



ALPHA ACADEMY

**THE ELITE EDGE
STARTER PACK**

***A FREE PREVIEW OF THE ELITE EDGE
SYSTEM FOR AMBITIOUS
PROFESSIONALS***

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





WELCOME TO THE ELITE EDGE STARTER PACK



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.



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

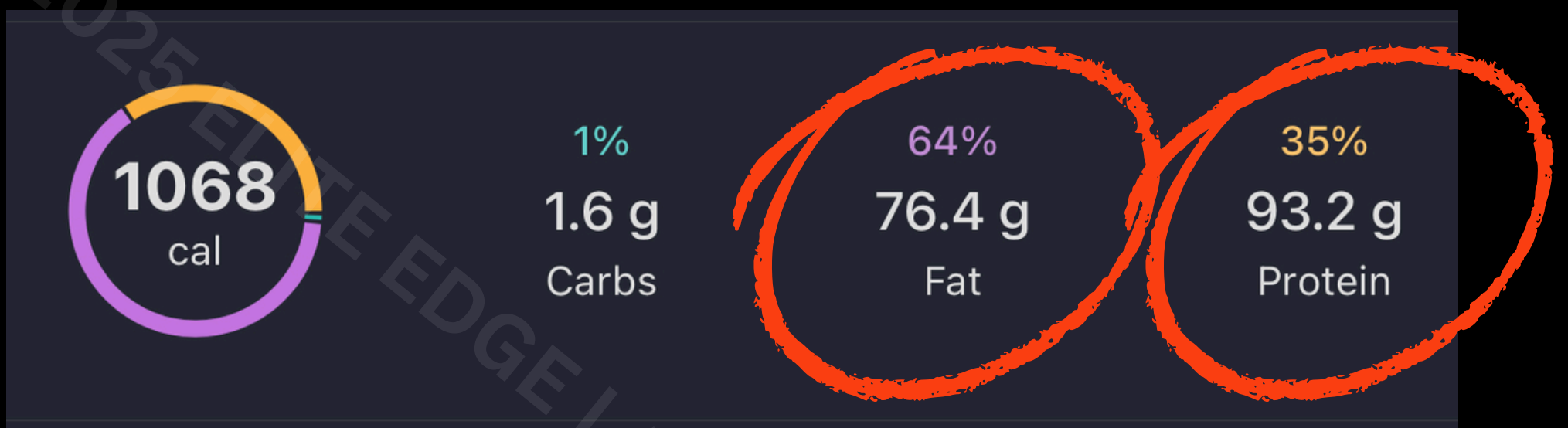
Incorporate actionable tips to **stay consistent**, track your progress, and **achieve balance** in your fitness and daily routine.



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 THIGHS 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

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 fruit	SNACK Protein bar or turkey breast	SNACK Avocado rice cake or boiled eggs with avocado and pepper	SNACK Greek yogurt or trail mix with unsweetened dried
LUNCH GRILLED CHICKEN BREAST Brown rice, mixed greens, and roasted vegetables				
DINNER STEAK (SIRLOIN) with whole grain pasta and steamed broccoli				
TOTAL: Protein: 133g Calories: 1,840 kcal				

THIS SECTION IS LOCKED:
 Get full access to The 70+ page Elite Edge system to unlock

SUSTAINABLE & EFFECTIVE NUTRITION PLAN

Screenshot this plan for quick access anytime during your week

REMEMBER, CONSISTENCY FUELS TRANSFORMATION YOUR JOURNEY STARTS TODAY!

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



THIS SECTION IS LOCKED:

Get full access to The **70+** page Elite Edge system to unlock performance.



✓ 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

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

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.

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.

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:

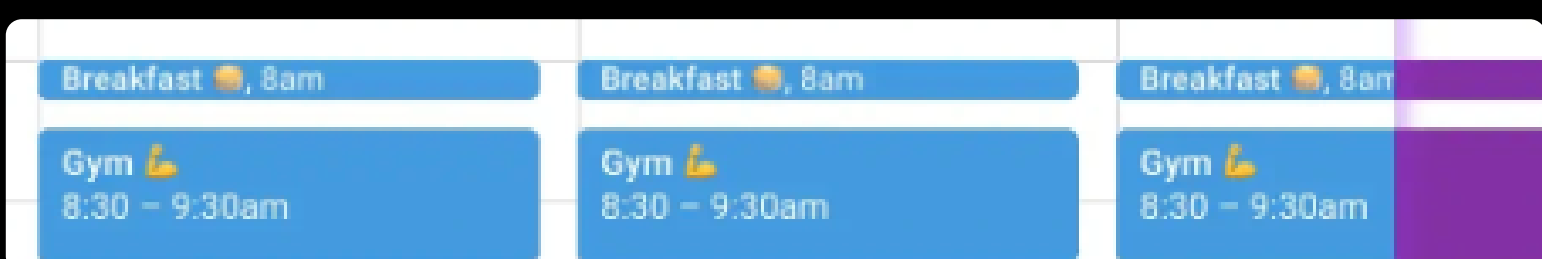
6:00 AM – 7:00 AM: Workout

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.



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.



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**

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.

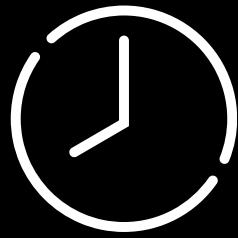


THIS SECTION IS LOCKED:

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unlock



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](#)



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, Door Walk



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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

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 to keep you on track.

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.





WHAT'S NEXT?

UNLOCK THE FULL 70 PAGE SYSTEM

If you found value in this guide, don't stop here. Get early access to elite strategies, training systems, and high performance upgrades built for busy professionals like you.

🔒 V2 is coming soon with advanced systems, deeper focus hacks, and exclusive locked content. Be the first to unlock it.

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



STAY DISCIPLINED. STAY SHARP. STAY AHEAD!

