



ENERGY REBUILD PROTOCOL

OVERVIEW

Overview

This protocol complements the Energy Rebuild video series, designed to help high performers restore sustainable energy, combat fatigue, and achieve peak physical and mental output without relying on stimulants or unsustainable hacks.

Core Principles

- **Metabolic Efficiency:** True energy stems from balanced glucose metabolism and mitochondrial function.
- **Hormonal Balance:** Stress hormones, thyroid function, and adrenal health dictate vitality.
- **Neurological Stamina:** Nervous system regulation is key to maintaining high-level output under pressure.
- **Recovery Integration:** Strategic rest and recovery cycles prevent burnout and sustain peak performance.



STEP-BY-STEP PRECISION PROTOCOL

STEP 1: STABILIZE ENERGY FOUNDATIONS

Breakfast	Begin each day with a balanced meal containing high-quality protein and healthy fats to avoid glucose crashes.
Water	Hydrate strategically — 12–16 oz of water within 30 minutes of waking.

STEP 2: BREATH-DRIVEN ACTIVATION

Breathwork	Use energizing breathwork: inhale through the nose for 3 seconds, exhale through pursed lips for 3 seconds, repeat for 5 minutes to enhance oxygen delivery and alertness.
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STEP 3: ZONE 2 AEROBIC TRAINING

Cardio	Incorporate 30–40 minutes of moderate-intensity cardio (maintaining conversational pace) 3–5 times per week to build mitochondrial density and endurance.
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STEP 4: NERVOUS SYSTEM REGULATION

Midday Reset	5 minutes of diaphragmatic breathing to lower cortisol spikes.
Decompression	Daily 10–15 minutes of intentional decompression (prayer, light mobility, or quiet meditation).

STEP-BY-STEP PRECISION PROTOCOL

STEP 5: SLEEP AND RECOVERY ALIGNMENT

Sleep	Follow Sleep Reset Protocol for improved nighttime recovery.
Recover	Schedule at least one full rest day per week with no structured training.

STEP 6: ADVANCED OPTIMIZATION (ULTIMATE TIER)

Labs	Functional lab testing to identify nutrient deficiencies and hormonal imbalances.
Supplements	Precision supplementation protocols targeting mitochondria, adrenal function, and neurological recovery.
Assess Progress	Quarterly re-assessments to adjust training, nutrition, and recovery systems based on progress.