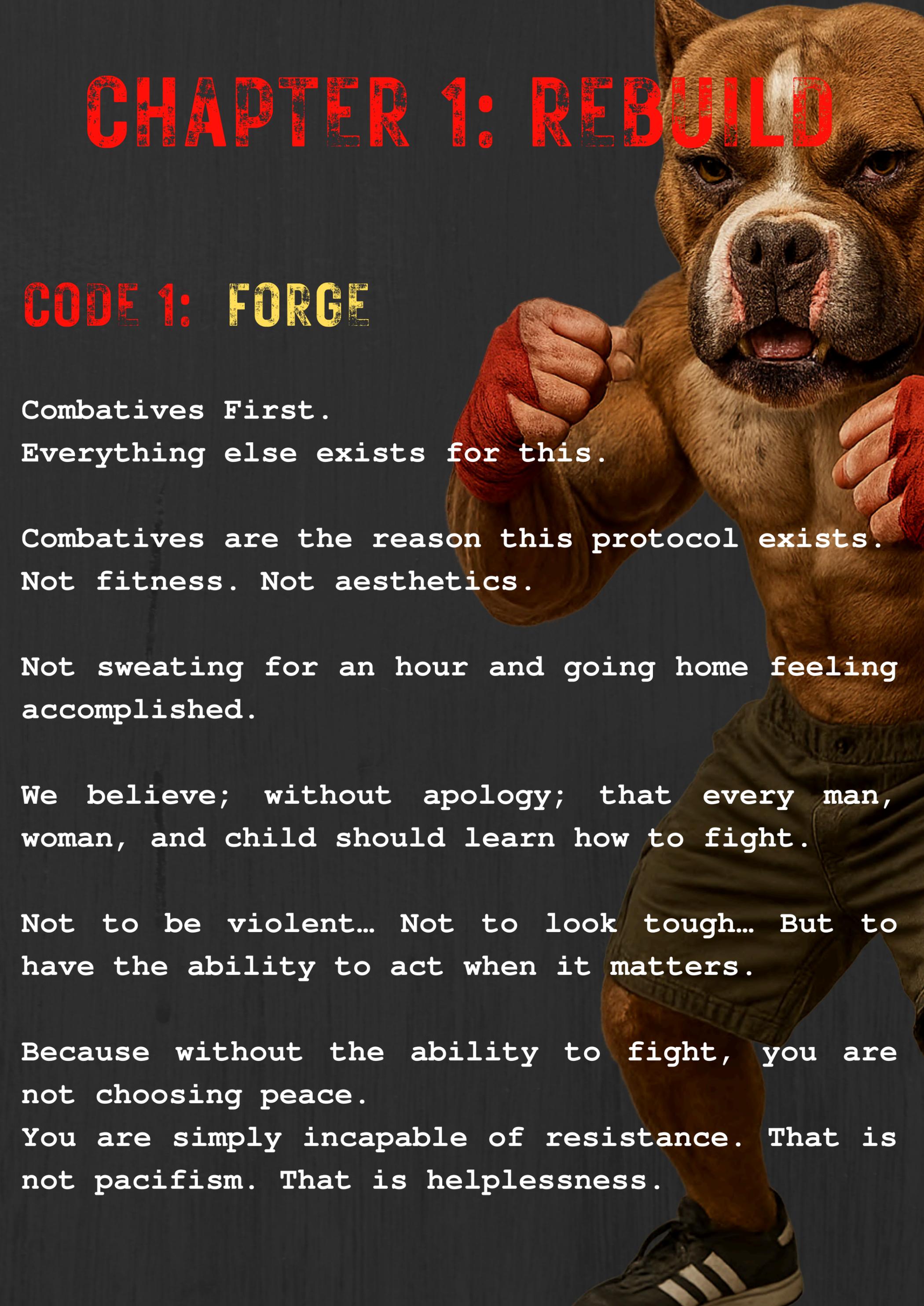
Strength is a responsibility.

Capability is a duty.

WELCOME TO
Welcome to

The Dog Protocol.

CHAPTER 1: REBUILD



CODE 1: FORGE

Combatives First.

Everything else exists for this.

Combatives are the reason this protocol exists.

Not fitness. Not aesthetics.

Not sweating for an hour and going home feeling accomplished.

We believe; without apology; that every man, woman, and child should learn how to fight.

Not to be violent... Not to look tough... But to have the ability to act when it matters.

Because without the ability to fight, you are not choosing peace.

You are simply incapable of resistance. That is not pacifism. That is helplessness.

Learning how to fight changes how you walk,
how you speak, how you carry yourself.

It changes how you respond to pressure, even
outside physical conflict.

A body that knows how to fight does not panic
easily.

A mind that knows it has options stays calmer.

This protocol exists to build people whose
bodies show up when it matters:

anytime, any place, under pressure.

Conditioning exists to support combatives.

Strength exists to support combatives.

Nutrition exists to support combatives.

If any of those start competing with fighting
instead of serving it, they've lost the plot.

I've seen people in phenomenal shape fold the moment someone resists them.

I've also seen fighters with average technique stay effective simply because they could keep breathing, keep moving, and keep thinking while others drowned in fatigue.

FORGE exists to make sure your skills don't disappear when you get tired.

"In the midst of chaos, there is also opportunity."

Sun Tzu

Combatives in REBUILD: Longer, Not Harder

In REBUILD, combatives shift in one very specific direction: longer.

Not harder, not faster, not more explosive.

We deliberately extend rounds.

We make combinations longer.

We string more work together inside drills.

Real conflict does not arrive in clean bursts.

It drags. It grinds. It exhausts. You do not get a reset button in real life.

By deliberately extending rounds, five minutes and beyond, you learn how to manage breathing under stress, how to maintain posture when tired, how to keep awareness when oxygen is low, and how to stay technical without panicking.

COMBATIVES

We push drills past comfort.

We stretch combinations beyond where you want to stop.

Not to break you, but to teach your nervous system that this state is survivable.

Fatigue stops being a threat. Panic stops being automatic.

“Calmness is the highest expression of confidence.”

Bruce Lee

Forge Is Where We Touch the Red Line
(Intelligently)

In FORGE, we are allowed to approach fatigue.

We do not live there, but we touch it.

This is where endurance and mindset are built together. You will feel discomfort. You will feel burn. You will feel the urge to quit. That is the point.

The goal of REBUILD is not to avoid fatigue forever. The goal is to move the red line farther away, week by week, until your gas tank no longer empties under pressure.

A few reps left in the tank is fine. Grinding every rep is not. Endurance is built gradually so the nervous system adapts without breaking.

“Suffer the pain of discipline,
or suffer the pain of regret.”

Weekly Minimums — Non-Negotiable

These are the absolute minimums.

More is preferred.

We are building fighters and athletes here, not casuals who like to sweat for an hour and then disappear for a week.

If you only hit the minimums,
you survive the program.

If you exceed them intelligently, you thrive.

EXECUTION STANDARD — FORGE (REBUILD)

Weekly minimums are simple and uncompromising.

You train combatives at least twice per week and conditioning at least twice per week.

Combatives are not optional.

Conditioning is not optional.

If you are not yet "with the program" and you do not engage in any fight training, you will have to add an extra conditioning session or Zone 2 Cardio in place of these training sessions



Conditioning: Think Movements, Not Exercises

This is a method, not a system.

We do not chase exercises.

We train movement patterns, because fighters and athletes move as one unit, not as isolated body parts.

Bodies trained as collections of muscles break under pressure.

Integrated bodies perform.

Instagram bodies look good.

Integrated bodies survive.

Load selection follows a strict rule:

use weights you could lift for roughly 15–30 clean reps.

This is not an excuse to use light,
meaningless weights.

High reps should burn, tax breathing, demand posture, and require discipline.

If the load doesn't demand respect,
it doesn't belong here.

Required Movement Patterns:

Push

Kettlebell press

Dumbbell press

Barbell press

Push-ups

Machines (used with intent)

Pull

Rows (KB / DB / BB)

Pull-ups

Bodyweight rows

Machines

Squat

Goblet squat

Front squat

Back squat

Sandbag squat

Hinge

Kettlebell swings

Romanian deadlifts

Moderate conventional deadlifts

Weighted bridge

Explosive Movement

Kettlebell swings

Kettlebell snatch

Sandbag cleans

Trunk / Bracing

Carries

Anti-rotation work

Loaded holds

Implements – Use Any, Respect All

Train accordingly.

Use any or all. It doesn't matter.

Strength is strength. Resistance is resistance.

Your body does not know whether you are hoisting a kettlebell, barbell, stone, or sandbag overhead.

It does not recognize brands or aesthetics.

It only knows load, leverage, tension, and time under stress.

Apply resistance and the body adapts.

Muscle fibers strengthen.

