



ALPHA ACADEMY

THE ELITE EDGE

V.1.

***FITNESS AND FOCUS FOR AMBITIOUS
PROFESSIONALS***

***A PROVEN SYSTEM FOR
STRENGTH, FOCUS, AND SUCCESS***





WELCOME TO THE ELITE EDGE V.1.



In today's fast paced world, balancing career success with personal fitness and mental clarity can feel like an impossible task.

As a corporate professional with over **7 years +** of experience in the corporate workspace and **10 years** ongoing of commitment to fitness, I understand the challenges of staying on top of your game while maintaining your health and focus.

This guide is designed with ambitious professionals like you in mind.

Whether you're managing a **demanding career**, long hours, or **endless responsibilities**, the strategies and techniques within this guide will help you achieve your fitness goals without sacrificing your **mental resilience** or work performance.



DON'T JUST READ LEVEL UP YOUR PERFORMANCE!

THE BLUEPRINT DOESN'T STOP HERE.

The best athletes, biohackers, and high performing corporate professionals stay ahead by continuously evolving.

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WHAT'S INSIDE ELITE EDGE

V.1



1

TOP PERFORMANCE PLATES

Discover **high protein meals** designed to fuel muscle growth, enhance recovery, and sustain energy throughout the day.

2

MASTERING HEAVY LIFTING

Learn the secrets to progressive overload, proper form, and smart techniques for strength training to achieve **consistent muscle growth** without injuries.

****THE SECRET MENTAL CLARITY STACK****

3

STRESS MANAGEMENT & PRODUCTIVITY

Practical tools and strategies to **manage work stress**, optimize time, and stay productive while maintaining your **mental resilience**.



WHAT'S INSIDE ELITE EDGE

V.1

4 CUSTOMIZED WORKOUT PLAN

Discover a **structured workout routine** designed to maximize strength and growth, tailored to your fitness level and schedule.

5 REST AND RECOVERY ESSENTIALS

Learn proven techniques to **repair muscles**, boost recovery, and **prevent burnout** for consistent progress.

6 MIND AND MUSCLE CONNECTION

Unlock strategies to **improve focus** during training and **enhance muscle activation** for smarter, more effective workouts.

7 DAILY WELLNESS CHECKLIST

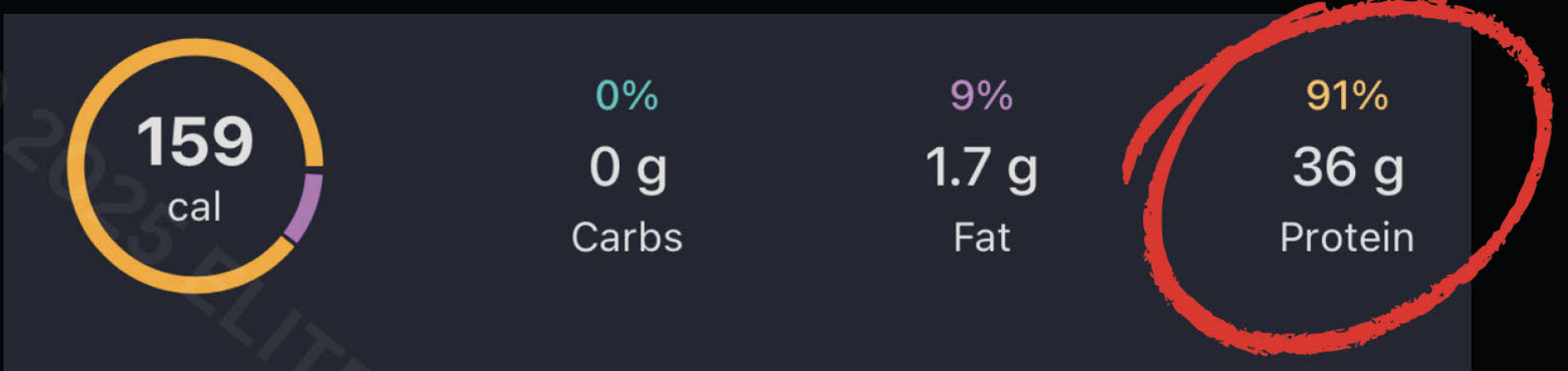
Incorporate actionable tips to **stay consistent**, track your progress, and **achieve balance** in your fitness and daily routine.



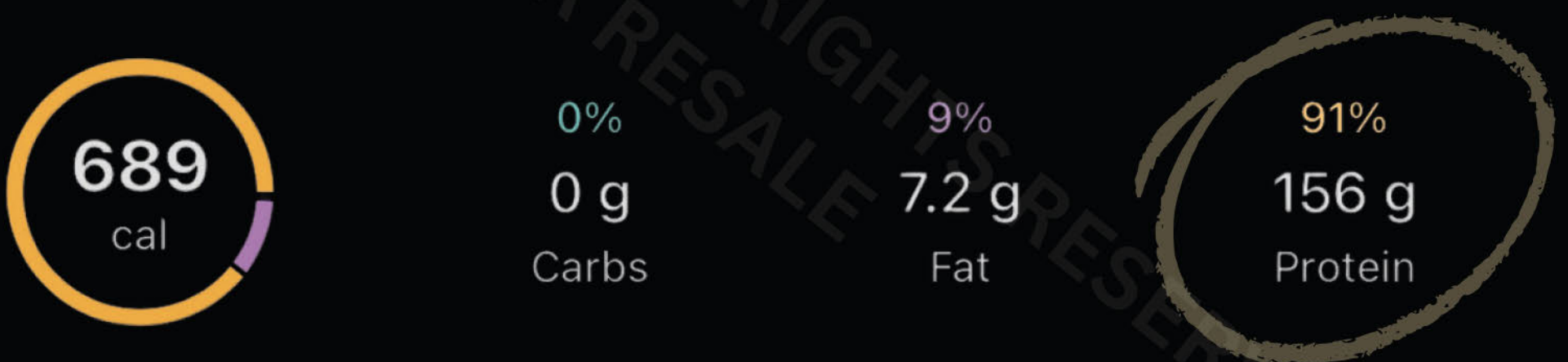
FUEL YOUR SUCCESS WITH TOP PERFORMANCE PLATES

CHICKEN BREAST

36-37G PROTEIN PER BREAST



156G PROTEIN PER PACK



WHY IT'S PERFECT FOR MUSCLE GROWTH

- ✓ High protein to calorie ratio for efficient **muscle repair** and growth.
- ✓ **Low fat content** supports clean bulking or fat loss phases
- ✓ Rich in essential **amino acids** needed for recovery after workouts

MASTER YOUR MEAL PREP

QUICK MEALS, BIG RESULTS

CHICKEN BREAST MEAL PREP

QUICK & DELICIOUS



QUICK PREP GUIDE

➤ **CHICKEN:** Season with salt, pepper, and your favorite spices Pan fry on medium heat for **5–7 minutes** per side until fully cooked (**75°C/165°F**)

➤ **RICE:** Use instant or microwaveable rice. **Heat for 2 minutes** or follow package instructions

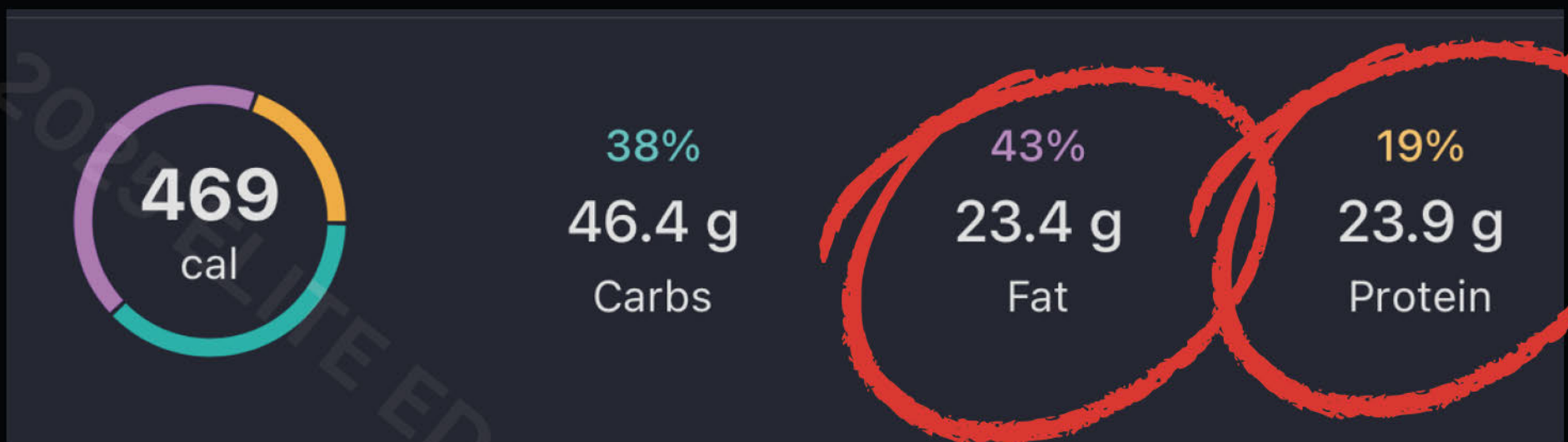
➤ **VEGGIES:** Steam in a bowl with a little water, covered, for **2–3 minutes**



TOP PERFORMANCE PLATES

CHICKEN & AVOCADO SANDWICH

23-25G PROTEIN PER SERVING



PERFECT FOR BUSY PROFESSIONALS

✓ High in Protein: Chicken breast is a **lean and powerful** protein source, essential for muscle recovery and repair after workouts

