BOGDAN DOSPINESCU - PERSONAL FITNESS AND HEALTH ENCYCLOPEDIA

PROJECT 100 ENCYCLOPEDIA

The pursuit of 100 lb of skeletal muscle mass.

A personal record at 46, 170 cm - told honestly, measured honestly, and built to last. Nutrition, training, vectors, supplements and laboratory integrity, as I actually live them.

VERSION 3.6 | 24 OCTOBER 2026 | PERSONAL RECORD



Bogdan at the gym - the work is ordinary, repeated, and logged. That is the point.

The stretch	How I judge it
100 lb SMM, body fat below 15%, drug-free. Kept openly on the cover because it drives the work - never presented as a promise.	100 lb SMM is the disclosed stretch goal. Earlier corridor estimates (90-93 true / 92-97 BIA, 2026) stay dated observations pending the December 2026 InBody scan.

This is my project, in my words and my numbers. It is not a prescription for anyone else.

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A book about a person, not a process

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How quantities are printed: every quantity carries kitchen measures (scoops, teaspoons, tablespoons, cups) AND true measures (mL, fl oz, grams, ounces, milligrams) together. System ceilings (2,780 kcal / 252 g protein / 69 g fat per day) are historical planning figures, not targets. Sugar language in this edition is "no added sugar" throughout. Edition matter, the correction register and the source register sit at the back, before the colophon.

If a page does not help you understand my project, my body or my choices, it does not belong here.



START HERE

What this book is - and who it is for

Project 100 is my return. In 2026 I rebuilt around training, sleep, digestion and honest measurement. This book shows that system as I actually live it.

It is written for a reader who wants to understand the project itself: why 100 matters to me, where I truly stand, how I train and fuel on a normal day, and what I will not compromise to chase a number.

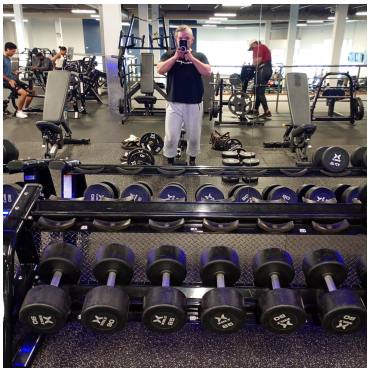
How to read it

1. The mission
What I am aiming for, and how I judge it.

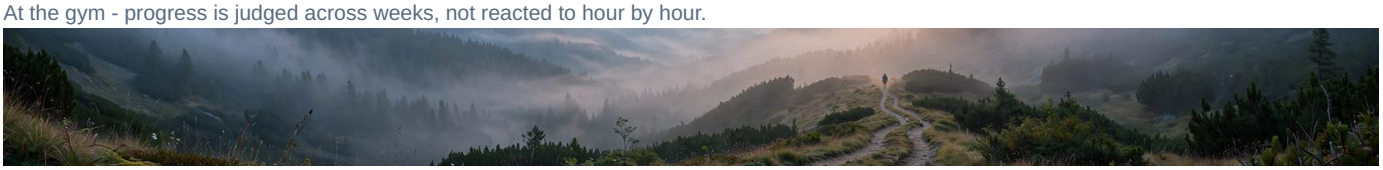
2. The system
My day, my food, my training, my vectors and my stack - with count, dose and use beside every item.

3. The honesty
What a scan can and cannot prove, and where my body sets the ceiling.

Every table in this book follows one rule: if I take it, mix it or eat it, you see the item count, the dose, and what I use it for - together, on the same line. Nothing is summarized away.



At the gym - progress is judged across weeks, not reacted to hour by hour.



100 is the stretch. The goal is the scoreboard until the scan decides.

My target is 100 lb of skeletal muscle mass (SMM) with body fat below 15%, at 5 ft 7 in (170 cm) and age 46, drug-free. I keep 100 on the cover because it drives the work. I judge progress against the disclosed goal while the December 2026 scan stays pending.

100
lb SMM - the goal
My disclosed stretch: 100 lb of skeletal muscle mass, drug-free, kept openly as ambition - never a promise or a deadline.

90-93
lb - a dated estimate
A 2026 working estimate of true tissue, kept as a dated observation. Not a validated corridor - the InBody scan decides.

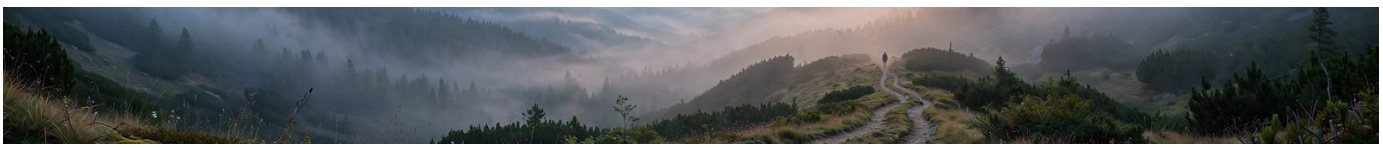
<15
% body fat - my marker
Below 15% is the target. An August 2026 InBody reading of 13.6% is UNVERIFIED and is not presented here as a confirmed milestone - the December 2026 scan decides.

> Train with intent. Eat with a record. Rest without guilt. Let symptoms - not ambition - set the ceiling on any given day.

Body fat below 15% is my personal marker, not a medical threshold for health. A bigger session or a bigger meal does not prove better adaptation. Durability does.

What the numbers mean on my frame

Measure	My reading	What it tells me
Height	170 cm (5 ft 7 in)	The frame every index is normalized against
Age	46 years	Anabolic resistance and connective-tissue lag are real inputs, not excuses
2026 working estimate (true SMM)	90-93 lb (40.8-42.2 kg)	Dated model estimate from 2026, not a validated corridor; pending the InBody scan
BIA printout estimate	92-97 lb	Dated estimate of what a hydrated BIA printout might read; a fixed water offset is not re-asserted here - pending measurement
Stretch readout	100 lb SMM	Would need ~172-175 lb fat-free mass, FFMI ~27.2 - beyond the usual 25.0-25.5 drug-free boundary
Body fat marker	Below 15% (target; Aug 2026 InBody 13.6% reading unverified)	Target, not a confirmed milestone; judged at the December 2026 scan



My record, dated and comparable

Date	Weight	SMM	Body fat	What it means
2024 baseline	226.2 lb	72.3 lb	37.0% peak	Historical InBody starting point - the beginning of the journey arc.
28 Jun 2025	-	82.0 lb	-	Early return scan. +9.7 lb SMM from the 2024 baseline.
2 Dec 2025	197.1 lb (89.4 kg)	88.2 lb (40.0 kg)	22.9%	My benchmark scan at Gym Fit Forme (date corrected in V3.3 - archived editions printed 14 Dec). +6.2 lb SMM from Jun 2025.
April 2026	191.5 lb (86.9 kg)	93.7 lb (42.5 kg)	30.2%	Operator-reported scan - recorded, but excluded from trend judgment pending validation.
24 Jul 2026	-	-	FFMI 25.71 recorded	The frame-math check behind the 2026 corridor estimate.
August 2026	-	-	13.6% (unverified reading)	August 2026 InBody reading, UNVERIFIED - not a confirmed milestone.
Sep-Oct 2026 (current chassis)	200.1 lb (90.76 kg)	88.2 lb carried baseline	~22.5% est.	+3.0 lb over benchmark - fluid, glycogen and ongoing adaptation, not new dry tissue claimed.
Next review	14-21 Dec 2026 - Gym Fit Forme - same InBody unit			Twelve months on, under the same controls.

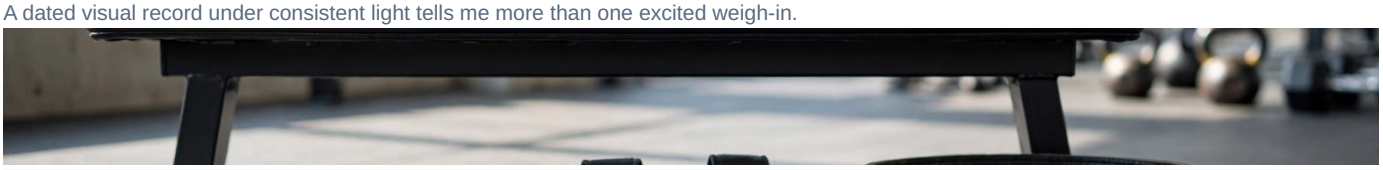
My next scan will be fasted, on waking, post-void, before training and before fluids, with at least a 24-hour buffer after heavy work and no sauna or alcohol in the prior 24 hours. I will report SMM, total weight and body fat from that one visit.

The frame math behind the 2026 estimate

Step	Value	How I read it
SMM as share of fat-free mass (FFM)	55-58% on InBody algorithms	The partition the device uses to turn water into an SMM number
FFM for a true 100 lb SMM	~172-175 lb (78-79.4 kg)	What 100 lb of dry SMM would actually require underneath
Normalized FFMI at that FFM	~27.2 at 170 cm	Beyond the 25.0-25.5 range the drug-free models (Kouri, Casey Butt, Berkhan) describe for elite outliers
FFM at FFMI 25.71	162-164 lb at 14.5% body fat	My reconciled estimate - the math that produced the 2026 corridor estimate
SMM at 56-57% of that FFM	91.5-93.0 lb	The arithmetic that produced the 2026 working estimate - model output, pending scan validation
Scale weight for 100 lb true SMM at 12-14% fat	~196-201 lb	A density historically seen at 5 ft 7 in only with professional pharmacology



A dated visual record under consistent light tells me more than one excited weigh-in.



BIA reads water. I read the tissue underneath.

Bioelectrical impedance does not weigh dry muscle fibers. It estimates skeletal muscle mass from intracellular water conductivity. Everything that pushes water into myocytes moves the printout - with no new contractile protein required.

What inflates my readout, item by item

Driver	My dose	What it does on the scan
Creatine HCl	1.5 g per day (2 x 750 mg)	Draws water into muscle cells; the device counts that water as SMM
Betaine anhydrous (TMG)	2,500 mg (V1 and V6)	Osmolyte - holds intracellular water, supports methylation
Taurine	3-4 g per day across vectors	Sarcoplasmic swelling and bile-acid conjugation; adds to cell volume
Potassium from RapiDrem	1,000 mg per scoop	Primary intracellular cation - shifts the water compartment the scan measures
Post-workout carbohydrate	19 g in V4 plus meals	Glycogen holds ~3 g water per gram; a full glycogen store reads heavier
Net BIA effect (model estimate)	+2 to 4 lb SMM	A model estimate, not a fixed offset - pending measurement; archived editions stated it as fixed

Age 46 - the chassis I actually train on

Constraint	What changes	How I answer it
Anabolic resistance	Muscle protein synthesis responds less to the same amino acid dose than at 25	Per-meal leucine threshold respected; protein distributed, not dumped once
Connective tissue lag	Tendon and joint collagen remodel at roughly one-third the speed of muscle	Load progresses only while the locks stay quiet; supported variations first
Endocrine environment	Diurnal testosterone rhythm, rising SHBG with age	Steady consolidation over rapid accretion; morning fasting draws for any verdict
Lumbar L4-S1	Shear tolerance sets the hinge ceiling	Rack pulls above the knee, chest-supported rows, braced belt work
Left ulnar nerve	Elbow flexion under load can irritate the nerve at the medial epicondyle	Neutral grips, range I control, symptoms set the stop



I train around my locks. I do not argue with them.

At 46, my connective tissue adapts more slowly than my muscle, and my sensitivity to amino acids is lower than it was at 25. That changes how I load, not whether I train.

Lumbar L4-S1 and nerves

Supported rows and presses, controlled ranges, and load only while symptoms stay quiet. Progressive weakness, new numbness or bowel/bladder change stops the session.

Left ulnar and joints

Elbow- and shoulder-friendly grips and ranges. Pain is data about setup, not a challenge to push through.

After gallbladder removal

I am post-cholecystectomy: my liver still makes bile - it simply trickles instead of storing it. Smaller fat portions, slower eating and meal enzymes fit me better than one large fatty meal. A historical note of steatosis is part of why liver enzymes stay on my periodic laboratory watch (Ch. 14).

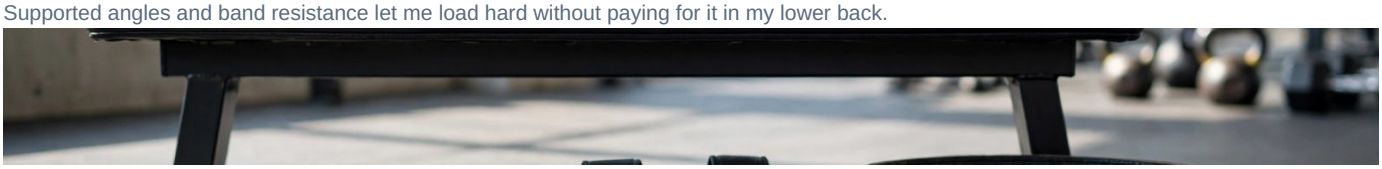
Sleep and age

At least seven hours of sleep opportunity, consistent wake and caffeine timing. A late stimulant is never a remedy for poor sleep.

These are my constraints, recorded from my history. They explain my exercise choices; they are not advice for another person's condition.



Supported angles and band resistance let me load hard without paying for it in my lower back.



Morning, rest and evening are three different days



The day, laid out: shaker, pill organizer, water, food. Chapter 4 / Chapter 10 sequence plate.

State	When	What runs	What stays off
A - Morning gym	My standard training day	V3 04:00 - V1 06:00 - V2 in session - V4 after - V10 18:30	V5, V6
B - Rest	Off-gym recovery	V3 (if used) - V5 16:00 - V10 18:30	V1, V2, V4, V6; lunch and afternoon pill grids
C - Evening gym	Schedule-shift day	V3 - V6 before evening training - V2 in session - V4 after - V10 at night	V1 that morning, V5

The one rule that protects all three: V1 and V6 never run on the same day - at most one of V1/V6 on a training day, and both are inactive on rest days. Morning stimulation and evening pump work each have their place; together they would double the cholinergic, taurine, betaine and citrulline load and cost me sleep. On a State C day the morning citicoline primer does not run - one 250 mg capsule moves to T-30 minutes before V6.

My anchors - the full day, in order

- **03:30** wake pack - **04:00** V3 - **05:00** first meal - **05:30** pre-gym primer (State A) - **06:00** V1 (State A)
- **09:30** V2 in session - **10:30** Band Deload (100 reps, State A) - **11:00** V4 after training - **12:00** lunch grid - **15:30** afternoon grid
- **16:00** V5 rest-day transport (State B only) - **evening** V6 + V2 + V4 (State C) - **18:15** night stage 1 (training days) - **18:30** V10 shutdown

Clock times are anchors for repeatability, not deadlines to obey at the cost of sleep or symptoms. Chapter 10 prints every stage with its pills, counts and uses.



Meals that fit my digestion - and my training

I eat smaller, more frequent fat loads, keep a solid carbohydrate base, and record what I actually ate. I do not total a few recipes and announce a verified daily intake.



Fuel, composed: protein, vegetables, grains, fat in one bowl. Chapter 5 plate.

Historical planning figures (not verified daily totals)

Ceiling	My value	What it governs
Energy	2,780 kcal per day	Historical planning figure; whole-day intake verification deferred
Protein	252 g per day	Historical planning figure; whole-day intake verification deferred
Lipids	69 g per day	Historical planning figure for post-cholecystectomy pacing; whole-day intake verification deferred
Hydration	4.0 L per day	Water, vectors and tisane together; aggressive hydration when calcium runs high

Breakfast primer - 05:00

Item	Count / amount	What I use it for
Roasted kasha (dry weight)	~80 g dry, simmered	Slow carbohydrate base before training; easy on a gallbladder-free gut
Almond butter	1 tbsp	Fat in a small, controlled portion rather than one large fatty meal
no-added-sugar syrup	To taste	Palatability without adding to the sugar load
Earl Grey tea	1 cup (~40-70 mg caffeine)	Morning ritual; timed ~2 hours before V1 so caffeine and tannins do not blur the training window
Kyolic Formula 104	2 capsules (600 mg aged garlic extract / 380 mg lecithin)	Aged garlic extract - part of the morning grid, taken with food
NMN	1 capsule, 175 mg	NAD+ precursor in the morning grid
NAC	1 capsule, 900 mg	Cysteine donor for glutathione synthesis
Digestive Enzymes Ultra (Pure Encapsulations)	1 capsule (1,500 FIP lipase) - in every daily stage pill stack	Meal fat handling with continuous bile trickle; the every-stack enzyme

On State B rest mornings the breakfast pill grid is skipped except Digestive Enzymes Ultra with the meal itself. Same food, fewer pills - that is the rest-day de-escalation working as designed.



The largest window, the quiet bridge, the slow close

Training lunch - Meal 2, 12:00

My largest solid-fuel window on training days, taken with digestive enzymes and the lunch grid. On rest days the grid is skipped on purpose - only the meal and its enzyme remain.

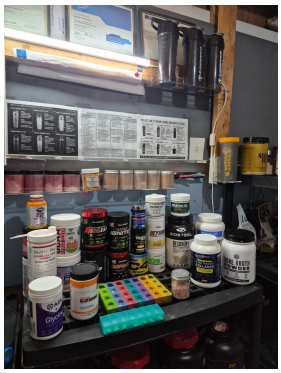
Component	Count / amount	What I use it for
Solid meal (protein + carb base)	Full plate, weighed when I log	Post-training replenishment; the day's main protein and glycogen deposit
Digestive Enzymes Ultra (Pure Encapsulations)	1 capsule	Meal enzyme support - bile trickle matched with smaller fat portions; the every-stack enzyme
Lunch pill grid	10 capsules total (see Chapter 11)	Multivitamin, omegas, prostate and curcumin support in one timed block

Afternoon meal - Meal 3, 15:30

Component	Count / amount	What I use it for
Solid meal	Moderate plate	The bridge between lunch and the night close; keeps protein distribution even
Digestive Enzymes Ultra (Pure Encapsulations)	1 capsule	Same meal-enzyme rule as every solid meal; the every-stack enzyme
Afternoon pill grid	6 capsules total (see Chapter 11)	Beef liver nutrients and connective-tissue support; copper stays paused

Legacy meals I keep in rotation

Meal	What it is	What I use it for
MS-01 Mega Shake	Recorded blended meal, checked against its labels	A repeatable high-protein option when a solid meal does not fit the day
SB-01 Salad Bowl	Recorded composed bowl	Volume, fiber and micronutrients without a heavy fat load
Night fuel	Slower evening blend, when used	Supports the night inside the sleep-first rule; never pushes bedtime later



My station at home - the system is visible, labelled and repeatable before it is anything else.

Meals as harvested, not as invented

These records come from my own Instagram harvest (6 October 2026, @fudge_fit: 87 posts scanned, 15 full meal/supplement captions, 38 story highlights). Macros are printed exactly as harvested. Where the harvest states no macros, this book says so - it does not fill the gap.

