



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.

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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.

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	75s	Reduce rest, build stamina
4	4	60s	Push through mild fatigue
5	5	45s	Volume and consistency
6	6	30s	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

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	75s	Increase volume, prioritize form
3	5	60s	Reduce rest, stay steady
4	6	45s	Build endurance under duress
5	7	30s	Push mental resilience
6	8	15s	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

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	75s	Build volume, stay controlled
3	5	60s	Reduce rest, focus on efficiency
4	6	45s	Increase output, maintain quality
5	7	30s	Push stamina and grit
6	8	15s	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

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

Rules of Engagement

- All 9 sets must be completed in a single session.
 - Rest only long enough to stabilize your breathing. No lounging. No retreat.
 - No stopping inside a set — complete all squats and burpees before any pause.
 - If you fail: rest, recover, and return another day. Only completion counts.
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✨ 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.**