

SELF-PACED PROGRAM

4-Week Men's Health Reset

A complete biohacking, movement, nutrition, and mindset protocol
to reclaim energy, reduce stress, and build lasting vitality.

Light Therapy	Breath & Meditation	Functional Movement	Clean Nutrition	HRV & Brain Tech	Daily Journaling
---------------	---------------------	---------------------	-----------------	------------------	------------------

Always consult your physician before beginning any new health, exercise, or nutrition program.

Daily Foundations

Always active — all four weeks — these are your non-negotiable daily practices

These practices run every single day through all four weeks. They are the core architecture of your reset. Miss a workout — no problem. Never miss your sunlight, breathing, journal, or nutrition fundamentals.

SUNLIGHT PROTOCOL

Sunlight Protocol — 3× daily · 5–10 min each

Natural light hitting your eyes — not through glass — at key times regulates circadian rhythm, cortisol, melatonin, and mood.

SUNRISE	SOLAR NOON
Within 30 min of waking	11 AM – 1 PM
5–10 minutes	5–10 minutes

Protocol: Stand or walk outside. Eyes forward — no sunglasses. Blink naturally. Even overcast skies provide sufficient lux.

Never: Stare directly at the sun. Look toward it, not at it.

5-MINUTE DAILY JOURNAL

5-Minute Daily Journal — Handwritten · Every morning

Brief focused reflection activates prefrontal cortex engagement, reduces amygdala reactivity, and builds a sense of agency.

GRATEFUL 1	I am grateful for...
GRATEFUL 2	I am grateful for...
GRATEFUL 3	I am grateful for...
I AM	One positive trait I recognize in myself today...
TODAY'S GOAL	One specific, achievable thing I will accomplish...

Make it specific: "I'm grateful for the smell of coffee this morning" beats "I'm grateful for my health." Specificity creates genuine positive emotion.

MORNING ROUTINE

Morning Routine — ~45–60 minutes

- Wake** **No phone. Hydrate immediately.**
16–32 oz water + sea salt or electrolytes.
- 0–10 min** **Sunrise sunlight**
Step outside within 30 min of waking. Barefoot if possible.
- 10–15 min** **Morning Journal**
3 gratitudes · 1 self-trait · 1 goal. Handwritten.
- 15–20 min** **Box Breathing**
5 minutes. Seated, spine tall, eyes closed.
- 20–40 min** **Workout or Walk**
10–20 min workout OR 20+ min walk.
- Post** **Protein-First Breakfast**
Within 60–90 min of waking.

NIGHT ROUTINE

Night Routine — Begin 60–90 min before sleep

- Sunset** **Sunset sunlight + vagus reset**
5–10 min outside. Signals melatonin production.
- 90 min** **Dim lights + Night Mode**
Enable on all devices. Lamps over overheads. Candles ideal.
- 60 min** **Blue light glasses**
Amber or red lens if using screens within 2 hrs of sleep.
- 30 min** **Box Breathing + Wind-down**
5 min breathing · light reading · warm shower.
- Sleep** **Cool, dark, quiet room**
65–68°F · blackout curtains · phone off · 7–9 hrs.

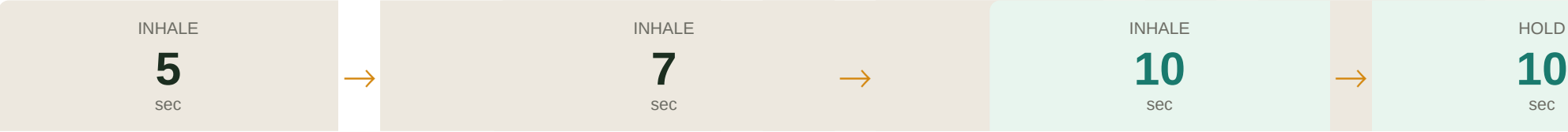
BOX BREATHING MEDITATION

Box Breathing — 5 min daily · Builds over 4 weeks from 5s to 10s

Weeks 1 & 2 — Foundation:

Week 3 — Progression:

Week 4 — Mastery:



Practice: Sit with spine tall. Inhale through nose. Hold at top — don't tense. Exhale fully. Hold at bottom — stay relaxed. 5–6 full cycles per session. Stop if lightheaded.