Meal recipe	Macros as harvested	Ingredients as harvested
1. Protein Fudge Matrix	706 kcal | 73.7 g protein | 83 g carbs | 30.5 g fibre (52.5 g net) | 15.3 g fat	ALLMAX Hexapro 2 scoops / 88 g (50 g protein); frozen berries 1 cup / 140 g; peanut powder 1 scoop / 13 g; marine collagen 1 scoop / 10 g; All-Bran Buds 1/2 cup / 45 g; cocoa + almond milk
2. Anabolic Chocolate PB Fudge Jars	Per 16 oz (473 mL) jar: 441 kcal | 50.4 g protein | 10.7 g fibre | 31.4 g net carbs | 10 g fat. Makes 2 jars.	2 scoops ALLMAX Hexapro Chocolate; 1 scoop hydrolyzed marine collagen; 1/2 cup PB&Me chocolate powdered peanut butter; 1 cup (250 mL) Neilson 3.25% ultra-filtered protein milk (18 g protein); xanthan gum + pink salt; toppings 1/2 cup frozen berries, 1/3 cup All-Bran Buds
3. Protein Berries Smoothie	1,110 kcal | 136 g protein | 86 g carbs (60 g net) | 26 g fibre | 24 g fat	Hexapro 50 g + PB&Me 48 g + UltraPur 20 g + collagen 10 g + base 8 g protein; bovine collagen peptides (Type I & III)
4. Choco Blueberry Recovery	805 kcal | 97 g protein | 65 g carbs (43 g net) | 22 g fibre | 19.5 g fat	2 cups (500 mL) frozen wild blueberries; 3 cups (750 mL) almond milk; 1/2 cup soaked chia; 1/4 cup egg white powder; 1/8 cup raw cacao; 2 scoops IsoGold chocolate; 1 scoop bovine collagen; pink salt
5. Carnivor Omelette	1,240 kcal | 106 g protein | 24 g net carbs | 34 g fibre | 68 g fat	12x crispy pork belly (lard drained); 3 whole eggs + 1 cup (250 mL) liquid egg whites; sauteed onion; 2x Bon Matin keto tortillas; no-added-sugar drizzle
6. Chicken & Bean Mega Salad	1,025 kcal | 110.5 g protein | 66 g carbs (38 g net) | 28 g fibre | 37 g fat	280 g grilled chicken breast (88 g protein); 1 cup mixed beans; 150 g avocado dressing; beets + kale bed

Hexapro scoop flag (applies to recipes 1-3 here and to every Hexapro ledger in Chapter 5B): the label scoop is 44 g, while the Frozen Kitchen base uses 1.5 scoops at about 38-45 g (1.3-1.6 oz). The two figures are not reconciled in this edition - the conflict is flagged, never fudged. Recipe 1's "2 scoops / 88 g" is consistent with the 44 g label scoop and is printed as harvested.



Salads, wraps, and the meals without a macro line

Meal recipe	Macros as harvested	Ingredients as harvested
7. Egg & Dual-Feta Mega Salad	1,100 kcal | 64 g protein | 60 g carbs (43 g net) | 17 g fibre | 68.5 g fat	5 boiled eggs; 100 g goat + cow feta; 1 cup mixed beans; romaine / peppers / cucumber + olive oil
8. Anabolic Red Meat Matrix	About 110 g protein; full macros not stated in the harvest	Dual bone-in T-bone steaks; kimchi; dill pickles; no-added-sugar BBQ
9. Artisan Protein Wraps (3 wraps)	1,195 kcal | 94 g protein | 64 g carbs (30 g net) | 34 g fibre | 62 g fat	POM protein tortillas; hard-boiled eggs; turkey bacon; cheddar; tofu spread; pickled turnips
10. High Protein Tiramisu	Per serving: 310 kcal | 33 g protein; full macros not stated in the harvest	Almonds, quark, skyr, whey (full recipe in the harvested caption)
11. Post-Workout Dual Recovery Matrix	Macros not stated in the harvest	Glycogen fruit matrix (kiwi, pear, cantaloupe, honeydew) + mega salad (red cabbage, romaine, peppers, tomato, cucumber, beans, feta, avocado oil)

These are records of meals I actually posted, with their posted numbers. They are not a prescribed daily menu: the harvest does not establish a verified whole-day intake, and this chapter does not total these recipes into one. The two dressing batches from the earlier nutrition overview (Anti-Inflammatory Vinaigrette, 300 mL / 20 servings of 15 mL; Creamy High-Protein Herb Emulsion, 300 mL / 20 servings of 15 mL) stay in that overview; nothing here replaces them.

Wording note: the harvest's older sugar-free phrasing is normalised in this edition to "no-added-sugar" claim language. Macros and ingredients are unchanged.



Highlights, and protein per 6 oz

Highlight meals (macros from story captions, as harvested)

Highlight meal	Macros as harvested	Notes as harvested
Protein wraps x4	1,645 kcal | 121 g protein | 85 g carbs (16 g fibre) | 93 g fat	Story-caption macros
Reload omelette	685 kcal | 71 g protein | 26 g carbs | 32 g fat	3 eggs, 1 cup (250 mL) whites, 1/2 cup (125 mL) 3% milk, 6 turkey pepperoni, onion
Tuna nutri bowl	Macros not stated in the harvest	3x tuna cans
Rest-day blue cheese omelette	Macros not stated in the harvest	Story highlight, no macro caption
Anabolic recovery bowl	1,394 kcal | 67.3 g protein | 36.7 g net carbs | 35.9 g fibre | 82.1 g fat (52 g MUFA)	Story-caption macros

Protein reference - per 6 oz (170 g), from my saved post

Food	Protein	Food	Protein
Elk	51 g	Bison	40 g
Octopus	50 g	Halibut	38 g
Pork tenderloin	45 g	Crab	38 g
Venison	44 g	Scallops	35 g
Clams	44 g	Oysters	32 g
Mussels	41 g	Lobster	32 g
Shrimp	41 g		

Source: Instagram @fudge_fit harvest, 6 October 2026 (87 posts scanned; 15 full captions; 38 story highlights). Harvest links: instagram.com/p/DaxMYUGnGXL/ (1), instagram.com/reel/DcKOAmNFoTN/ (2), instagram.com/reel/DcwlhNtlDBs/ (3), instagram.com/reel/DdhFaLEjYfe/ (4), instagram.com/reel/DcwahczACPq/ (5), instagram.com/p/DasizWVHDvL/ (6), instagram.com/p/DasiH8TnNyd/ (7), instagram.com/p/DasjAcqnL-V/ (8), instagram.com/reel/DdCRC82AhaT/ (9), instagram.com/p/Db1MyqonPI9/ (10), instagram.com/p/DaxLp19nKXo/ (11), instagram.com/p/DdYetuYHPQy/ (protein reference).



Nutrition evidence — overview

New 18-October data, integrated as a general overview - not a data dump. Meal taxonomy in plain words, the salad models as pointers, and the rules that keep every number honest.

Two data streams, kept separate

Salad cards
An explicit portion model: ingredient ranges plus dressing scenarios. 14 filename-dated photo records, February to October 2026.

Meal stories
Caption-reported recipes or owner-confirmed reconstructions. Nine story records - not nine independently weighed trials, and not nine entirely distinct source videos.

A visually impressive bowl or a high-protein caption does not establish a weighed, consumed portion. The streams stay distinct in every future book.

The 14 salad models - compact inventory

Plate	Bowl	No-dressing scenario pointer
N01	Romaine, beans & feta	312–532 kcal / 18–30 g protein
N02	Spinach, pepper & feta	179–329 kcal / 10–19 g protein
N03	Creamy greens & protein topping	316–542 kcal / 17–28 g protein
N04	Chicken & leafy greens	238–380 kcal / 40–61 g protein
N05	Tuna, tomato & mixed beans	538–858 kcal / 51–80 g protein
N06	Chopped tuna & bean bowl	448–706 kcal / 46–70 g protein
N07	Layered beans, lupini & feta	368–620 kcal / 27–45 g protein
N08	Kidney beans, lupini & beets	380–640 kcal / 26–43 g protein
N09	Romaine, tuna & bean mix	530–842 kcal / 51–79 g protein
N10	Beans, olives & chopped veg	237–404 kcal / 12–19 g protein
N11	Tomato, beans, feta & olives	312–527 kcal / 16–27 g protein
N12	Four-egg recovery mega salad	516–696 kcal / 35–44 g protein
N13	Two eggs, mixed beans & lupini	611–948 kcal / 41–61 g protein
N14	Tuna, kidney beans & crunchy greens	454–717 kcal / 46–70 g protein

Serving-basis rules

A number means nothing without per-what.
Prepared batch is everything modeled for the whole bowl or blend; consumed serving is what was actually eaten. Whole blend, per jar, three wraps, whole plate and whole dressing batch are incompatible denominators - keep the basis beside every number. Dates on photos identify the asset record, not automatically the consumption date.

Full registers, source hashes and model scenarios live in the Master Analysis Reference: https://project100.fit/downloads/reference/

Meal stories, dressings and portion rules

Nine meal stories - named records

ID	Story	Serving basis
F01	Protein Berries Smoothie	Whole blend
F02	Post-Workout Protein Wraps	Three wraps
F03	Carnivore Omelette	Whole plate
F04	Chocolate PB Fudge Jars	Per jar
F05	Post-Workout Air Fry Meals	Whole plate
F06	Dark Choco Blueberry Recovery	Per serving, as captioned
F07	Chocolate & Cacao Fudge Bowl	Whole bowl
F08	Vanilla & Peanut Powder Fudge Bowl	Whole bowl
F09	Chocolate Cacao & Peanut Rice-Cake Sandwiches	Per sandwich set

Some stories share a source post or a reconstructed base. No whole-day total is calculated by adding these alternatives.

The two dressing batches

Heavy avocado dressing
130-200 g edible avocado + 2-3 tbsp avocado oil.
Prepared batch model: 456-691 kcal; 47.1-71.4 g fat.

Light olive-oil + glaze dressing
4-5 tbsp each olive oil and glaze + ~120 mL white wine vinegar.
Prepared batch model: 617-865 kcal; 54.6-68.2 g fat.

"Light" describes texture. The model can assign the light dressing **more** energy than the heavy one, because of the oil and glaze quantities - no lower-calorie claim follows from the name. Both models include the full prepared batch; actual dressing consumed is not measured.

Portion rules

- **Four-egg bowl:** an egg-led bowl without mixed beans or lupini uses four eggs (N12).
- **Two-egg + lupini bowl:** a mixed-bean and lupini bowl uses two eggs (N13).
- **Whole-can beans:** tuna with beans and no eggs or lupini uses one whole can; drained weight is provisional at 240-360 g until the package is on record.
- **Bowl size is not a portion:** a 15-inch bowl does not establish mass, fill depth or a consumed serving.

Caption-reported vs verified

Unknown toppings stay unknown: the model omits unidentified proteins instead of guessing a species - reintroducing a guessed tuna or chicken would inflate confidence and distort the totals. Sodium, sugars, saturated fat and numeric micronutrient totals are not established for these bowls without labels and verified portions; missing values are not zeros.

Full registers, source hashes and model scenarios live in the Master Analysis Reference: https://project100.fit/downloads/reference/

Salad photo plates — N01 to N07



N01 — Romaine, beans & feta
312–532 kcal / 18–30 g protein · no-dressing scenario



N02 — Spinach, pepper & feta
179–329 kcal / 10–19 g protein · no-dressing scenario



N03 — Creamy greens & protein topping
316–542 kcal / 17–28 g protein · no-dressing scenario



N04 — Chicken & leafy greens
238–380 kcal / 40–61 g protein · no-dressing scenario



N05 — Tuna, tomato & mixed beans
538–858 kcal / 51–80 g protein · no-dressing scenario



N06 — Chopped tuna & bean bowl
448–706 kcal / 46–70 g protein · no-dressing scenario



N07 — Layered beans, lupini & feta
368–620 kcal / 27–45 g protein · no-dressing scenario

Ranges are no-dressing scenario pointers for the whole prepared bowl - not weighed, consumed portions.

Salad photo plates — N08 to N14



N08 — Kidney beans, lupini & beets
380–640 kcal / 26–43 g protein · no-dressing scenario



N09 — Romaine, tuna & bean mix
530–842 kcal / 51–79 g protein · no-dressing scenario



N10 — Beans, olives & chopped veg
237–404 kcal / 12–19 g protein · no-dressing scenario



N11 — Tomato, beans, feta & olives
312–527 kcal / 16–27 g protein · no-dressing scenario



N12 — Four-egg recovery mega salad
516–696 kcal / 35–44 g protein · no-dressing scenario



N13 — Two eggs, mixed beans & lupini
611–948 kcal / 41–61 g protein · no-dressing scenario



N14 — Tuna, kidney beans & crunchy greens
454–717 kcal / 46–70 g protein · no-dressing scenario

Ranges are no-dressing scenario pointers for the whole prepared bowl - not weighed, consumed portions.

Full registers, source hashes and model scenarios live in the Master Analysis Reference: https://project100.fit/downloads/reference/

One pint, one system, no alternate bases

This chapter replaces every earlier frozen-kitchen sketch with a single verified system: one base, one fill window, one gum law, one workflow. Older 450 mL / 650 mL material and any universal-0.5 g rule are deleted, not carried as alternatives.

Cookbook identity. Ninja Creami Guidebook V2.14, 22 October 2026, 61 pages. Stable link: https://project100.fit/fit-nutrition.html?creami=open - the working cookbook behind this chapter; this encyclopedia chapter is its canon summary, not a second system.

The base - per pint (1 pint = 600-645 g / 21.2-22.8 oz total)

Phase	Ingredient	Amount (kitchen + true)
Hot phase	Boiling water	150-200 mL (5.1-6.8 fl oz)
Hot phase	Bone broth	1 scoop, about 10 g (0.35 oz)
Hot phase	Marine collagen	1 scoop, about 10 g (0.35 oz)
Cold phase	Milk (Pathway A, B or C - see below)	250 mL (8.5 fl oz / 1 cup)
Cold phase	Pasteurized liquid egg whites	100 g (3.5 oz)
Dry phase	Protein powder	1.5 scoops, about 38-45 g (1.3-1.6 oz)
Dry phase	Sweetener (allulose, FPDF 1.9×)	3-4 tbsp (25-35 g / 0.9-1.2 oz)
Dry phase	Salt	1 pinch, about 0.5 g

Fill spec: 600-645 g (21.2-22.8 oz) total per pint, never above the MAX FILL line. Weigh the finished pint; volume alone does not verify the fill.

The stabilizer law - ONE gum only, weighed, never volumed by eye

1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases. Weigh the gum on a 0.1 g scale (anti-slime law 0.25% w/w; above it, the texture turns rubbery). Exactly one gum per pint.

Hexapro scoop conflict - flagged, not fudged. The Hexapro label scoop is 44 g, while this base uses 1.5 scoops at about 38-45 g (1.3-1.6 oz). Until the owner's label / batch is confirmed, Hexapro ledgers in this chapter are edition estimates, not independently recalculated label claims. Never print "two scoops approx. 88 g" as a resolved figure: 2 scoops at the 44 g label scoop is 88 g as harvested in Chapter 5H, and that is a different statement from the 1.5-scoop base range.

The three milk pathways

Pathway	Milk per 250 mL (8.5 fl oz / 1 cup)	Delta vs Pathway A
A - Kirkland UF 2% (governing)	13 g protein, 5.0 g native fat	-
B - Neilson Dairy 3.25% High Protein, ultrafiltered	180 kcal, 18 g protein, 8.0 g fat, 9 g carbs	+59 kcal / +5 g protein / +3 g fat / +3 g net carbs on every pint
C - Silk (archived grid, flagged)	Archived grid preserved UNALTERED and FLAGGED; recost pending SKU confirmation. Never print Pathway A numbers as Silk results, nor Unsweetened Original as Pathway C: canon Pathway C is Silk Protein Almond & Cashew (confirmed label 8 g protein, 0 g sugar, 90 kcal per 250 mL), which does not reconcile with the archived grid.	

Seven steps, in order, every time

1. **Dry calibration.** Weigh powders and gum on a 0.1 g scale. Dry-whisk so no "fish-eye" clumps survive.
2. **Hot-to-cold vortex.** Dissolve broth and collagen in 150-200 mL (5.1-6.8 fl oz) boiling water, then add 250 mL (8.5 fl oz / 1 cup) milk and 100 g (3.5 oz) pasteurized liquid egg whites. Stream the dry matrix in over 90 seconds while blending. Pre-freeze taste audit: taste before freezing - the freezer fixes nothing.
3. **15-minute settle + fill check.** Rest 15 minutes. Verify 600-645 g (21.2-22.8 oz). Obey the MAX FILL line.
4. **One freeze window.** Freeze lid-OFF for 2-4 hours to prevent the centre expansion dome, then snap the lid ON and freeze to 24 hours total at −18 to −20 °C (0 to −4 °F). This is the only freeze window in this book. Lid-off is an OWNER DEVIATION: the manual says snap the lid on.
5. **Level and spin.** Level the frozen surface with a masher. Give the pint a 30-60 second warm bath. Spin on Lite Ice Cream. Scrape the icy wall ring and fold it into the core.
6. **MIX-IN before RE-SPIN.** The manual forbids RE-SPIN before MIX-IN: MIX-IN always precedes RE-SPIN. Run a DRY re-spin first if the texture is powdery. Add a splash of 15-30 mL (0.5-1.0 fl oz) base milk only if still powdery after the dry re-spin.
7. **Leftovers and cleaning.** Press leftovers flat and refreeze. Wipe the spindle with a damp cloth; flush the spindle with hot water before storage. Wash the pint, lid and paddle in warm soapy water, parts separated.

Inclusion tiers

Tier	Method	Rule
Tier 1 - borehole + MIX-IN	Bore a centre hole; MIX-IN frozen-solid pieces, about 10 g (0.35 oz)	MIX-IN precedes any RE-SPIN, always
Tier 2 - hand-fold only	Fold in by hand after spinning	Never machine-mixed; protects soft pieces
Tier 3 - knife-swirl	Swirl through with a knife after spinning	For sauces and ribbons, not for chunks

Lipid tiers (inside the 69 g per day fat planning figure)

Tier	Almond butter	Adds per pint	Neilson-day firewall
Tier 1	1 tsp = 5 g (0.18 oz)	+2.7 g fat, +33 kcal	Tier 1 builds DROP the almond butter on Neilson days
Tier 2	1 tbsp = 15 g (0.53 oz)	+8.0 g fat, +100 kcal	Tier 2 builds 11, 14 and 15 OMIT it on Neilson days

Remedy, stated once: uneven freeze - fridge melt, whisk, refreeze, then spin again. Do not re-spin a half-melted pint and call it fixed. **Claim language:** every permutation in this chapter is no-added-sugar in construction (intrinsic milk and fruit sugars are counted openly in every net-carb line, 8.0-22.2 g per pint); only permutations 16-18 carry the No-Added-Sugar name.

01. Lemon Chiffon

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Lemon Emulsion, Vanilla Paste, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.



Lemon Chiffon - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 420 kcal | 78.5 g protein | 7.5 g fat | 9.5 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 479 kcal | 83.5 g protein | 10.5 g fat | 12.5 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

02. Strawberry Cream

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Strawberry Emulsion, Vanilla Paste, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 420 kcal | 78.5 g protein | 7.5 g fat | 9.5 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 479 kcal | 83.5 g protein | 10.5 g fat | 12.5 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Strawberry Cream - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

03. Blueberry Muffin

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Blueberry Emulsion, Cinnamon, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 421 kcal | 78.5 g protein | 7.5 g fat | 9.7 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 480 kcal | 83.5 g protein | 10.5 g fat | 12.7 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Blueberry Muffin - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

04. Classic Vanilla Bean

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Vanilla Paste, 1 tsp Almond Butter (Tier 1 Lipid).

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 453 kcal | 79.8 g protein | 10.2 g fat | 10.2 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 512 kcal | 84.8 g protein | 13.2 g fat | 13.2 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Classic Vanilla Bean - one pint, as plated for this book.

Neilson-day firewall: Tier 1 build - DROP the almond butter on Neilson days. The as-eaten Neilson-day pint is then the Pathway B row less the Tier 1 lipid (33 kcal, 2.7 g fat).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

05. Velvet Banana Cream

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Banana Cream, Butter Vanilla, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 420 kcal | 78.5 g protein | 7.5 g fat | 9.5 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 479 kcal | 83.5 g protein | 10.5 g fat | 12.5 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Velvet Banana Cream - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

06. Spiced Chai Latte

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Cardamom, Black Tea Powder, Cinnamon.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 422 kcal | 78.5 g protein | 7.5 g fat | 10 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 481 kcal | 83.5 g protein | 10.5 g fat | 13 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Spiced Chai Latte - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

07. Pistachio Biscotti

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Pistachio Flavor, Almond Extract, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 420 kcal | 78.5 g protein | 7.5 g fat | 9.5 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 479 kcal | 83.5 g protein | 10.5 g fat | 12.5 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Pistachio Biscotti - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

08. Midnight Mocha

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** PVL IsoGold Iced Mocha. **Powder family:** PVL 8-11 / 18.

