



# Primoris Elite — 6-Week Kickstart

Dominate or stay average. The blueprint for discipline, strength, conditioning, testosterone mastery, and leadership—engineered to transform you from capable to undeniable.

# Week 1 — Discipline & Systems

## Objective

Install the daily framework: fixed wake/sleep, focused mornings, planned evenings. Cut zero-value habits.

## Non-negotiables

- Wake/sleep same time daily ( $\pm 15$  min). No snooze.
- Morning: hydrate, sunlight, 10-minute walk, 10 minutes writing.
- Evening: plan tomorrow in 5 bullets; phone in other room.

## Action Challenge

Miss a routine? Do 25 burpees and reset immediately. Momentum over perfection.

# Week 2 — Strength & Power

## Objective

Build raw strength and power with progressive overload. Confidence rises with the bar.

## Training

- Day A: Squat 3×5, Press 3×5, Row 3×6-8.
- Day B: Deadlift 3×3, Bench 3×5, Pull-ups 3×AMRAP.
- Add jumps or sprints 1-2×/week for power.

## Nutrition

Prioritize protein (0.8–1g/lb), carbs from fruit/potatoes, and fats from eggs, butter, red meat. No seed oils.

## Action Challenge

Beat at least one lift from last week. Record numbers.

# Week 3 — Conditioning & Endurance

## Objective

Increase work capacity and mental toughness.

## Training

- 1× interval day (e.g., 10×1 minute hard / 1 minute easy).
- 1× zone-2 long session (30–45 minutes).
- Optional: boxing/shadowboxing rounds for skill + grit.

## Action Challenge

Set a time for a 2-mile run or 1-mile sprint. Beat it next week.

# Week 4 — Performance & Recovery

## Objective

Test performance and master recovery so progress accelerates, not stalls.

## Performance Tests

- Strength check: squat, bench/press, deadlift baseline.
- Conditioning check: fastest 1 mile or 2-mile run.
- Presence: record a 60-second talk to camera—own the frame.

## Recovery Protocols

- Sleep 7–9 hours (dark, cold, quiet).
- Mobility: 15 minutes nightly (hips/hamstrings/t-spine).
- Sauna/cold if available; otherwise contrast showers.

## Action Challenge

Eliminate one hidden recovery killer—late caffeine, doom scroll, chaotic evenings.

# Week 5 — Testosterone Mastery

## Objective

Optimize lifestyle inputs to support masculine energy.

## Lifestyle

- Sunlight daily; lift heavy; manage stress with breath work.
- Eliminate plastics; avoid endocrine disruptors; no porn.
- Supplements (if desired): magnesium glycinate, zinc, vitamin D3, creatine.

## Nutrition

Whole foods only. Red meat, eggs, fruit, dairy (if tolerated), honey, potatoes. Hydrate 3–4 L/day with minerals.

## Action Challenge

Track sleep, training, nutrition for 7 days straight. Rate energy and libido each morning.

# Week 6 — Dominate & Lead

## Objective

Integrate all pillars and step into leadership—at home, in the gym, in your circle.

## Integration

- Run the full system without skipping: routine, strength, conditioning, nutrition, recovery.
- Presence drills: posture, breath, eye contact daily.
- Service: lead one man—invite him to train or walk with you.

## Action Challenge

Host your own 'Dominate Day': train, cook a steak dinner for your circle, share wins and next goals.

# Information Doesn't Change Men. Execution Does.

You have the blueprint. Now you need accountability, feedback, and a brotherhood that won't let you slip.

That's what the Primoris Elite 6-Week Kickstart delivers—discipline, strength, and leadership forged under pressure.

Book Your Clarity Call — Secure Your Spot

Limited spots. Serious men only.