VAGUS NERVE STRESS RESET

Vagus Nerve Reset — Use anytime · Under 2 minutes

Uses an eye-movement pattern to trigger a rapid parasympathetic nervous system downshift. Use when stressed, anxious, or overwhelmed.

Step 1 — Right Side: Move both eyes as far as possible to the right without moving your head. Hold until you feel a spontaneous swallow, yawn, or deep sigh (30–90 sec).

Step 2 — Left Side: Return to center. Move both eyes to the left. Hold until the same swallow, yawn, or sigh occurs. It may come faster.

Step 3 — Walk: Take a 5–10 minute slow, deliberate walk. Silence or gentle music only. Reinforces the nervous system reset.

HOURLY MOVEMENT BREAKS

Movement Breaks — Every 60 min · 5 minutes · Set a timer

Prolonged sitting independently increases metabolic disease risk. Rotate through these options:

Brisk Walk	Around the block or hallway
Hip & Thoracic Stretch	Pigeon, cat-cow, doorway stretch
Air Squats	2–3 sets of 10–15 reps
Push-ups & Rows	Floor push-up + chair row
Standing Forward Fold	Hamstring, low back, neck
Box Breathing	5 full cycles, seated or standing

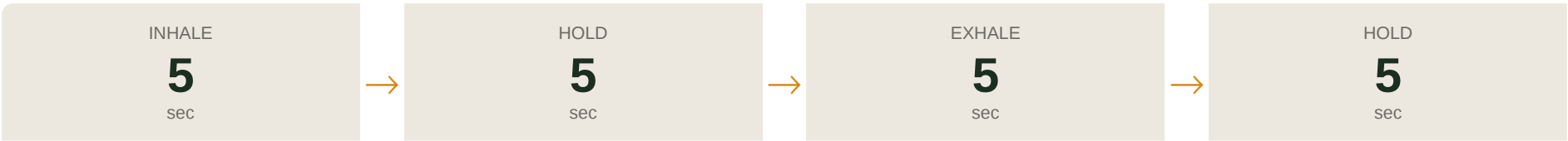
Timer: Use Seconds Pro or your phone's built-in repeat timer set to 60 min during work hours.

Week 1 — Ignite: Build the Base

Focus on showing up, not perfection. Box breathing at 5 seconds.

This week is about establishing patterns. Eliminate the bad foods, build the morning routine, and get moving. Miss a rep, not a session.

BREATH FOCUS: 5 SECONDS — IN 5 • HOLD 5 • OUT 5 • HOLD 5



Week 1 goal: Complete your 5-min breathing session every morning and evening. 14 sessions total this week. Lightheadedness is normal early on — relax and slow down.

WEEK 1 WORKOUTS — ALTERNATE A & B, 5–7 DAYS, 10–20 MINUTES

Workout A — Horizontal Upper

Exercise	Type	Sets × Reps	Notes
Goblet Squat	Lower Push	3 × 10	Hold dumbbell at
Romanian Deadlift	Lower Pull	3 × 10	Hinge at hips, so
Push-up	Upper Horiz.	3 × 8–12	Full range. Modif
Bent-Over Row	Upper Horiz.	3 × 10	Hinge ~45°. Pull

Workout B — Vertical Upper

Exercise	Type	Sets × Reps	Notes
Split Squat	Lower Push	3 × 8 each	Staggered stance. Front foot
KB Swing	Lower Pull	3 × 12	Hip-hinge power from glutes.
DB Shoulder Press	Upper Vert.	3 × 10	Seated or standing. Press ov
Chin-up / Lat Pulldown	Upper Vert.	3 × max/10	Supinated grip. Full hang to c

Format: Straight sets or superset lower+upper pairs to save time. Weight should be challenging on the last 2–3 reps but allow clean form. Finish in 10–20 minutes.

WEEK 1 NUTRITION — ORGANIC · NON-GMO · GLUTEN-FREE · PROTEIN-FORWARD

Protein target: At least 0.7g per pound of bodyweight daily. A 200 lb man targets 140g+. Track for 3–5 days, then eat by feel.