Inclusions: Coffee Emulsion, Instant Espresso.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 380 kcal | 81.5 g protein | 6 g fat | 8 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 439 kcal | 86.5 g protein | 9 g fat | 11 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Midnight Mocha - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

09. Triple Mint Chip

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** PVL IsoGold Triple Choc. **Powder family:** PVL 8-11 / 18.

Inclusions: Peppermint Emulsion, Cacao Nibs.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 430 kcal | 82.5 g protein | 10.5 g fat | 9 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 489 kcal | 87.5 g protein | 13.5 g fat | 12 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Triple Mint Chip - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

10. Dark Chocolate Oreo

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** PVL IsoGold Triple Choc. **Powder family:** PVL 8-11 / 18.

Inclusions: Black Cocoa, Vanilla Paste, Cacao Nibs.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 450 kcal | 83.5 g protein | 11 g fat | 10 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 509 kcal | 88.5 g protein | 14 g fat | 13 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



Dark Chocolate Oreo - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

11. Peanut Butter Twist

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** PVL IsoGold Iced Mocha. **Powder family:** PVL 8-11 / 18.

Inclusions: PB Powder, 1 tbsp Almond Butter (Tier 2 Lipid).

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.



Peanut Butter Twist - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 510 kcal | 91.5 g protein | 12 g fat | 11 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 569 kcal | 96.5 g protein | 15 g fat | 14 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Neilson-day firewall: Tier 2 build - OMIT the almond butter on Neilson days. The as-eaten Neilson-day pint is then the Pathway B row less the Tier 2 lipid (100 kcal, 8.0 g fat).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

12. Birthday Cake

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Syntha-6 Vanilla. **Powder family:** Syntha-6 12-14.

Inclusions: Butter Vanilla, Vanilla Paste, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.



Birthday Cake - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 460 kcal | 74 g protein | 11 g fat | 21 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 519 kcal | 79 g protein | 14 g fat | 24 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

13. Cinnamon Roll Glaze

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Syntha-6 Vanilla. **Powder family:** Syntha-6 12-14.

Inclusions: Butter Vanilla, Maple Emulsion, Cinnamon, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.



Cinnamon Roll Glaze - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 462 kcal | 74 g protein | 11 g fat | 21.2 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 521 kcal | 79 g protein | 14 g fat | 24.2 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

14. Maple Walnut Cream

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Syntha-6 Vanilla. **Powder family:** Syntha-6 12-14.

Inclusions: Maple Emulsion, Cinnamon, 1 tbsp Almond Butter (Tier 2 Lipid).

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.



Maple Walnut Cream - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 561 kcal | 78 g protein | 19 g fat | 22.2 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 620 kcal | 83 g protein | 22 g fat | 25.2 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Neilson-day firewall: Tier 2 build - OMIT the almond butter on Neilson days. The as-eaten Neilson-day pint is then the Pathway B row less the Tier 2 lipid (100 kcal, 8.0 g fat).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

15. PB Fudge Crunch

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: PB Powder, Cacao Nibs, 1 tbsp Almond Butter (Tier 2 Lipid).

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.



PB Fudge Crunch - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 610 kcal | 92.5 g protein | 18.5 g fat | 14.5 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 669 kcal | 97.5 g protein | 21.5 g fat | 17.5 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Neilson-day firewall: Tier 2 build - OMIT the almond butter on Neilson days. The as-eaten Neilson-day pint is then the Pathway B row less the Tier 2 lipid (100 kcal, 8.0 g fat).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

16. No-Added-Sugar Cookie Dough

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: Vanilla Paste, Brown Sweetener, Cinnamon, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/4 tsp = 1.0 g for isolate bases; 1/8 tsp = 0.5 g for blend / pudding bases - use your base class, weighed.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 471 kcal | 83.5 g protein | 10 g fat | 11.7 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 530 kcal | 88.5 g protein | 13 g fat | 14.7 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).



No-Added-Sugar Cookie Dough - one pint, as plated for this book.

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above. Pathway C (Silk): archived grid only, flagged, recost pending - never read Pathway A numbers as Silk results.

17. No-Added-Sugar Caramel Crunch

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** Hexapro Vanilla. **Powder family:** Hexapro 1-7 / 15-17.

Inclusions: SF Butterscotch Pudding Mix, Cinnamon, Cream of Tartar.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/8 tsp = 0.5 g (pudding base).



No-Added-Sugar Caramel Crunch - one pint, as plated for this book.

> **Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup):** 461 kcal | 81.5 g protein | 8.5 g fat | 12.2 g net carbs.

> **Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup):** 520 kcal | 86.5 g protein | 11.5 g fat | 15.2 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above.

Pathway C (Siik): archived grid only, flagged, recost pending - never read Pathway A numbers as Siik results.

18. No-Added-Sugar Chocolate Swirl

Base: the Chapter 5B pint (600-645 g / 21.2-22.8 oz). **Powder:** PVL IsoGold Triple Choc. **Powder family:** PVL 8-11 / 18.

Inclusions: Black Cocoa, SF Chocolate Pudding Mix.

Stabilizer (ONE gum only, weighed on a 0.1 g scale): 1/8 tsp = 0.5 g (pudding base).



No-Added-Sugar Chocolate Swirl - one pint, as plated for this book.

Pathway A - Kirkland UF 2% (250 mL / 8.5 fl oz / 1 cup): 440 kcal | 85.5 g protein | 8.5 g fat | 10 g net carbs.

Pathway B - Neilson 3.25% High Protein (250 mL / 8.5 fl oz / 1 cup): 499 kcal | 90.5 g protein | 11.5 g fat | 13 g net carbs (= Pathway A +59 kcal / +5 g protein / +3 g fat / +3 g net carbs).

Workflow: Chapter 5B seven steps, in order. MIX-IN (where used) precedes any RE-SPIN. No added sugar in construction; intrinsic milk sugars are counted in the net-carb line above.

Pathway C (Siik): archived grid only, flagged, recost pending - never read Pathway A numbers as Siik results.

Supported strength first, spectacle last



The work itself: a loaded bar, nothing staged. Chapter 6 plate.

Movement	How I do it	Why it fits me
Supported horizontal pull	Chest-supported row	High tolerance, minimal spinal shear
Supported press	Machine / dumbbell press with back support	Shoulder tolerance sets grip and range
Hinge and squat pattern	Reduced-range, supported, symptom-guided	Progression only while locks stay quiet
Isolation and corrective	Elbow- and shoulder-friendly work	Blood flow and control without axial cost

My hex-grid bands - matched sets, no stutter

Bundle	Tension	Composition - count	My use
Juggernaut	255 lb nominal	3 x 85 lb KUZARO bands (thickest black)	Heavy chest pressing
Titan	300 lb nominal	4 x 75 lb KUZARO bands (dark gray)	Rows and lat work
Enforcer	130 lb nominal per set	2 matched sets of 2 x 65 lb KUZARO bands (medium gray)	Triceps press-downs
Viper	180 lb nominal	4 x 45 lb KUZARO bands (medium-light gray)	Drop sets and finishers
Scalpel	140 lb nominal	4 x 35 lb KUZARO bands (lightest gray)	Precise delt isolation
Tricep Specialist	165 lb nominal	3 x 55 lb KUZARO bands with THEFITGUY rope	Triceps rope work

Matched bands and heavy carabiners give me cable-like drag wherever I train. Matched bands per bundle keep the resistance curve smooth - no single overstretched band doing all the work. Nominal label totals are bundle identity, not measured hand force.

Hardware locks I never negotiate

- **Spine sparing (L4-S1):** rack pulls locked above patellar height; braced belt work unloads spinal erectors by 20-40%; chest-supported rows eliminate axial load entirely.
- **Ulnar decompression:** neutral-grip handles keep the left ulnar nerve from snapping over the medial epicondyle under heavy elbow flexion.
- **Post-cholecystectomy pacing:** smaller fat portions and meal enzymes - digestion is part of the training plan, not an afterthought.
- **10:30 band deload:** on State A mornings, a 100-rep band deload sits between the session and reload - blood flow and joint-friendly volume without turning recovery into a second workout.



Kinetics — overview

Two resistance systems, one rule about force: what a label says is bundle identity, not measured hand force. This overview carries the current directory and the interpretation limits - no prescribed sets, no new claims.

Two systems

KUZARO long-line bands
The long elastic-line system behind the six bundle identities below.

HPYGN short-band Pilates kit
The short-band kit - with the Tribe Lifting three-piece bar, rotating eyelets, PLYOSOFT padded boxes, handles, ropes, straps and carabiners. HPYGN matched pairs: R1 2 x 45 lb, R2 2 x 55 lb, R3 2 x 65 lb.

Brand and ownership records identify the equipment; they do not establish that every observed line in every recording is that product. A sleeve or black line alone does not prove elastic tubing; a rigid bar held overhead can support a bodyweight movement; webbing with buckles can be suspension equipment.

Two programmes, five training days

Training is organized around **three muscle-focus days** and **two Pilates full-body days** (Day 5: moderate, Day 6: easy practice). Days 4 and 7 are rest and recovery. Rig material belongs under muscle focus; short-band and bar material belongs under full body.

Schedule update - owner-confirmed 20 October 2026. Each focused day now runs **fifteen slots**: six exercises for each of two paired muscle groups plus three Core exercises - Day 1: Chest + Triceps + Core; Day 2: Legs + Shoulders + Core; Day 3: Arms + Back + Core. This replaces the former twelve-slot focused schedule. The two Pilates days stay at twelve slots each, so the week totals **69 exercise slots**. Five of the eight new Chest techniques are programmed directly into Day 1; the remaining three (decline press, incline press, seated fly) stay library options. The full day tables follow on the next pages. Planned sets are the owner's session plan - not verified recording set counts.

The six current bundles

Bundle	Composition	Nominal label
Juggernaut	3 x 85 lb	255 lb nominal
Titan	4 x 75 lb	300 lb nominal
Enforcer	2 matched sets of 2 x 65 lb	130 lb nominal per set
Tricep Specialist	3 x 55 lb + THEFITGUY rope	165 lb nominal
Viper	4 x 45 lb	180 lb nominal
Scalpel	4 x 35 lb	140 lb nominal

Nominal label totals identify bundles. They are not constant hand force, measured joint load or a hardware working-load limit - no calibrated force-extension curve, resting and stretched lengths, dynamic force trace or anchor load measurement is inferred from the footage. The photographed Pilates arrangement (two matched 2x65 bundles, one per side - 260 lb combined nominal) is a configuration identity, not measured force at either hand.

Line of pull and anchor zones

High, middle and low are **relative anchor zones**, not measured heights. Resistance runs from the working attachment back toward its anchor; the hand may travel away from the anchor during the loaded phase. Identical nominal bands can therefore create different joint demands when body position or the line of pull changes - a single up/down arrow is insufficient unless its meaning is stated.

Who sets the resistance

The trainer selects resistance, range and progression. Old level-specific data fields are superseded schema, not current instruction (C07).

Evidence scope, honestly

740 files inventoried; 18 representative long recordings screened sequentially, 1 partial, 24 pending. The 173 source passages are evidence windows - they do not establish 173 sets, repetitions, training days or separate exercise types. Sets and reps remain unverified.

Full registers, source hashes and model scenarios live in the Master Analysis Reference: https://project100.fit/downloads/reference/



The current weekly schedule - focused days

Owner-confirmed 20 October 2026: fifteen slots on each focused day - six per paired muscle group, plus three Core. These are planned sessions, not newly verified recording set counts. Repeated Core movements across the three days are intentional.

Day 1 - Chest + Triceps + Core (15 slots)

#	Group	Exercise (stable ID)	Planned sets
1	Chest	Supported single-arm chest press (*press*)	2
2	Chest	Standing two-arm band chest press (*standing-band-chest-press*)	1
3	Chest	Standing mid-height band chest fly (*standing-band-chest-fly*)	1
4	Chest	High-to-low band chest fly (*high-to-low-band-chest-fly*)	1
5	Chest	Low-to-high band chest fly (*low-to-high-band-chest-fly*)	1
6	Chest	Single-arm band chest fly (*single-arm-cross-body-band-fly*)	1
7	Triceps	Seated straight-bar pressdown (*pressdown*)	2
8	Triceps	Standing mid side band bar pressdown (*standing-mid-side-band-bar-pressdown*)	1
9	Triceps	Standing shared-handle overhead extension (*standing-shared-low-rear-overhead-extension*)	1
10	Triceps	Floor-kneeling overhead band extension (*floor-kneeling-overhead-extension*)	1
11	Triceps	Inclined high-rear alternating elbow extension (*inclined-overhead-drive*)	1
12	Triceps	Standing inclined single-arm low-rear elbow extension (*seated-low-rear-arm-extension*)	1
13	Core	Shared-grip side-line anti-rotation reach (*standing-two-hand-single-handle-side-draw*)	2
14	Core	Floor-kneeling high-line torso fold (*floor-kneeling-overhead-held-torso-fold*)	1
15	Core	Standing high-line torso fold with grip variations (*standing-overhead-held-torso-lean*)	1

Day 2 - Legs + Shoulders + Core (15 slots)

#	Group	Exercise (stable ID)	Planned sets
1	Legs	Shoulder band-bar squat (*shoulder-band-bar-squat*)	2
2	Legs	Seated single-leg band curl (*hamstring-curl*)	1
3	Legs	Low-squat high-front draw with lateral weight shift (*high-front-draw-lateral-squat*)	1
4	Legs	Low back bar torso bow (*low-back-bar-torso-bow*)	1
5	Legs	Front waist bar torso bow (*front-waist-bar-torso-bow*)	1
6	Legs	Shoulder-braced paired side-line squat (*shoulder-braced-torso-bow*)	1
7	Shoulders	Standing shared-grip low-front arm raise with torso hinge (*standing-inclined-two-hand-single-handle-curl*)	2
8	Shoulders	Floor-kneeling alternating low-side arm opening (*floor-kneeling-wide-arm-drive*)	1
9	Shoulders	Standing high front wide arm sweep (*standing-high-front-wide-arm-sweep*)	1
10	Shoulders	Standing inclined high rear wide arm drive (*standing-inclined-high-rear-wide-arm-drive*)	1
11	Shoulders	Standing inclined paired high-rear arm sweep (*standing-paired-wide-arm-sweep*)	1
12	Shoulders	Floor-kneeling paired high-front arm sweep (*bench-straddled-lateral-sweep*)	1
13	Core	Shared-grip side-line anti-rotation reach (*standing-two-hand-single-handle-side-draw*)	2
14	Core	Floor-kneeling high-line torso fold (*floor-kneeling-overhead-held-torso-fold*)	1
15	Core	Standing high-line torso fold with grip variations (*standing-overhead-held-torso-lean*)	1



The current weekly schedule - Day 3 and Pilates days

Day 3 - Arms + Back + Core (15 slots)

#	Group	Exercise (stable ID)	Planned sets
1	Arms	Seated neutral-grip curl (*curl*)	2
2	Arms	Standing alternating low-front curl (*standing-curl*)	1
3	Arms	Supported low-front band curl (*supported-high-front-curl*)	1
4	Arms	Thigh-braced cross-body low-side curl (*low-side-unilateral-curl*)	1
5	Arms	Standing inclined single-arm low-front curl (*standing-inclined-unilateral-curl*)	1
6	Arms	Standing low-side forearm and grip rotation (*standing-low-side-forearm-rotation*)	1
7	Back	PLYOSOFT box-supported one-arm row (*row*)	2
8	Back	Floor-kneeling high-front paired draw (*floor-kneeling-high-front-paired-draw*)	1
9	Back	Wide-stance paired high-front downward draw (*high-front-downward-arm-drive*)	1
10	Back	Standing shared-grip high-front draw (*high-front-two-hand-draw*)	1
11	Back	Floor kneeling high front draw (*floor-kneeling-high-front-draw*)	1
12	Back	Box seated two hand high front draw (*box-seated-two-hand-high-front-draw*)	1
13	Core	Shared-grip side-line anti-rotation reach (*standing-two-hand-single-handle-side-draw*)	2
14	Core	Floor-kneeling high-line torso fold (*floor-kneeling-overhead-held-torso-fold*)	1
15	Core	Standing high-line torso fold with grip variations (*standing-overhead-held-torso-lean*)	1

Days 5 and 6 - Pilates full-body (12 slots each)

The two Pilates full-body days are unchanged by the 20 October schedule update: **Day 5 (Full body A, moderate)** and **Day 6 (Full body B, easy practice)** each keep their twelve slots - the Pilates-kit sequences built around the paired row, chest press, leg curl, curl and pressdown, plus the bar hip hinge, overhead press, lateral raise and torso rotation (T26-T31). Days 4 and 7 are rest and recovery.

Weekly total: 69 exercise slots - 45 focused (3 x 15) plus 24 Pilates (2 x 12). Some Chest techniques in Day 1 were added as editorial resistance-band techniques; their source labels remain explicit. Equipment ratings, the twelve-entry focused Chest library and the source footage inventory are unchanged.



Movement families and the 39 techniques

17 movement families as a taxonomy of the reviewed library - not proof that every muscle was directly isolated or trained equally.

- Curl / elbow-flexion draw
- Overhead elbow-extension sequence
- High-front bent-arm draw
- Wide-arm sweep / inclined drive
- Overhead arm drive with torso movement
- Band-bar pressdown
- Braced torso bow / hinge
- Shoulder-bar squat and torso bow
- Supported rearward arm movement
- Loaded-line hold / balance sequence
- Side-line bent-arm draw
- Shared-handle downward draw
- Head-harness torso bow
- Forearm rotation and grip control
- Low-front arm raise with torso hinge
- Low-line elbow extension
- Core and sides / anti-rotation reach

The 39 canonical techniques

25 accepted and source-observed entries, plus **6 Pilates-kit adaptations (T26-T31)**, plus **8 new Chest band techniques (T32-T39)** added 19 October 2026. Sequence: T01-T25 base, T26-T31 Pilates-kit adaptations, T32-T39 Chest additions - the 31 to 39 step. Total: 25 base + 6 Pilates-kit + 8 Chest = 39 band techniques. The eight Chest additions are editorial training techniques - illustrated for the library, not claimed as newly verified personal footage. The reference keeps accepted techniques, source-observed variants, kit adaptations and editorial additions distinct.

The 8 new Chest techniques (added 19 October 2026)

Added technique Each entry below is an editorial addition to the training library. None is claimed as verified personal recording footage.

Technique	Grip	Key cue
Standing two-arm band chest press	Neutral handle grip	Palms face inward throughout; press forward at chest height, elbows below shoulders
Standing mid-height band chest fly	Neutral handles / fly arc	Palms face forward open, inward as hands meet; hugging arc, soft elbow bend
High-to-low band chest fly	Neutral handles / fly arc	High rear anchors; sweep forward and down toward the upper abdomen
Low-to-high band chest fly	Neutral handles / fly arc	Low rear anchors; sweep forward and upward to chest height
Single-arm band chest fly	Neutral handles / fly arc	One rear/side anchor; draw one arm across the front of the chest without turning the trunk
High-anchor downward band chest press	Neutral handle grip	High rear anchors; press forward and down, finish with soft elbows
Low-anchor upward band chest press	Neutral handle grip	Low rear anchors; press forward and upward to upper-chest height without arching
Box-seated two-arm band chest fly	Neutral handles / fly arc	Seated on stable box; shoulder-height rear anchors; hugging arc, planted feet

Full setup, position, movement, muscle-role and support details for each technique are in the 19 October Detailed Exercise Registers. Trainer selects resistance; no personal measured load is established for these additions.