✓ Rich in Healthy Fats: Avocados are loaded with **monounsaturated fats**, boosting heart health and aiding vitamin absorption (A, D, E, and K)

✓ Great **Source of Fiber**: Whole grain bread provides fiber to support digestion, keeping you feeling full and satisfied longer

✓ **Low in Sugar**: Naturally low in sugar, this meal helps prevent energy crashes, keeping you fueled throughout the day

MASTER YOUR MEAL PREP

QUICK MEALS, BIG RESULTS

CHICKEN BREAST MEAL PREP

QUICK & DELICIOUS



QUICK PREP GUIDE

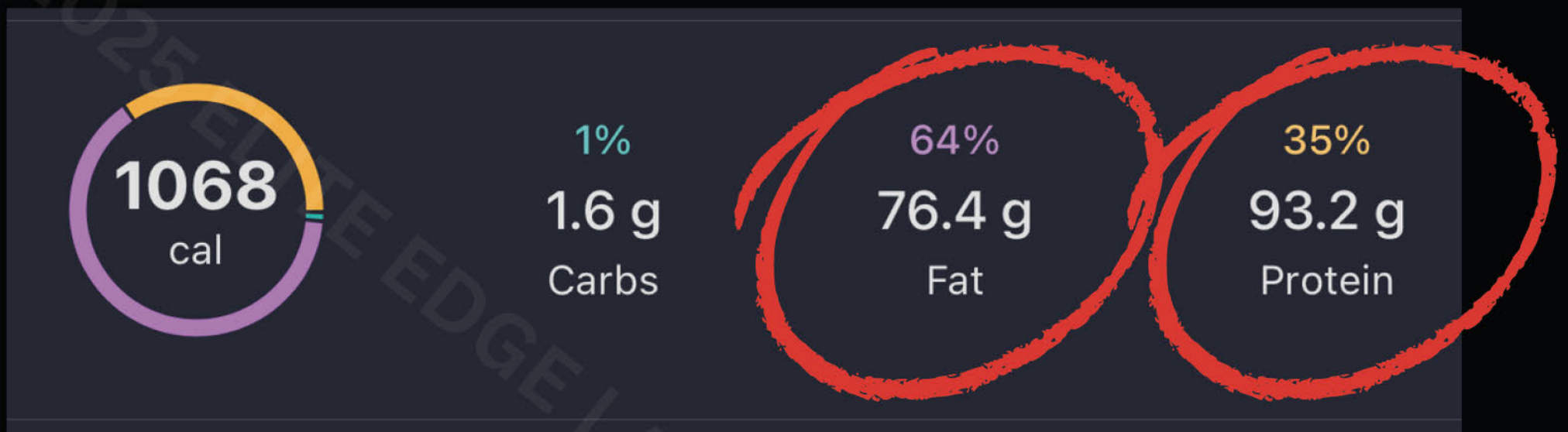
- **CHICKEN:** Season the chicken breast with **salt, pepper,** and your favorite spices. Pan fry on medium heat for **5–7 minutes per side** until fully cooked (**75°C/165°F**). Let it **rest for 2–3 minutes,** then slice thinly
- **BREAD:** Lightly toast two slices of **whole grain bread** in a toaster or on a dry skillet over medium heat for **1–2 minutes per side**
- **ADVOCADO:** Mash **half an avocado** with a fork. Add a pinch of salt, pepper, and a squeeze of **lemon juice** for flavor



TOP PERFORMANCE PLATES

CHICKEN THIGHS (4 PIECES)

88-112G PROTEIN TOTAL



WHY IT'S PERFECT FOR MUSCLE GROWTH

✓ **Complete Protein Source:** Contains all **nine essential amino acids** to optimize muscle recovery and promote muscle gain

✓ **Healthy Fats for Hormone Support:** Rich in monounsaturated fats, **essential for hormone production** like testosterone

✓ **Packed with Nutrients:** Provides B vitamins (**B6 and B12**), iron, and zinc for energy, **muscle function**, and overall health



MASTER YOUR MEAL PREP: QUICK MEALS, BIG RESULTS

CHICKEN BREAST MEAL PREP QUICK & DELICIOUS



QUICK PREP GUIDE



➤ **Season:** Rub chicken thighs with salt, pepper, paprika, and garlic powder (or your favorite spices)

➤ **Cook:** Pan-fry on medium heat for 6–8 minutes per side or until fully cooked (75°C/165°F internal temperature)

➤ **Optional:** Rest for 2–3 minutes before slicing to lock in juices

➤ ***Carbs (Rice or Sweet Potato)***

Rice: Use instant or microwavable rice. Heat for 2 minutes or follow package instructions

TRACK YOUR MEALS WITH MY FITNESS PAL

QUICK TIP FOR PRECISION & PROGRESS

WHY TRACK YOUR FOOD?

✓ Monitor your calorie intake with precision.

✓ Track your macronutrient breakdown (protein, carbs, fats).

✓ Identify areas for improvement in your diet to meet your fitness goals faster.

Ensure you're staying consistent and on target daily



myfitnesspal™



Download on the
App Store

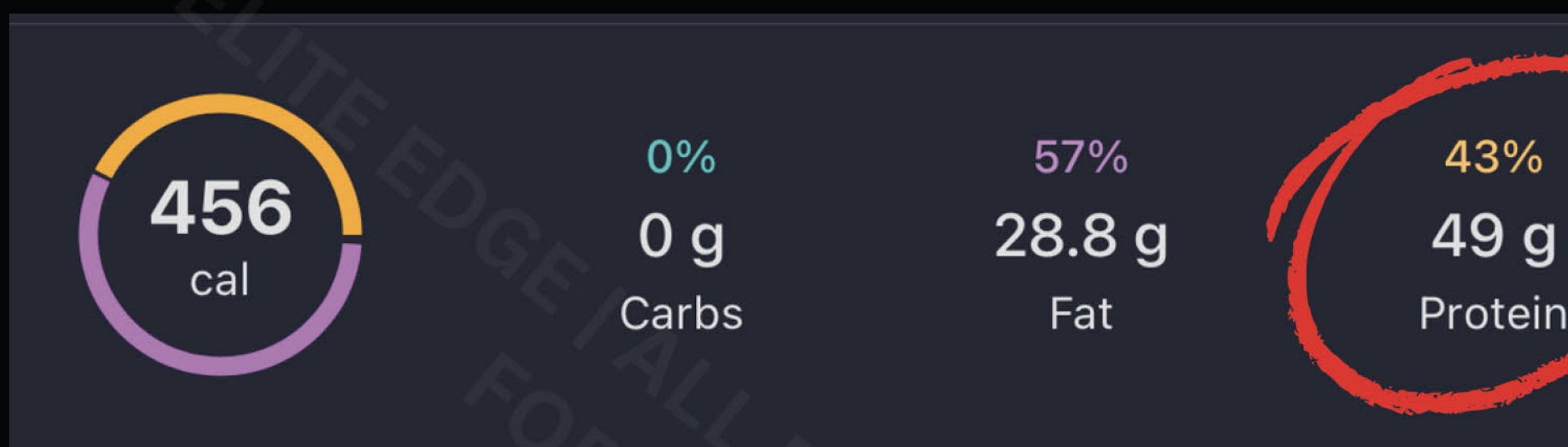


GET IT ON
Google Play

MASTER YOUR MEAL PREP: QUICK MEALS, BIG RESULTS

SIRLOIN STEAK 226G PER PACK

49G PROTEIN PER SERVING



WHY SIRLOIN STEAK FUELS YOUR FITNESS

✓ **High in Protein:** A 227g (8 oz) steak delivers **49g of protein** and essential amino acids to support muscle recovery and growth

✓ **Rich in Iron:** Boosts oxygen delivery to your muscles, **enhancing performance** and recovery

✓ **Loaded with Zinc:** Supports your body's natural recovery process, helping you bounce back faster after exercise

MASTER YOUR MEAL PREP

QUICK MEALS, BIG RESULTS

SIRLOIN STEAK MADE SIMPLE

QUICK PREP GUIDE



QUICK PREP GUIDE

➤ **Season & Prep:** Lightly season the steak with salt, pepper, and your favorite spices. Heat a little olive oil or butter in a pan over **medium high heat** until hot

➤ **Cook:** Sear the steak for **3–4 minutes** per side for **medium-rare**, or adjust time for desired doneness

➤ **Rest:** Let the steak **rest for 5 minutes** before slicing to lock in juices and flavor

