



# VOIDBREAKER PROTOCOL

## Flame-Stage Ascent Model

### An Assertive Force Method Burpee Regimen

---

#### **LIABILITY WAIVER DISCLAIMER**

The information presented in this training program, including but not limited to exercise routines and supplementation guidance, is provided for educational and informational purposes only. It is not intended as, nor should it be considered a substitute for, professional medical advice, diagnosis, or treatment.

By participating in this regimen, you acknowledge and agree to the following:

- You should **consult a qualified healthcare provider before beginning** any new exercise program or dietary supplement regimen.
- The **creator of this plan is not a licensed medical professional and does not provide medical advice.**
- **You accept full responsibility for your health and safety** and release the creator from any and all liability, direct or indirect, that may arise from the use or misuse of this material.

Your choice to engage with this material indicates your understanding and acceptance of these terms.

---



#### **Objective**

You are the rocket. Through rising stages of flame, you burn away weakness, stabilize power, and ignite destiny. This protocol uses the metaphor of engine ignition and staged combustion to guide your physical transformation and ascent out of the gravitational pull of the Void.

---

© [2025] [Randy O. Miller]. All Rights Reserved.

This work is the intellectual property of [Randy O. Miller]. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author, except in the case of brief quotations embodied in critical reviews or scholarly works.

## STAGE I: DULL RED BURN — Structural Ignition (Weeks 1–6)

### Training Structure

Compound Set: 10 Deep Knee Bends → 10 Kick-Out Burpees

Week	Sets	Rest	Focus
1	1	90s	Master form, controlled pace
2	2	90s	Add a set, maintain transitions
3	3	90s	Reduce rest, build stamina
4	4	90s	Push through mild fatigue
5	5	90s	Volume and consistency
6	6	90s	Prepare for next ignition

---

### Internal Systems Optimization

- Tribulus Terrestris (500 mg): Weeks 1–4
- Ashwagandha (500 mg): Daily
- Zinc (30 mg) + Copper (2 mg)
- Vitamin D3 (2000–5000 IU)
- Omega-3s (1–3g EPA/DHA)
- Magnesium Glycinate (400 mg before bed)

### Fuel Priming Sequence (Pre-Workout)

- Guarana (200 mg)
- L-Citrulline (6 g)
- Panax Ginseng (400 mg)
- Krea-Alkyn Creatine (3 g)

### Engine Stabilization Protocol (Post-Workout)

- Grass-fed protein
- Animal fats (tallow, butter, or ghee)
- Electrolytes (sodium, potassium, magnesium)

### Cooling Loop: Week 7 – Active Recovery

### Energy Consumption

- Caloric Burn per Session:  
Week 1: ~25–30 kcal  
Week 6: ~156–198 kcal

⚠ Injury Risk & Caution

- Primary Concern: Patellar strain or quad tendon irritation from deep bends, especially if knees track improperly.
- Secondary Concern: Wrist/shoulder compression during Kick-Outs if form breaks.

✅ Mitigation Strategy

- Prioritize knee-over-toe alignment and slow tempo.
  - If wrists ache, perform Kick-Outs on fists or parallel bars.
  - Use this stage to build control, not ego. Structural burn, not speed.
-

## STAGE II: ORANGE CORE FLAME — Fuel Stabilization (Weeks 8–13)

### Training Structure

Compound Set: 30 Cossack Squats (30 per side) → 10 Kick-Out 1-Pump Burpees


Week	Sets	Rest	Focus
1	3	90s	Adapt to unilateral load and push-ups
2	4	90s	Increase volume, prioritize form
3	5	90s	Reduce rest, stay steady
4	5	90s	Build endurance under duress
5	6	90s	Push mental resilience
6	6	90s	Peak output, stabilize for ignition

---

### Internal Systems Optimization

- Horny Goat Weed (500 mg): Weeks 8–10
- Tribulus Terrestris (500 mg): Weeks 11–12
- Ashwagandha (500 mg): Daily
- Zinc (30 mg) + Copper (2 mg)
- Vitamin D3 (2000–5000 IU)
- Omega-3s (1–3g EPA/DHA)
- Magnesium Glycinate (400 mg before bed)

 Fuel Priming & Engine Stabilization: Same as Stage I

 Cooling Loop: Week 14 – Mobility, Swimming, Yoga

### Energy Consumption

- Caloric Burn per Session:  
Week 1: ~180–210 kcal  
Week 6: ~560–760 kcal

### Injury Risk & Caution

- Primary Concern: Hip impingement or inner-knee torque from excessive depth or misaligned Cossack form.
- Secondary Concern: Low back rounding during transitions or fatigue-induced burpee collapse.