- PLYOSOFT box-supported one-arm row
- Supported single-arm chest press
- Seated straight-bar pressdown
- Short-arc shoulder raise
- Seated brace with normal breathing
- Supported sit-to-stand
- Seated single-leg band curl
- Supported calf raise
- Supported side leg lift
- Supported shoulder-blade control
- Seated neutral-grip curl
- Supported backward leg lift
- Box-kneeling elbow extension
- Floor-kneeling overhead band extension
- Supported high-front band curl
- Standing shared-handle overhead extension
- Floor-kneeling high-front paired draw
- Standing band-bar pressdown
- Shoulder band-bar squat
- Standing alternating low-front curl
- Pilates pair: one-arm row
- Pilates pair: single-arm chest press
- Pilates pair: single-leg band curl
- Pilates pair: neutral-grip curl
- Pilates pair: bar pressdown
- Standing Pilates bar hip hinge (T26) **(new)**
- Standing Pilates bar overhead press (T27) **(new)**
- Bent-over Pilates bar row (T28) **(new)**
- Floor-seated Pilates bar row (T29) **(new)**
- Standing Pilates-handle lateral raise (T30) **(new)**
- Standing Pilates bar torso rotation (T31) **(new)**

Both full-body programme days are Pilates-kit-only in the current publication. Green support emphasis stays restrained: a planted leg, seated pelvis or braced hand supplies support, not maximal activation.

Full registers, source hashes and model scenarios live in the Master Analysis Reference: https://project100.fit/downloads/reference/



The 8 new Chest techniques - plates I

The accepted plates for the eight added Chest techniques. Each is an editorial training technique illustrated for the library - **not claimed as verified personal recording footage**. Panels read START / FINISH. Trainer selects resistance; no personal measured load is established.



T32 - Standing two-arm band chest press. Neutral handle grip: palms face inward throughout, wrists aligned with forearms. Two rear anchors at chest height; press forward at chest height, elbows below shoulder height. Day 1, slot 2.



T33 - Standing mid-height band chest fly. Neutral handles / fly arc: palms forward in the open position, inward as the hands meet. Hugging arc with a soft elbow bend. Day 1, slot 3.



T34 - High-to-low band chest fly. Neutral handles / fly arc. Two high rear anchors; sweep forward and down toward the upper abdomen without straightening the elbows. Day 1, slot 4.



T35 - Low-to-high band chest fly. Neutral handles / fly arc. Two low rear anchors; sweep forward and upward to chest height with softly bent elbows. Day 1, slot 5.



The 8 new Chest techniques - plates II



T36 - Single-arm band chest fly. Neutral handles / fly arc. One rear/ side anchor at chest height; draw one upper arm across the front of the chest without turning the trunk. Day 1, slot 6.



T37 - High-anchor downward band chest press. Neutral handle grip: palms face inward relative to the working arm. Two high rear anchors; press forward and down, finish with soft elbows and hands apart. Library option - not in the Day 1 sequence.



T38 - Low-anchor upward band chest press. Neutral handle grip. Two low rear anchors; press forward and upward to upper-chest height without arching the back. Library option - not in the Day 1 sequence.



T39 - Box-seated two-arm band chest fly. Neutral handles / fly arc. Seated on a stable box, both feet planted; shoulder-height rear anchors; hugging arc with softly bent elbows. Library option - not in the Day 1 sequence.

Full setup, position, movement, return/range, muscle-role and support details for T32-T39 are in the 19 October Detailed Exercise Registers. The Chest library holds 12 focused entries and 2 separately identified assisting entries; the five programmed Day 1 techniques above sit alongside the supported single-arm chest press and its Pilates pair.



Grip and contact terminology

Every illustrated record now names its grip explicitly. A palm that looks horizontal from one camera angle can still need a more specific anatomical description - the label identifies the actual forearm and wrist relationship, not the apparent page orientation.

Published label	What it means
Neutral handle grip	Palms face inward relative to the working arm; wrists stay aligned with forearms. The default for presses and rows.
Overhand / pronated grip	Palms face down or away; the depicted bar or handle contact.
Underhand / palms-up grip	Palms face up; used where the curl or row mechanics call for it.
Angled / semi-pronated grip	Slight forward/downward palm orientation without a forced wrist twist.
Neutral handles / fly arc	Palm direction follows the arm arc - forward in the open position, inward as the hands meet.
Two-hand shared grip	Two hands on one attachment; not two independent lines.
Retained palm-loop grip	Hand through a sewn loop; distinct from an improvised wrist cuff.
Ankle-cuff resistance	Resistance attaches at the ankle cuff; hands provide support only.
Support hand contact	A planted palm that steadies balance rather than setting the target muscle.
No loaded hand grip	Hands relaxed or providing light support; no resisted grip prescribed.

Pose caption rule

Captions use **START** and **FINISH** only for a depicted repetition. Opposite sides use **SIDE A / SIDE B**; different contacts use **VARIATION A / VARIATION B**; reversed sequence comparisons use **EXTENDED / BENT**; open/closed hand contact uses **CONTACT A / CONTACT B**. A two-panel comparison does not prove a filmed set, cadence or repetition total.

Illustration repairs (19 October 2026)

Four plates received confirmed mechanical or viewpoint repairs; two new Chest plates replaced rejected drafts:

- **Supported low-front curl** - the training anchor now sits low in front, so the band resists the upward curl instead of assisting it. The original high-front observation is kept as a separate source record.
- **Inclined single-arm curl** - anchor corrected from above-hand to a low rack-base attachment; both poses show the same low anchor, neutral wrist and biceps/brachialis emphasis.
- **Standing high-front wide-arm sweep** - both panels now share one consistent front viewpoint with connected line routing; the compound shoulder/arm-phase explanation is unchanged.
- **Pilates lateral raise** - finish position now shows straight wrist/forearm alignment under handle tension, with an angled grip cue instead of a forced thumb-down twist.
- **Seated fly and upward press** (new Chest) - accepted plates use symmetric front views with two independent visible connections; earlier kinked and asymmetric drafts were rejected.



Illustration repairs - the corrected plates

The four accepted replacement plates. Each repair fixes a mechanical or viewpoint error in the earlier plate; rejected drafts are excluded from the accepted artwork set and are not alternatives for this edition. Panels read START / FINISH.



Supported low-front band curl (IDs: supported-high-front-curl, standing-supported-high-front-curl). Underhand / palms-up grip. The earlier high-front training anchor assisted the upward curl; the corrected plate anchors low in front, so the band resists the curl, with a stable free-palm support. The original high-front observation is retained as a separate source record - this training plate is an explicit adaptation. Day 3, slot 3.



Standing inclined single-arm low-front curl (ID: standing-inclined-unilateral-curl). Neutral handle grip. The earlier plate placed the anchor above the working hand; both poses now show the same low rack-base attachment, one continuous band, neutral wrist, stable upper arm and biceps/brachialis emphasis. Source windows and the Day 3 slot identity (slot 5) are unchanged.



Standing high front wide arm sweep (ID: standing-high-front-wide-arm-sweep). Neutral handle grip. The earlier pair changed viewpoint across panels; the replacement keeps one consistent front view with connected, interpretable line routing. The compound muscle explanation and Chest-assisting classification are retained - this is not an isolated Chest fly. Day 2, slot 9.



Standing Pilates-handle lateral raise (ID: pilates-lateral-raise). Angled / semi-pronated grip. The earlier finish showed wrist flexion under handle tension; the replacement depicts straight wrist/forearm alignment and the cue avoids a forced thumb-down twist. Technique T30, used on both Pilates full-body days.

Accepted artwork filenames: supported-low-front-curl-grip-reviewed-v3.jpg; standing-inclined-low-front-curl-mechanics-reviewed-v3.jpg; standing-high-front-wide-arm-sweep-grip-reviewed-v3.jpg; pilates-lateral-raise-grip-reviewed-v2.jpg. The seated fly and upward press plates on the Chest plates pages are likewise accepted replacements for rejected kinked/asymmetric drafts.



Each vector has one job, one window, one firewall



Vectors and stack, at rest: capsules, scoop, shaker. Chapters 7-11 plate.

Vector	Job	Base	State
V1 Ignition	Morning pre-workout: ~373 mg caffeine, 10.7-12 g citrulline base, 2.5 g betaine	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	A only
V2 Refuel	Intra-workout BCAAs, electrolytes, dates chewed separately	600–750 mL (20.3–25.4 fl oz / 2.5–3.1 cups) cold water	Training
V3 Recovery	04:00 priming: Carnivor Beef Isolate 33.9 g scoop, marine collagen 1 scoop, about 10 g (AM), black maca 5 g, weighed, liquid L-carnitine 15 mL (1 tbsp / 0.5 fl oz), C Defense gummy; NAKA greens 20 mL (4 tsp) in a separate glass	Cold water + separate greens flush	Daily anchor
V4 Reload	Post-workout half-serving: 12 g protein, 19 g carbohydrate, creatine HCl 750 mg	350–450 mL (11.8–15.2 fl oz / 1.5–1.9 cups) room-temp water	After training
V5 Transport	Rest-day bridge: creatine HCl 750 mg, marine collagen 1 scoop, about 10 g, electrolytes	500 mL (16.9 fl oz / 2.1 cups) cold water	B only
V6 Pump	Evening non-stimulant override: 0 mg caffeine, high citrulline, 220 mg formula sodium, 1,000 mg native creatine monohydrate in base	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	C only
V10 Shutdown	Night: creatine HCl 750 mg, glutamine 5 g, glycine 3-5 g in hibiscus tisane	800 mL (27.1 fl oz / 3.3 cups), comfortable temperature	Daily anchor

Creatine HCl stays at 1.5 g per day standalone across both branches - two 750 mg doses (V4/V5 + V10). V6 additionally carries 1,000 mg native creatine monohydrate in the Pump base, counted separately and never summed with the HCl total - below the standard 3-5 g, not an overage, and audited in Ch. 12. R-ALA 300 mg is swallowed whole with water before V4, never emptied into the shake. The next pages give every vector its full ingredient table: item, count, dose and use, together.



CHAPTER 8 - VECTOR DETAIL

V3 Recovery - 04:00 priming, every day I use it

The day starts the same way it ends: on purpose. V3 primes the matrix before breakfast; the greens stay in their own glass so plant fiber and phytic acid do not blunt the collagen peptides.

Item	Count / dose	What I use it for
MuscleMeds Carnivor Beef Protein Isolate	1 scoop, 33.9 g	Fast morning protein base; Canadian label carries 0 g added creatine - the old 2.5 g import is erased
Marine collagen (AM)	1 scoop, about 10 g (0.35 oz)	Connective-tissue amino acid supply - the lagging tissue gets fed first; bovine collagen 1 scoop, about 10 g runs PM (V5); beef bone broth sometimes in the fudge
Black Maca	5 g, weighed	Morning adaptogen in the priming shaker
Liquid L-Carnitine 1500	15 mL (1 tbsp / 0.5 fl oz)	Fatty-acid transport support in the morning window
MegaFood C Defense Gummy	1 gummy, chewed	Vitamin C in a chewed form, kept separate from the shaker taste
NAKA Vital Greens	20 mL (4 x 5 mL tsp) in a separate glass of water	Greens and micronutrients, decoupled from the collagen so neither blunts the other
Base fluid	Cold water + separate flush	Two glasses on purpose - the split is part of the formulation

V1 Ignition - State A mornings only, 06:00

Item	Count / dose	What I use it for
ALLMAX Impact Igniter 2.0 (Igniter Xtreme 2.0)	2 scoops, 28 g (~373 mg caffeine: 300 mg anhydrous + 100 mg Infinergy at 73%, plus TeaCrine 63 mg, Dynamine 50 mg)	Morning adrenergic drive and focus for the 06:00 session
ALLMAX MuscleEAA Xtreme	1 scoop, 17.73 g (10 g EAA / 5.3 g BCAA)	Amino acid scaffolding around the session
PeakO2 mushroom matrix	2,000 mg by mass	Cellular oxygen kinetics and work tolerance
NOW Sports Betaine Powder	2,500 mg	Intracellular osmolyte; methyl donor; part of the hyper-hydration architecture
Citrulline Malate 2:1	4-6 g (~2.67-4.0 g free L-citrulline)	eNOS saturation on top of the base - total citrulline base 10.7-12 g
Taurine	2-3 g added (1 g native in Igniter + 2-3 g added)	Sarcoplasmic swelling and bile-acid conjugation
Citicoline (separate capsule)	1 capsule, 250 mg, swallowed whole at 05:30	Cholinergic primer - never stirred into the shaker
Creatine HCl in V1	0 g - strictly zero	Kept out to preserve blood velocity; the 1.5 g day total comes from V4/V5 + V10
Base fluid	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	Cold, fast, before the session - never sipped through it

Formula-native nootropic matrix inside the Igniter base (counted): DMAE 500 mg, Huperzine-A 200 mcg, tyrosine 2,000 mg, choline 400 mg, theanine 400 mg, bacopa 320 mg, cocoa 500 mg, juniper 200 mg - focus chemistry that was never a standalone pill. Also on the panel and counted: L-malic acid 3 g, sodium 210 mg, L-citrulline 8,000 mg, beta-alanine 3.2 g, taurine 1,000 mg native, Xanthoparmelia 600 mg, horny goat weed 300 mg, WATTS'UP 500 mg, pink Himalayan sea salt 500 mg. No betaine in the Igniter formula - V1-day betaine is 2.5 g standalone NOW Sports only.



V2 Refuel and V4 Reload - in session, then the commute shuttle

V2 Refuel - 09:30, in session

Item	Count / dose	What I use it for
BCAA HyperClear	1 scoop, 7.5 g	Intra-session amino support
RapiDrem Electrolytes (Lemon & Raspberry)	1 scoop, ~6.5 g (1,000 mg K, 100 mg Mg, 82 mg Ca, 45 mg Vit C)	Electrolyte replacement. Label note: panel declares Sodium 0 mg while ingredients list NaCl - recorded as a label discrepancy, not a sodium dose.
Himalayan pink salt	1/16 tsp (~150 mg salt, ~59 mg sodium)	Sodium for the session window only - never at night
Medjool dates	2-3 whole, chewed solid	Fast carbohydrate, chewed separately - never blended into the shaker
Base fluid	600–750 mL (20.3–25.4 fl oz / 2.5–3.1 cups) cold water	The largest cold-water window of the day
BioSteel in V2	0 - purged	BioSteel is restricted to V4 only; RapiDrem owns V2 and V5

V4 Reload - 11:00, after training

Item	Count / dose	What I use it for
AOR R-ALA	1 capsule, 300 mg, swallowed whole with water before the shake	Antioxidant and glucose-disposal support; never opened into liquid (esophageal burn and degradation risk)
BioSteel Recovery Protein Plus	1 scoop, 36 g half-serving (12 g protein, 19 g carbs, 125 kcal)	Post-session protein and glycogen deposit - the only place BioSteel appears
Beetroot powder	7 g, weighed	Nitrate support in the reload window
Creatine HCl (SD/ Proline)	750 mg active (dose 1 of 2)	First of the two locked daily pulses; total day stays 1.5 g standalone
Himalayan pink salt	1/16 tsp (~150 mg salt, ~59 mg sodium)	Post-session sodium replacement
Base fluid	350–450 mL (11.8–15.2 fl oz / 1.5–1.9 cups) room-temperature water	Smaller, warmer, faster to leave the stomach on the commute

R-ALA with only 19 g of carbohydrate in V4 means post-training tremor, sweating or confusion is read as a glucose question first, not as simple fatigue.



V5 Transport and V6 Pump - the rest-day bridge and the evening override

V5 Transport - State B only, 16:00

Item	Count / dose	What I use it for
Creatine HCl (SD/Proline)	750 mg active (dose 1 of 2 on rest days)	Keeps the 1.5 g daily rhythm without a training session
Marine collagen	1 scoop, about 10 g (0.35 oz)	Connective-tissue supply on the recovery day
Liquid L-Carnitine	15 mL (1 tbsp / 0.5 fl oz)	Transport support in the afternoon window
RapiDrem Electrolytes	1 scoop, ~6.5 g	Same electrolyte identity as V2 - one product, two windows
Himalayan pink salt	1/16 tsp (~150 mg salt, ~59 mg sodium)	Daytime sodium only; the night stays sodium-free
Base fluid	500 mL (16.9 fl oz / 2.1 cups) cold water	A quiet bridge, not a second pre-workout

V6 Pump - State C only, evening threshold (T-30 min primer)

Item	Count / dose	What I use it for
ALLMAX Impact PUMP Xtreme (Blue Raspberry) - Pump Xtreme	2 scoops, 31 g - 100% stimulant-free (0 mg caffeine, verified) nitric-oxide hyperemia base	Evening nitric-oxide hyperemia without stimulants
Native payload per 2-scoop dose (counted)	L-citrulline 8,000 mg; beta-alanine 3.2 g; betaine anhydrous 2.5 g native; taurine 2 g native; Alpha-GPC 300 mg; creatine monohydrate 1,000 mg native; sodium 220 mg; Huperzine-A 50 mcg; choline (as bitartrate) 300 mg; L-tyrosine 500 mg; PEAK02 528 mg; lion's mane 500 mg; rhodiola 100 mg; mango leaf (Zynamite) 50 mg; mushroom blend 50 mg; glycerol (GlycerPump) 2,000 mg; beetroot 1,000 mg; L-arginine (as sulphate) 500 mg - Canadian panel (regional formula difference); NitroVascine 250 mg; magnesium 40 mg; sea salt 500 mg; black pepper (95% piperine) 10 mg; cinnulin 5 mg	Every native milligram counted with dose and benefit - formula-native, never a standalone pill
ALLMAX MuscleEAA Xtreme (Cherry Limeade)	1 scoop, 17.73 g (10 g EAA / 5.3 g BCAA, 2 g glutamine, 1 g carnitine, 200 mg Alpha-GPC)	1:1 companion symmetry with V1 - same scaffolding, no stimulants
PeakO2 matrix	2,000 mg by mass	Oxygen kinetics for the evening session
NOW Sports Betaine Powder	2,500 mg standalone - V6-day total 5,000 mg (2.5 g native in Pump + 2.5 g standalone)	Osmolyte and methyl donor - mirrors the V1 dose; V6-day total 5,000 mg
Citrulline Malate 2:1	4-6 g (~2.67-4.0 g free L-citrulline)	Total citrulline base 10.67-12.0 g for eNOS saturation
Taurine	2 g native in Pump base + 2-3 g added = 4.0-5.0 g total	Sarcoplasmic swelling without stimulant load
Citicoline (T-30 min)	1 capsule, 250 mg, swallowed whole	The primer moves to the evening; the morning dose does not also run
Caffeine / theacrine / synephrine	0 mg - strictly zero	Falls before the 20:00 sleep cutoff
Base fluid	500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water	20-30 minutes before evening loading



V10 Shutdown - 18:30, every day - and the firewalls that protect all of it

V10 Shutdown Slurry - 18:30

Item	Count / dose	What I use it for
Hibiscus tisane	800 mL (27.1 fl oz / 3.3 cups), comfortable temperature	Warm ritual base
Creatine HCl (SD/Proline)	750 mg active (dose 2 of 2)	Second pulse; closes 1.5 g/day standalone
North Coast Naturals Glutamine	5 g, weighed	Gut/recovery support
AOR Glycine	3-5 g, weighed	Inhibitory amino acid; wind-down
Bovine collagen (PM)	1 scoop, about 10 g (0.35 oz)	Night connective supply (marine AM in V3; bone broth sometimes in fudge)
Medi-C Plus (modular)	Optional half-scoop, 2.5 g, as needed (1,000 mg C / 105 mg Mg / 650 mg lysine)	Titrated C/Mg - optional only
Hey Relax	Rare, optional	Rare, optional only
BioSteel electrolytes / added salt	0 - strictly zero	No nocturnal diuresis load

The firewalls - what never crosses

Rule	Count / dose locked	Why I hold it
At most one of V1/V6 per training day	Both inactive on rest days	Prevents a stacked day: citicoline 250 mg / Alpha-GPC 700 mg / DMAE 500 mg / Huperzine-A 200+50 mcg (never stacked; half-life ~10-24 h) / taurine 7-9 g / betaine 5,000 mg / creatine 1,000 mg native in V6, counted separately (V6 side) / citrulline 21-24 g in one day (full math Ch. 12-13)
Creatine geography	Creatine HCl lives in V4/V5 + V10 only - 750 mg x 2 = 1.5 g/day standalone. V1 shaker 0 g. V6 base 1,000 mg native monohydrate, counted separately	Legacy Pulse 3 label was an artifact, not a third dose
R-ALA ingestion	300 mg capsule, whole, with water, before V4	Never opened; glucose awareness first
NAKA greens split	20 mL (4 tsp) in a separate glass	Fiber stays away from collagen peptides
Citicoline	250 mg capsule, whole, with water	Swallowed capsule: V1 05:30; V6 T-30
Night sodium	0 added at night	Sleep/BP outrank salt at night



First thing: priming, then ignition

V3 runs at 04:00 every day I use it. V1 runs only on a State A morning. Same hands, same shaker, different jobs.