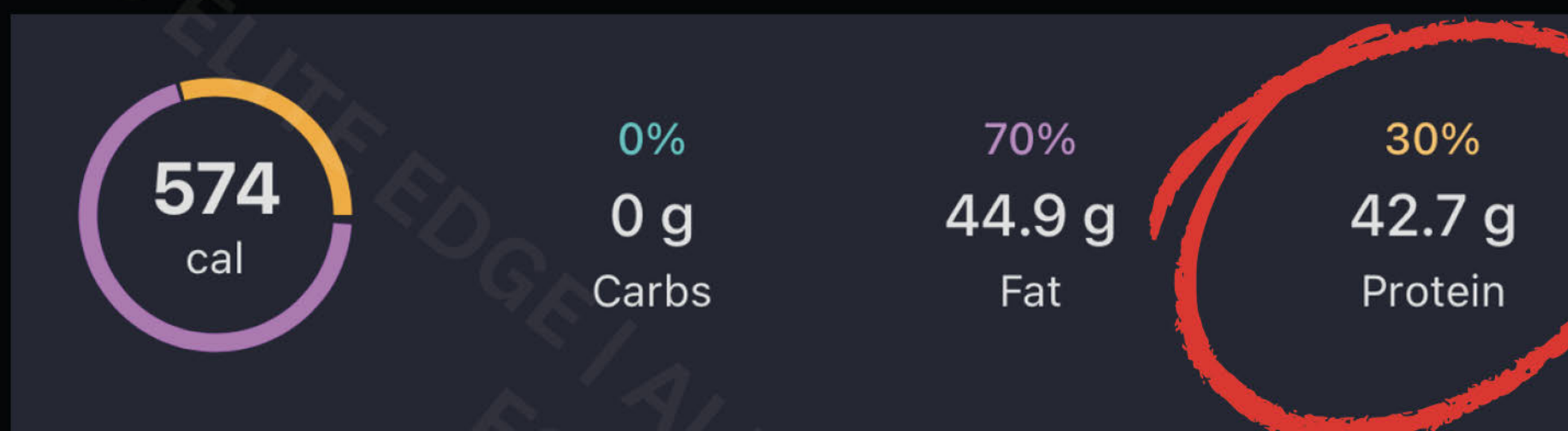


MASTER YOUR MEAL PREP

QUICK MEALS, BIG RESULTS

RIBEYE STEAK 226G PER PACK

49-43G PROTEIN PER SERVING



WHY RIBEYE STEAK FUELS YOUR FITNESS

➤ **High in Protein:** A single 227g (8 oz) ribeye steak provides **40-43 grams** of protein, delivering essential amino acids for muscle repair and effective growth

➤ **Rich in Nutrients:** Ribeye is **packed with iron** to oxygenate muscles and zinc to aid in post-workout recovery

➤ **Healthy Fats for Energy:** Contains beneficial fats that boost energy and endurance, making it ideal for muscle gain and heavy workouts.

MASTER YOUR MEAL PREP

QUICK MEALS, BIG RESULTS

RIBEYE STEAK MADE SIMPLE

QUICK PREP GUIDE



QUICK PREP GUIDE

➤ **Season & Prep:** Lightly season the ribeye steak with salt, pepper, and your favorite herbs or spices for extra flavor

➤ **Preheat & Sear:** Heat a tablespoon of oil or butter in a pan over medium high heat. Once hot, sear the steak for **4-5 minutes** on one side to form a flavorful crust

➤ **Flip & Cook:** Flip the steak and cook for an additional **3-4 minutes for medium-rare** (adjust time for desired doneness)



FROM PERFORMANCE PLATES TO A COMPLETE WEEKLY PLAN

TAKE YOUR NUTRITION TO THE NEXT LEVEL

Now that you've mastered your performance plates, let's integrate them into a structured weekly plan for consistent muscle growth and recovery.

Consistency is key** to achieving your fitness goals. This weekly diet plan will simplify your meal prep, keep you on track, and **maximize your results

KEY ELEMENTS OF THE WEEKLY DIET PLAN

✓ **Balanced Meals:** Performance plates crafted for **muscle gain** and **mental clarity**

✓ **Daily Structure:** Simplified meals for busy professionals

✓ **Flexibility:** **Tailored options** to suit your schedule and preferences

MASS MODE POCKET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST SCRAMBLED EGGS (3-4 EGGS) Spinach, and a side of mixed berries Whole grain toast	BREAKFAST HIGH PROTEIN SHAKE RECIPE 1 scoop protein powder (whey, pea, or soy based) 1 medium banana 1/2 cup oats 1 cup soy milk or pea milk	BREAKFAST OMELETTE 4x Eggs, Peppers, and Turkey Bacon x4 slices	BREAKFAST SCRAMBLED EGGS WITH TURKEY SAUSAGE 4x large eggs, scrambled 4x turkey sausage links 1 cup baby spinach	BREAKFAST SCRAMBLED EGG 4 Egg Whites WITH 1 scoop protein powder mixed into oats or as a shake on the side. 1/2 cup oats 1/2 cup blueberries
SNACK Greek yogurt with sliced apple or Granola	SNACK Cottage cheese with sliced banana or 1 tbsp honey	SNACK Protein bar or turkey breast wrap.	SNACK Avocado rice cake or boiled eggs with salt and pepper	SNACK Greek yogurt or trail mix with unsweetened dried fruit
LUNCH GRILLED CHICKEN BREAST Brown rice, mixed greens, and roasted vegetables	LUNCH CHICKEN BREAST WRAP whole wheat tortilla, spinach, peppers, and hummus	LUNCH BEEF STIR-FRY WITH BROWN RICE 100g lean beef 1 cup brown rice 1 cup bell peppers & onions 1 tbsp soy sauce	LUNCH CANNED TUNA AND AVOCADO TOAST 2 slices whole grain toast 1/2 avocado 1 can tuna (4 oz) 1 cup cucumber slices 1/2 cup cherry tomatoes	LUNCH 5 OZ GRILLED CHICKEN BREAST 2/3 cup cooked brown rice 1 cup steamed broccoli 1 tbsp olive oil
DINNER STEAK (SIRLOIN) with whole grain pasta and steamed broccoli	DINNER GRILLED LEAN BEEF with 1/2 cup cooked brown rice & 1 cup steamed broccoli	DINNER Grilled Chicken with Brown Rice and Steamed Broccoli 150g grilled chicken breast 1/2 cup cooked brown rice 1 cup steamed broccoli 1 tsp olive oil	DINNER LEAN BEEF STIR-FRY WITH MIXED VEGETABLES & BROWN RICE 7 oz beef 3/4 cup rice 1.5 cups mixed veggies 1 tbsp soy sauce	DINNER 7 OZ LEAN BEEF 2/3 cup cooked brown rice 1.5 cups mixed vegetables (e.g., broccoli, carrots, snap peas)
TOTAL: Protein: 133g Calories: 1,840 kcal	TOTAL: Protein: 133.5g Calories: 1,587 kcal	TOTAL: Protein: 143g Calories: 1,495 kcal	TOTAL: Protein: 135g Calories: 1,650 kcal	TOTAL: Protein: 135g Calories: 1,650 kcal

SUSTAINABLE & EFFECTIVE NUTRITION PLAN

Screenshot this plan for quick access anytime during your week

REMEMBER, CONSISTENCY FUELS TRANSFORMATION YOUR JOURNEY STARTS TODAY!



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ELEVATE YOUR PERFORMANCE: BEYOND NUTRITION

Your diet is the foundation of your success, but supplements can be the tools to sharpen your edge.

*From optimizing focus and **brainpower** to accelerating **muscle recovery** and growth, the right supplements can elevate your journey. Whether you're aiming for physical strength, mental clarity, or both, adding the right support can make all the difference.*

*The following guide will showcase **exclusive methods** and **proven strategies** for achieving optimum mental clarity and peak physical performance.*



BOOSTING BRAINPOWER AND BUILDING MUSCLE THE ULTIMATE GUIDE

LIONS MANE



WHAT IS LION'S MANE?

Lion's Mane is a natural mushroom known for its powerful cognitive and neurological benefits. Often referred to as the “**smart mushroom**,” it's a popular supplement for **boosting mental clarity** and overall brain health.

WHY USE LIONS MANE?

✓ Enhances focus, memory retention, and mental clarity

✓ Stimulates the production of **Nerve Growth Factor (NGF)**, crucial for the growth and repair of nerve cells.

✓ Helps in repairing brain cells and **maintaining overall brain function.**

BOOSTING BRAINPOWER AND BUILDING MUSCLE

CREATINE MONOHYDRATE



WHAT IS CREATINE MONOHYDRATE?

Creatine Monohydrate is a highly researched supplement that boosts energy production by **replenishing ATP**, your muscles' primary energy source during intense exercise. It enhances **strength, endurance, and recovery**, making it essential for peak physical performance.

WHY USE CREATINE?

- ✓ Enhances your ability to **lift heavier** and perform better during high intensity workouts
- ✓ Promotes increased muscle size by **boosting water retention** in muscle cells and improving protein synthesis
- ✓ Speeds up recovery between sets and workouts by **replenishing muscle energy stores**

BOOSTING BRAINPOWER AND BUILDING MUSCLE

NIACIN (VITAMIN B3)



WHAT IS NIACIN?

Niacin, or **Vitamin B3**, is a vital nutrient that **converts food into energy**, supports metabolism, and promotes healthy skin, nerves, and digestion. It enhances blood flow and boosts energy levels, aiding both mental and physical performance.

WHY TAKE NIACIN?

- ✓ Helps convert food into energy by supporting cellular metabolism for sustained performance.
- ✓ Supports neurotransmitter function for **sharper focus** and sustained endurance during workouts.
- ✓ Dilates blood vessels, enhancing oxygen delivery to muscles and the brain, **aiding recovery** and **mental clarity**.

BOOSTING BRAINPOWER AND BUILDING MUSCLE

OMEGA-3 FISH OIL



WHAT IS OMEGA-3?

Omega-3 Fish Oil contains essential fats that the body can't produce on its own. These healthy fats improve heart health, **enhance brain function**, and reduce inflammation, making it a great choice for **overall well being** and **physical performance**

WHY TAKE OMEGA-3?

- ✓ Maintains healthy cholesterol, reduces inflammation, and improves **blood flow for a strong heart**.
- ✓ Boosts **focus, memory, and mental clarity**, helping you stay sharp.
- ✓ Speeds up **recovery** and minimizes soreness after intense workouts

BOOSTING BRAINPOWER AND BUILDING MUSCLE

L-TYROSINE



WHAT IS L-TYROSINE?

