



# THE DAD REBUILD BLUEPRINT™

For Busy Dads Over 40  
Who Want To Lose 15–25lbs  
Without Living In The Gym  
Or Sacrificing Family Time



Powered By:

The Dad Rebuild Method™  
Using The ADT Rebuild System™

# YOU DON'T HAVE A FAT LOSS PROBLEM. YOU HAVE A CONSISTENCY PROBLEM.

Most dads don't fail because they lack information.

They fail because they're trying to follow fitness plans built for people who don't have careers, wives, kids, stress, and responsibilities.

## SO THEY:

- Start every Monday
- Buy more equipment
- Lose motivation
- Quit every Friday
- Follow another diet
- Repeat the cycle

## THE RESULT?

More weight.  
Less energy.  
Less confidence.

The problem isn't effort.  
***The problem is the system.***



# THE 3-PHASE SYSTEM DESIGNED FOR FATHERS



**RESET**



**REBUILD**



**RECLAIM**

Most programs focus on workouts.

We focus on rebuilding the man.



## PHASE 1: RESET

Restore control and momentum.



## PHASE 2: REBUILD

Lose fat and rebuild strength.

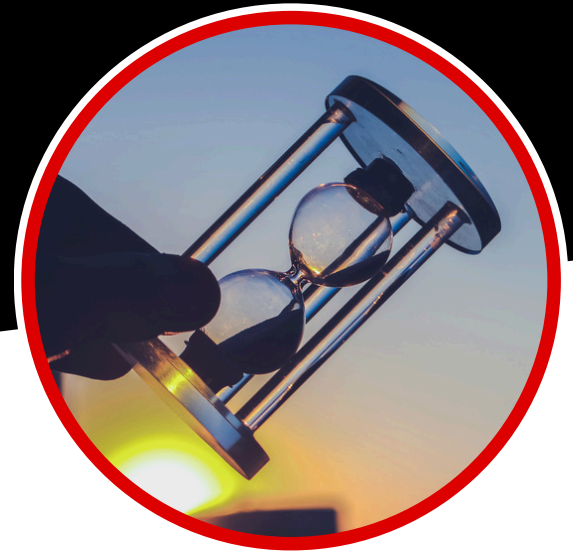


## PHASE 3: RECLAIM

Transform your body  
Become the disciplined,  
confident father you know  
you're capable of being.



# RESTORE CONTROL IN THE NEXT 24 HOURS



## THE ADT 24-HOUR RESET™

<b>To Begin The Reset:</b>	<ul style="list-style-type: none"> <li>✓ Finish dinner</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fast until dinner the next day</li> </ul>
<b>During the fast:</b>	<ul style="list-style-type: none"> <li>✓ Water</li> <li>✓ Electrolytes</li> </ul>	<ul style="list-style-type: none"> <li>✓ Black coffee</li> <li>✓ Zero-calorie drinks</li> </ul>
<b>Break the fast with:</b>	<ul style="list-style-type: none"> <li>✓ Protein</li> <li>✓ Controlled portions</li> </ul>	<ul style="list-style-type: none"> <li>✓ Whole foods</li> </ul>
<b>Most dads experience:</b>	<ul style="list-style-type: none"> <li>✓ Reduced bloating</li> <li>✓ Better focus</li> </ul>	<ul style="list-style-type: none"> <li>✓ Improved energy</li> <li>✓ Immediate momentum</li> </ul>

This isn't punishment.

**It's a reset.**



# THE WEEK THAT STOPS THE SPIRAL



Days 2-7 focus on rebuilding consistency.

Not perfection.

**Consistency.**

<p><b>Nutrition Structure:</b></p>	<ul style="list-style-type: none"> <li>✓ 16:8 intermittent fasting</li> <li>✓ Whole foods</li> <li>✓ Repeatable meals</li> </ul>	<ul style="list-style-type: none"> <li>✓ 2-3 protein-focused meals</li> <li>✓ Controlled portions</li> </ul>
<p><b>Training Structure:</b></p>	<ul style="list-style-type: none"> <li>✓ 3 ADT workouts</li> <li>✓ Full-body training</li> </ul>	<ul style="list-style-type: none"> <li>✓ 30-minute sessions</li> <li>✓ 10,000 steps daily</li> </ul>

## GOAL

**Restore** structure.

**Reduce** overwhelm.

**Regain** confidence.



# WHY 30 MINUTES BEATS 90 MINUTES



Most dads don't need longer workouts.  
They need more efficient workouts.