Sample Meals

Breakfast	Within 90 min of waking
3–4 pasture-raised eggs in coconut oil or ghee · Sautéed spinach or kale · ½ avocado · Fresh herbs · Sea salt, black pepper, turmeric · Optional: 1 tbsp raw sauerkraut	
Lunch	Midday
6–8 oz organic chicken or wild salmon · Large mixed greens salad · EVOO + lemon dressing · Fresh cilantro or basil · ½ cup sweet potato (small)	
Dinner	2–3 hours before sleep
6–8 oz grass-fed beef or turkey with garlic, ginger, onion · Roasted broccoli or zucchini · 2–4 tbsp kimchi or sauerkraut · ¼ cup white rice (post-workout only)	

Eat Freely

- Organic, pasture-raised meats: chicken, beef, turkey, lamb
- Wild-caught fish: salmon, sardines, cod, mackerel
- Pasture-raised eggs
- All non-starchy vegetables: leafy greens, broccoli, cauliflower
- Healthy fats: avocado, EVOO, coconut oil, ghee, macadamia nuts
- Fresh herbs: turmeric, ginger, garlic, rosemary, basil, cilantro
- Fermented foods: raw sauerkraut, kimchi, raw kefir, yogurt

Eliminate Completely

- Gluten: wheat, barley, rye, spelt, conventional oats
- Conventional dairy, industrial seed oils (canola, soybean)
- Refined sugar, artificial sweeteners
- Processed/packaged foods, fast food, GMO ingredients

Digestible Carbs (moderate, post-workout):

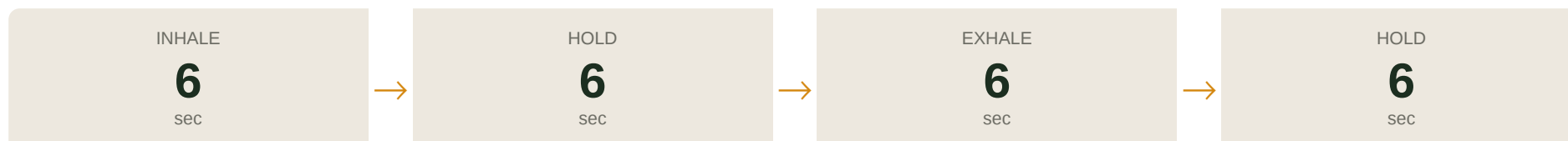
- Sweet potato, white rice, plantain, butternut squash
- Berries: blueberries, strawberries, raspberries

Week 2 — Build: Stack the Habits

Routines are becoming familiar. Increase challenge and add technology.

Increase workout challenge, experiment with longer breathing holds, and track your HRV if you have a HeartMath device.

BREATH FOCUS: 5–7 SECONDS — STAY AT 5S IF NEEDED · TRY 6–7S IF 5S FEELS COMPLETELY EASY



Never sacrifice quality for progression. If the 5-second box breath feels completely easy — no strain, no lightheadedness, calm mind — try 6 or 7 seconds this week. Otherwise, stay at 5.

Add technology: Start using your HeartMath sensor or Muse headband during breathing sessions to get real-time HRV or EEG feedback. See the Gear section for setup guidance.

WEEK 2 WORKOUTS — INCREASED VOLUME AND NEW VARIATIONS

Workout A — Horizontal Upper

Exercise	Type	Sets × Reps	Notes
Goblet Squat	Lower Push	3 × 12	Increase load from last week
Single-Leg RDL	Lower Pull	3 × 8 each	Balance on one leg
Feet-Elevated Push-up	Upper Horiz.	3 × 12	Feet on bench or box
3-Point DB Row	Upper Horiz.	3 × 12	One hand braced on floor

Workout B — Vertical Upper

Exercise	Type	Sets × Reps	Notes
Bulgarian Split Squat	Lower Push	3 × 8 each	Rear foot on bench. Front leg forward
Good Morning	Lower Pull	3 × 12	Hinge forward at hips, slight knee bend
Arnold Press	Upper Vert.	3 × 10	Start palms facing you at chin
Pull-up (Assisted)	Upper Vert.	3 × max	Pronated grip. Use resistance band

Progression: If all sets felt easy last week, increase dumbbell weight by 5 lbs. If form broke down, keep the same weight and focus on tempo — 2s down, 1s pause, 1s up.

Track Your Protein for 3 Days

Use Cronometer (free) or weigh portions. Once you know what your daily target looks like on a plate, eat by feel.