L-Tyrosine is an amino acid that **helps produce neurotransmitters** like dopamine and adrenaline, which regulate mood, focus, and energy. It enhances mental clarity, reduces fatigue, **and keeps you sharp** during stress or intense activity.

WHY TAKE L-TYROSINE?

✓ Improves focus, mental clarity, and **memory retention** during challenging tasks.

✓ Supports the production of stress fighting neurotransmitters to **maintain energy under pressure**.

✓ Helps sustain performance during prolonged workouts by supporting **mental and physical resilience**.

BOOSTING BRAINPOWER AND BUILDING MUSCLE

MAGNESIUM GLYCINATE



WHAT IS MAGNESIUM GLYCINATE?

Magnesium Glycinate is a **highly absorbable** form of magnesium that supports **muscle relaxation**, better sleep, and **stress management**. It's essential for energy production and a **healthy nervous system**.

WHY TAKE MAGNESIUM GLYCINATE?

- ✓ Enhances sleep quality by **calming the nervous system** and relaxing muscles, helping you wake up refreshed.
- ✓ Aids in **muscle relaxation** and reduces soreness after intense workouts for **faster recovery**.
- ✓ Helps **regulate cortisol levels**, promoting a sense of calm and improving overall **mental resilience**.

BOOSTING BRAINPOWER AND BUILDING MUSCLE

HIMALAYAN PINK SALT + WATER



WHAT IS HIMALAYAN PINK SALT?

Himalayan Pink Salt is a natural, mineral rich salt that **supports hydration, replenishes electrolytes**, and balances the body's pH levels. When mixed with water, it provides essential minerals like **magnesium, calcium**, and **potassium** to enhance overall wellness.

WHY TAKE HIMALAYAN PINK SALT?



Helps maintain fluid balance in the body by replenishing essential electrolytes lost during workouts.



Provides key minerals like **potassium and magnesium**, reducing cramps and improving recovery.



Promotes a healthy internal environment, optimizing energy and **reducing fatigue**.

BOOSTING BRAINPOWER AND BUILDING MUSCLE

CHIA SEEDS + WATER



WHAT IS CHIA SEEDS?

Chia seeds are **nutrient rich** superfoods packed with **omega-3s, fiber, and protein**. Mixed with water, they form a hydrating gel that aids digestion, boosts energy, and supports overall health.

WHY CONSUME CHIA SEEDS?

✓ Chia seeds absorb water, helping you stay hydrated throughout the day.

✓ High in fiber, they **support gut health** and promote **smooth digestion**.

✓ **low releasing carbs** and nutrients provide lasting energy for physical and mental performance.

BOOSTING BRAINPOWER AND BUILDING MUSCLE

COLD EXPOSURE THERAPY



WHAT IS COLD EXPOSURE THERAPY?

Cold exposure therapy involves short term exposure to cold environments, such as ice baths or cold showers. It **boosts circulation**, **reduces inflammation**, and enhances recovery. This practice also promotes **mental clarity** and resilience, helping you stay **sharp and focused**.

WHY INCLUDE COLD EXPOSURE THERAPY?

✓ Minimizes muscle soreness and speeds up recovery after workouts.

✓ Improves blood flow and oxygen delivery, supporting overall performance.

✓ Strengthens your ability to stay calm and focused under stress.



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STRESS MANAGEMENT

&

MENTAL RESILIENCE BLUE PRINT



*In today's fast paced world, juggling work, fitness, and personal goals can feel overwhelming. Stress often builds up, leaving us **mentally drained and physically fatigued**.*

*The purpose of this section is to provide practical tools and strategies to help you stay focused, reduce stress, and **build mental resilience**, even with a busy schedule.*

*You'll learn time management techniques, discover productivity apps, and explore ways to **balance fitness with work demands** ensuring you stay on track toward your goals without burnout.*

GET READY TO UNLOCK STRATEGIES THAT EMPOWER YOUR MIND AND BODY TO THRIVE!



THE POMODORO TECHNIQUE

MASTERING FOCUS AND TIME



WHAT IS THE POMODORO TECHNIQUE?

The Pomodoro Technique is a simple, science backed time management method designed to improve focus, productivity, and stress management.

*By dividing work into focused intervals (Pomodoros) with short breaks, it helps you **work smarter, not harder.***

WHY USE THE POMODORO TECHNIQUE?

- ✓ Reduces procrastination and burnout
- ✓ Increases focus and concentration
- ✓ Helps balance work and fitness goals

MASTER YOUR TIME, MAXIMIZE YOUR RESULTS!



THE POMODORO TECHNIQUE

MASTERING FOCUS AND TIME



1

PICK ONE TASK

Choose a specific task to focus on (**avoid multitasking**)

PRO TIP: Silence notifications and put your phone in another room.



2

SET A TIMER FOR 25 MINUTES

Use a timer or Pomodoro app (Focus Keeper or Be Focused).

Work for **25 minutes without distractions** no phones, emails, or social media.



3

FOCUS AND WORK

Stay completely focused during the **25-minute** session

PRO TIP: If distractions pop up, write them down on a notepad to address later.



4

TAKE A 5-MINUTE BREAK

When the timer ends, stop working and take a short **5-minute break**.

PRO TIP: Stretch, grab water, or take a quick walk to recharge.



REPEAT THE CYCLE

After four Pomodoros, **take a longer 15–30 minute break**.

PRO TIP: Use this time to relax, reflect, or recharge for your next session.

THE POMODORO TECHNIQUE

EXAMPLE SCHEDULE

TRANSFORM YOUR WORKDAY WITH THIS POMODORO SCHEDULE
AND **ACHIEVE MORE IN LESS TIME**

Example Schedule: Plan Weekly Workouts:

**1. 25 MINUTES: WRITE YOUR WORKOUT PLAN
(POMODORO 1)**

5-MINUTE BREAK

**3. 25 MINUTES: CREATE MEAL PREP LIST
(POMODORO 2)**

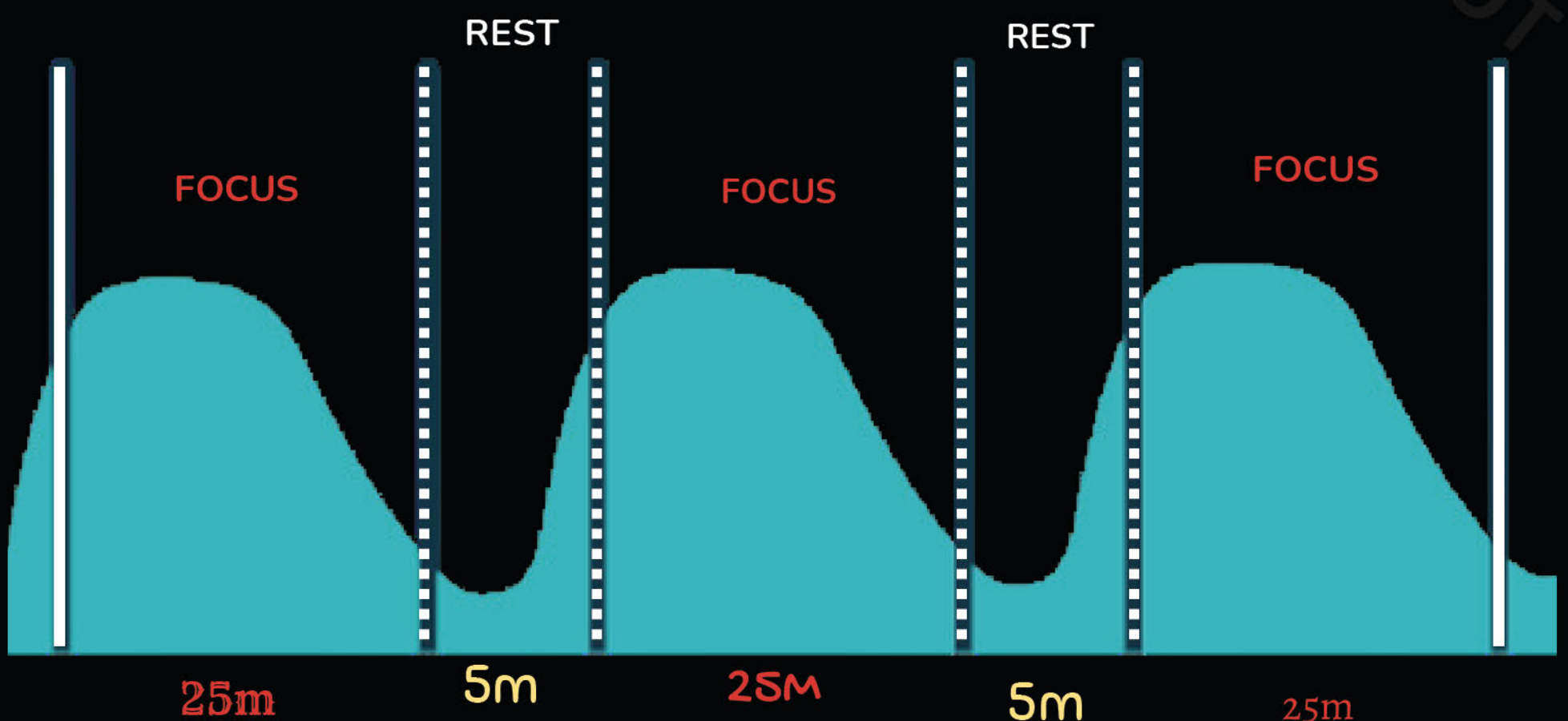
5-MINUTE BREAK

**5. 25 MINUTES: REVIEW SUPPLEMENTS AND SHOPPING LIST
(POMODORO 3)**

5-MINUTE BREAK

**7. 25 MINUTES: ORGANIZE GYM SCHEDULE IN GOOGLE CALENDAR
(POMODORO 4)**

15-30 MINUTE BREAK & RESET



TIME BLOCKING

WORK SMARTER, NOT HARDER

*In today's distraction filled world, it's easy to feel overwhelmed. Time blocking is a powerful tool that lets you **take control of your day**, stay focused, and make consistent progress toward your goals.*

*By planning your day in advance and assigning time slots to key activities whether it's work, workouts, or downtime, you can prioritize what matters most and **eliminate chaos**.*

Why Choose Time Blocking?