Connective tissue thickens.

Coordination improves.

Work capacity increases

This is why awkward objects are encouraged.

Fighting is never symmetrical.

Life is never balanced.

If you can move something that doesn't want to be moved—calmly and repeatedly, you are building a body that functions under chaos.

Allowed and encouraged implements include:

barbells

machines

kettlebells

dumbbells

sandbags

logs

stones

wheelbarrows

awkward objects



CONDITIONING

Bodyweight in Conditioning Sessions

For bodyweight movements inside conditioning sessions, the target is 20–50 total reps per movement.

Examples include:

push-ups

squats

lunges

step-ups

glute bridges

pull-ups

body rows

controlled burpees



High reps are not supposed to be easy.

This is not pink dumbbells, Zumba, TikTok cardio, or sitting on a machine scrolling your phone.

Make no mistake:

effective endurance training is miserable.

It burns. It drags. It humbles.

That is the price of durability.

Progression — How We Build Capacity

Progression in REBUILD is intentionally boring.

No PR chasing. No heroic jumps. No drama.

Each week you add one variable:

more reps,

more sets,

or more total time.

That's it.

Capacity is built by normalizing work.

What once felt threatening becomes familiar.

What once caused panic becomes manageable.

What once emptied the tank now leaves something in reserve.

That is endurance.

“The slow blade penetrates the shield.”



Deload – Why Week 8 Matters

Week 8 cuts total volume by roughly 50 percent.

This is mandatory.

We deload before the body breaks down,
not after.

By week eight, the nervous system has been
under sustained load.

Connective tissue has accumulated stress.

Hormonal systems have been taxed.

The deload allows the nervous system to
downshift, gives tendons and ligaments time to
remodel, restores hormonal balance, and
consolidates adaptations through
supercompensation.

Skip deloads and progress stalls. Respect them
and progress becomes permanent.

“The wise warrior avoids the battle he cannot win.”

Sun Tzu

What FORGE Really Builds

FORGE builds a body you can trust.
Not because it looks good.
But because it keeps working.

This is where excuses get exposed.
Comfort stops being a requirement.
Effort becomes routine instead of dramatic.

You don't need anger here.
You don't need hype.
You need reliability.

FORGE builds the body that shows up tired,
under pressure, without perfect conditions.

That is the body that survives.
That is the body that protects others.
That is the body you can rely on when things go
wrong.



CODE 2: MARCH

Build the Engine. Every Day.

MARCH is the unsexy part of the program.

It doesn't look impressive on Instagram.

It doesn't make for highlight reels.

It doesn't give you a pump or a rush.

And that's exactly why it works.

MARCH is daily movement.

It is the slow, relentless work that builds the engine underneath everything else.

This is where endurance is earned, not performed.

You don't build a dangerous fighter by only training hard twice a week...

You build a dangerous fighter by moving every day, teaching the body that work is normal and recovery is fast.

MARCH is how we remove fragility.



Walking — The Base Layer of Conditioning

Walking looks stupid on the surface until you understand what it does.

Walking builds:

- aerobic base without nervous system stress
- capillary density in working muscles
- joint health through low-impact cyclic loading
- recovery capacity between hard sessions
- fat loss without cortisol spikes

Walking teaches the body to clear fatigue instead of accumulating it.

When you walk, blood flow increases without spiking stress hormones. That means waste products clear faster, muscles recover better, and your nervous system stays calm instead of fried.

This is why fighters with a real base look relaxed while others are gasping.

Your heart pumps more blood with less effort.

Your body clears waste faster.

Stress hormones stay lower.

You recover quicker between efforts.

That matters when you're clinching, scrambling, striking, or thinking under pressure.

A calm system recovers faster and adapts better.

"Fatigue makes cowards of us all."

Vince Lombardi

Daily Standard – Non-Negotiable Movement

The standard is simple. You move every day.

Ten thousand steps per day is the baseline.

This can be done daily or averaged across the week.

If one day is low, another day goes higher.

No drama.

If you want more, do more.

There is no upper limit here.

The engine doesn't care how you build it.

It only cares that you keep feeding it work.

I've seen fighters transform their conditioning more from consistent walking than from adding another brutal session they couldn't recover from.

This is how you train between training.



Roadwork aka Zone 2 Cardio

Where the Engine Is Built

Walking lays the foundation.

Roadwork builds the engine.

Zone 2 cardio is steady, controlled work where you are working; but not panicking.

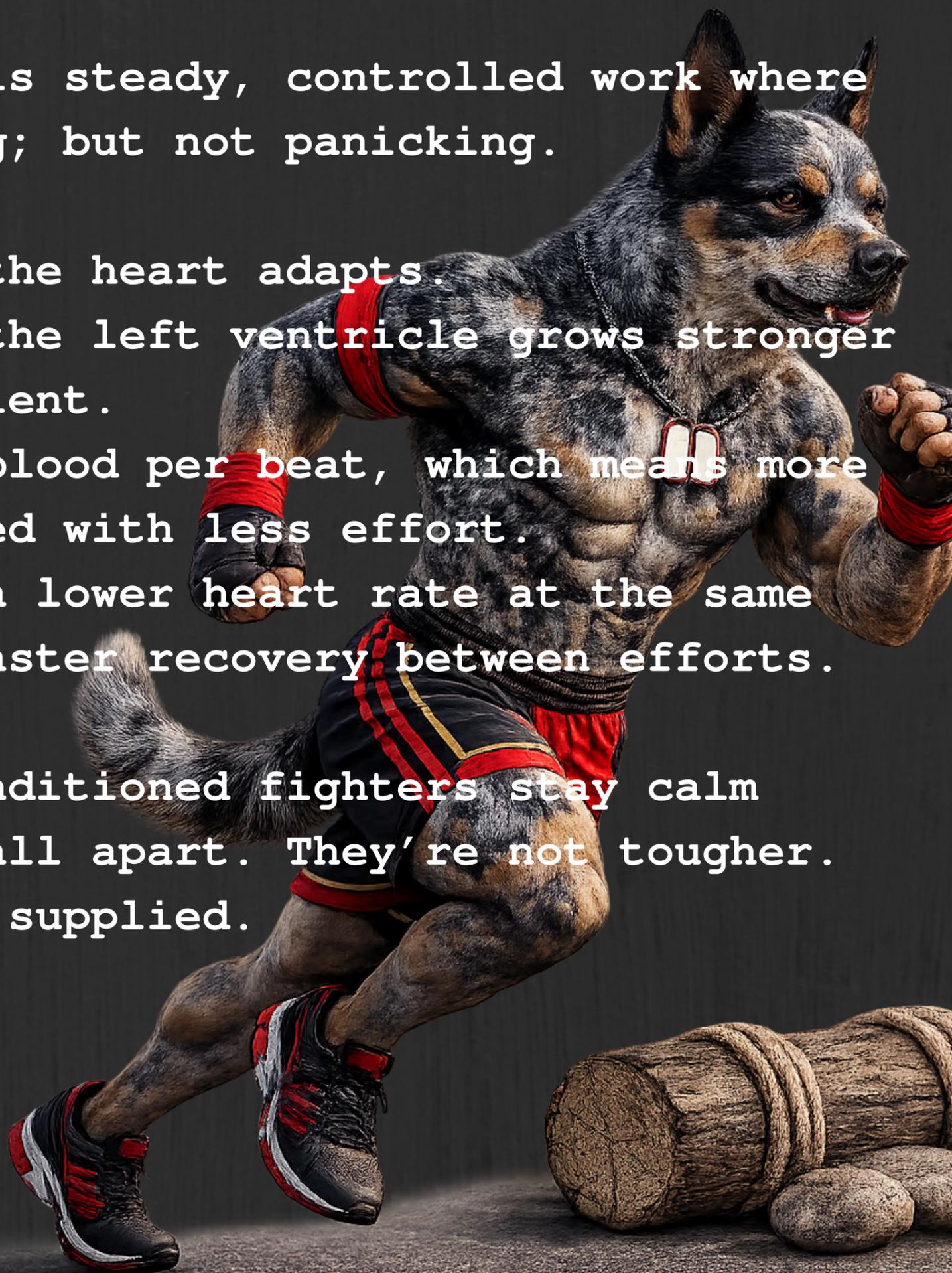
This is where the heart adapts. Specifically, the left ventricle grows stronger and more efficient.

It pumps more blood per beat, which means more oxygen delivered with less effort.

The result is a lower heart rate at the same workload and faster recovery between efforts.

This is why conditioned fighters stay calm while others fall apart. They're not tougher.

They're better supplied.



How to Establish Your Zone 2

There are several acceptable methods.
Use what you have.