### Mitigation Strategy

- Practice assisted Cossacks with a pole or TRX until range is clean.
  - Stretch adductors and hip flexors before and after training.
  - Keep torso upright and back straight—use a mirror if possible.
  - Breathe deliberately; never rush reps under fatigue.
-

## STAGE III: BLUE-WHITE JET — Main Engine Burn (Weeks 15–20)

### Training Structure

Compound Set: 30 Pistol Squats (30 per side) → 10 Navy SEAL Burpees

Navy SEAL Burpee Breakdown:

1. Push-up
2. Right leg forward
3. Push-up
4. Left leg forward
5. Push-up
6. Stand up

Week	Sets	Rest	Focus
1	3	90s	Master pistol/Navy SEAL form
2	4	90s	Build volume, stay controlled
3	5	90s	Reduce rest, focus on efficiency
4	5	90s	Increase output, maintain quality
5	6	90s	Push stamina and grit
6	6	90s	Final forge: mental and physical intensity

---

### Internal Systems Optimization

- Horny Goat Weed (500 mg): Weeks 15–16
- Ashwagandha (500 mg): Daily
- Zinc (30 mg) + Copper (2 mg)
- Vitamin D3 (2000–5000 IU)
- Omega-3s (1–3g EPA/DHA)
- Magnesium Glycinate (400 mg before bed)

### Fuel Priming & Engine Stabilization: Same as Stage I

### Cooling Loop: Week 21 – Total System Reset

### Energy Consumption

- Caloric Burn per Session:  
Week 1: ~240–285 kcal  
Week 6: ~840–1040 kcal

### Injury Risk & Caution

- Primary Concern:
- Knee joint overload from improper pistol squat form
- Lower back strain from deep bodyweight compression
- Secondary Concern:
- Shoulder/elbow strain during Navy SEAL burpees (triple push-up)

### Mitigation Strategy

- Elevate heel slightly (small plate) for pistol balance.
- Do assisted pistols using doorway frame if needed.
- Emphasize eccentric control — lower slowly, don't drop.
- Break Navy SEAL burpees into slow steps if form degrades.
- Train ankle mobility and glute engagement outside of sessions.

## **VOIDBREAK REBIRTH FULL BURN — The Launch Window Challenge**

Duration: One-Session Maximum Effort Protocol

Symbolism:

- 9 Sets = 3 ignition cycles
- Executed in a single mission burst
- Completion signifies escape velocity — the moment a man breaks from the

Void

—

### Challenge Structure

Set	Squat Type	Burpee Type
1	Regular Air Squats (30)	Kick-Out Burpees (10)
2	Cossack Squats (30)	Kick-Out + 1-Pump Burpees (10)
3	Pistol Squats (30)	Navy SEAL Burpees (10)
4	Regular Air Squats	Kick-Out Burpees
5	Cossack Squats	Kick-Out + 1-Pump Burpees
6	Pistol Squats	Navy SEAL Burpees
7	Regular Air Squats	Kick-Out Burpees
8	Cossack Squats	Kick-Out + 1-Pump Burpees
9	Pistol Squats	Navy SEAL Burpees

—d

### Rules of Engagement

- All 9 sets must be completed in a single session.
- No rest periods between sets. This is a best time event!
- No stopping inside a set — complete all squats and burpees.
- If you fail: rest, recover, and return another day. Only completion counts.

### Energy Consumption

- Total Burn: ~640–800+ kcal

### Injury Risk & Caution

- Primary Concern: Full-body collapse due to accumulated CNS fatigue — form breakdown equals injury risk.
- Secondary Concern: Joint stress overload from volume, especially knees, hips, and wrists.



### ✓ Mitigation Strategy

- Never perform this without full completion of prior 3 stages. Ideally within the first 3 days of the 21st week. This allows nervous system and muscular recovery from training yet retains developed strength and mindset.
  - Be truthful to yourself, if form falters beyond control — STOP the challenge to prevent injury.
  - Hydrate and warm up intentionally — this is a symbolic and physical crucible.
  - Use joint sleeves or braces only if previously prescribed — not to mask poor form.
- 

### ✨ The Rite of the Reborn Man

“As the final rep echoes into silence, you will know.  
Not by the applause of others. But by the stillness of the Void behind you —  
and the fire that now carries you forward.  
You have burned through the last of the atmosphere.  
You have launched.  
You are no longer of the Void.  
You are reborn — an Assertive Force Man, ignited for purpose, wealth, and legacy.”

---

**Most men will fade into nothingness--  
unless they assert force.**