✓ Focused time blocks **eliminate multitasking**, improving concentration.

✓ Planning ahead **removes decision fatigue** and last minute rushing.

✓ Ensures fitness, self care, and key tasks get the time they deserve.

✓ Makes it easier to monitor your time and achievements.

TAKE CHARGE OF YOUR TIME AND MASTER YOUR GOALS!

HOW TO START TIME BLOCKING WITH GOOGLE CALENDAR

1

CREATE A DAILY TEMPLATE

Divide your day into blocks for tasks such as work, workouts, breaks, and planning time.

EXAMPLE:

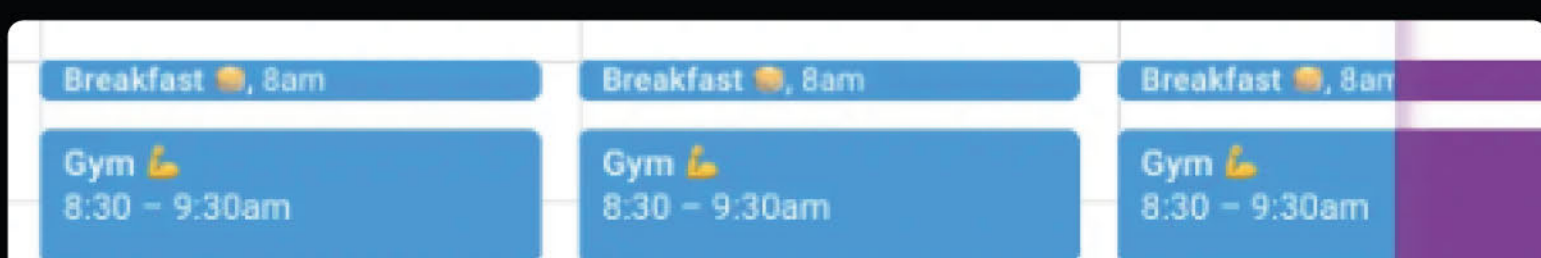
6:00 AM – 7:00 AM: Workout

7:30 AM – 8:00 AM: Breakfast and mindset journaling.

2

ADD BLOCKS TO GOOGLE CALENDAR

1. Open Google Calendar and select “**Create Event.**”
2. **Name the task**, choose the time slot, and assign a color (e.g, Blue for work, Green for fitness).
3. **Add notification reminders** to stay on track.



3


INCLUDE BUFFERS AND BREAKS

1. Add **5–10 minute buffers** between tasks to allow time for transitions and unexpected delays.
2. **Schedule your breaks** for meals, recovery, or mental recharge.

4

AUTOMATE WITH RECURRING EVENTS

1. Use Google Calendar's "**Repeat**" feature for tasks like workouts, meal prep, or weekly reviews.
2. **Customize the frequency** (daily, weekly, or monthly) to fit your routine.
3. This ensures consistency and eliminates the need to schedule repetitive tasks manually.



Time	Activity	Color Code
6:30 AM – 7:30 AM	Workout	Green
7:30 AM – 8:00 AM	Breakfast and Journaling	Yellow
9:00 AM – 12:00 PM	Focused Work Session	Blue
12:00 PM – 12:30 PM	Lunch and Recovery	Purple
12:30 PM – 2:30 PM	Admin Tasks and Emails	Blue
3:00 PM – 4:00 PM	Client Calls or Meetings	Orange
6:00 PM – 7:00 PM	Evening Workout or Stretching	Green



MASTERING TIME BLOCKING: PROVEN TIPS FOR CONSISTENCY

Time blocking with Google Calendar isn't just about managing your day it's about creating **balance** between work, fitness, and mental clarity.

By dedicating time to the activities that matter most, you'll stay **organized, productive, and stress free**, no matter how busy life gets.

KEY TIPS TO STAY CONSISTENT

PLAN AHEAD:

Schedule your week early to stay organized.

Example: Plan workouts and meal prep in advance.

STICK TO TIME FRAMES:

Treat blocks like appointments start and finish on time.

Example: Set an alarm before each block.

STAY FLEXIBLE:

Adjust your schedule as needed without losing focus.

Example: Shift tasks if one runs over.

LIMIT DISTRACTIONS:

Use "**Do Not Disturb**" or focus apps to stay on task.

Example: Try Forest or Focus Keeper.

TRACK AND REWARD PROGRESS:

Review weekly and **celebrate wins** to stay motivated.

Example: Reflect on Sundays and treat yourself after milestones.

USE TOOLS:

Boost efficiency with timers and task apps.

Example: Use a Pomodoro timer or Todoist.



ENHANCE YOUR TIME BLOCKING WITH SIMPLE TOOLS

STREAMLINE YOUR WORKFLOW WITH PRACTICAL SOLUTIONS

Time blocking works best when paired with the right tools to keep you focused and on track.

Whether you prefer a physical timer for structured focus or a to do list app for organizing tasks, these simple methods can make your time management routine even more effective.

IN THE NEXT SECTION, WE'LL COVER



✓ **Physical Timers:** A straightforward way to stay focused during Pomodoro sessions.

✓ **To Do List Application:** Efficiently plan and track tasks with ease.

**LET'S EXPLORE THESE SIMPLE, EFFECTIVE TOOLS TO
TAKE YOUR TIME MANAGEMENT TO THE NEXT LEVEL!**

ENHANCE YOUR TIME BLOCKING WITH SIMPLE TOOLS

MASTER YOUR TIME WITH A DIGITAL TIMER



PURCHASE

Whether you're managing time with the **Pomodoro Technique**, structuring workouts, or prepping meals, a digital timer helps you stay focused and on track.

Pair it with time blocking strategies to maximize productivity and **achieve your goals seamlessly**.

BENEFITS OF USING A DIGITAL TIMER:

✓ Keeps you **locked into your tasks**, reducing distractions and **boosting productivity**

✓ Creates a sense of urgency, making it easier to start and finish your tasks

✓ Sets clear **time boundaries**, ensuring you stay on track and complete tasks promptly

ENHANCE YOUR TIME BLOCKING WITH SIMPLE TOOLS

MASTER YOUR PRODUCTIVITY WITH THE TO-DO LIST APP

A to do list app is more than a task tracker it's a tool to **organize**, **prioritize**, and **achieve goals efficiently**. From work deadlines to meal prep schedules, it keeps everything in one place, reducing mental clutter and **boosting focus**.

Pair it with time blocking and **Pomodoro technique** to create a seamless, productivity-driven routine.

 Download on the
App Store



GET IT ON
 Google Play

GET THE APP

BENEFITS OF USING THE TO-DO LIST APP



Organizes all your tasks in one place, helping you **focus on what matters most**



Tracks progress and **keeps you accountable** for completing daily goals



Breaks down complex goals into manageable steps, **making them easier to tackle and execute**

TRANSFORM YOUR LIFE ONE DAY AT A TIME

I believe that mental clarity and physical performance go hand in hand. Stress isn't something to avoid it's something to **master**.

By taking control of your mindset, schedule, and recovery, you're not just surviving the day you're thriving in it!

These methods transformed my lifestyle, and they can do the same for you.

LET'S HARNESS YOUR ALPHA TOGETHER!

SUCCESS IS BUILT THROUGH CONSISTENCY

It's not about how hard you push it's about showing up, day after day. At Alpha Academy, we focus on small, daily wins because those are what create **lasting transformations**.

So stay focused, stay disciplined, and remember: **the best version of yourself is just one intentional action away.**





STRESS MANAGEMENT & MENTAL RESILIENCE BLUE PRINT RECAP:

1. TIME MANAGEMENT STRATEGIES:

Use the **Pomodoro Technique**, **time blocking**, and digital timers to stay focused and organized

2. TOOLS FOR PRODUCTIVITY:

Leverage apps like **Google Calendar**, **To-Do List**, or Focus Keeper to track and manage tasks seamlessly

3. NUTRITIONAL SUPPORT:

Boost mental clarity with supplements like **Magnesium Glycinate** and L-Tyrosine. Fuel focus with **Lion's Mane**, Omega-3s, and Niacin

4. BALANCING FITNESS AND LIFE:

Schedule workouts and recovery time like appointments using time blocking.





DON'T JUST READ LEVEL UP YOUR PERFORMANCE!

THE BLUEPRINT DOESN'T STOP HERE.

The best athletes, biohackers, and high performing corporate professionals stay ahead by continuously evolving.

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MASTERING HEAVY LIFTING THE BLUEPRINT FOR STRENGTH AND SIZE

In today's fast paced fitness world, building strength and muscle isn't just about hitting the gym it's about lifting smart, staying consistent, and training with purpose.