You are in Zone 2 if:

- breathing is steady but elevated
- nasal breathing is possible most of the time
- you can speak short sentences
- effort feels sustainable for a long time

Heart rate guidelines:

- roughly 120–145 bpm for most people
- or 180 - age as a rough ceiling
- or 40–60% effort if no monitor is available

If your breathing turns frantic,
you're too high.

If you're bored but warm and working, you're
probably right where you should be.



Weekly Zone 2 Structure

You perform Zone 2 cardio at least twice per week.

Sessions start at 30 minutes.

Each week, you add 5 minutes per session.

Sessions cap at 60 minutes.

Week 8 is a deload:

total Zone 2 volume is cut in half

intensity stays easy

This allows the aerobic adaptations to consolidate instead of being buried under constant stress.



Modalities — Switch When Needed

The engine doesn't care how you build it.

You can use:

- Walking
- jogging
- Cycling
- Rowing
- Swimming
- sled dragging
- assault bike

Injured?

Elbow hurts? Fuck it. Go run.

Knee hurts? Tough luck.

Get your ass in the swimming pool.

Back irritated? Grow a pair and walk hills or jump on a bike.

There is always a way to move.

The goal is not loyalty to a modality.

The goal is continuous aerobic work.

Excuses kill engines. Adaptation builds them.

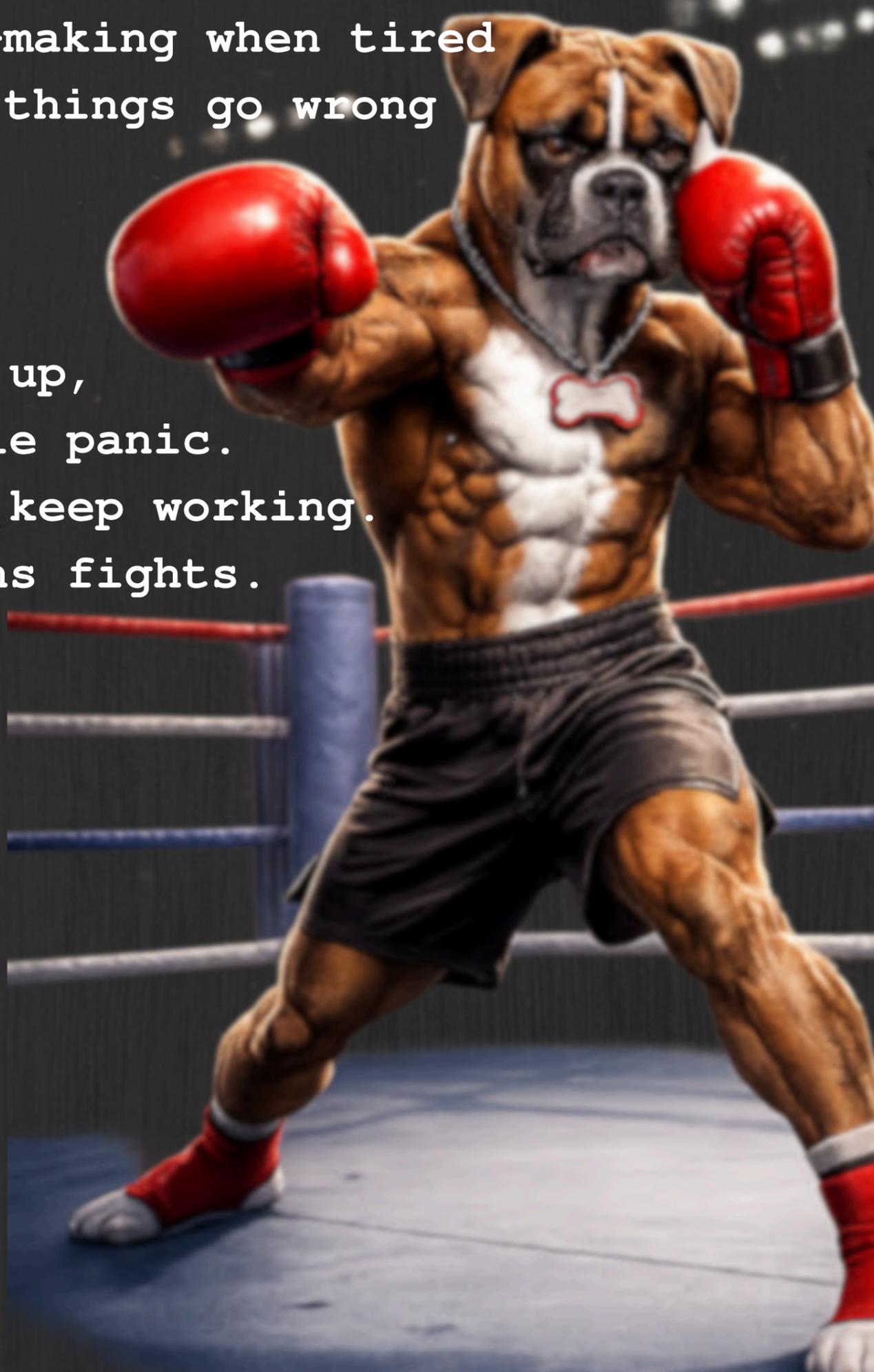
Why This Matters for Fighters

Zone 2 does not make you flashy.
It makes you dangerous late.

A bigger aerobic base means:

- faster recovery between rounds
- calmer breathing under pressure
- better decision-making when tired
- less panic when things go wrong

When fatigue shows up,
unconditioned people panic.
Conditioned people keep working.
That difference wins fights.



Week 8 – Deload the Engine

Week 8 cuts MARCH – Zone 2 cardio volume by roughly 50%.

Why?

Because aerobic adaptations, connective tissue remodeling, and nervous system recalibration happen after stress, not during it.

Deloading:

- allows the heart to adapt structurally
- gives joints a break without detraining
- prevents overuse injuries
- makes progress stick

We deload before the body forces us to.
That's intelligence, not weakness.



What MARCH Really Builds

MARCH builds patience.

It teaches you to show up even when nothing exciting is happening.

It builds discipline without drama.

This is where the ego shuts up and the work gets done.

People who skip this phase always look impressive early...
and always break later.

MARCH builds the engine
that lets everything else work.



You don't notice it until it's missing.

CODE 3: DRILLS

Daily Work. Zero Drama. Built for Longevity.

Drills are where endurance, structure, and discipline are forged daily.

Not in the gym. Not during the main workout. But spread throughout the day, quietly and relentlessly.

This is the part most people misunderstand.

They think conditioning happens in blocks.

They think fitness is something you turn on for an hour and shut off again.

That is not how working bodies function.

Look at a real working dog. It does not sprint for an hour and lie down the rest of the day.

It moves, repositions, works, recovers, then works again.

Drills exist to build that kind of body, a body that can keep going.

What Drills Are – And What They Are Not

Drills are not workouts. They are practice.

They are not meant to crush you.

They are meant to accumulate.

Drills build daily movement capacity, connective tissue resilience, structural strength, calmness under repetition, and work tolerance without unnecessary stress.

This is not where you chase fatigue.

This is where you remove friction from movement.

“The more you sweat in training,
the less you bleed in battle.”



The Golden Rule of Drills

All reps and all sets must feel easy, crisp, controlled, and repeatable.

Not sloppy. Not rushed. Not grinding.

We do not live at failure here. Drills are easy so they can be done every day, under any condition, without frying the nervous system.

Grinding here kills recovery.
Consistency builds killers.

This is how you build structure without breaking the system.



Daily Drill Movements

Drills use simple, repeatable movements that train the entire body over time. The focus is not variety but coverage.

Over the course of the week and month, the body is trained as a single unit.

The core movements used for daily drills are:

- Push-ups
- Squats
- Pull-ups (or regressions)
- Kettlebell swings
- Plank

These movements cover pushing, squatting, pulling, hinging, and trunk stability.

Nothing fancy. Nothing fragile.