Protein reference:

- ~35g protein 4 oz chicken breast
- ~28g protein 4 oz ground beef (85%)
- ~30g protein 4 oz wild salmon
- ~12g protein 2 large eggs
- ~23g protein 4 oz sardines
- ~6–8g protein 4 oz raw kefir

Fermented Foods — Build the Habit

Target fermented foods with every dinner this week. Rotate between sauerkraut, kimchi, raw kefir, and raw yogurt. Buy raw/unpasteurized from the refrigerated section. Brands: Farmhouse Culture, Wildbrine, Bubbies.

Spice Focus This Week

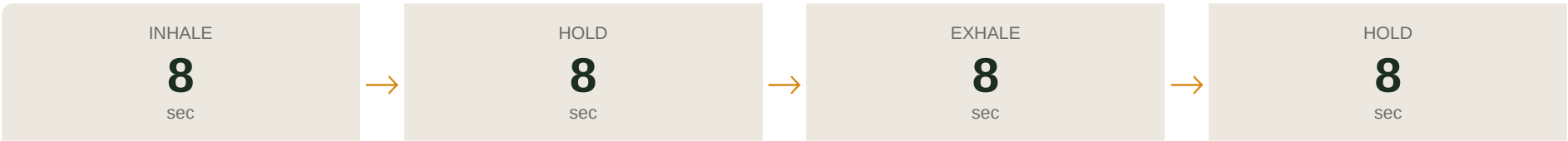
- Turmeric + black pepper — curcumin absorption increases 2000% with piperine
- Ginger — digestive support, anti-nausea, anti-inflammatory
- Garlic — prebiotic, antimicrobial, cardiovascular support — use raw or lightly cooked

Week 3 — Deepen: Challenge Your Edge

Routines feel automatic. Push breathing to 7–8 seconds and increase workout intensity.

By now your routines should feel natural. Week 3 deepens the work — longer breathwork, heavier loads, and refined nutrition timing.

BREATH FOCUS: 7–8 SECONDS — COMFORTABLE AT 7 • ATTEMPT 8 BY END OF WEEK



Add BrainTap: Integrate one 20-min BrainTap guided session after your breathing practice this week. Breathwork + neural entrainment creates a powerful and measurable state-shift.

WEEK 3 WORKOUTS — NEW MOVEMENT PATTERNS, INCREASED CHALLENGE

Workout A — Horizontal Upper

Exercise	Type	Sets × Reps	Notes
Goblet Squat (Tempo)	Lower Push	3 × 12	3-sec descent, 1-
Trap Bar / DB Deadlift	Lower Pull	3 × 10	Neutral spine, full
Ring / Weighted Push-up	Upper Horiz.	3 × 10–12	Rings: big should
Chest-Supported Row	Upper Horiz.	3 × 12	Face-down on inc

Workout B — Vertical Upper

Exercise	Type	Sets × Reps	Notes
Step-up + Knee Drive	Lower Push	3 × 10 each	Step onto box. Drive opposit
SL RDL (Loaded)	Lower Pull	3 × 10 each	Heavier than W2. Hip-hinge c
Landmine or Z-Press	Upper Vert.	3 × 10	Landmine: angled press, less
Neutral Grip Pull-up	Upper Vert.	3 × max	Palms facing each other. Ad

Intensity: You should feel genuinely challenged by rep 8–10. If the last 2 reps don't require focus and effort, add load. Your strength has improved from Weeks 1–2 — honor that.

Strategic Carbohydrate Timing

- **Half sweet potato or banana if energy is low. Not mandatory.**
Pre-workout (1–2 hrs before):
- **Protein + moderate starchy carb. Best time for white rice or sweet potato — muscles are hungry, glucose uptake is high.** Post-workout (within 60 min):
- **Keep carbs low. Protein, vegetables, fermented foods, and healthy fats. Better sleep, better GH secretion overnight.** Evening:

Anti-Inflammatory Herb Protocol

- Rosemary — neuroprotective, circulatory · Excellent on roasted meats and vegetables
- Oregano — potent antimicrobial · Great in ground meat dishes
- Cilantro — heavy metal detox support · Add raw to salads and bowls
- Fresh thyme — respiratory and immune support · Soups and slow-cooked dishes
- Cinnamon — blood sugar regulation · Add to coffee, smoothie, or yogurt

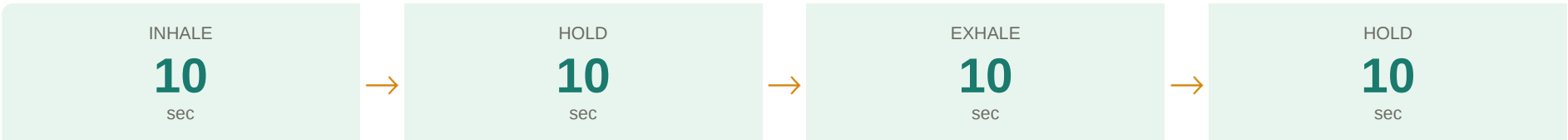
Cooking oils: Cook with coconut oil, ghee, or avocado oil. Finish with cold-pressed EVOO. Never heat EVOO to high temps — it oxidizes.