*So many people push themselves to their limits without a clear plan, only to face **frustrating plateaus**, nagging injuries, or a **lack of progress**. I've been there, and I know how disheartening it can feel to put in the effort without seeing the results you deserve.*

*The goal of this section is to provide you with actionable strategies to **maximize muscle growth**, boost strength, and **train with confidence and control**. Whether you're a beginner eager to take that first step or a seasoned lifter looking to elevate your performance, this guide is your roadmap to achieving your goals while avoiding burnout and setbacks.*

**READY TO TAKE YOUR FITNESS JOURNEY TO THE NEXT LEVEL?
JOIN ME ON INSTAGRAM FOR MORE STEP BY STEP GUIDANCE.**

👉 [@MR.MARVINJOSEPH](https://www.instagram.com/mr.marvinjoseph)



PROGRESSIVE OVERLOAD

THE KEY TO CONTINUOUS GROWTH

Progressive overload is the cornerstone of **building strength** and **muscle**. By gradually increasing weight, reps, or intensity, you continuously challenge your muscles to adapt and grow stronger.

HOW IT WORKS:

Each session, slightly **increase the stress** on your muscles through added weight, more reps, or reduced rest times.

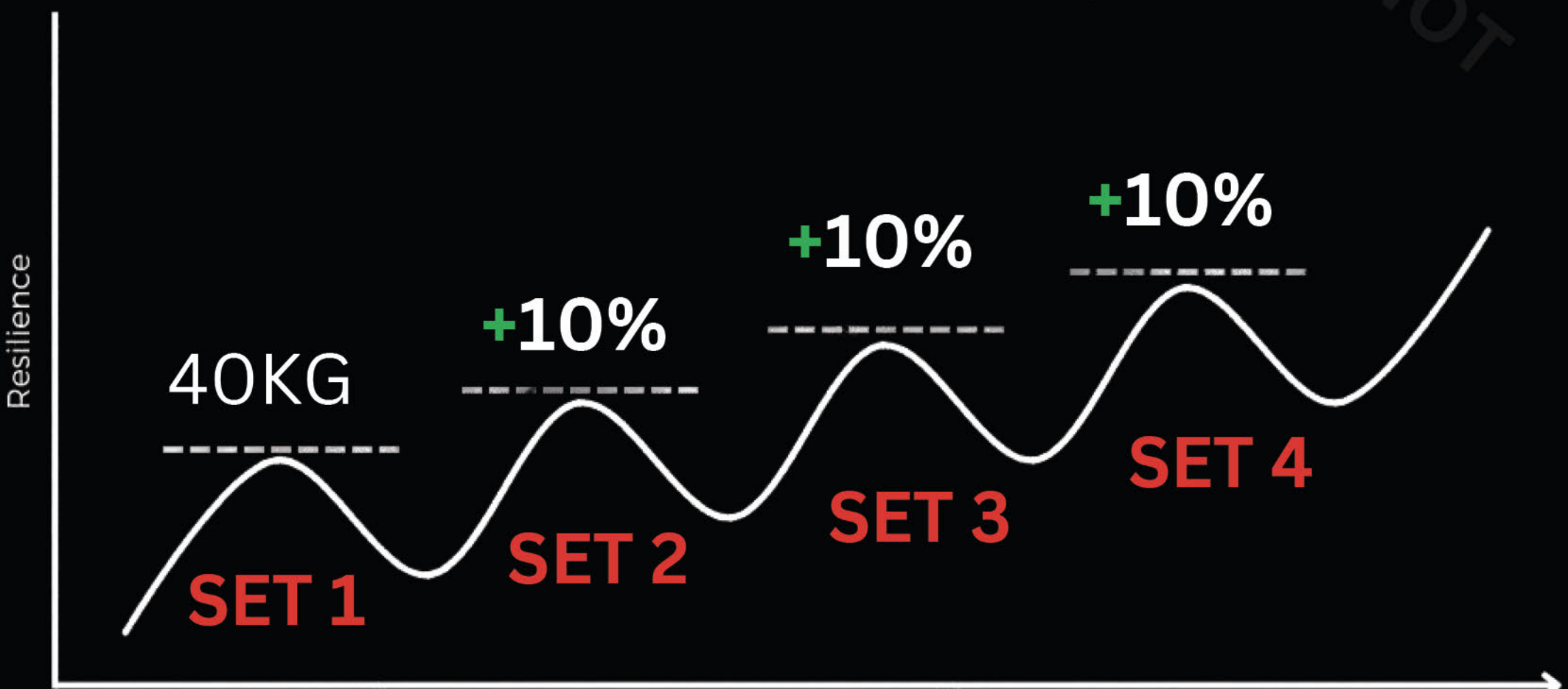
HOW TO APPLY:

- Increase weight by **5–10%**.
- Add extra sets or reps.
- Shorten rest periods to raise intensity.

PRO TIP:

Track your lifts weekly to ensure consistent progress without risking overtraining.

POSITIVE STRESS ADAPTATION EXAMPLE



RECOMMENDED REP/SET RANGES

FOR HYPERTROPHY & MUSCLE GROWTH

SET RANGES:

3–5 Sets per Exercise

- Enough volume for growth without overtraining.
- Gradually increase weight for progressive overload.

REP RANGES:

6–12 Reps per Set

- Ideal for hypertrophy and strength balance.
- Heavy enough to stimulate growth, light enough to avoid early fatigue.

LOWER REPS (4–6): (ADVANCED LIFTERS)

- Focuses on **strength over volume**.
- Best for compound lifts like squats and deadlifts.

FINAL SET TO FAILURE:

- Exhausts muscles to trigger growth.
- Use **1–2 times weekly** to prevent burnout.

EXAMPLE

Set	Weight Increase	Reps	Intensity
Set 1	100 kg (Baseline)	10–12 reps	Warm-up & technique focus.
Set 2	+10% (110 kg)	8–10 reps	Moderate effort, muscle fatigue.
Set 3	+10% (121 kg)	6–8 reps	Heavy weight, pushing limits.
Set 4	+10% (133 kg)	Failure (4–6 reps)	Max effort—failure training.

PROPER FORM

LIFT SAFE, LIFT SMART

WHY IT MATTERS:

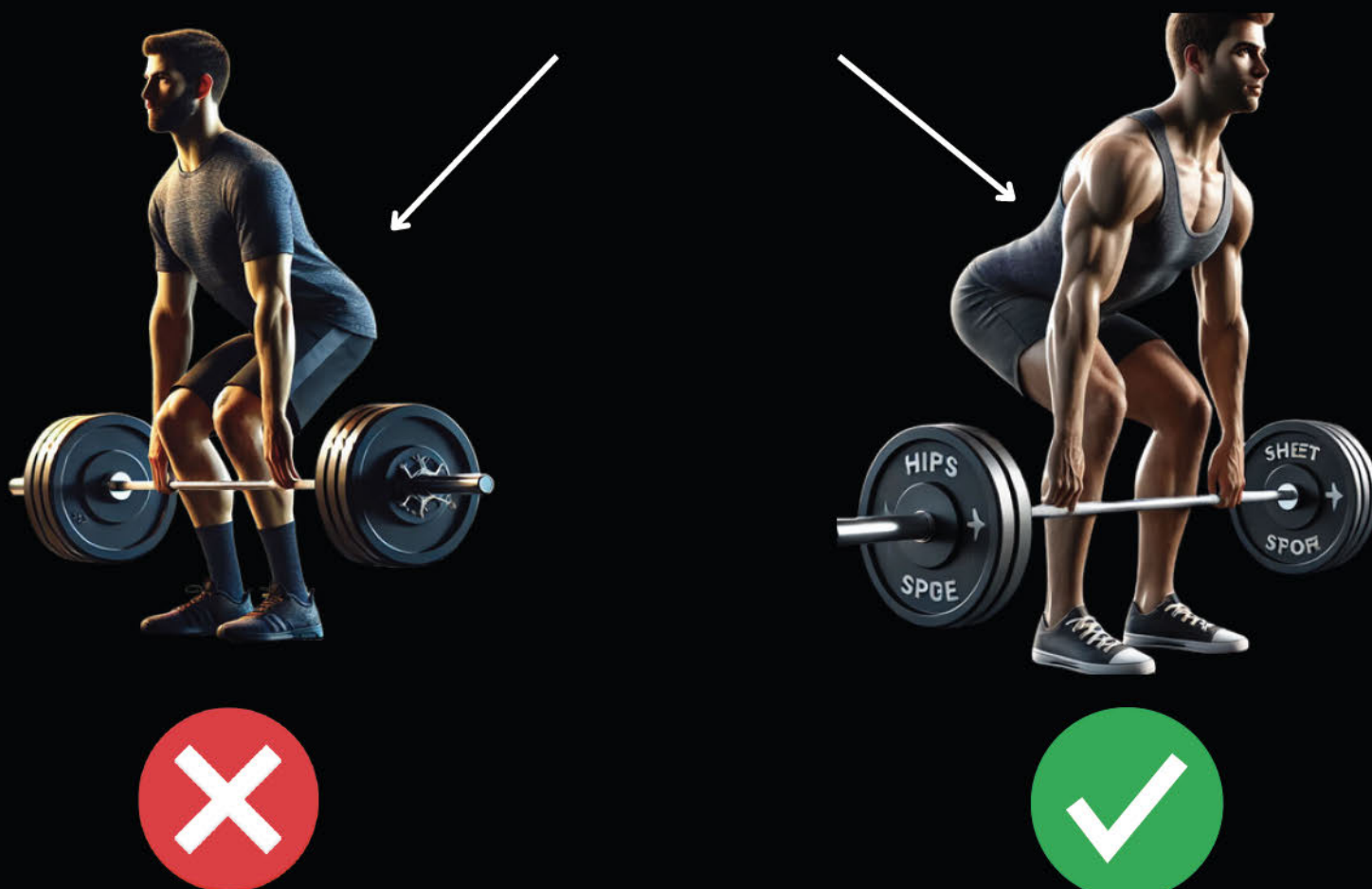
*Proper form isn't just about appearances, it's essential for **preventing injuries**, maximizing muscle activation, and keeping tension on target muscles. Poor form can shift stress to joints and tendons, increasing the risk of injury.*

KEY TIPS FOR FORM:

1. **Maintain a neutral spine** during lifts to protect your lower back.
2. Focus on a controlled tempo to **avoid jerky movements**.
3. Use mirrors or video feedback to assess and refine your technique.