How to Set Your Numbers (Non-Negotiable)

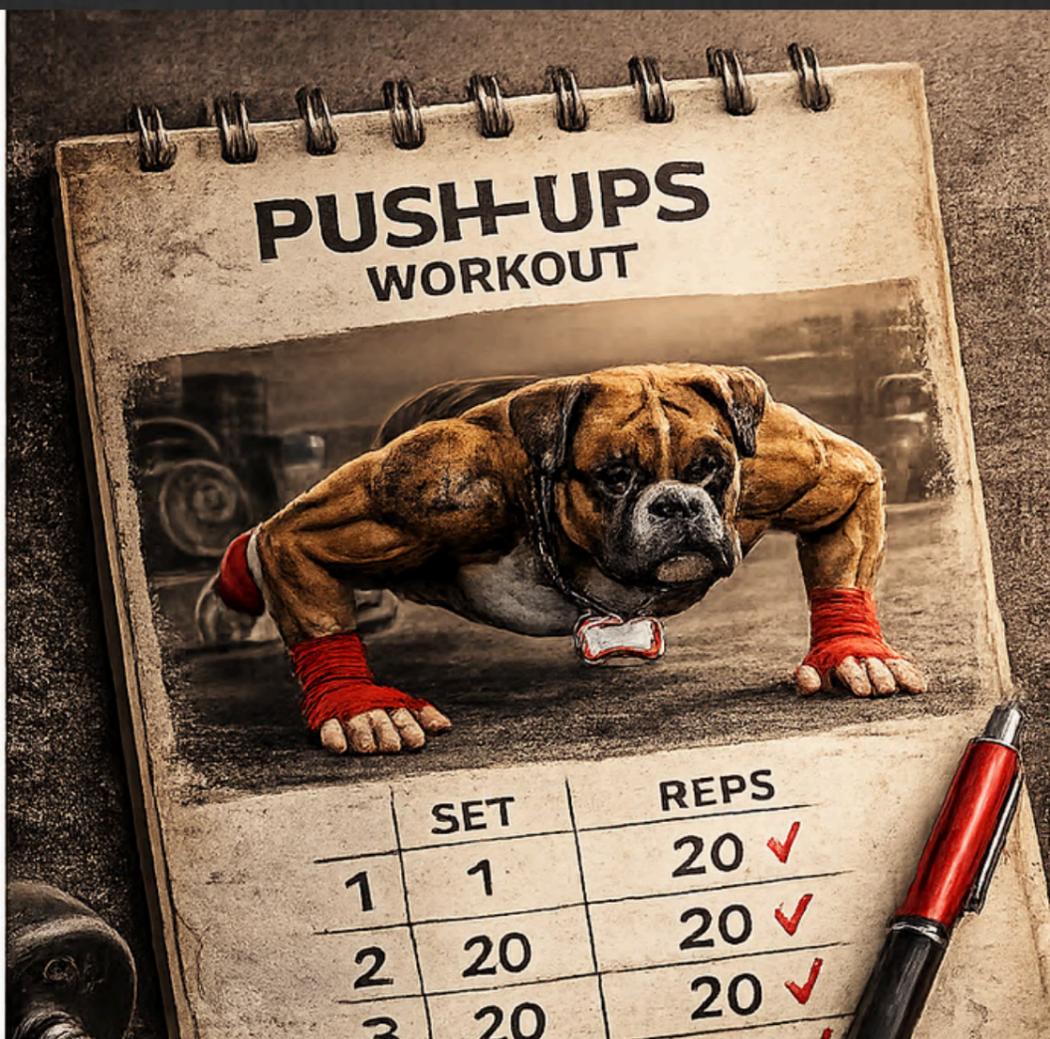
Before anything starts, you establish a clean maximum for each movement.

Clean means full range of motion, controlled tempo, no bouncing, no cheating, and no explosive reps.

This is not an ego test. It is calibration.

Once you know your clean max, you take 30–40% of that number and use it as your per-set target.

You then perform 3–6 sets per day, spread throughout the day.



Example:

If your max push-ups is 40, your working range is 12-16 reps per set.

You perform 3-6 sets across the day, resulting in 36-96 clean reps total.

Sets can be done after waking, before work, during breaks, before dinner, or after dinner.

Plenty of opportunities. Zero excuses.

 EXCUSES

Pull-Ups and Regressions

If strict pull-ups are not yet available, regress intelligently.

Strength still accumulates.

Acceptable regressions include:

- Bodyweight rows
- Towel rows (use towel behind bar or door)
- Table rows (use sturdy table for bodyrows)
- Chair rows (use sturdy chairs and broomstick)
- Ring rows
- Band-assisted pull-ups
- Dead hangs

All rules remain the same:

clean reps, full range, controlled movement.

Progression will occur naturally as volume accumulates.

Kettlebell Swings — Posterior Chain Standard

Kettlebell swings are performed daily, Monday through Friday.

The standard is fixed: 100 swings per day.

The goal is one continuous set. If you need to break early, do so, but the target remains unbroken completion.

When 100 swings are crisp, controlled, and repeatable, you increase the weight, not the reps.

Swings train the entire posterior chain, hip power, grip endurance, cardiovascular capacity, and posture under fatigue.

They build the back of the body, where power originates and where the largest muscle groups live.

If you can hinge powerfully and repeatedly, you can generate force when tired.

If you don't have a kettlebell, buy one!
it's one of the best investments you can make,
period.

Plank – Daily Trunk Integrity

Plank work is performed once per day, Monday through Friday.

You start with one minute total, breaking it into pieces if necessary.

When you can complete the full minute continuously every day, you add 10–30 seconds per week.

Planks train trunk stability, breathing under tension, and force transfer between upper and lower body.

A weak trunk leaks power.

A strong trunk keeps everything connected.

Progression – How Drills Scale

Drills progress slowly and predictably.

Each week you choose one variable to progress: one additional rep per set, one additional set, or more time for planks or hangs.

Never all at once.

Drills are not the place for heroics. They are the place for accumulation.

Why Drills Matter More Than You Think

Drills do something workouts cannot.

They teach your body that work is normal.

You stop negotiating. You stop drifting.

You stop waiting for motivation.

You start acting.

This is where discipline becomes automatic.

“We don’t rise to the level of our expectations.
We fall to the level of our training.” Archilochus

Drills and Fatigue – The Correct Relationship

Drills are intentionally easy so they can be done every day, even when tired, stressed, busy, or distracted.

Fatigue is approached in FORGE, not here.

Drills keep the system primed without draining it. This is how you build a body that can move all day, not just for one hour.

What CODE 3 Really Builds

CODE 3 builds durability.

It builds joints, tendons, posture, breathing, and confidence under repetition.

You do not feel heroic doing drills.

You feel reliable.

And reliability is what matters when things go wrong.

CODE 4: FUEL

Feeding the Work (KISS Principle)

Fuel in REBUILD is not dieting.

It is not comfort eating.

It is not punishment.

Fuel is strategy.

This phase exists to build an engine that runs on oxygen, fat, and discipline; not sugar spikes and adrenaline crashes.

If Fuel is wrong, everything else suffers: conditioning stalls, recovery tanks, sleep degrades, mood drops, and training becomes something you survive instead of something that builds you.



So we keep this brutally simple.

If the dog is too fat,
you feed him less and walk him more.

If the dog is too skinny, you give him some
extra treats and feed him more good food.

That's it.

No bullshit.

No cult diets.

No nutritional identity crisis.

Don't let the internet make you stupid by
overcomplicating basic biology.

“Simplicity is the ultimate sophistication.”

Leonardo da Vinci



This program does not reward cleverness.
It rewards consistency. As always.

Calories — Start High, Adjust With Discipline

You always start at the top end of the prescribed calorie range.

Why?

Because crash dieting:

- destroys training output
- increases stress hormones
- worsens sleep
- amplifies cravings
- increases injury risk
- almost always leads to rebound eating
-

We are not starving the body while asking it to work. We feed the work first.

Then we fine-tune.

When is progress considered stalled?

Progress is not judged by daily scale noise. Progress is assessed weekly, using multiple markers.

A stall is defined as ALL of the following for 7–10 consecutive days:

- Scale weight does not decrease at all
- Waist circumference does not decrease at all

Important clarifications:

- If weight is flat but waist is shrinking
→ do nothing
- If weight is flat but performance is improving
→ do nothing
- If energy is crashing
→ do not cut calories

Fat loss happens in steps, not straight lines.

What to do when progress truly stalls?

Only when all stall criteria are met:

Reduce daily intake by 150–300 kcal

Hold for 7–10 days

Reassess using the same criteria

No aggressive cuts. No panic changes.

Small, controlled adjustments keep training quality high and the engine adapting.

Protein – Structural Priority

(2.0–2.2 g/kg)

Protein is non-negotiable.

In REBUILD you are:

- increasing training volume
- stressing muscles, tendons, and ligaments
- asking the body to adapt repeatedly

Protein ensures the body rebuilds instead of erodes.

Adequate protein:

- preserves lean mass during fat loss
- supports muscle and connective tissue repair
- stabilizes blood sugar
- reduces hunger and impulse eating
- supports immune function under training stress

Without enough protein, you don't get lean and capable, you get smaller, flatter, and tired.

Protein is the anchor.

Everything else adjusts around it.

Carbohydrates:

Capped, With One Clear Exception

Carbohydrates are powerful.

Used poorly, they sabotage this phase.

In REBUILD, carbohydrates are capped at ≤ 100 g per day because the priority is:

- fat metabolism
- aerobic efficiency
- appetite control
- stable, non-spiky energy

Excess carbs:

- raise insulin more often
- suppress fat oxidation
- increase cravings
- push people into constant snacking

This is not anti-carb... This is carb discipline.