V3 Recovery - 04:00 priming. Beef protein, marine collagen, carnitine; gummy and greens kept separate.



V1 Ignition - State A only. Stimulant morning fire; citicoline swallowed separately.

These cards are my personal mixes and doses. They are a record, not a recommendation.

V1 Ignition card (State A)

Why this works: adrenergic drive (caffeine ~373 mg) + nitric-oxide substrate (citrulline 10.7-12 g total) + osmolyte/methylation support (NOW Sports Betaine Powder 2,500 mg) + cholinergic primer held separate (citicoline 250 mg capsule, swallowed whole); formula nootropic matrix inside the Igniter base (DMAE 500 mg, Huperzine-A 200 mcg, tyrosine 2,000 mg, choline 400 mg, theanine 400 mg, bacopa 320 mg, cocoa 500 mg, juniper 200 mg - counted, never standalone pills).



The exact mixes, as printed on my station cards

Each card lists item count, dose and use; the pathway line sits above the grid so the mechanism is read before the ingredients.

Items: Igniter 2 scoops 28 g; MuscleEAA 1 scoop 17.73 g; PeakO2 2,000 mg; Betaine 2,500 mg; Citrulline Malate 4-6 g; Taurine 2-3 g; base 500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water. Creatine in shaker: 0 g.

V6 Pump card (State C)

Why this works: nitric-oxide hyperemia without stimulants - citrulline 8,000 mg + added malate, NitroVascine (inositol-stabilized arginine silicate) 250 mg, L-arginine 500 mg (as sulphate - Canadian panel), GlycerPump 2,000 mg for hyper-hydration, plus osmolyte symmetry (betaine 5,000 mg on V6 days: 2.5 g native + 2.5 g standalone) and Alpha-GPC 300 mg native inside the Pump base (200 mg more in MuscleEAA).

Items: PUMP Xtreme 2 scoops 31 g (native: creatine monohydrate 1,000 mg, sodium 220 mg, Huperzine-A 50 mcg, choline 300 mg, tyrosine 500 mg, taurine 2 g, arginine 500 mg, betaine 2.5 g - counted above); MuscleEAA 1 scoop 17.73 g; PeakO2 2,000 mg; Betaine 2,500 mg standalone (V6-day total 5,000 mg); Citrulline Malate 4-6 g; Taurine 2-3 g added (4.0-5.0 g total with base); base 500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups) cold water; 0 mg caffeine (stim-free, verified).

V3 / V5 / V10 cards

V3 primes collagen and protein before breakfast (marine collagen 1 scoop, about 10 g AM); V5 is the rest-day transport bridge (creatine + bovine collagen 1 scoop, about 10 g PM + electrolytes, no stimulant); V10 closes the day sodium-free with creatine pulse 2, glutamine, glycine and bovine collagen 1 scoop, about 10 g in hibiscus.



During and after: refuel, then reload

V2 stays with me through the session. V4 is deliberately a half-serving after it - enough to reload, not enough to blur the next meal.



V2 Refuel - in session. Amino support and electrolytes; dates chewed separately, never blended in.
Creatine HCl across the day stays at 1.5 g total - two 750 mg doses.



V4 Reload - after training. Half-serving; R-ALA swallowed whole before it, never emptied into the shake.

V5 is a quiet rest-day bridge. V6 is the evening override with zero caffeine. They never share a day with each other, and V6 never shares a day with V1.



Rest day and evening: two opposite jobs



V5 Transport - State B only. The rest-day bridge that keeps the rhythm without stimulation.



V6 Pump - State C only. 0 mg caffeine (stim-free, verified), 220 mg formula sodium, 1,000 mg native creatine monohydrate in base.

At most one of V1/V6 on a training day - and both inactive on rest days. That is the rule that protects my sleep and keeps the evening session honest.

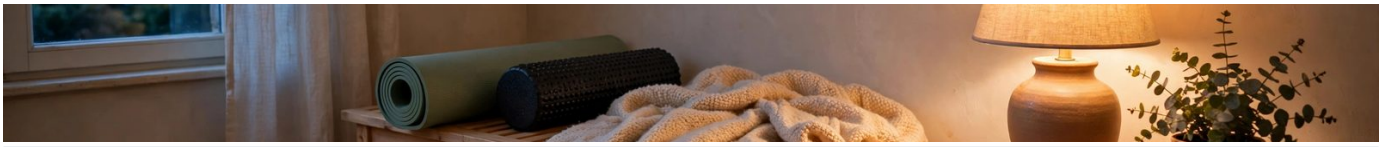
V10 closes every day the same way: warm hibiscus tisane, glutamine and glycine, and the second 750 mg of creatine HCl. Optional additions stay optional - half-dose Medi-C, rare Hey Relax - never a nightly requirement.



Last thing: shutdown is a ritual, not a sedative



V10 Shutdown - 18:30 anchor. 800 mL (27.1 fl oz / 3.3 cups) warm hibiscus tisane; food supports the night, it does not push it later. At least seven hours of sleep opportunity comes first. No vector is a remedy for a short night.



The full 24-hour chronometer - every stage, in clock order

My day is not four blocks. It is eleven timed stages, and the afternoon is a real stage with its own grid. What runs depends on the day: State A morning gym, State B rest, or State C evening gym. If a stage is not listed for that state, it does not run that day.



My weekly organizer - what is daily, what is training-only, and what is optional is decided before the week starts.

Time / stage	State A - Morning gym	State B - Rest	State C - Evening gym
03:30-03:45 Wake pack	3x TestoFX Xtreme, 1x Boron 3 mg, 1x LactoBif 100 intermittent	Same as A	Same as A
04:00 V3 Recovery	V3 shaker + C Defense gummy; greens flush separate	V3 when consumed + gummy; greens flush separate	Same as A
05:00 Breakfast primer	Kasha + Earl Grey; 2x Kyolic 104, 1x NAC 900 mg, 1x NMN 175 mg, 1x Digestive Enzymes Ultra	Normal breakfast; 1x Digestive Enzymes Ultra only	Same meal and grid as A
05:30 Pre-gym primer	1x Citicoline 250 mg swallowed whole	Skipped	Skipped in morning - moves to T-30 before V6
06:00 V1 Ignition	V1 shaker 500–600 mL (16.9–20.3 fl oz / 2.1–2.5 cups); 0 g creatine HCl in V1	Skipped	Skipped - V1 purged all day
09:30 V2 Refuel	V2 in session; 2-3 dates chewed separately	Skipped	Runs in evening session
10:30 Band Deload	100-rep band deload	Active recovery	Normal daytime routine
11:00 V4 Reload	1x R-ALA 300 mg whole, then V4 half-serving	Skipped	Runs after evening session



Lunch grid, afternoon grid, and both night stages - nothing skipped

Time / stage	State A - Morning gym	State B - Rest	State C - Evening gym
12:00 Lunch - Meal 2	Solid meal + 1x Digestive Enzymes Ultra + lunch grid (10 caps - Ch. 11)	Solid meal + 1x Digestive Enzymes Ultra only - grid skipped	Same meal and lunch grid as A
15:30 Afternoon - Meal 3	Solid meal + 1x Digestive Enzymes Ultra + afternoon grid (6 caps - Ch. 11)	Solid meal + 1x Digestive Enzymes Ultra only - grid skipped	Same meal and afternoon grid as A
16:00 V5 Transport	Inactive (reload done via V4)	V5 shaker: creatine HCl 750 mg + collagen 1 scoop, about 10 g + carnitine 15 mL (1 tbsp / 0.5 fl oz) + RapiDrem	Purged
Evening V6 window	Purged	Purged	T-30: 1x Citicoline 250 mg; then V6 shaker; V2 in session; V4 after
18:15 Night stage 1	2x Magnesium Glycinate (240 mg), 1x Tart Cherry 500 mg, 1x Milk Thistle conditional	Skipped - no night grid on rest days	Same as A (after evening session)
18:30 V10 Shutdown	800 mL (27.1 fl oz / 3.3 cups) hibiscus + creatine HCl 750 mg + glutamine 5 g, weighed + glycine 3-5 g, weighed	Same formulation, if consumed	Same formulation at night

The afternoon grid is not optional detail. On training days it runs; on rest days it is deliberately skipped, and that skip is what halves the weekly clearance load. Skipping it in print would misrepresent both the dose and the recovery logic.

Rest-day de-escalation, stated plainly

Rest oral intake is only: 3x TestoFX Xtreme, 1x Boron 3 mg, intermittent LactoBif 100, and Digestive Enzymes Ultra with actual meals - plus V3, V5 and V10 if consumed. Every midday, afternoon and night grid pill is off.



The second angle: seven days, four windows a day. If it is not in the organizer, it is not improvised.



Morning grids - wake pack, breakfast and pre-gym

03:30-03:45 Wake pack - all states

Item	Count / dose	What I use it for	Status
ALLMAX TestoFX Xtreme	3 capsules (500 mg fenugreek, 250 mg Sensoril ashwagandha, 200 mg DIM, 9.5 mg piperine)	Morning hormonal support stack - the first thing on waking; the piperine is counted again in Ch. 12	Daily
New Roots Boron	1 capsule, 3 mg elemental	Trace element locked at 3 mg from this capsule; the training-day multi adds 1 mg (4 mg total vs 20 mg UL)	Daily, locked
CGN LactoBif 100	1 capsule, intermittent	Probiotic - intermittent, not a forced daily	Intermittent

05:00 Breakfast grid - State A and C (skipped on State B except enzyme)

Item	Count / dose	What I use it for	Status
Kyolic Formula 104	2 capsules (600 mg aged garlic extract / 380 mg lecithin)	Aged garlic extract with the first meal	Training days
NMN	1 capsule, 175 mg	NAD+ precursor in the morning window	Training days
NAC	1 capsule, 900 mg	Glutathione precursor; cysteine donor	Training days
Digestive Enzymes Ultra (Pure Encapsulations)	1 capsule (1,500 FIP lipase) - in every daily stage pill stack	Meal enzyme support - runs with every solid meal, including rest days; the every-stack enzyme	Every meal

05:30 Pre-gym primer - State A only

Item	Count / dose	What I use it for	Status
AOR Citicoline	1 capsule, 250 mg, swallowed whole with water	Cholinergic primer ~30 min pre-gym; on State C it moves to T-30 before V6	State A / C primer

Enzyme rotation - 3x, post-cholecystectomy

Pure Encapsulations Digestive Enzymes Ultra is the every-stack enzyme: it runs in every daily stage pill stack. Around it I rotate ~2 others as addons here and there - Naturopathic Active Enzymes Plus confirmed, a third product unidentified. Reason: no gallbladder - my liver still makes bile, it simply trickles instead of storing it, so meal enzymes are pacing, not optional.

Zinc Supreme is removed on all days and Copper Glycinate is paused on all days. Those absences are part of the grid - see Dose Accounting for why.



Lunch grid - Meal 2, 12:00 - training days only

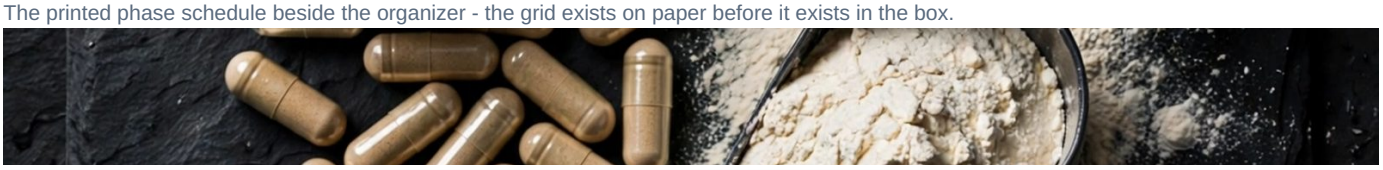
Ten capsules with the largest meal of the day. On State B rest days this entire grid is skipped - only the meal and its enzyme remain.

Item	Count / dose	What I use it for	Status
Digestive Enzymes Ultra (Pure Encapsulations)	1 capsule	Meal enzyme support with the solid lunch; the every-stack enzyme	Every meal
PureGenomics Multi	1 capsule (25 mg Zn, 300 mcg biotin, 1 mg boron)	Multivitamin base; biotin is disclosed to the laboratory and the 1 mg boron brings the training-day total to 4 mg	Training days
CGN Omega 800	1 softgel (800 mg EPA/DHA: 480 mg EPA / 320 mg DHA)	Omega-3 fatty acids with the midday fat window	Training days
Pure Liver-GI Detox	1 capsule (50 mg silymarin, 50 mg NAC, 47.5 mg curcumin)	Liver and gut support formula; the NAC and curcumin fractions are counted with the wider day, not treated as invisible	Conditional
Himalaya UriCare	2 capsules	Urinary tract botanical support	Training days
KITABIO Pumpkin Seed Oil with Saw Palmetto	3 softgels (3,000 mg pumpkin seed oil + 75 mg 4:1 saw palmetto)	Prostate botanical support in the midday window	Training days
Pure Curcumin 500 with BioPerine	1 capsule (475 mg curcuminoids + 5 mg piperine)	Curcumin with piperine - with TestoFX, the training-day piperine total is 14.5 mg (Ch. 12-13)	Training days

Conditional means I take that item only when its condition applies that week; it is not a daily default. R-ALA is never opened into a shake. Citicoline is always swallowed whole with water.



The printed phase schedule beside the organizer - the grid exists on paper before it exists in the box.



Afternoon grid - Meal 3, 15:30 - and Night stage 1, 18:15

Afternoon grid - training days only (skipped on State B)

Item	Count / dose	What I use it for	Status
Digestive Enzymes Ultra (Pure Encapsulations)	1 capsule	Meal enzyme support with Meal 3; the every-stack enzyme	Every meal
Higher Healths Beef Liver	3 capsules (1.5 g powder total)	Whole-food B-vitamin, iron and copper matrix from liver	Training days
Pure Ligament Restore	2 capsules	Connective-tissue support formula for the lagging tissue	Training days
Pure Lab Copper Glycinate	0 - paused	Paused on all days; the pause prevents copper antagonism after the zinc correction	Paused
Designs for Health Zinc Supreme	0 - removed	Removed on all days; removal cut 30 mg of supplemental zinc	Removed

Afternoon is the stage most summaries drop. In my day it carries the connective-tissue logic - liver nutrients and ligament support in the window between the two training-adjacent meals. Printing it matters because the weekly load changes by ten capsules when it is skipped correctly on rest days.

Night stage 1 - 18:15, training days only

Item	Count / dose	What I use it for	Status
Pure Encapsulations Magnesium Glycinate	2 capsules, 240 mg elemental Mg	Fixed neuromuscular anchor for the night; the magnesium baseline of the whole system	Training days
Inno Nutrition Tart Cherry 10000	1 capsule, dose as labelled on the bottle	Night recovery support	Training days
Naturopathic Labs Milk Thistle	1 capsule	Liver support in the evening window	Conditional

On State B rest days Night stage 1 does not run at all - no magnesium or night grid pills. V10 still runs if consumed. That contrast is deliberate de-escalation, not an omission.



The numbers I watch, not just the ones I take

Compound	Training day	Rest day	Reference	My read
Supplemental magnesium	341 mg (up to 646 mg with optionals)	100 mg	UL 350 mg (supplemental)	At/above UL on training days - osmotic effect expected and logged
Vitamin C	452.9 mg (1,452.9 mg with half Medi-C)	150 mg	UL 2,000 mg/day	Within limits; full Medi-C scoop would exceed - that is why it stays half and optional
Elemental zinc	25 mg (28.78 mg with almond milk)	0 mg (3.78 mg with almond milk)	UL 40 mg/day	Zinc Supreme removal brought this under the UL and ended the copper antagonism risk
Elemental calcium	202.5 mg (1,336.5 mg with 945 mL Silk almond)	82 mg (1,216 mg with almond)	UL 2,500 mg/day	The beverage, not the capsules, dominates - aggressive hydration required
Potassium	1,269.7 mg (1,931.2 mg with almond)	1,220 mg (1,881.5 mg with almond)	No formal UL	RapiDrem's 1,000 mg per scoop requires intact renal filtration - surveillance in Ch. 14
Caffeine + tea	~373 mg + 40-70 mg Earl Grey	0 mg	400 mg/day guidance	At or above on training mornings - sleep governs, TeaCrine's 16-20 h half-life included
Creatine HCl	V4/V5 750 mg + V10 750 mg - 1.5 g/day locked standalone; V1 shaker 0 g; V6 shaker carries 1,000 mg native monohydrate, counted separately	1,500 mg	3-5 g/day monohydrate reference	Locked to two pulses; creatinine reading needs Cystatin C (Ch. 14)
Piperine (BioPerine)	14.5 mg	9.5 mg	No UL - interaction threshold	Suppresses P-gp and CYP3A4/UGT - raises exposure to co-administered compounds
Biotin	425 mcg (300 multi + 125 MuscleEAA)	Not a standing rest-grid dose	RDA 30 mcg, no UL	Not toxicity - assay interference. I disclose 425 mcg/day to the laboratory and follow assay-specific instructions only.
Boron	4 mg (3 mg capsule + 1 mg multi)	3 mg capsule	UL 20 mg	Wide margin; the standalone capsule stays locked at 3 mg

A Project 100 number is never printed without its limit. Single ingredients can look comfortable while the summed day is not - that sum is where I pay attention.

Before I change anything

- Is the measurement comparable? Same device, same conditions?
- Did sleep, digestion or load change first?
- Am I changing one variable, or three at once?