PRO TIP: Start with lighter weights to master your technique before gradually increasing resistance.

EXAMPLE: DEADLIFT



WARM-UP AND MOBILITY PREPARING FOR HEAVY LIFTS SAFELY



Warming up primes your muscles and joints for heavy lifting, reducing injury risk and boosting performance.

It increases blood flow, enhances mobility, and activates key muscle groups before intense training.

DYNAMIC WARM UP TECHNIQUES

1. Leg Swings, Arm Circles, and Lunges
Boosts blood flow and improves flexibility.

2. **Mobility Drills:** Focus on tight areas like hips, shoulders, and ankles.

3. **Activation Exercises**

Use bands for exercises like glute bridges or shoulder drills to engage muscles and activate stabilizers like the rotator cuffs before lifting

AVOID OVERSTRETCHING BEFORE LIFTING:

- ✘ **Reduced Power Output:** Muscles lose tension, decreasing its force production.
- ✘ **Increased Injury Risk:** Over relaxed muscles may lead to unnatural instability
- ✘ **Impact on Strength:** Fatigue sets in much faster, reducing your overall performance.

MIND & MUSCLE CONNECTION

TRAIN SMARTER, NOT JUST HARDER



The mind muscle connection (MMC) is the ability to consciously engage and focus on specific muscles during exercise. This enhances muscle activation, improves contraction quality, and ensures you target the intended muscles effectively.

RESEARCH FINDINGS

A study by Brad Schoenfeld (2018, European Journal of Sport Science) revealed that **focusing internally on contracting muscles** during resistance training significantly increases muscle activation.

KEY RESULT:

Participants using an internal focus experienced greater chest muscle activation during the bench press compared to external focus on simply just lifting the weight.

HOW TO MASTER MMC FOR OPTIMAL GAINS

- ✓ **Mentally visualize your muscles** stretching and contracting during each rep
- ✓ Use lighter weights to master the connection before progressing.
- ✓ **Hold briefly at the top of movements** for full activation.

REST AND RECOVERY

BUILD, REPAIR, DOMINATE



Rest and recovery are just as critical as your workouts for building strength and muscle. While lifting weights breaks down muscle fibers, it's during rest that your body repairs and rebuilds, making you stronger and more resilient.

Without proper recovery, progress stalls, and the risk of injuries and burnout rises.

STRESS RECOVERY ADAPTATION



STRESS RECOVERY ADAPTATION CYCLE

Stress Phase: Training breaks down muscle fibers and depletes energy.

Recovery Phase: Rest, sleep, and proper nutrition rebuild muscles stronger.



MASTERING HEAVY LIFTING

RECAP:

1. PROGRESSIVE OVERLOAD

Increase weights, reps, or intensity **gradually** for **continuous muscle growth**.

2. OPTIMAL REP & SET RANGES

3–5 sets, 6–12 reps to maximize strength and hypertrophy.

3. LIFT SMART, LIFT SAFE

Maintain a **neutral spine, control tempo**, and use proper form to prevent injuries.

4. MIND MUSCLE CONNECTION

Engage muscles intentionally for better activation and results.

5. WARM UP & MOBILITY

Use **dynamic warm ups** and mobility drills to prepare for heavy lifts.

6. RECOVERY & GROWTH

Prioritize rest, sleep, and nutrition to maximize gains and prevent burnout.





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OPTIMIZED SLEEP

THE MISSING LINK TO MUSCLE GROWTH



KEY RESEARCH FINDINGS

9-10 HOURS OF SLEEP BOOSTS:

- **Physical Performance:** Faster sprints & improved accuracy in skill based sports.
 - **Muscle Recovery:** Less fatigue & better workout performance.
- **Mental Focus:** Sharper reaction time, decision making & cognitive clarity.

Even mild sleep deprivation (**6 hours**) weakens recovery & immune function, **an overlooked performance killer.**

RECOMMENDED SLEEP REPORT FOR OPTIMAL RECOVERY:

Sleep Stage	Percentage	Duration (for 8 hours of sleep)
Awake	5-10%	24-48 minutes
REM Sleep	20-25%	96-120 minutes
Core Sleep	40-50%	192-240 minutes
Deep Sleep	15-20%	72-96 minutes

MASTER YOUR SLEEP TRACKING FOR OPTIMAL RECOVERY



TRACK YOUR SLEEP WITH AN **APPLE WATCH OR FITNESS WATCH**

Tracking your sleep with an Apple Watch or equivalent fitness watch provides **valuable insights** into your sleep quality and recovery needs. With features like **Sleep Mode and Health App integration**, you can ensure your sleep aligns with your optimal recovery goals.



KEY FEATURES & METHODS

✓ Track **REM, deep, and core sleep** to spot patterns and recovery gaps.

✓ Set and track **sleep targets** (e.g, 8 hours) using the Health App to maintain consistency.

✓ Analyze your **reports** to detect sleep disturbances & fine tune habits for deeper rest.

SET UP YOUR SMARTWATCH FOR OPTIMAL SLEEP TRACKING

STEP BY STEP SETUP GUIDE APPLE WATCH (HEALTH APP)

1

Open the Health App and go to Sleep

2

Set your desired sleep schedule (e.g.,
10:30 PM - 6:30 AM)

3

Enable Sleep Focus Mode to silence
notifications

4

Turn on Sleep Tracking to monitor REM,
deep sleep, and HRV

5

Enable Wind Down Mode for a
distraction free transition into sleep



SET UP YOUR SMARTWATCH FOR OPTIMAL SLEEP TRACKING

STEP BY STEP SETUP GUIDE

SAMSUNG GALAXY WATCH (SAMSUNG HEALTH)

1

Open the Samsung Health App and tap
Sleep

2

Set your sleep schedule & enable Do
Not Disturb

3

Turn on Auto Sleep Tracking for real time
sleep detection

4

Turn on Heart Rate Monitoring to track
stress & recovery overnight

5

Activate Smart Wake Up for an optimal
alarm based on sleep cycles



TRACK YOUR SLEEP LIKE A PRO

SETUP & BUY GUIDE

PRO TIPS FOR ACCURACY

- ✓ Wear it snug but comfortable to ensure accurate HRV tracking
- ✓ Charge before bed to prevent tracking interruptions
- ✓ Enable airplane mode (optional) to minimize electromagnetic disturbances
- ✓ Sync with fitness apps to cross check recovery trends

RECOMMENDED SMARTWATCHES FOR SLEEP TRACKING



[PURCHASE](#)



[PURCHASE](#)



FINAL SLEEP INSIGHTS

BUILD, REPAIR, DOMINATE

WHY SLEEP CONSISTENCY MATTERS

A consistent bedtime reinforces circadian rhythm, optimizing recovery, mental clarity, and muscle growth.

KEY TAKEAWAYS

Hormone Regulation: Sleep boosts growth hormone for muscle repair & recovery.

Mental Clarity: Improves focus, decision making, and memory for peak performance.

Pro Tip: Set a 30-minute wind down reminder—Apple Sleep Mode helps build consistency.

SLEEP DEPRIVATION IMPACTS PERFORMANCE

DID YOU KNOW?

17 hours awake = 0.05% BAC (impaired reaction time).

24 hours awake = 0.10% BAC (exceeds legal driving limits).

Lack of sleep weakens focus, slows recovery, and limits muscle gains.

STAY DISCIPLINED. PRIORITIZE REST. DOMINATE YOUR GAME!

5-DAY WORKOUT BLUEPRINT

YOUR PATH TO STRENGTH AND GROWTH

This 5 Day Workout Blueprint is designed to help you maximize muscle growth, prevent burnout, and build strength efficiently.

Each session targets key muscle groups, while recovery days enhance repair and longevity allowing you to train smarter, not just harder.

Use Google Calendar to schedule your workouts and stay accountable even on busy weeks.

Day	Workout Focus	Duration	Key Exercises
Monday	Chest & Triceps	60 mins	Smith Machine Bench Press, Machine Chest Fly, Cable Fly, Tricep Rope Pushdown, Seated Tricep Pushdown
Tuesday	Back & Biceps	60 mins	Pull-Ups, Single Arm Cable Row, Seated Cable Row, Bicep Curls
Wednesday	Active Recovery	30 mins	Foam Rolling, Incline Walking on Treadmill, Outdoor Walk
Thursday	Legs & Core	60 mins	Barbell Squats, Planks (30–60 sec), Leg Press (Seated Machine)
Friday	Shoulders & Abs	60 mins	Overhead Dumbbell Press, Lateral Raises (Dumbbell)
Saturday	REST & RECOVERY		
Sunday	REST & RECOVERY		

STAY ON TRACK WITH GOOGLE CALEDAR

- ✓ Add workouts to Google Calendar to stay consistent
- ✓ Get notified 15-30 mins before training session
- ✓ Log weights, reps, and improvements to stay on track



MENTAL CLARITY AMPLIFIED

YOUR SECRET WEAPON FOR PEAK PERFORMANCE

UNLOCKING THE RARE COMBINATION

Imagine laser sharp focus, sustained energy, and mental clarity all from a simple yet powerful combination.