“Discipline is choosing what you want most over what you want now.”

The **One** Exception – Hard Conditioning Days

On hard conditioning days, you are allowed to go above 100 g of carbohydrates.

This is the only exception.

What qualifies as a hard conditioning day?

- Long conditioning sessions (Dogfight Conditioning or similar workouts/routines)
- High-volume circuits
- Extended Zone 2 + conditioning
- Brutal Forge sessions that significantly deplete glycogen

How many extra carbs?

Add 30–75 g of starchy carbohydrates, depending on:

- body size
- session duration
- perceived depletion

Practical examples:

- potatoes
- rice
- pasta

These carbs are eaten after the conditioning session.

Why this works

After hard conditioning:

- muscle glycogen is depleted
- insulin sensitivity is elevated
- muscles preferentially absorb glucose
- carbs are used to replenish fuel, not stored as fat

This improves:

- Recovery
- next-day performance
- sleep quality
- training consistency

On non-conditioning days, the ≤ 100 g rule stands.

This is not a loophole.

It is a targeted recovery tool.

Fruit – Strategic, Not Emotional

Fruit stays in the program, used on purpose.

Fruit works well here because:

- it provides quick glucose
- contains fiber and micronutrients
- digests easily
- supports training output without heavy insulin spikes

Practical use

- Pre-training (30–90 min): 1 piece if energy is low
- Post-training: 1–2 pieces if volume was high
- Craving control: fruit replaces the “need something sweet” moment

Fruit is fuel.

Cookies are entertainment.



Starches – Recovery Tool, Not a Lifestyle

Outside of hard conditioning days,
starches stay minimal.

When used, they are eaten post-conditioning
only.

Why timing matters:

- muscles are insulin sensitive
- glucose is pulled into muscle
- recovery improves
- fat storage risk is minimized

Wrong timing wastes carbs.

Right timing accelerates recovery.



Fats – Hormones, Joints, Nervous System

Dietary fat fills the remaining calories by design.

Fat supports:

- testosterone and sex hormone production
- cell membrane integrity
- nervous system health
- joint lubrication
- long-term recovery capacity

Low fat intake over time leads to:

- poor sleep
- low drive
- flat mood
- reduced resilience

This is not a low-fat program.

This is a functional-fat program.

Primary sources:

- whole-animal fats
- butter, ghee
- olive oil, avocado oil
- coconut oil
- nuts and seeds

Water – The Silent Performance Multiplier

Dehydration kills output before hunger ever does.

Low hydration causes:

- reduced blood volume
- higher heart rate for the same work
- faster overheating
- worse concentration and decision-making

Proper hydration improves:

- endurance output
- recovery between rounds
- joint and tissue health
- mental clarity under fatigue

If you feel flat, sluggish,
or unreasonably hungry...

Drink water first.



EXECUTION

Feeding the Work

We are not dieting. We are feeding adaptation.
Fat loss happens because output is high and recovery is supported.

Step 1 – Classify Yourself

You are either a Big Dog or a Small Dog.
No guessing. No feelings.

Body Type Classification

Big Dog if ANY apply:

- Body fat \geq 20% men / 28% women
- Waist \geq 0.53 × height
- BMI \geq 27

Small Dog only if ALL apply:

- Body fat < 20% men / < 28% women
- Waist < 0.53 × height
- BMI < 27



EXECUTION

Calculators

BMI :

<https://www.calculator.net/bmi-calculator.html>

Body fat (US Navy) :

<https://www.calculator.net/body-fat-calculator.html>



Intake Targets

Calories

- Big Dog: 22–24 kcal/kg
- Small Dog: 26–28 kcal/kg

Start at the top of the range

Protein

- 2.0–2.2 g/kg/day

Carbohydrates

- ≤ 100 g/day
- Exception: +30–75 g starch post hard conditioning only

Fruit

- Strategic use pre/post training

Fats

- Fill remaining calories

Water

- Minimum 3 L/day
- +0.5 L on training days

Non-Negotiable Rules

No crash dieting

No emotional eating

No "I earned this" logic

Adjust only after a true stall

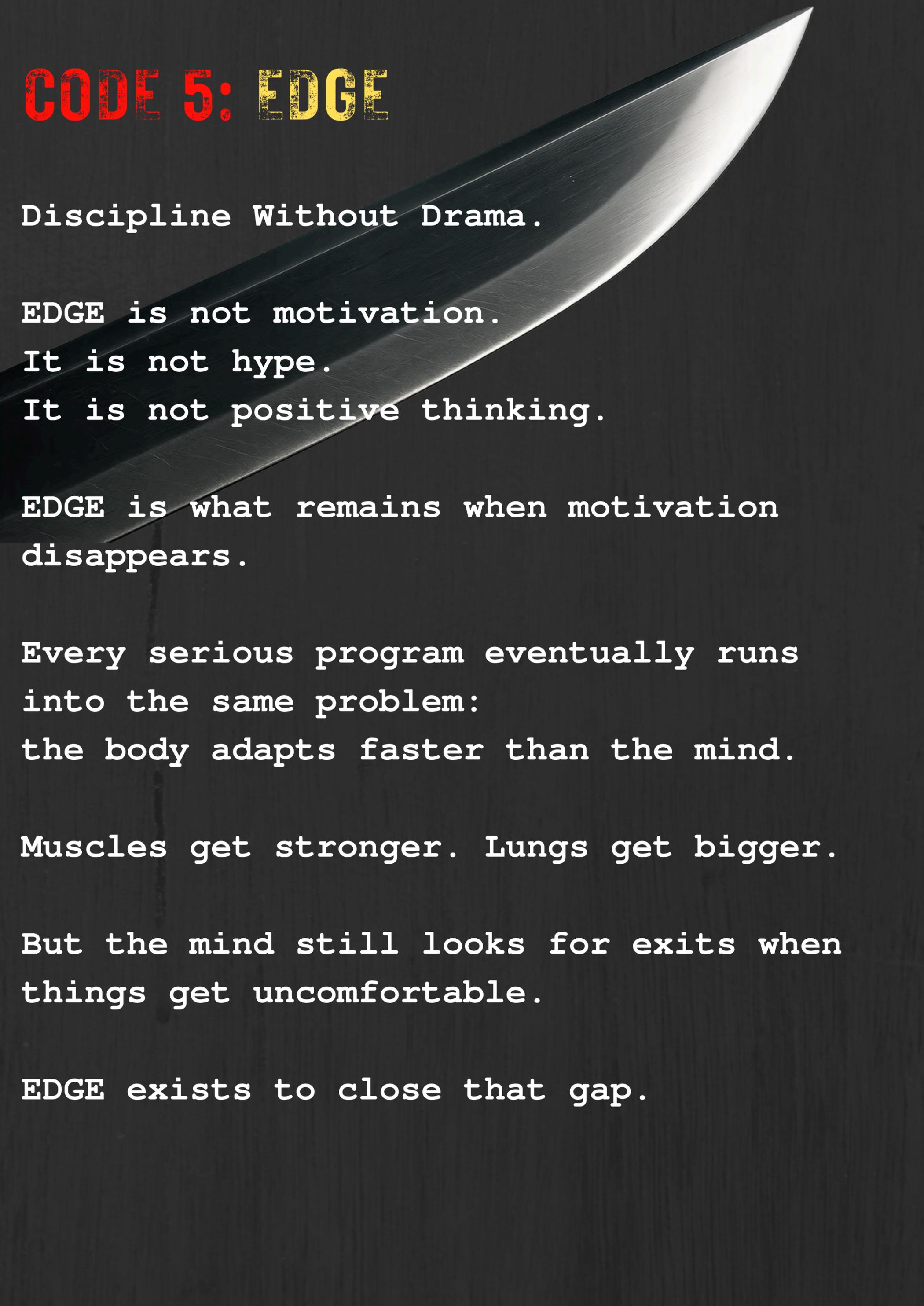
Consistency beats precision

Fuel supports the work.

The work builds the engine.

That is how **REBUILD** strips fat, builds capacity, and prepares you for what comes next.

CODE 5: EDGE



Discipline Without Drama.

EDGE is not motivation.

It is not hype.

It is not positive thinking.

EDGE is what remains when motivation disappears.

Every serious program eventually runs into the same problem:

the body adapts faster than the mind.

Muscles get stronger. Lungs get bigger.

But the mind still looks for exits when things get uncomfortable.

EDGE exists to close that gap.

This is where we train follow-through.

Not courage.

Not aggression.

Not confidence.

Reliability.

Why EDGE Exists in a Physical Program

People like to separate "mental training" from physical training. That's nonsense.

Train the body, and the mind will follow.

Your nervous system does not care about categories.

It only understands stress, repetition, and response.