Week 4 — Integrate: Make It Yours

This is not the finish line — it's the beginning of your new normal.

Push breathing toward 10 seconds, achieve peak workout intensity, lock in your nutrition framework, and build your post-program plan.

BREATH FOCUS: WORKING TOWARD 10 SECONDS — 10S IS THE TARGET · STAY AT 8 IF 10 FEELS FORCED



Week 4 goal: Complete at least one 10-minute breathing session on two days this week. Use your HeartMath or Muse device to capture the full session and track coherence or HRV throughout.

WEEK 4 WORKOUTS — PEAK INTENSITY · MEASURE YOUR PROGRESS VS WEEK 1

Workout A — Horizontal Upper

Exercise	Type	Sets × Reps	Notes
Goblet or Front Squat	Lower Push	3 × 15	Higher reps at mo
Romanian Deadlift	Lower Pull	4 × 12	Peak load — hea
Push-up Variation	Upper Horiz.	3 × max	Your best: feet el
DB Row (Heaviest)	Upper Horiz.	4 × 12	Heavier than any

Workout B — Vertical Upper

Exercise	Type	Sets × Reps	Notes
Bulgarian Split Squat	Lower Push	4 × 10 each	Heaviest yet. Dumbbells both
SL Hip Hinge	Lower Pull	3 × 12 each	2-second squeeze at top. Ma
Standing OHP	Upper Vert.	4 × 12	Heaviest OHP of the program
Pull-up — Max Effort	Upper Vert.	4 × max	Record your reps. Compare t

Test yourself: On Day 6 or 7, repeat a Week 1 workout and note how much easier it feels. Record your pull-up max, push-up max, and RDL load. This is your measurable progress data.

The Lifetime Nutrition Framework

- Protein first at every meal — build your plate starting with your protein source.
- 80/20 principle — eat clean 80% of the time. 20% flexibility for social meals. Perfection is not sustainable.
- Fermented foods daily — sauerkraut, kimchi, kefir, or yogurt non-negotiable at dinner.
- Cook with real food — if it has more than 5 ingredients, it's processed.
- Seasonal eating — local seasonal produce is more nutrient-dense and affordable.

Medical note: Raw dairy contains live bacteria. If immunocompromised, pregnant, or on immune-suppressing medications, consult your doctor first. Pasteurized organic versions are a safe alternative.

After Week 4 — What Next?

- Run the program again with heavier loads, longer breathwork, and deeper nutrition refinement. Each cycle produces new results.
- Extend workouts to 25–35 minutes, adding an extra exercise or set per movement.
- Track HRV for 60+ days — your HeartMath or Muse data will reveal stress, sleep, and recovery patterns.
- Continue the daily journal for the rest of your life. It is the single highest-leverage 5 minutes of your day.
- Explore time-restricted eating (16:8 intermittent fasting) or work with a functional medicine practitioner.

Gear, Technology & Tools

Optional but highly recommended — amplify your results with real-time biofeedback data.

These products amplify what you're already doing. None are required — but each provides measurable, data-driven acceleration of your results.

HEARTMATH INSTITUTE — HRV BIOFEEDBACK

The HeartMath Institute has over 30 years of peer-reviewed research on HRV and heart-brain coherence. Their devices give you real-time feedback on how your nervous system responds to stress, breathing, and emotional states.

HEARTMATH

Inner Balance Sensor

~\$129 — Most Accessible

Clips to earlobe, connects to smartphone. Displays real-time HRV coherence score during breathing sessions. Companion app includes guided exercises. Best starting point.

HEARTMATH

emWave2

~\$229 — Standalone

Standalone handheld device — no phone needed. Three LED indicators show low/medium/high coherence in real time. Syncs data to computer. Ideal for a dedicated device.