## THE ADT REBUILD SYSTEM USES:

- ✓ Compression Sets
- ✓ Minimal Rest
- ✓ Adaptable Home Gym Programming
- ✓ Strategic Supersets
- ✓ Maximum Efficiency

## RESULT

More productive work.  
Less wasted time.  
Better fat loss.  
Better strength gains.  
**Without living in the gym.**



# THE RULES THAT CHANGE EVERYTHING



01

## **RULE #1**

No Starting Over Monday

02

## **RULE #2**

No Punishment Workouts

03

## **RULE #3**

Never Miss Twice

04

## **RULE #4**

Momentum Over Motivation

05

## **RULE #5**

Consistency Beats Intensity

Most dads don't need more discipline.  
They need a way to recover quickly when life happens.  
That's what these rules provide



# WHERE THE REAL TRANSFORMATION HAPPENS



## PHASE 2:

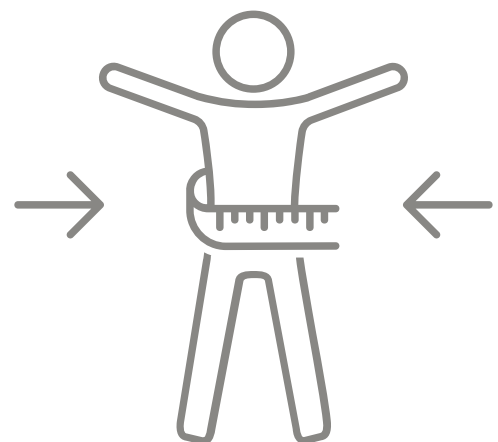
### THE REBUILD PHASE™

- ✓ Lose the majority of the 15-25 pounds
- ✓ Rebuild strength
- ✓ Improve body composition
- ✓ Create sustainable habits

## PHASE 3:

### THE RECLAIM PHASE™

- ✓ Rebuild confidence
- ✓ Restore discipline
- ✓ Regain self-respect
- ✓ Become dependable again
- ✓ Lead by example



Because this was never just about fat loss.  
It was about becoming the man again.



# WHAT HAPPENS WHEN A DAD REBUILDS HIMSELF?

## IMAGINE



Looking in the mirror with pride again



Having energy after work



Feeling strong and capable



Being the example your kids deserve



Walking past your home gym knowing you're actually using it



Trusting yourself to follow through again

This isn't just a body transformation.

**It's an identity transformation.**





# READY TO **START YOUR REBUILD?**

You don't need another diet.  
You don't need another workout plan.  
You need a system built for the life you're actually living.

## IF YOU'RE AN OVERWEIGHT FATHER OVER 40 WHO'S TIRED OF:

- Starting over every Monday
- Looking in the mirror and not recognizing the man staring back at you
- Walking past a home gym that's collecting dust
- Wondering if you'll ever feel strong, disciplined, and confident again
- Feeling exhausted all the time
- Making promises to yourself you never seem to keep

Then the Dad Rebuild Method may be exactly what you're looking for.

Using the ADT Rebuild System™, we've helped fathers simplify fitness, lose 15-25 pounds, rebuild strength, and regain control of their health without sacrificing their careers, families, or lives.

## THE NEXT STEP IS SIMPLE

**FILL OUT THE DAD  
REBUILD APPLICATION**

Complete a short application and tell us a little about your goals, challenges, and current situation.

If it looks like we're a good fit to work together, we'll reach out and show you exactly how the Dad Rebuild Method can help you reclaim your strength, confidence, discipline, and consistency.

**STOP WAITING FOR MOTIVATION.  
STOP STARTING OVER.  
IT'S TIME TO REBUILD**