When the body is exposed to controlled stress consistently, the mind adapts whether it wants to or not.

If you only train the body, the mind will eventually quit first.

If you only train the mind, the body will fail the moment it is asked to perform.

EDGE exists to make sure both move together.

I've seen athletes who looked incredible in training fold under pressure because they never trained consistency.

I've also seen people with average physical tools outperform everyone else simply because they did the work every day, especially when it was boring.

EDGE builds the person who shows up without needing a reason.

"We are what we repeatedly do.
Excellence, then, is not an act, but a habit."

Aristotle

EDGE Is Small, Daily, Non-Negotiable

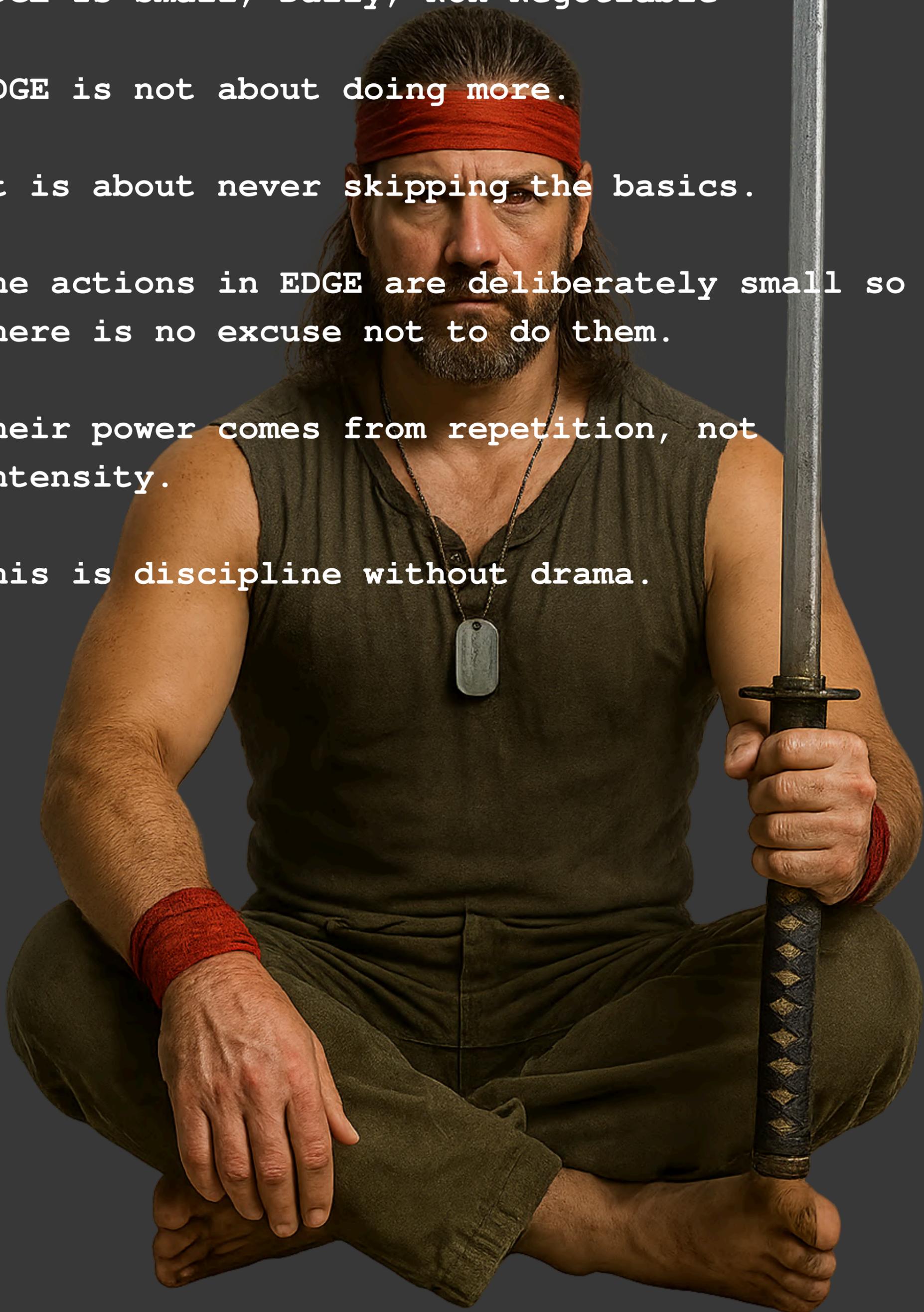
EDGE is not about doing more.

It is about never skipping the basics.

The actions in EDGE are deliberately small so there is no excuse not to do them.

Their power comes from repetition, not intensity.

This is discipline without drama.



Reading – Feed the Mind Daily

Every day, you read ten pages from a real book. Preferably a physical book.

Something you can hold, touch, underline. Electronics are kept to a minimum here because constant stimulation kills depth and attention.

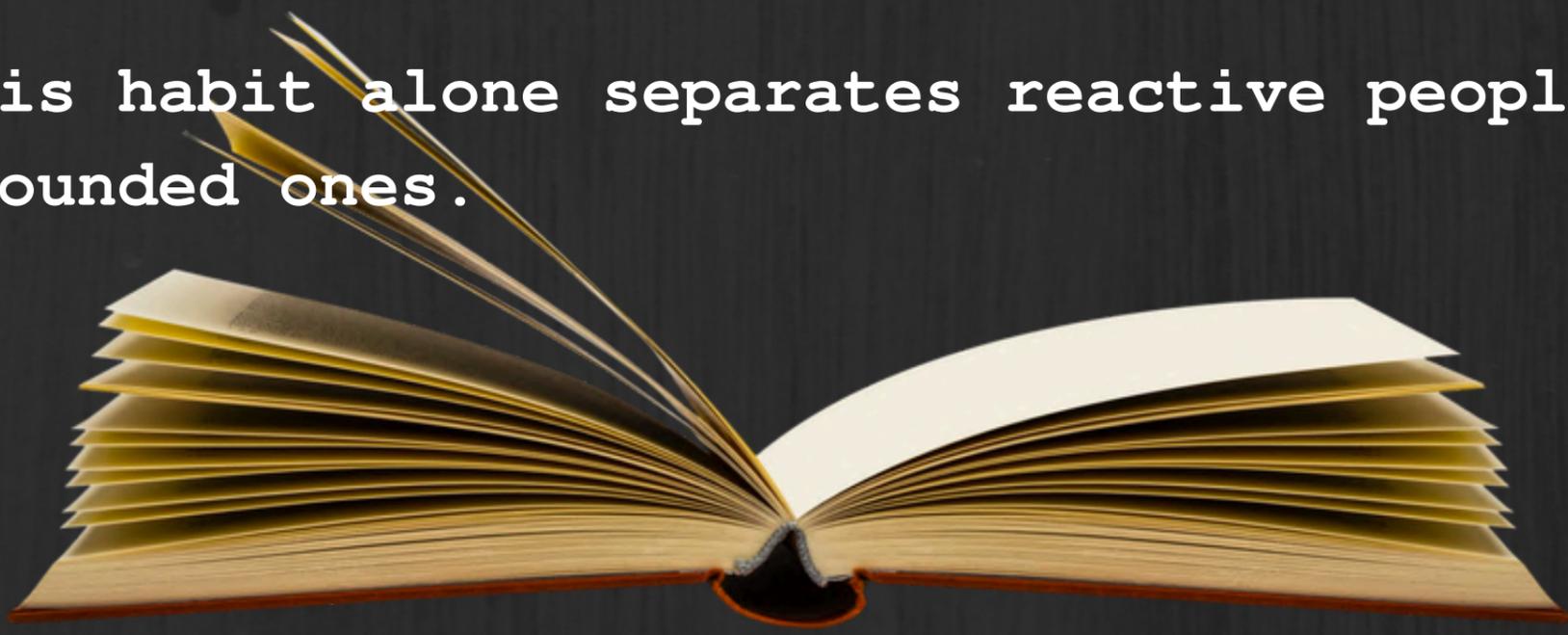
Reading does three things at once.

First, it slows the nervous system. Your brain relearns how to focus instead of bouncing between impulses.

Second, it expands your internal reference library. You start recognizing patterns, ideas, and solutions beyond your immediate emotions.

Third, it reinforces patience. Progress happens page by page... just like training.

This habit alone separates reactive people from grounded ones.



Writing – Stop Drifting, Start Acting

Every evening,
you write down three things you will accomplish
tomorrow.

Not goals... Not dreams...

Actions.

Concrete. Measurable. Finishable.

This practice removes morning hesitation.
When you wake up, you are no longer negotiating
with yourself.

The decision has already been made.

You stop drifting. You start acting.

Discipline becomes execution, not emotion.