*Science backed research shows that stacking **L-Tyrosine**, **Lion's Mane**, **Vitamin B3 (NIACIN)**, and **Caffeine** creates an elite cognitive boost that enhances alertness, mood, and focus giving you the competitive edge in all high performance environments.*

WHY THIS STACK WORKS

✓ **L-TYROSINE** – Boosts dopamine for sharper focus & reduced stress.

✓ **LION'S MANE** - Supports brain health & neural growth for long term cognitive function

✓ **VITAMIN B3** - Regulates energy, and brain function especially under high stress.

✓ **CAFFEINE** – Provides an energy surge without crashes when timed strategically.

MENTAL CLARITY AMPLIFIED

HOW TO TAKE THE STACK + PRO TIPS

HOW TO USE THIS STACK EFFECTIVELY

1

Start Your Day Right: Take L-Tyrosine, Lion's Mane & Vitamin B3 with water **immediately after waking.**

2

Time Your Caffeine Intake: Wait **1-2 hours** after waking before drinking coffee to prevent mid day crashes.

3

Pair with a Protein Rich Breakfast: Support brain function & sustained energy with a protein shake, oat bar, or a balanced meal.

PRO TIPS FOR MAXIMUM MENTAL PERFORMANCE



Hydration is Key: Drink electrolyte water to enhance absorption & reduce fatigue



Avoid building your tolerance by **cycling your caffeine intake** by taking 1-2 days off weekly



Track your cognitive performance with a focus journal or productivity app to measure real improvements.

ADENOSINE AND WHY TIMING MATTERS

MASTER YOUR CAFFEINE INTAKE FOR SUSTAINED
ENERGY & PEAK PERFORMANCE

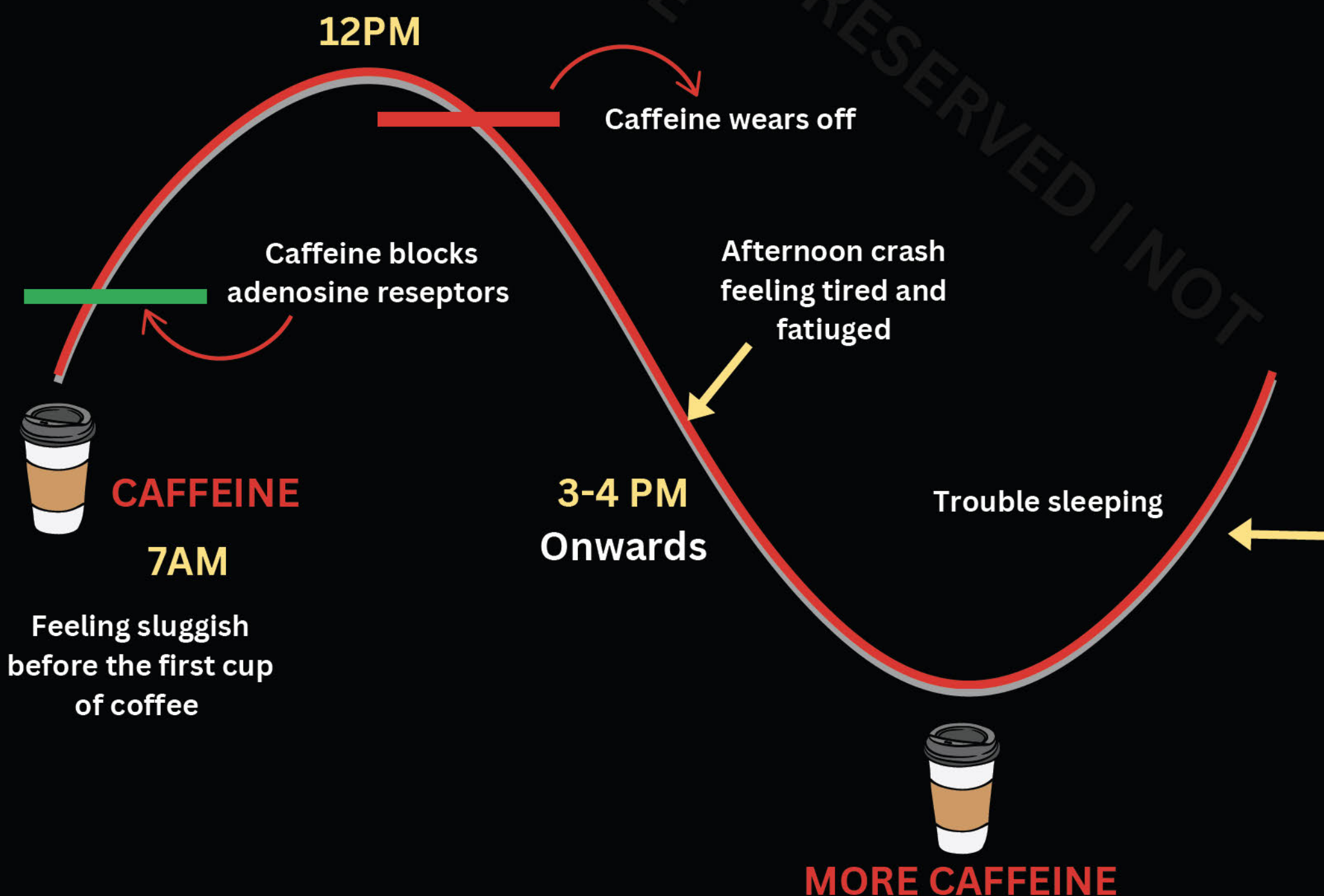
WHAT IS ADENOSINE?

Adenosine is a chemical in the brain that builds up throughout the day, making you feel sleepy. **When you wake up, adenosine levels are naturally high**, which is why you may feel groggy in the morning.

WHY TIMING YOUR CAFFEINE MATTERS

Drinking coffee too early blocks adenosine temporarily, giving you a false energy boost. **But as caffeine wears off, adenosine floods back**, leading to an afternoon crash.

Here's what happens when you drink coffee too early:



MY TRANSFORMATION WITH THIS STACK

HOW THIS STACK CHANGED MY GAME

*I've personally tested this powerful combination, and the **results have been nothing short of life changing.***

With this stack, I've experienced:

✓ **Enhanced Alertness** – Tasks that once felt overwhelming now feel effortless.

✓ **Improved Mood** – Mental processing feels 5× faster, and I stay more present and switched on.

✓ **Sharper Focus** – A state of calm productivity and confidence throughout the day.

✓ **Sustained Energy** – No mid-day crashes, even after intense mornings.

READY TO TRANSFORM YOUR MORNINGS? YOUR
FOCUS AND ENERGY AWAIT!



[PURCHASE](#)



[PURCHASE](#)



[PURCHASE](#)

DAILY PRODUCTIVITY AND WELLNESS CHECKLIST

MORNING ROUTINE

1

Start with supplements – Take L-Tyrosine, Lion's Mane, and Vitamin B3 with water.

2

Delay your caffeine – Wait 1–2 hours before drinking coffee to avoid energy crashes.

3

Fuel your brain – Eat a protein rich breakfast (oat bar, eggs, shake).

4

Hydrate – Drink electrolyte water to enhance focus & absorption.

(Men: 3.7 liters per day)

(Women: 2.7 Liters per day)



DAILY PRODUCTIVITY AND WELLNESS CHECKLIST

WORKOUT & PERFORMANCE

1

Schedule your workouts – Add sessions to Google Calendar with reminders.

2

Warm up properly – Do dynamic stretches (leg swings, lunges) and joint activation drills (e.g, shoulder circles, wrist rotations) before lifting.

3

Master your form – Focus on controlled movements & avoid injuries.

4

Cool down & stretch – Spend 5–10 minutes on post workout recovery.



DAILY PRODUCTIVITY AND WELLNESS CHECKLIST

PRODUCTIVITY & MENTAL PERFORMANCE

1

Plan your day – Set your **top 3** priorities the night before.

2

Use the Pomodoro technique – Work in focused 25–45 min blocks.

3

Minimize distractions – Turn off non essential notifications or **activate DND mode** for focus sessions.

4

Track your progress – Use a focus journal or planner.



DAILY PRODUCTIVITY AND WELLNESS CHECKLIST

EVENING & SLEEP OPTIMIZATION

1

Wind down early – Dim lights & avoid screens 30–60 minutes before bed.

2

Take magnesium (if needed) – Helps with relaxation & deep sleep

3

Stick to a sleep schedule – Aim for 7–9 hours consistently.

4

Track sleep & recovery – Use Apple Watch or Samsung Health.





CONGRATULATIONS, YOU'VE UNLOCKED THE ELITE EDGE

Balancing career success, personal fitness, and mental clarity isn't easy, but you've taken a major step toward mastering it.

The strategies in this guide aren't just concepts they are proven tools designed to optimize your energy, performance, and resilience in today's demanding world.

**REMEMBER: PROGRESS IS BUILT ON
CONSISTENCY. WHETHER IT'S:**

- ✓ Refining your training routine
- ✓ Optimizing your mental clarity
- ✓ Mastering your recovery and nutrition
- ✓ Or structuring your days for peak productivity

YOUR SUCCESS LIES IN EXECUTION





WHAT'S NEXT?

STAY CONNECTED & LEVEL UP

If you found value in this guide, don't stop here. Stay ahead with exclusive insights, elite training breakdowns, and high performance strategies delivered directly to you

V2 is coming soon with even more advanced methods and exclusive upgrades! Be the first to access it.

***TAP BELOW TO MESSAGE ME DIRECTLY AND
STAY AHEAD OF THE CURVE!***



STAY DISCIPLINED. STAY SHARP. STAY AHEAD!