HEARTMATH

HeartMath App

Free with device

Tracks coherence sessions, shows HRV trends over time, includes breathing pacer tools, and a cumulative resilience reserve score. Use during box breathing for real-time guidance.

How to use: Clip sensor during your daily box breathing session. Aim for "high coherence" (green indicator). Over 4 weeks your baseline coherence will measurably improve. Visit heartmath.com.

BRAINTAP — NEURAL ENTRAINMENT & GUIDED MEDITATION

BrainTap uses guided meditation, binaural beats, isochronic tones, and light-pulse technology to guide your brain into specific frequency states on demand.

BRAINTAP
BRAINTAP

Recommended protocols:

- "Power Up" / "Morning Motivation" — 20 min after morning breathing session
- "Stress Buster" / "Calm" — midday nervous system reset
- "Delta Sleep" — 20 min pre-sleep. Deeply restorative.
- Behavior change program (weight loss, quit smoking/alcohol) — 30+ days consecutively

App-only option: The app works with any quality over-ear headphones. Start with the subscription, add the headset if you love it. braintap.com

MUSE — EEG MEDITATION FEEDBACK

Muse is an EEG headband giving real-time brainwave feedback — turning meditation into a measurable, trackable practice. Calm mind = peaceful sounds. Wandering mind = audio signal.

MUSE	Muse 2
MUSE	Muse S (

How to use in this program:

- Use during morning box breathing for real-time calm-mind feedback
- Track "calm %" over 4 weeks — you should see measurable improvement
- Use Muse S at night to track sleep stages and identify what improves deep sleep

HeartMath vs Muse: HeartMath measures heart coherence (HRV). Muse measures brain activity (EEG). Different but complementary systems. HeartMath is the better first tool; add Muse for brain-side data. choosemuse.com

BLUE LIGHT BLOCKING GLASSES — PROTECT MELATONIN PRODUCTION · IMPROVE SLEEP ONSET

Blue light (400–550nm) from screens suppresses melatonin production in the evening. Amber or red lens glasses filter this spectrum, protecting your natural sleep hormone cycle. Wear 2 hours before your target sleep time.

RA OPTICS Delta Night Lenses ~\$89–\$129 — Best quality Blocks 99%+ of blue light. Designed by a circadian rhythm scientist. Amber for evening, red for full-spectrum block. Prescription compatible. Best overall option.	BLUBLOX Sleep+ Night Lenses ~\$79–\$99 Red lens blocks blue AND green light. Research suggests green light suppression equally important for melatonin. Wide frame coverage for maximum protection.	SWANWICK Sleep Swannies ~\$59–\$89 — Best value Stylish amber-lens option. Good coverage for casual and professional settings. Blocks the critical 400–500nm blue light range. Solid mid-range choice.
--	---	--

Protocol: Put glasses on 2 hours before target sleep time. Also enable Night Shift (iOS) or Night Mode (Android) on all devices simultaneously. The combination is more effective than either alone.

Daily Habit Checklist

Print and post where you can see it every morning — these are your non-negotiables.

Complete these every single day regardless of how the rest of the day goes. These habits are the architecture of your reset.

MORNING NON-NEGOTIABLES

- Hydrate immediately (16–32 oz water)
- Sunrise sunlight — 5–10 min within 30 min of waking
- 5-Minute Journal — 3 gratitudes, 1 trait, 1 goal
- Box Breathing — 5 min, current week timing
- Workout or 20+ min walk
- Protein-forward breakfast

THROUGHOUT THE DAY

- Solar noon sunlight — 5–10 min (11 AM – 1 PM)
- Hourly movement breaks — 5 min every 60 min
- Protein-forward, gluten-free lunch
- Vagus nerve reset if stressed (<2 min)
- Short walk if not done in morning
- 7,000–10,000 total steps

EVENING NON-NEGOTIABLES

- Sunset sunlight — 5–10 minutes
- Dinner with fermented foods
- Night Mode on all screens, dim lights by 8 PM
- Blue light blocking glasses if using screens
- Evening box breathing — 5 minutes
- No stimulating content last hour before sleep
- Cool (65–68°F), dark, quiet bedroom

Accountability tip: Take a photo of this checklist and set it as your phone lock screen for the 4 weeks. Every time you reach for your phone, you see your commitments. Simple and surprisingly effective.