Mobility – Keep the Dog Supple

Daily mobility is performed each day,
short and sweet.

Not as a warm-up. Not as punishment.
As maintenance.

Your body is a tool.

Tools that are never maintained eventually
fail.

Mobility keeps joints healthy, movement clean,
and small issues from becoming injuries.

A supple body recovers faster, tolerates higher
workloads, and moves with less friction.

Focus on the fundamentals:

- spinal flexion, extension, and rotation
- hip opening through deep squat holds and circles
- shoulder control through CARs and wall slides
- ankle dorsiflexion and calf mobility
- ...

You don't need perfection.

You need consistency.

Optional Tools

(Use When Needed, Not as Ritual)

EDGE includes optional tools.

They are not mandatory and they are not magic.

Breathwork can be used to downshift when stress runs high. Slow nasal breathing, box breathing, or extended exhales are enough.

Meditation or stillness creates space between stimulus and response.

This is not spirituality.

It is nervous system training.

Yoga can replace mobility if it serves your body.

Cold exposure can be used sparingly to sharpen awareness and stress tolerance.

Use tools when they serve you.

Don't turn them into superstition.

Alcohol – The Quiet Saboteur

Alcohol is not banned. It is limited.
One day per week maximum.

Alcohol disrupts sleep, impairs recovery,
blunts protein synthesis, increases injury
risk, and dulls mental sharpness.

EDGE is about stacking the odds in your favor.
Choose accordingly.

What EDGE Really Builds

EDGE builds identity.

You stop seeing yourself as someone who trains
when conditions are right.

You become someone who trains because that is
who you are.

No hype. No mood. No perfect setup.

You execute.

“He who conquers himself is the mightiest warrior.”

Confucius

The Outcome

EDGE does not make you loud.

It makes you solid.

When pressure shows up,
you don't scramble for motivation.

You fall back on habits you've already built.

That is the edge

SUNDAY — BLOODY SUNDAY

The Reset That
Keeps You Dangerous

Sunday is your off day.

Not a "light training" day.

Not a "maybe I'll do something" day.

An off day.

This is not weakness. This is strategy.

Six days you push. One day you reset.

That rhythm is not negotiable if you want
progress that lasts longer than your
motivation.

Most people either never rest and break, or
they rest so hard they erase a week of work.

Bloody Sunday exists to do neither.



Why Sunday Exists

The body does not grow stronger during training. It grows stronger after training, when stress drops and resources are available.

Sunday is where:

- the nervous system downshifts
- connective tissue repairs
- hormones normalize
- motivation refills without hype

Psychologically, Sunday matters just as much.

Humans need contrast.

Without a release valve, discipline turns into resentment.

And resentment eventually turns into quitting.

Sunday is permission to breathe without losing your edge.

What Sunday Is (and What It Is Not)

Sunday is not a cheat day.

It is a reset day.

You are allowed to step away from structure without stepping into stupidity.

Eat the pizza if you want.

Have a drink with friends if needed.

Spend time with family. Sleep in.

Laugh. Disconnect.

But don't be a pig and destroy six days of work
in one afternoon.

Bloody Sunday is about control, not chaos.

You don't need to track calories.

You don't need to log steps.

You don't need to "optimize" anything.

You also don't need to turn yourself into a
dumpster fire

Movement on Sunday

No codes apply on Sunday.

No Forge.

No March.

No Drills.

No Fuel.

No Edge.

If you want to walk, go for it.

If you want to stretch lightly, fine.

But nothing is required.

Sunday is about letting the system exhale.

Sometimes the hardest discipline is doing
nothing when you're used to pushing.

RELAX

The Psychology of Bloody Sunday

This day keeps the rest of the week sharp.

When people know a reset is coming, they train harder Monday through Saturday.

They don't negotiate as much. They don't look for loopholes.

Sunday removes the mental fatigue that builds when life becomes only rules.

It also prevents the "fuck it" moment.

You know the one; where one skipped session turns into three weeks off because you never gave yourself a clean release.

Bloody Sunday keeps the leash loose enough that the dog doesn't bite it.

FUCK

it!

The Rule of Bloody Sunday

Here's the only rule that matters:

You should wake up Monday ready to work again.

Not bloated.

Not hungover.

Not guilty.

Not sluggish.

Reset the mind.

Protect the body. Keep the edge.

“Rest is part of the work.”

What Bloody Sunday Really Builds

Bloody Sunday builds sustainability.

It keeps discipline human.

It keeps the program livable.

It keeps you training next month, not just next week.

This is how you stay in the fight long enough to win it.

TRANSITION TO RISE

From Endurance to Force

REBUILD was never the destination.
It was the gate.

Everything in REBUILD has one purpose:
to make sure your body does not betray you when
the demands increase.

SO that:

You are no longer fragile.

You can work longer.

You recover faster.

our breathing stays calmer.

Your joints tolerate load.

Your mind no longer panics the moment fatigue
shows up.

REBUILD will strip away weaknesses.

RISE will build on what's left.



What Changes – And What Does Not

The Five Codes do not change.

They never change.

They are the backbone of the protocol.

They are the sacred commands.

Only their emphasis shifts.

REBUILD emphasized capacity, tolerance, and base-building.

RISE will emphasize strength, power, and force production,

built on top of the engine you've already earned.

If you skip REBUILD, RISE will expose you.

If you respect it, RISE will reward you.

Why RISE Comes After REBUILD

Strength without an engine is a liability.

It looks impressive for short bursts and collapses under pressure.

It creates tension without control.

It turns power into panic when fatigue arrives.

By building endurance first, we ensure:

- your nervous system can tolerate heavier loads
- your joints are prepared for higher forces
- your recovery systems are already online
- your breathing stays organized under stress

Now, when we add load and intent, the system holds.

This is how real strength is built, not just gym strength, but usable strength.

What **RISE** Will Demand

In RISE, the work becomes heavier and more deliberate.

Forge shifts toward:
lower rep ranges,
higher external load,
more intentional force production

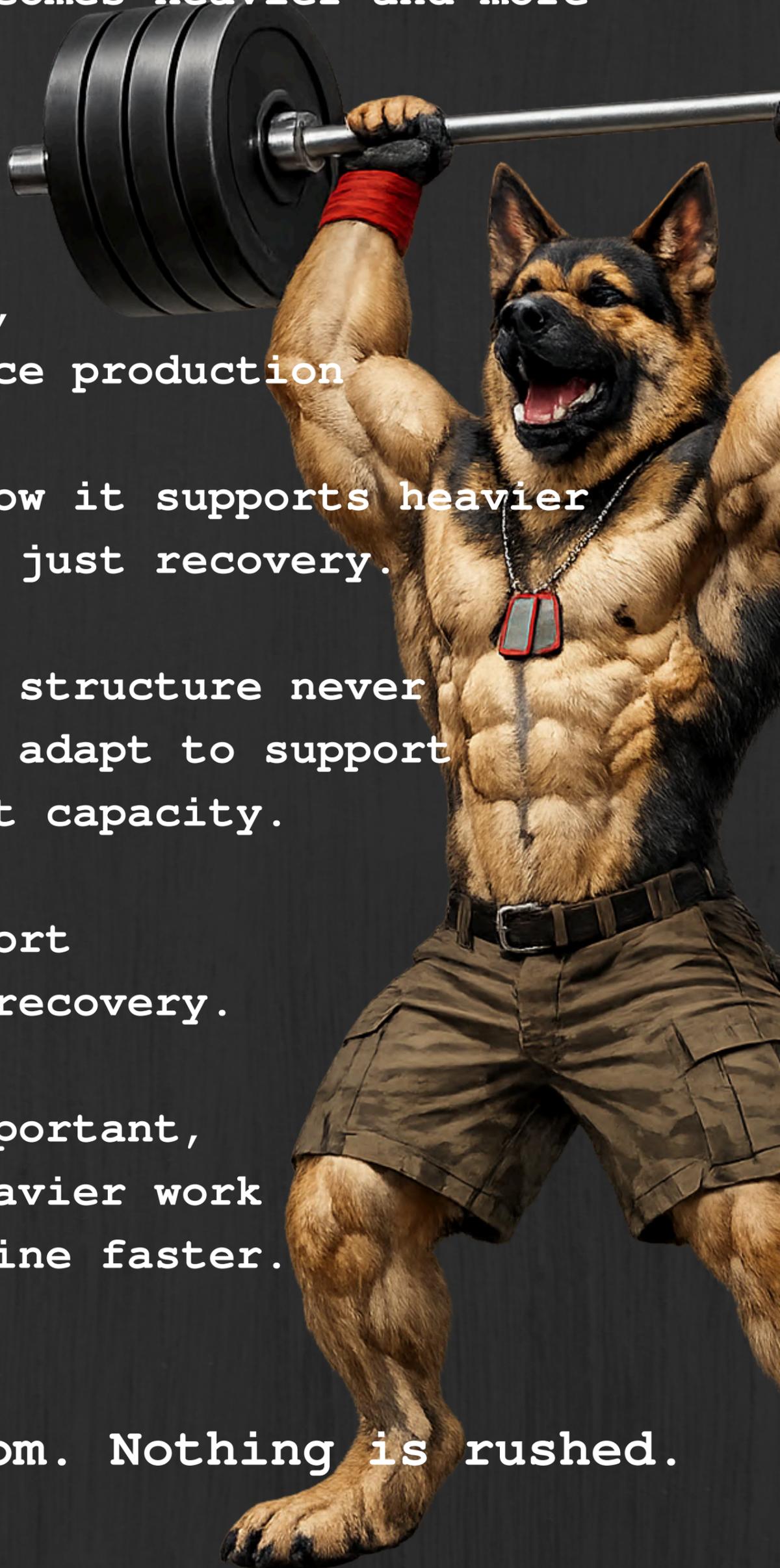
March remains, but now it supports heavier training rather than just recovery.

