



# Primoris Elite — 7-Day Reset

Unlock discipline, testosterone, and confidence in one focused week. Follow the plan, feel results within days, and reclaim your edge.

# Day 1 — Foundation

## Why this matters

Most men drift. Day 1 gives you a system: a morning that sets the tone and a night routine that protects your energy.

## Action steps

- Wake at a fixed time (no snooze). Put phone in another room.
- Hydrate: 1 liter water + pinch of salt on waking.
- Write your 7-Day Mission: one paragraph, no fluff.
- 10-minute walk in sunlight; no social media before 10am.
- Evening: plan tomorrow in 5 bullets; lights out same time.

## Reflection

What did you learn about your time today? Where did you waste it? What one habit will you remove for the rest of the week?

## Day 2 — Strength

### Why this matters

Strength compounds confidence. Master the fundamentals and progress them.

### Action steps

- Warm-up: 5 min brisk walk + mobility.
- Lifts (RPE 7): Squat 3×5, Press 3×5, Row or Pull-ups 3×6-8.
- Nutrition: steak, eggs, fruit; avoid seed oils and sugar.
- Post-training: protein + carbs within 60 minutes.

### Reflection

What weight felt honest? Record numbers. Where did your form break first—hips, core, grip?

## Day 3 — Nutrition

### Why this matters

Testosterone thrives on nutrient-dense food. Eliminate fake foods that kill your energy and focus.

### Action steps

- Remove: seed oils, refined sugar, ultra-processed snacks.
- Add: red meat, eggs, dairy (if tolerated), fruit, honey, potatoes.
- Hydration: 3-4 liters water; add minerals (magnesium, zinc).
- Prep two go-to meals you can repeat this week.

### Reflection

What cravings hit you? Were they hunger or habit? Replace one comfort snack with a protein-forward option.

## Day 4 — Conditioning

### Why this matters

Conditioning builds grit and improves recovery. Your lungs and mind need stress, too.

### Action steps

- Choose ONE: 2-mile run, 20-minute intervals on bike/rower, or 10 rounds shadowboxing (1 min on/1 min off).
- Keep nasal breathing as long as possible; finish with 5 min walk.
- Post-cardio mobility: hips + t-spine.

### Reflection

Rate your effort 1–10. What did you say to yourself at minute 12? Rewrite that script and use it next session.

# Day 5 — Testosterone Boost

## Why this matters

Lifestyle moves the needle: sunlight, sleep, stress, and elimination of T-killers.

## Action steps

- Sunlight: 20 minutes before noon.
- Cut plastics: drink from glass/steel; avoid microwaving plastic.
- No porn. No late-night scrolling. Guard your dopamine.
- Supplements (if desired): magnesium glycinate, zinc, vitamin D3.

## Reflection

How did your energy change with sunlight and focus? What habit will you permanently cut starting today?

# Day 6 — Power & Presence

## Why this matters

Your presence is felt before you speak. Train posture, breath, and eye contact like skills.

## Action steps

- Strength touch-up: Deadlift 3×3 moderate; dips or push-ups 3×AMRAP.
- Posture drill: 10 minutes wall alignments + diaphragmatic breathing.
- Conversation reps: 5 genuine compliments or check-ins with men in your circle.

## Reflection

Who noticed your presence today? Where did you shrink? Write the situation and how you'll show up tomorrow.

# Day 7 — Audit & Momentum

## Why this matters

Momentum creates belief. Today, you lock the gains and choose your next level.

## Action steps

- Audit: list top 5 wins from the week—proof you can change fast.
- Set 3 non-negotiables for next week.
- Optional: 20-minute zone-2 cardio + long walk.

## Reflection

What surprised you most this week? What's the cost if you go back to 'normal'? What happens if you don't?



# This Was the Spark. Now Build the Fire.

You did more in 7 days than most men do in 7 months. That's not luck—that's system and discipline.

Imagine 6 weeks of this: strength, conditioning, testosterone mastery, performance testing, and leadership—stacked, guided, and held accountable.

The 6-Week Kickstart — Book Your Clar