What conditional means in my book

- Liver-GI Detox and Milk Thistle - only in their support windows
- Medi-C and Hey Relax in V10 - titrated, never standing nightly doses



How a day total is built

Payload	Where counted	Day total / note
Creatine HCl	V4/V5 750 mg + V10 750 mg	1.5 g/day standalone; V1 shaker 0 g; V6 vector 1,000 mg native monohydrate, counted separately and never summed with the 1.5 g/day HCl total
Citrulline (free base equivalent)	V1 10.7-12 g total base; V6 10.67-12.0 g total base	One ignition mode per day (at most one of V1/V6 on training days)
Betaine anhydrous (NOW Sports Betaine Powder)	V1 2,500 mg standalone (Igniter carries none); V6 2,500 mg standalone + 2,500 mg native in Pump	2,500 mg on V1 days; 5,000 mg on V6 days - one vector per day, never a stack
Taurine	V1: 1 g native in Igniter + 2-3 g added; V6: 2 g native in Pump + 2-3 g added (4.0-5.0 g total)	Firewall prevents 7-9 g stacked day
Alpha-GPC (inside ALLMAX only)	V1: 0 mg native in Igniter 2.0 (200 mg in MuscleEAA where counted); V6: 300 mg native in Pump + 200 mg in MuscleEAA = 500 mg inside formulas	No standalone Alpha-GPC capsule in my protocol
Caffeine	V1 ~373 mg; Earl Grey ~40-70 mg timed 2 h earlier	V6 0 mg; night sodium-free and stimulant-free
Kyolic	600 mg aged garlic / 380 mg lecithin	Morning grid, with food
Biotin	PureGenomics 425 mcg	Disclose 425 mcg; assay-specific interpretation
KITABIO class payload	3,000 + 75 mg actives where listed	Counted in grid totals; see product cards
Curcumin + piperine	475 mg + 5 mg	Piperine slows curcumin clearance; interaction watched Ch. 13
TestoFX class payload	500 / 250 / 200 / 9.5 mg actives	Wake pack; boron counted in mineral UL margins
Liver-GI class payload	50 / 50 / 47.5 mg actives	Lunch grid; conditional liver context
Omega 800	EPA 480 mg / DHA 320 mg	Lunch grid membrane substrate
Tart cherry	dose as labelled on the bottle	Night stage
Copper / zinc (historical)	Copper was 1 mg; zinc supreme was 30 mg; boron multi adds 1 mg	Copper currently paused in afternoon grid; zinc history recorded, not silently continued



Risk lives in combinations, not single bottles

Piperine and clearance

14.5 mg on training days can raise exposure to medicines and to the stack itself. I disclose it to prescribers.

Cholinergic stack

Citicoline and Alpha-GPC together can cause cramps, salivation, twitching or slow pulse - symptoms I treat as a stop signal, not overtraining. My cholinergic inputs are citicoline 250 mg (my only capsule) plus formula-native DMAE 500 mg and Huperzine-A 200 mcg inside the V1 Igniter dose - or Huperzine-A 50 mcg inside the V6 Pump dose - plus Alpha-GPC inside ALLMAX formulas (V6 day: 500 mg inside formulas). Never standalone pills: I never bought or added them. See Chapter 22.

R-ALA and low fuel

300 mg R-ALA with only 19 g carbohydrate in V4 means post-training sweating, tremor or confusion gets glucose awareness first.

Magnesium, vitamin C and bile

The osmotic chain plus continuous bile trickle makes loose stools predictable system output. I log it and adjust fat load before blaming one food.

My red flags - stop and get assessed

- Progressive weakness, new numbness, bowel or bladder change
- Jaundice, fever with abdominal pain, recurrent watery stools with weight loss
- Palpitations, fainting, unusually slow pulse, recurrent hypoglycaemia-type symptoms
- Sleep disruption that does not settle when caffeine moves earlier

I never treat a combination symptom by adding its opposite from a supplement shelf.

The zinc and copper correction, in full

Change	Count / dose	What it fixed
Zinc Supreme removed	-30 mg supplemental zinc	Brought total zinc under the 40 mg UL and ended enterocyte copper antagonism
Copper Glycinate paused	0 mg (paused, not deleted)	Holds copper steady while zinc normalizes; a pause is reversible, a removal is not
Boron locked	1 capsule, 3 mg daily (+1 mg from the training-day multi = 4 mg training total)	One standalone dose - no drift between versions of the day

Cholinergic firewall math (checked): At most one of V1/V6 runs on a training day; both are inactive on rest days. A stacked day would be citicoline 250 mg / Alpha-GPC 700 mg (V1: 0 native in Igniter + 200 in MuscleEAA; V6: 300 native in Pump + 200 in MuscleEAA) / DMAE 500 mg (V1 formula-native) / Huperzine-A 200 mcg + 50 mcg (V1 and V6 doses - never stacked same day (at most one of V1/V6 per training day); half-life ~10-24 h) / taurine 7-9 g (V1: 1 g native + 2-3 g added; V6: 2 g native + 2-3 g added) / betaine 5,000 mg / citrulline 21-24 g. The protocol forbids that day.



A scan reads water. My job is to make it comparable.

Bioelectrical impedance does not weigh dry muscle. It estimates SMM from body water, so creatine, electrolytes, glycogen and a large drink can move the printout by 2 to 4 lb without any new contractile tissue.

The FFMI check on my own numbers

Step	Value	Meaning
Height	170 cm	My frame for every index
FFMI 25.71 check	162-164 lb fat-free mass at 14.5% body fat	Points to 91.5-93.0 lb true SMM at a 56-57% partition
For a true 100 lb SMM	~172-175 lb fat-free mass, FFMI ~27.2	Beyond the usual drug-free 25.0-25.5 boundary - why 100 stays a stretch

My laboratory honesty - five mandates I keep

Mandate	My dose / fact	What I do
Creatinine vs. Cystatin C	Creatine HCl 1.5 g/day + 200.1 lb chassis	Request Cystatin C eGFR - creatinine alone falsely reads as kidney decline
Biotin disclosure	425 mcg/day on training days	Disclose 425 mcg/day to the laboratory and follow assay-specific instructions only.
Morning endocrine sampling	Historical 13:28 draw read 7.4 nmol/L	Two fasting morning draws, 07:00-09:30, on separate days - an afternoon value is a trough, not a diagnostic verdict
Hepatic enzymes	Ashwagandha + curcumin with 14.5 mg training-day piperine; historical steatosis noted	Periodic comprehensive hepatic panel (ALT, AST, GGT, ALP, total bilirubin); hard training can raise AST/CK, so timing is recorded with the result
R-ALA firewall	300 mg capsule, whole	Never opened into liquid; glucose awareness first for post-training tremor or sweating

- **Old labs:** My March 2026 results predate my May stack - I do not use them as a verdict on it.
- **One device:** Same InBody unit, same conditions, twelve months apart - that is the only comparison I trust.



My next scan is already a controlled experiment

When and where

14-21 December 2026

Gym Fit Forme, same InBody unit as the 2 Dec 2025 benchmark.

Conditions

Fasted, on waking, post-void, before training and before fluids. Normal hydration. At least a 24-hour buffer after heavy sessions; no sauna or alcohol in the prior 24 hours.

What I will report

SMM, total weight and body fat from that single visit - with time, last meal and last workout noted.

Open decision

Whether to run a standardized deload week before the scan so swelling does not blur the baseline.

How I will judge the result

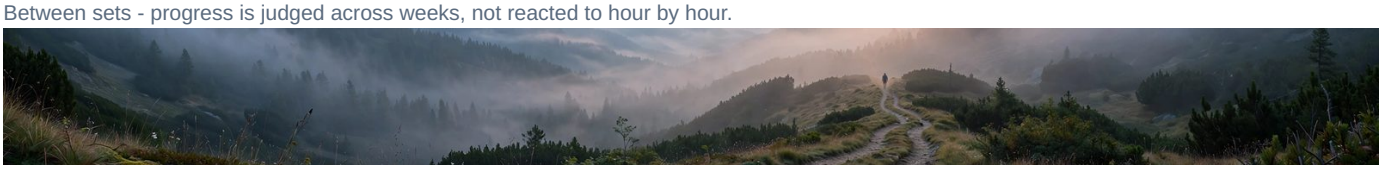
- **100 lb SMM** remains the disclosed stretch goal; the dated 2026 corridor estimates (90-93 true / 92-97 BIA) stay pending the scan.
- **92-97 lb on the printout** was a 2026 estimate of the hydrated BIA reading for that tissue - not re-asserted as validated here.
- **Weekly logs** (performance, sleep, digestion, waist, photos) matter more than one noisy reading.

Scan-day checklist

Step	Detail	Why
Night before	Normal dinner, normal hydration, no late stimulants	A heroic restriction the night before is just another artifact
Morning	Wake, void, fasted, no training, no large drink	Removes the acute water shifts the device cannot separate from tissue
Buffer	No heavy session in the prior 24 hours	Clears localized edema that reads as lean mass
Record	Time, last meal, last workout, sleep logged with the printout	Next year's comparison needs this year's conditions



Between sets - progress is judged across weeks, not reacted to hour by hour.



What this book does not claim

Restraint is the thesis of this chapter: a personal record can be complete without being a guarantee. Nothing here promises prevention, repair, correction or diagnosis - and no supplement, tempo, device or blend in this book carries one.

Connective tissue and injury

Tendons, muscles, joints and nerves respond differently to loading; a stronger lift does not prove every involved tissue is ready for a rapid increase. Gradual exposure and symptom review are useful planning principles, but no tempo, supplement or device guarantees prevention. My reported perceived improvement in tendinitis and left-arm issues stays a report, alongside the actual history and imaging - never attributed to a collagen, curcumin or ligament blend without evidence capable of establishing that cause. A programme that repeatedly provokes a problem costs training time: record location, severity, duration and effect on function, then revise the exposure. A new weakness or sensory change differs from mild familiar soreness and deserves assessment, not a "decompression stack" of supplements. Slow resistance, isometrics and controlled loading are components of a condition-specific plan, not required doses for every tendinopathy; the historical 2-4 second eccentrics and 20-45 second holds are examples, not prescriptions. A belt changes the task and cues; it does not make heavy lifting risk-free, and rack pulls still create substantial loading.

Hormones and metabolism

Sleep, nutrition, exercise, illness and medicines influence endocrine measurements; symptoms and laboratory results need context and cannot be translated into a claim of "cortisol dominance" from a difficult night or a flat session. The March total testosterone result was an afternoon draw with low SHBG noted - appropriate repeat morning measurements and relevant symptoms are needed before diagnosing deficiency, and a boron or TestoFX dose is not proof that low testosterone has been corrected. Hunger and cravings are observations, not a direct assay of a hormone. Body fat below 15% is my target, not a universal boundary between normal and abnormal physiology: waist, blood pressure, glycemic markers, lipids, sleep and clinical history all carry information, and the March A1c of 4.9% is a historical measurement, not present glucose control. The resting-heart-rate trigger of +5-8 bpm is an observation prompt, not a validated personal diagnostic threshold. Eating at night does not automatically produce fat storage, and rest-day carbohydrate is not automatically wasted.

How to use this book, then

Use laboratory findings to answer a clinical question and personal logs to describe the routine. They are related, not interchangeable. My improved feeling, a good session and a prior normal eGFR are valuable observations with limits: none proves the combined stack is safe or necessary. Carry unresolved questions forward, and let the December 2026 scan window - not a single reading - produce the decision.

> **Personal record, not medical advice.** This book is Bogdan's personal record of what he does, eats, takes and measures. It is not medical advice, not a prescription, and not a recommendation for any other person. Nothing in it diagnoses, treats, cures or prevents any condition. Before changing training, nutrition, supplements or medication - especially with a missing gallbladder, spinal or nerve history, or any prescription medicine - talk to a qualified clinician who knows your history. If new weakness, sensory change, bladder or bowel symptoms with back pain, chest symptoms, or repeated vomiting appear, seek urgent care: that is a symptom response, not a claim about what caused it.



The same mixes, second artwork

My vector and plate assets exist in white and dark variants; the formulations do not change with the artwork. Counts, doses and uses are identical across variants - only the presentation changes.

Where a plate or card appears in this book, the caption carries the same count + dose + benefit line as the text grid, so the image never becomes the only place a number lives.



V1 Ignition, alternate edition - State A morning fire. Contents match the first editions card for card.



V2 Refuel, alternate edition - in-session support.



Recovery and reload, second artwork



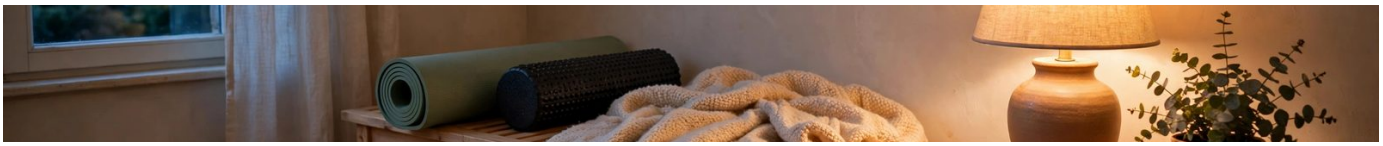
V3 Recovery, alternate edition - 04:00 priming.



V4 Reload, alternate edition - post-training half-serving.

V3 primes the day and V4 closes the session. In these editions they read as bookends: wake, train, reload, repeat.

V5 keeps a rest day in rhythm. V6 is the evening session protected by the at-most-one rule: at most one of V1/V6 on a training day, both inactive on rest days. V6 never runs on a V1 day. That rule survives every redesign.



Rest, pump, and the evening override



V5 Transport, alternate edition - State B bridge.



V6 Pump, alternate edition - State C evening override, 0 mg caffeine.

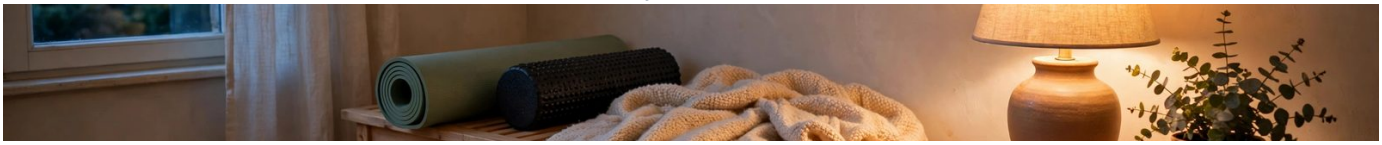
The day ends the same way it began: on purpose. V10 in its alternate edition is the last card of the set - warm tisane, glycine, glutamine, and sleep given the first claim on the night.



Shutdown, second artwork



V10 Shutdown, alternate edition - the 18:30 anchor that closes the system.



VISUAL ATLAS

The system, in my own photographs

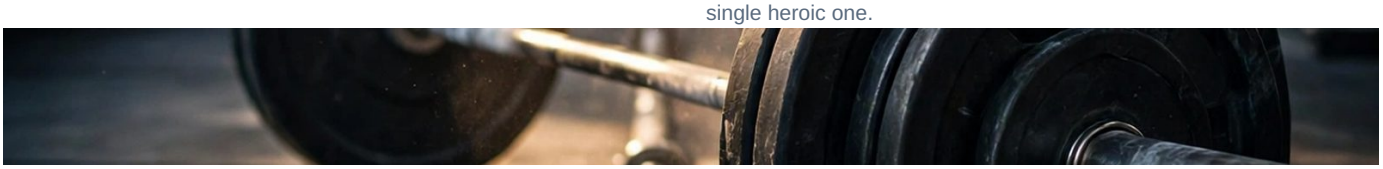
These are not illustrations. They are the actual room, the actual organizer, and the actual training space the tables describe.



Barbell curl - unilateral band work has its place.



My training space - built for the next repeatable session, not for a single heroic one.



Same system, at a glance - counts and doses stay on the plate

The chapters before this one print every vector, meal and pill grid line by line. These plates show the same recorded system as single pictures - each ingredient still carries its count and dose on the plate itself, so nothing is summarized away to make the picture cleaner.

Read them as pointers back into the detail: find the vector or stage here, then turn to its chapter for the full line-by-line account with use and status. White editions are printed for legibility on the page; the dark editions of the same plates are held in the plate archive with identical formulations - the doses do not change with the artwork.

Vectors (6 plates)
Anatomy, 24-hour clock, gym flow, intake matrix, architecture and standalone recipes - V3, V1, V2, V4, V5, V6 and V10 with base volumes and separate items marked.

Pills (2 plates)
Wake pack, first meal, afternoon DMZ, co-factors and night stage - training-day grids with rest-day exclusions and conditional items retained.

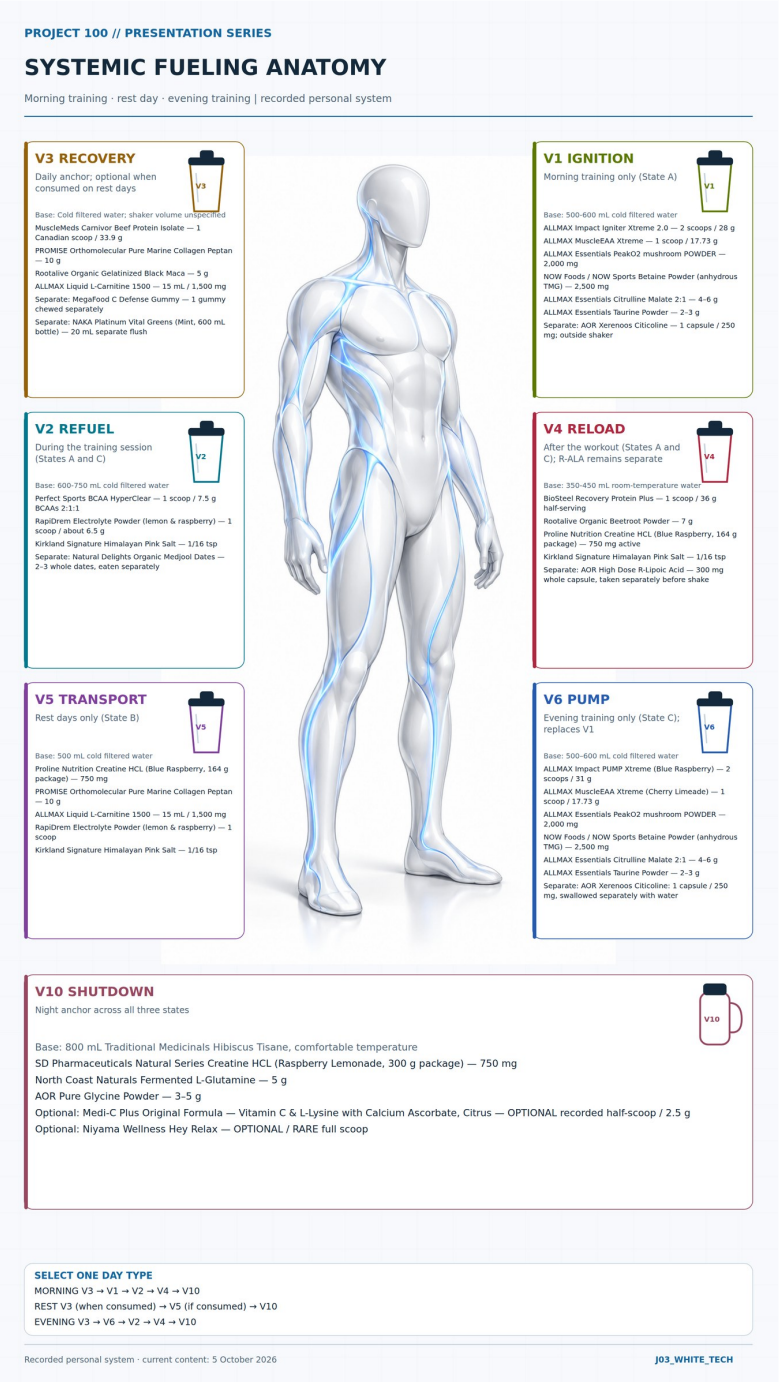
Crosscheck (1 plate)
Vectors on the left, capsules on the right, so a day type can be checked in one look: morning V3-V1-V2-V4-V10, rest V3-V5-V10, evening V3-V6-V2-V4-V10.

At most one of V1/V6 on a training day; both inactive on rest days - the rule on every plate. Capsules, gummies and dates marked separate stay outside the shaker. Optional powders remain optional. Recorded personal system - current content 5 October 2026.