Drills stay, because structure never disappears, but they adapt to support power instead of just capacity.

Fuel adjusts to support strength output and recovery.

Edge becomes more important, not less, because heavier work exposes weak discipline faster.

Nothing is random. Nothing is rushed.



The Payoff

This is where people
start to feel dangerous again.

Not reckless. Not aggressive.
Capable.

You hit harder
because your body can support it.

You lift heavier
without falling apart.

You stay calm
while others tighten up.

You are not just fit. You are fit to fight.

“Knowing is not enough. We must apply.
Willing is not enough. We must do.” Bruce Lee

The Warning



RISE is unforgiving to ego.

If you try to rush loads, you'll feel it.

If you abandon the codes, they will punish you.

If you forget the engine you built, it will remind you.

But if you respect the process, RISE becomes addictive in the right way.

This is where effort turns into power.

In REBUILD we temper the steel,
in RISE we sharpen the blade.

Next chapter coming in 8 weeks...

See you there!

enjoy!

The Dogfather – Coach

The Fight You Can't See – Measurements

You don't measure to feel good.

You measure to know the truth.

The Forge breaks you down.

The March builds the base.

The Drills stress the lungs.

The Fuel repairs the system.

The Edge sharpens the mind.

The Free Day resets the body.

But one fight remains.

The fight without sweat.

The fight without applause.

The fight against self-deception.



The Truth Hurts

Avoiding mirrors is easy.

Avoiding the scale is easy.

Saying "I'm fine" is easy.

Facing reality is not.

This phase has nothing to do with conditioning or strength.

It is about confronting what is actually happening,
not what you feel is happening.

Progress does not care about intent.

It only responds to evidence.

If you avoid the truth, nothing changes.

Why This Fight Matters

Accountability

Numbers are neutral.

They do not negotiate.

They do not care about excuses.

Motivation

Real momentum comes from data,
not emotion.

Progress

What is measured can be adjusted.

What is ignored stays broken.

If you refuse to face the data,
you are outside the Protocol.

The Tools of Truth

Photos

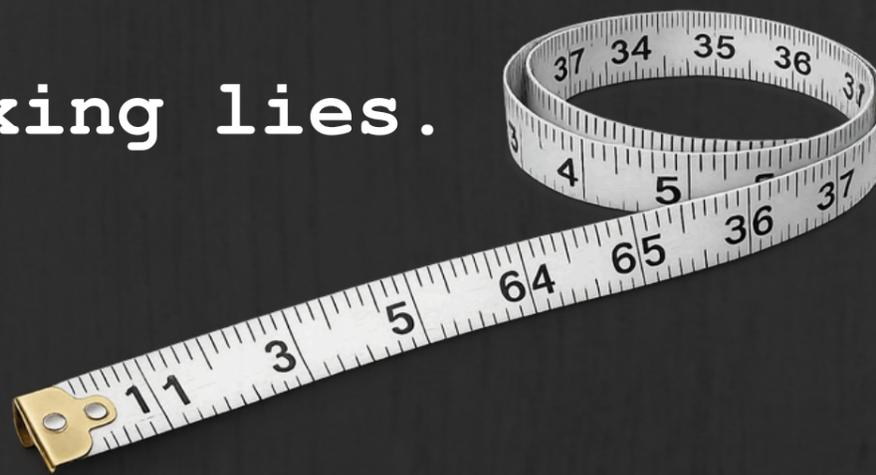
Taken weekly.
Same lighting.
Same angle.
Same posture.



They reveal changes the mirror hides.

Tape

The mirror distorts. Flexing lies.
Measurements do not.
Waist, chest, shoulders



recorded, not guessed.

Scale

Not an enemy. Not a judge.
A reference point.



Used correctly, it keeps you honest.

Measuring Progress

You cannot correct what you refuse to observe.

Avoidance feels safe.

Measurement creates friction.

Progress is not a sensation.

Progress is a trend.

In this Protocol,
only verifiable change counts.

Why Measure?

Not to inflate ego.

Not for social media validation.

You measure to assess reality.

To confirm whether your actions work.

To remove guesswork.

To eliminate excuses.

Numbers expose weakness
that is why they are avoided.
Numbers confirm effectiveness
that is why they matter.

Feelings fluctuate. Data accumulates.

Only one leads to control.

The Three Measurement Standards

1) Weekly Photos

Front, side, back.

Once per week.

Same conditions, every time.

Taken before the Free Day.

Daily comparison is meaningless.

Weekly comparison is decisive.

2) Weekly Measurements

Tape measure required.

Mandatory: waist (navel).

Also measure chest, shoulders, neck.

Optional: arms, thighs, calves.

Same day. Same time. Same conditions.

The mirror lies. The tape does not.

3) Weekly Weigh-In

Once per week only. Morning. Fasted.

Same day, before the Free Day.

Never daily. Fluctuations are noise.

Trends are information.

The scale provides context – not identity.

Excuses – Neutralized

“I don’t like photos.”

Avoidance does not change outcomes.

Delayed honesty only prolongs the problem.

“The scale lies.”

It does not. Inconsistent habits do.

“I go by feel.”

Feelings are unstable.

Data is repeatable.

Repeatability is control.

Completion Standard

Weekly photos (front, side, back).

Weekly measurements

(minimum: waist, chest, shoulders).

Weekly weigh-in

(same conditions, before Free Day).

If you do not measure, you do not know.

If you do not know, you cannot lead,
yourself or anyone else.

The mirror does not judge.

The numbers do not attack.

They simply reveal what is real.

ROADWORK

Zone 2 Cardio

WEEK	DURATION (MIN)	NOTES
1	30	
2	35	
3	40	
4	45	
5	50	
6	55	
7	60	
8	30	DELOAD

MINIMUM 2
SESSIONS/WEEK

DRILLS

*Pushups, squats
& pullups*

WEEK	DRILLS	NOTES
1	3 – 6 sets / 30 – 40 % of maximum	Each week add 1 rep or 1 set
2	3 – 6 sets of assigned repetitions.	Each week add 1 rep or 1 set
3	3 – 6 sets of assigned repetitions.	Each week add 1 rep or 1 set
4	3 – 6 sets of assigned repetitions.	Each week add 1 rep or 1 set
5	3 – 6 sets of assigned repetitions.	Each week add 1 rep or 1 set
6	3 – 6 sets of assigned repetitions.	Each week add 1 rep or 1 set
7	3 – 6 sets of assigned repetitions.	Each week add 1 rep or 1 set
8	50% of week 7	DELOAD

5 DAYS/WEEK

DRILLS

Kettlebell swings

WEEK	DRILLS	NOTES
1	Kettlebell swings x 100 reps.	Only add weight when needed
2	Kettlebell swings x 100 reps.	Only add weight when needed
3	Kettlebell swings x 100 reps.	Only add weight when needed
4	Kettlebell swings x 100 reps.	Only add weight when needed
5	Kettlebell swings x 100 reps.	Only add weight when needed
6	Kettlebell swings x 100 reps.	Only add weight when needed
7	Kettlebell swings x 100 reps.	Only add weight when needed
8	50% of week 7	DELOAD

5 DAYS/WEEK

DRILLS

Plank

WEEK	DRILLS	NOTES
1	Plank 1 minute	Only add time when needed
2	Plank 1:10 – 1:30	Only add time when needed
3	Plank 1:20 – 2:00	Only add time when needed
4	Plank 1:30 – 2:30	Only add time when needed
5	Plank 1:40 – 3:00	Only add time when needed
6	Plank 1:50 – 3:30	Only add time when needed
7	Plank 2:00 – 4:00	Only add time when needed
8	50% of week 7	DELOAD

5 DAYS/WEEK