Plate J03 - Systemic Fueling Anatomy

My whole vector system around one body: prime, fire, refuel, reload, bridge, pump and shutdown. Each panel lists its full count and dose - for example V1 Ignition: 2 scoops / 28 g Igniter Xtreme 2.0, 1 scoop / 17.73 g MuscleEAA, 2,000 mg PeakO2, 2,500 mg betaine, 4-6 g citrulline malate and 2-3 g taurine in 500-600 mL, citicoline 1 x 250 mg separate.



J03 - Systemic Fueling Anatomy (white edition). Use: V3 primes (collagen 1 scoop, about 10 g, maca 5 g, weighed, carnitine 1,500 mg); V1 State A only; V2 States A and C; V4 reloads (R-ALA 300 mg whole, separate); V5 State B only; V6 replaces V1 State C; V10 closes all states (creatine HCl 750 mg, glutamine 5 g, weighed, glycine 3-5 g, weighed, 800 mL (27.1 fl oz / 3.3 cups) tisane). Morning V3-V1-V2-V4-V10, rest V3-V5-V10, evening V3-V6-V2-V4-V10.

Plate J09 - 24-Hour Kinetic Revolution

One day, three routes around a single clock. The sequence is session-relative, not rigid clock times: V1 and V6 are alternatives, and V5 belongs only to the rest branch. Base volumes are printed on each card so the picture carries the recipe, not just the order.



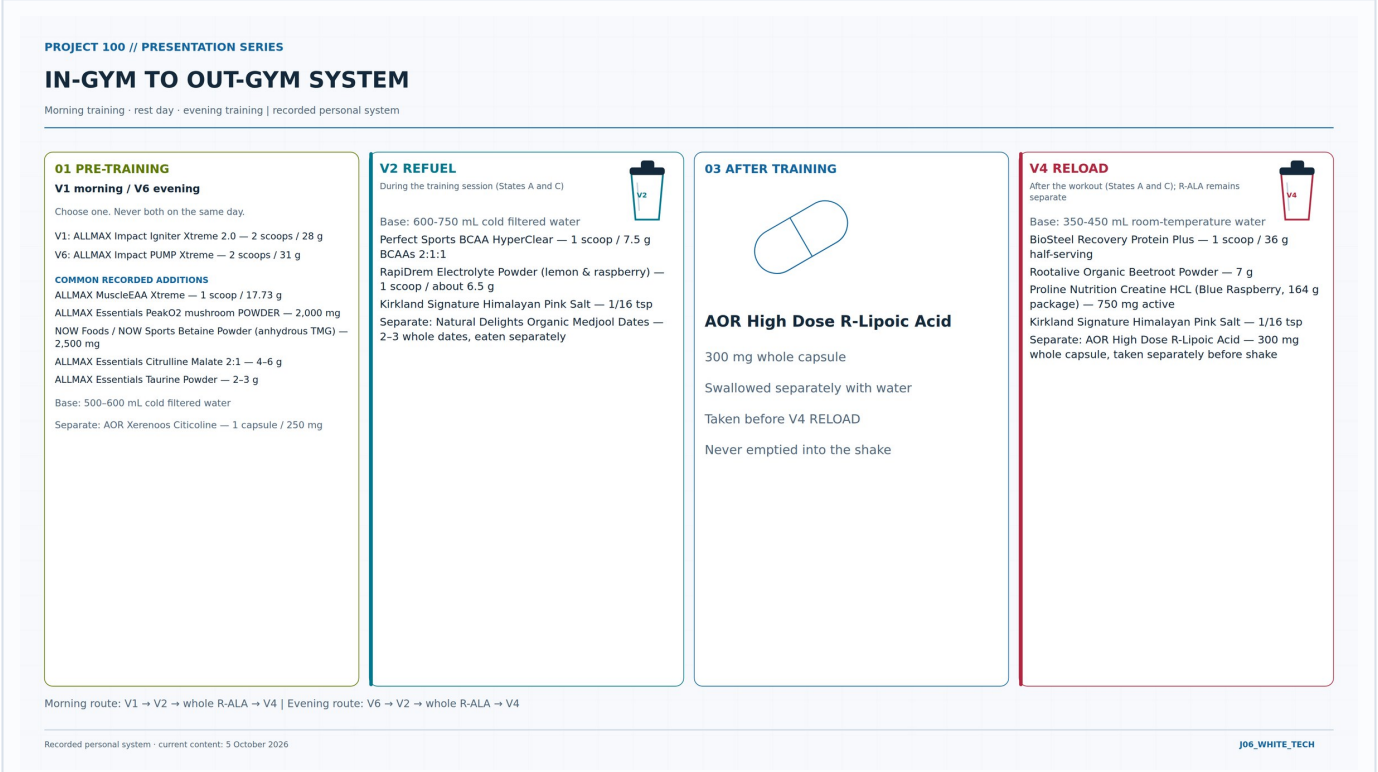
J09 - 24-Hour Kinetic Revolution (white edition). Use: pick one day type, then follow its chain. V3 in cold filtered water; V1 500–600 mL (2.1–2.5 cups / 16.9–20.3 fl oz) or V6 500–600 mL (2.1–2.5 cups / 16.9–20.3 fl oz) as the single pre-training choice; V2 600–750 mL (2.5–3.1 cups / 20.3–25.4 fl oz) in session; V4 350–450 mL (1.5–1.9 cups / 11.8–15.2 fl oz) room-temperature water after training; V5 500 mL (2.1 cups / 16.9 fl oz) on rest days only; V10 800 mL (3.3 cups / 27.1 fl oz) warm hibiscus tisane at night across all three states.

V3 on rest days: when consumed. At most one of V1/V6 on training days; neither runs on a rest day.



Plate J06 - In-Gym to Out-Gym

The training window in four steps: choose the pre-training vector, refuel inside the session, take the R-ALA capsule whole, then reload. Morning route V1-V2-whole R-ALA-V4; evening route V6-V2-whole R-ALA-V4. Common additions: MuscleEAA Xtreme 1 scoop / 17.73 g, PeakO2 2,000 mg, betaine 2,500 mg, citrulline malate 4-6 g and taurine 2-3 g, with citicoline 1 x 250 mg separate.

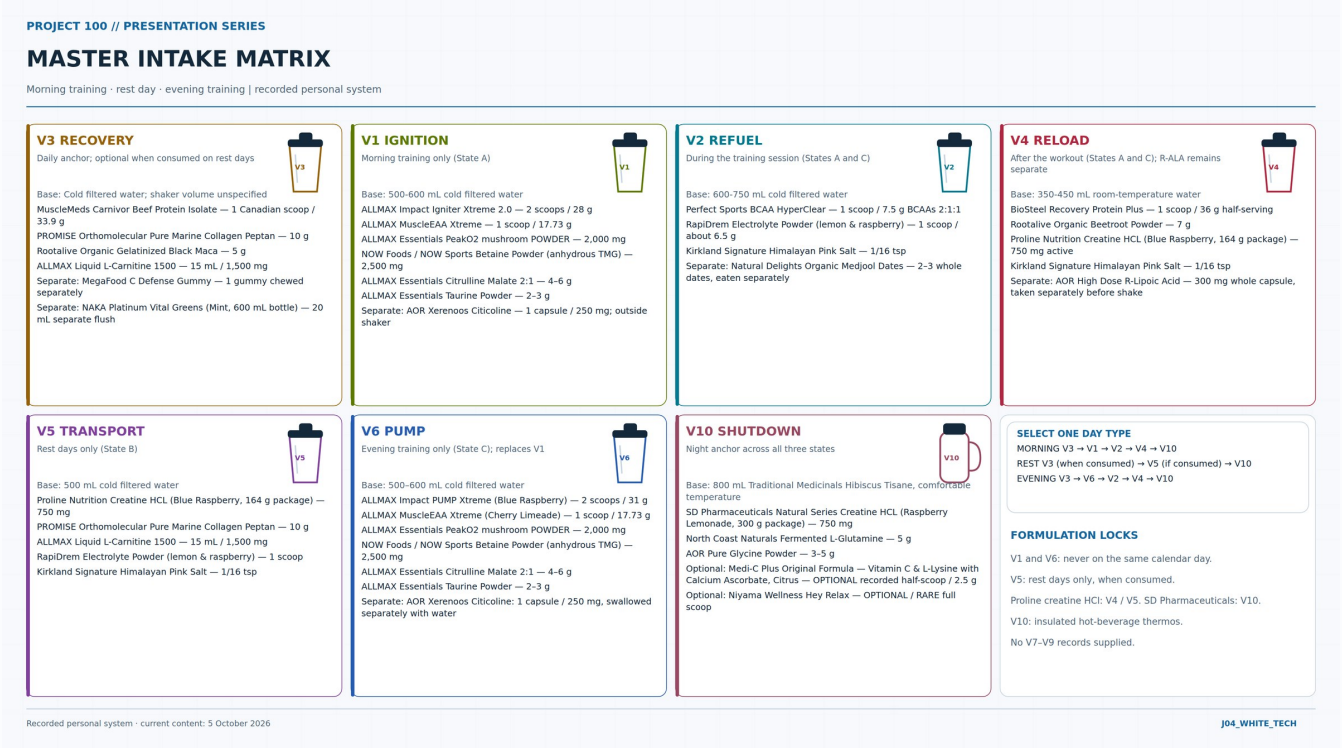


J06 - In-Gym to Out-Gym (white edition). Use: V2 Refuel in 600–750 mL (2.5–3.1 cups / 20.3–25.4 fl oz) (BCAA HyperClear 1 scoop / 7.5 g 2:1:1, RapiDrem 1 scoop, pink salt 1/16 tsp (~150 mg salt); 2-3 Medjool dates eaten separately); R-ALA 300 mg swallowed separately with water before V4, never emptied into the shake; V4 Reload in 350–450 mL (1.5–1.9 cups / 11.8–15.2 fl oz) (BioSteel 1 scoop / 36 g half-serving, beetroot 7 g, weighed, creatine HCl 750 mg, pink salt 1/16 tsp (~150 mg salt)).



Plate J04 - Master Intake Matrix

All seven active vectors on one matrix, each with its base volume, full ingredient list and separate items called out. This is the reference plate for the vector chapters: if a shaker is mixed, its count and dose are printed here and again in Chapter 8.



J04 - Master Intake Matrix (white edition). Use: V3 daily anchor (optional on rest days); V1 State A only; V2 States A and C; V4 after training with R-ALA separate; V5 State B only; V6 State C only, replaces V1; V10 night anchor across all states. Locks: V1 and V6 never on the same calendar day; Creatine HCl (SD Pharmaceuticals / Proline) in V4/V5 and V10; V10 always in the insulated hot-beverage thermos.



Plate J08 - Master Vector Architecture

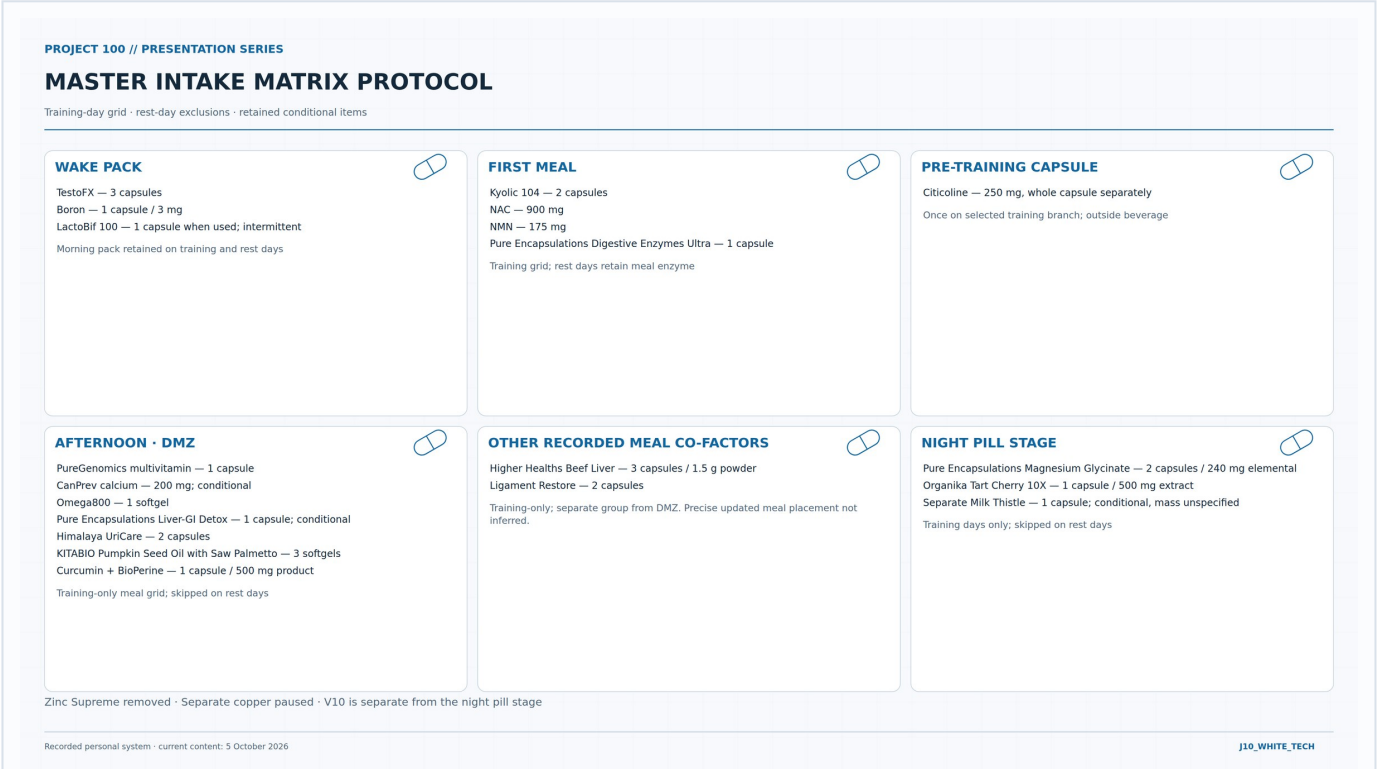
The same seven vectors stacked as an architecture: top row wakes and fires, middle row refuels and reloads, bottom row bridges, pumps and shuts down. Portrait layout for the shaker wall - each panel still carries base, count and dose in full.



J08 - Master Vector Architecture (white edition). Use: read top to bottom as the day runs. V3 (beef isolate 1 scoop / 33.9 g, collagen 1 scoop, about 10 g, maca 5 g, weighed, carnitine 15 mL / 1,500 mg; gummy and 20 mL (4 tsp) Vital Greens separate); V1 and V6 share the PeakO2 / betaine / citrulline / taurine core at identical counts and differ only in their base pre-workout; V10 optionals stay optional (Medi-C half-scoop / 2.5 g; Hey Relax rare full scoop).

Plate J10 - Master Intake Matrix Protocol (pills)

The capsule side of the matrix: six timed blocks from wake to night. Training-day grids with rest-day exclusions stated on the plate - the lunch and afternoon stages are printed here exactly as they run, not summarized into the morning.



J10 - Master Intake Matrix Protocol (white edition). Use: Wake Pack daily (TestoFX 3 capsules, boron 1 x 3 mg, LactoBif 100 intermittent); First Meal on training days (Kyolic 104 x2, NAC 900 mg, NMN 175 mg, Digestive Enzymes Ultra x1 - rest days keep the enzyme only); Pre-Training citicoline 250 mg whole, on the selected training branch only; Afternoon DMZ on training days only (PureGenomics x1, Omega800 x1, Liver-GI Detox conditional, UriCare x2, pumpkin seed / saw palmetto x3, curcumin + BioPerine 500 mg); Co-Factors training-only (beef liver 3 capsules / 1.5 g, Ligament Restore x2); Night Stage training days only (magnesium glycinate 2 capsules / 240 mg elemental, tart cherry 500 mg, milk thistle conditional). Zinc Supreme removed; separate copper paused.



Plate J13 - Encapsulated Intake Matrix

The portrait twin of J10 for the organizer wall: the same six blocks in a single column, so wake-to-night can be checked top to bottom without turning the page. Counts and doses are identical to J10 and to Chapters 10-11.

PROJECT 100 // PRESENTATION SERIES

ENCAPSULATED INTAKE MATRIX

Training-day grid · rest-day exclusions · retained conditional items

WAKE PACK

TestoFX — 3 capsules
Boron — 1 capsule / 3 mg
LactoBif 100 — 1 capsule when used; intermittent

Morning pack retained on training and rest days

FIRST MEAL

Kyolic 104 — 2 capsules
NAC — 900 mg
NMN — 175 mg
Pure Encapsulations Digestive Enzymes Ultra — 1 capsule

Training grid; rest days retain meal enzyme

PRE-TRAINING CAPSULE

Citicoline — 250 mg, whole capsule separately

Once on selected training branch; outside beverage

AFTERNOON · DMZ

PureGenomics multivitamin — 1 capsule
CanPrev calcium — 200 mg; conditional
Omega800 — 1 softgel
Pure Encapsulations Liver-GI Detox — 1 capsule; conditional
Himalaya UriCare — 2 capsules
KITABIO Pumpkin Seed Oil with Saw Palmetto — 3 softgels
Curcumin + BioPerine — 1 capsule / 500 mg product

Training-only meal grid; skipped on rest days

OTHER RECORDED MEAL CO-FACTORS

Higher Healths Beef Liver — 3 capsules / 1.5 g powder
Ligament Restore — 2 capsules

Training-only; separate group from DMZ. Precise updated meal placement not inferred.

NIGHT PILL STAGE

Pure Encapsulations Magnesium Glycinate — 2 capsules / 240 mg elemental
Organika Tart Cherry 10X — 1 capsule / 500 mg extract
Separate Milk Thistle — 1 capsule; conditional, mass unspecified

Training days only; skipped on rest days

ZINC SUPREME: REMOVED | SEPARATE COPPER: PAUSED

V10 is a beverage stage, not the night pill grid. Optional powders remain optional.

Recorded personal system · current content: 5 October 2026

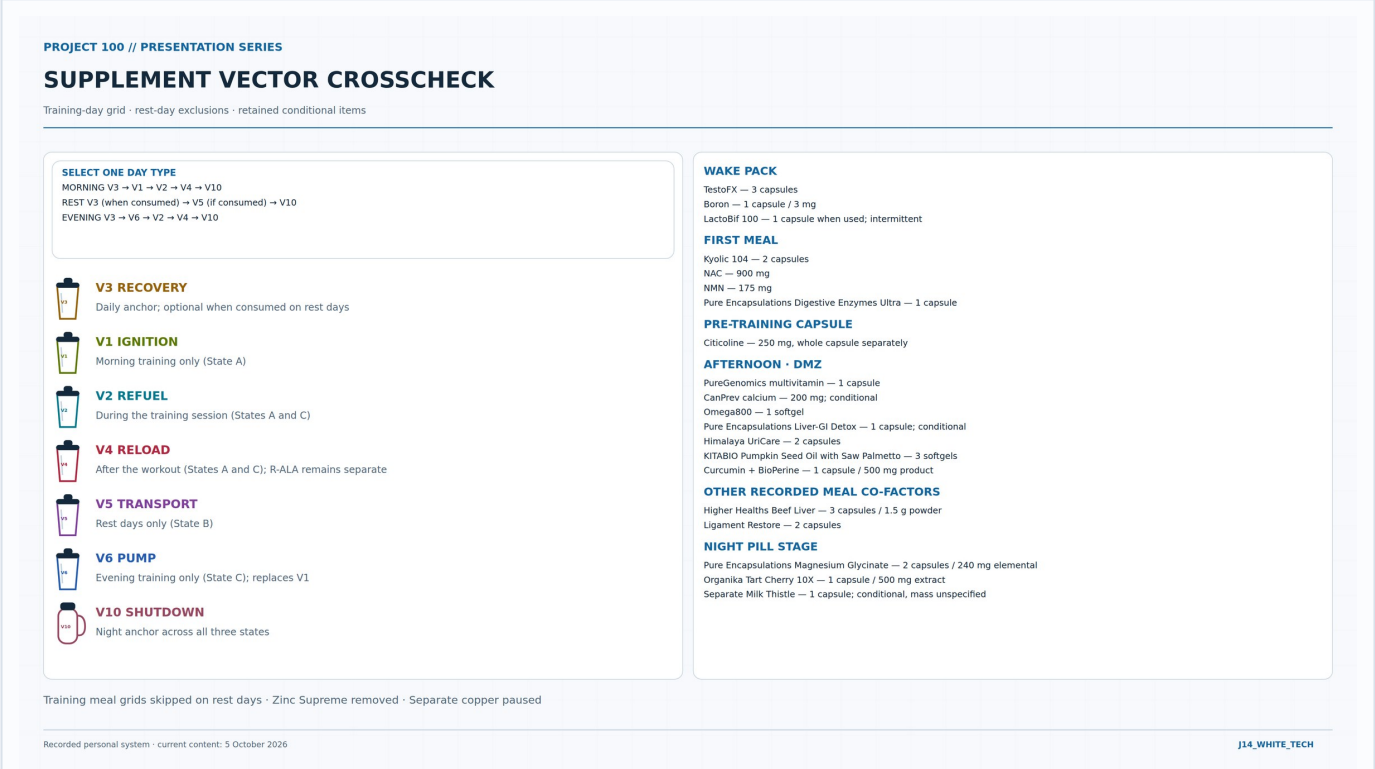
J13_WHITE_TECH

J13 - Encapsulated Intake Matrix (white edition). Use: morning pack retained on training and rest days; training grids skipped on rest days by design; V10 is a beverage stage, not part of the night pill grid. The footer lock - Zinc Supreme: removed, separate copper: paused - is part of the grid, not a footnote to ignore.



Plate J14 - Supplement Vector Crosscheck

Vectors left, capsules right: one spread to crosscheck a whole day before it starts. Pick the day type at the top, confirm the vector chain, then confirm which pill blocks are on or off for that day.



J14 - Supplement Vector Crosscheck (white edition). Use: Morning V3-V1-V2-V4-V10 keeps Wake Pack, First Meal, Pre-Training, Afternoon DMZ, Co-Factors and Night Stage on. Rest V3-V5-V10 keeps Wake Pack on and training meal grids skipped. Evening V3-V6-V2-V4-V10 mirrors the morning grids with V6 in place of V1. Training meal grids skipped on rest days; Zinc Supreme removed; separate copper paused.



Plate J17 - Standalone Kinetic Vectors Matrix

The closing pointer: all seven vectors as standalone recipes in portrait form. Each panel is a complete shaker recipe - base volume first, then every powder with count and dose, then what stays separate - so any single vector can be mixed from this plate alone and verified against Chapter 8.

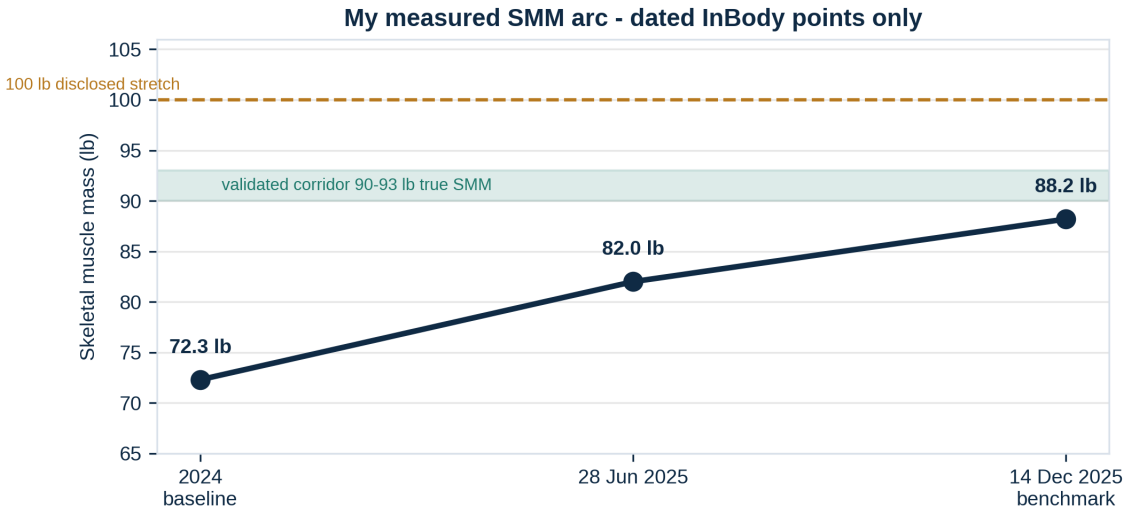


J17 - Standalone Kinetic Vectors Matrix (white edition). Use: V3 cold filtered water (beef isolate 33.9 g, collagen 1 scoop, about 10 g, maca 5 g, weighed, carnitine 1,500 mg); V1 500–600 mL (2.1–2.5 cups / 16.9–20.3 fl oz) State A only; V2 600–750 mL (2.5–3.1 cups / 20.3–25.4 fl oz) States A and C (dates separate); V4 350–450 mL (1.5–1.9 cups / 11.8–15.2 fl oz) room-temperature (R-ALA 300 mg whole, before the shake); V5 500 mL (2.1 cups / 16.9 fl oz) State B only (creatine HCl 750 mg, collagen 1 scoop, about 10 g, carnitine 1,500 mg, RapiDrem 1 scoop); V6 500–600 mL (2.1–2.5 cups / 16.9–20.3 fl oz) State C only, replaces V1 (citicoline 250 mg swallowed separately); V10 800 mL (3.3 cups / 27.1 fl oz) hibiscus tisane (creatine HCl 750 mg, glutamine 5 g, weighed, glycine 3-5 g, weighed). V1 and V6 never combined.

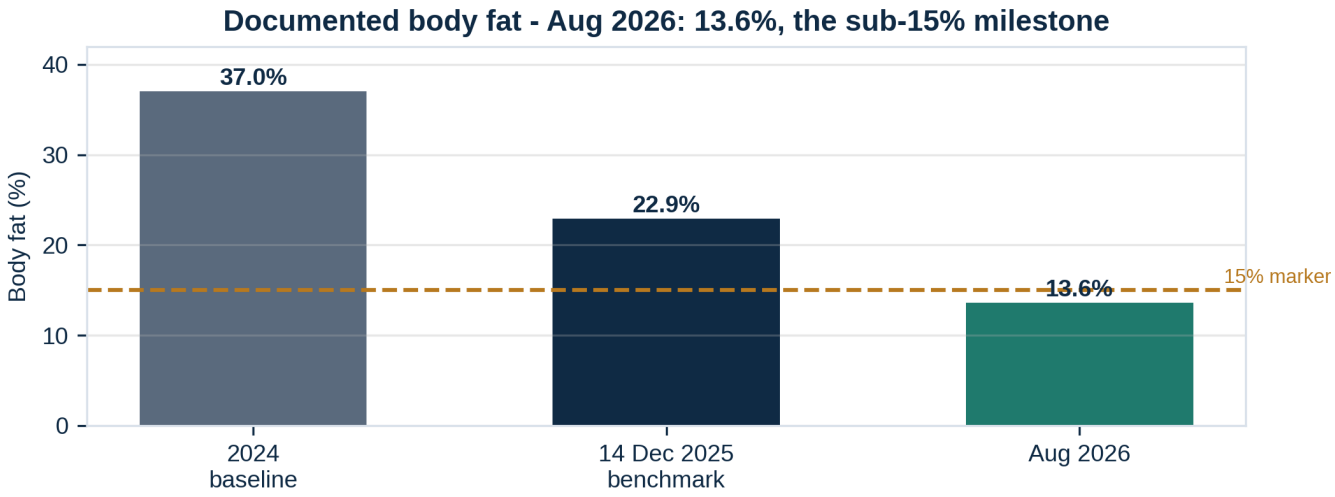
Alternates J05, J07, J11, J12, J15, J16, J18, J19 (white and dark) are extracted in the archive with identical formulations - held, not repeated, so this chapter stays a pointer set.

My measured arc, charted - dates, not adjectives

This is the proof chapter. Every point below is a dated InBody record or a documented milestone. Where a figure is unverified, it is labelled unverified and left out of the trend.



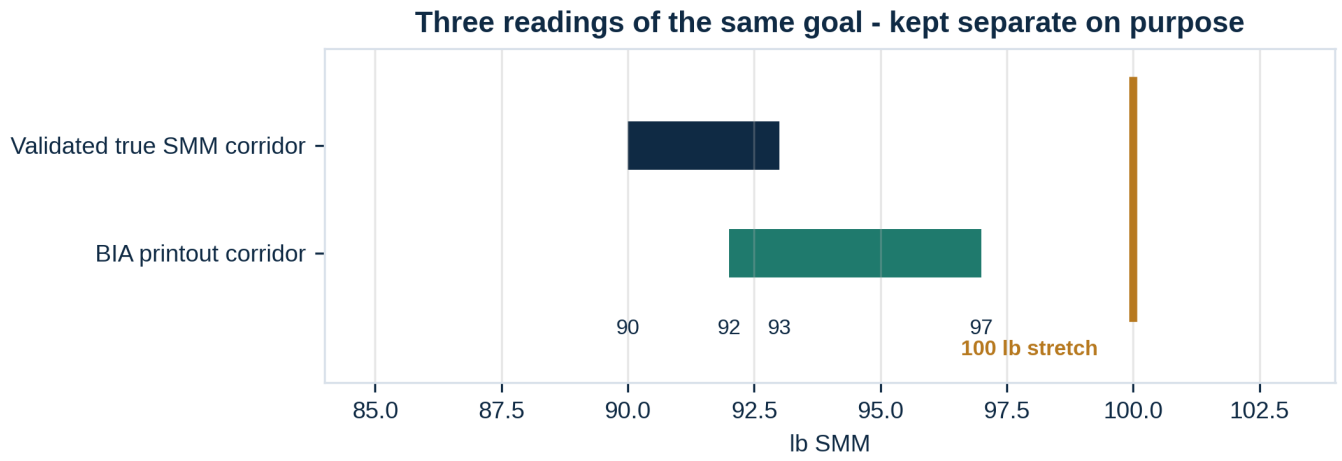
My SMM arc: +9.7 lb to June 2025, +6.2 lb more to the December 2025 benchmark (date corrected in V3.3 - archived editions printed 14 Dec). The band above is a dated estimate; the scan decides.



Body fat: the August 2026 bar at 13.6% is an UNVERIFIED InBody reading, not a confirmed milestone. Below 15% remains the target; the December 2026 scan decides.

Date	SMM	Weight	Body fat	Status
2024 baseline	72.3 lb	226.2 lb	37.0%	Starting InBody record
28 Jun 2025	82.0 lb	-	-	Recorded scan
2 Dec 2025	88.2 lb	197.1 lb	22.9%	Benchmark lock, Gym Fit Forme
Apr 2026	93.7 lb (42.5 kg)	191.5 lb (86.9 kg)	30.2%	Operator-reported - UNVERIFIED, excluded from the trend line
Aug 2026	-	-	13.6% (unverified)	August 2026 reading, not a confirmed milestone
Sep-Oct 2026	88.2 lb carried	200.1 lb	~22.5% est.	Current profile, baseline carried

Three readings of one goal, kept separate



100 lb is the disclosed stretch goal. 90-93 lb true and 92-97 lb on a BIA printout are 2026 dated estimates - model outputs, not validated physiology. The InBody scan decides.

The FFMI reconciliation

Step	Value	Reading
Recorded FFMI	25.71 (24 Jul 2026)	The frame-math check on my own numbers at 170 cm
Fat-free mass at that FFMI	162-164 lb at 14.5% body fat	What my frame carries at the documented leanness
SMM at 56-57% partition	91.5-93.0 lb	The arithmetic behind the 2026 corridor estimate - pending scan validation
FFM a true 100 lb SMM would need	~172-175 lb, FFMI ~27.2	Beyond the usual 25.0-25.5 drug-free boundary - why 100 stays a stretch

Scan-day controls - how the next number stays honest

The morning

Fasted, on waking, post-void, before training, before fluids. Same InBody unit at Gym Fit Forme as the 2 Dec 2025 benchmark.

The 24 hours before

At least a 24-hour buffer after heavy lifting. No sauna, no alcohol in the prior 24 hours. Normal dinner, normal hydration the night before.

What I will report

SMM, total weight and body fat from that single visit, with time, last meal, last workout and sleep logged beside the printout.

The window

14-21 December 2026 - twelve months after the benchmark, under the same controls. Whether to deload the week before stays my open decision.

BIA reads water (Chapter 14): creatine, betaine, taurine, glycogen and potassium can move a printout 2-4 lb with no new contractile protein. Controls do not remove that - they make it repeatable, so a change means tissue, not weather.



Five lenses on the measured arc

Lens 1 - Physiology. At 170 cm and age 46, my reconciled model (FFM 162-164 lb at 14.5%, FFMI 25.71) yields 91.5-93.0 lb true SMM at a 56-57% SMM/FFM partition. This is a 2026 model estimate, not a validated tissue claim - the December 2026 InBody scan stays pending. Osmolytes and glycogen-driven intracellular water (creatine HCl 1.5 g/day, betaine 2,500 mg, taurine 3-4 g, potassium 1,000 mg/scoop) may move a BIA printout by an estimated 2-4 lb; the fixed offset is not re-asserted here - it awaits measurement.

Lens 2 - Measurement. BIA is a conductivity estimate. My controls (fasted, waking, post-void, same unit, 24 h buffer) shrink pre-analytical variance so that quarter-to-quarter deltas mean tissue, not hydration theatre. The unverified Apr 2026 scan is the worked example: 93.7 lb (42.5 kg) at 30.2% body fat is internally inconsistent with the Dec-to-Aug trajectory and stays excluded until re-measured.

Lens 3 - Training. The telemetry justifies supported, repeatable loading over heroic sessions: connective tissue remodels at roughly one-third muscle speed at 46, so the hex-grid and chest-supported work (Ch. 6) are the delivery system for the corridor, not an accessory to it.

Lens 4 - Nutrition & vectors. The same osmolytes that inflate BIA are functional in the vectors (Ch. 8, 20, 21): betaine as methyl donor/osmolyte, taurine for bile conjugation in a post-cholecystectomy gut, creatine in two 750 mg pulses outside the pump shakers. Measurement honesty and formulation intent are read together - never separately.

Lens 5 - Laboratory integrity. Biotin 425 mcg is disclosed, not washed out; testosterone verdicts require morning fasting draws (the 13:28, 7.4 nmol/L afternoon value is my cited non-diagnostic example). A scan and a lab value earn belief the same way: declared conditions, comparable repeats.



Measurement — reported vs verified

This edition adds no new body-composition values. The three measurement corrections from the register, consolidated in one place.

C01 - the goal stays, the corridor becomes a dated observation

100 lb SMM is my disclosed stretch **goal** - kept openly as ambition, never presented as a promise or a deadline. The corridor figures (90-93 true / 92-97 BIA) are **dated 2026 observations**, not validated physiology, and the fixed water-offset claim is not repeated. Earlier book pages that presented them as validated have been reframed under this register.

C02 - benchmark date

The 88.2 lb benchmark stands on **2 December 2025** at Gym Fit Forme. Archived editions printed 14 December; the discrepancy stays on record in the correction register.

C04 - planning figures, not a daily account

2,780 kcal, 252 g protein and 69 g fat are **historical planning figures**; whole-day intake verification remains deferred. No whole-day total is calculated by adding a few recipes.

What is pending

InBody scan - 14-21 December 2026

Gym Fit Forme, same InBody unit as the benchmark: fasted, on waking, post-void, before training and before fluids, 24-hour heavy-session buffer, no sauna or alcohol in the prior 24 hours. The Appendix B scan log is ready to receive SMM + total weight when done. Until then, no new body-composition values appear in this edition.

Full registers, source hashes and model scenarios live in the Master Analysis Reference: https://project100.fit/downloads/reference/



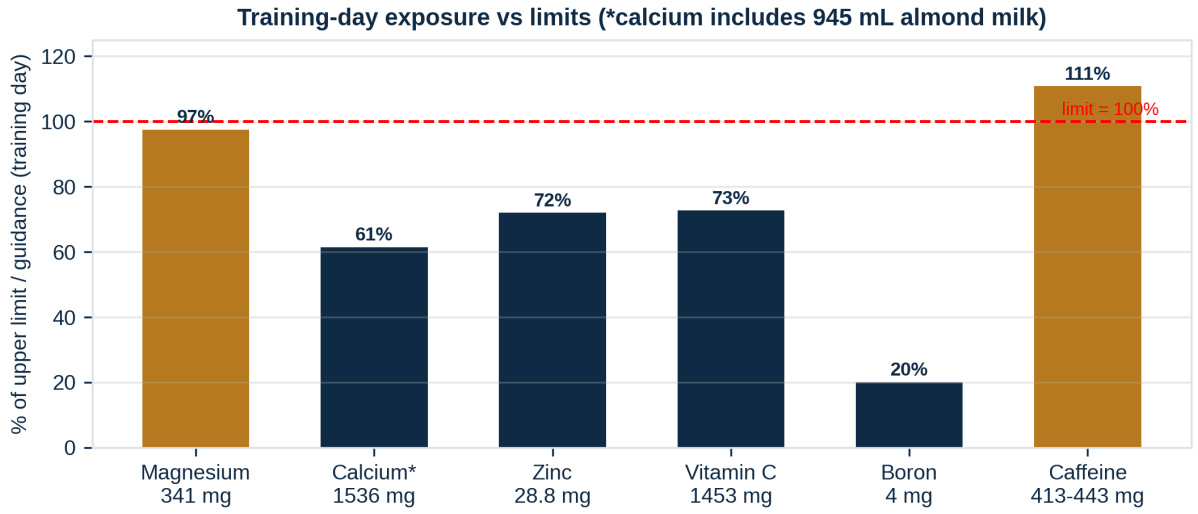
The mineral math: training day vs rest day vs limits

Almost no protocol shows its full electrolyte and mineral accounting. Mine is printed here, summed across every vector and grid, against the limits - including where optional items cross them.

Compound	Training day	Rest day	Limit / note
Magnesium (supplemental)	341 mg (240 glycinate + 100 RapiDrem + 1 EAA); up to 646 mg with optionals	100 mg; up to 405 mg with optionals	UL 350 mg - optionals exceed; osmotic GI effect, compounded after gallbladder removal
Calcium	202.5 mg supplements + 1,134 mg almond milk = 1,336.5 mg	82 mg + 1,134 mg = 1,216 mg	UL 2,500 mg - the beverage, not the capsules, dominates
Zinc	25 mg multi + 3.78 mg almond milk = 28.78 mg	3.78 mg	UL 40 mg - Zinc Supreme (was 30 mg) removed; copper (was 1 mg) paused
Potassium	1,000 mg (RapiDrem, V2)	1,000 mg (RapiDrem, V5)	No supplement UL - requires intact kidney filtration; surveillance in Ch. 14
Sodium	1/16 tsp (~150 mg salt) pink salt in V2 + 1/16 tsp (~150 mg salt) in V4; V6: 220 mg formula sodium counted (negligible); night sodium-free	Pink salt 1/16 tsp (~150 mg salt) x1	RapiDrem declares 0 mg sodium but lists NaCl in ingredients - a label discrepancy, recorded as such
Vitamin C	452.9 mg base; 1,452.9 mg with half Medi-C Plus	150 mg; 1,150 mg with half Medi-C	UL 2,000 mg - a full Medi-C scoop would exceed it; that is why it stays half and optional
Biotin	425 mcg (300 multi + 125 EAA)	300 mcg (multi)	No UL - assay interference, not toxicity. I disclose 425 mcg/day and follow assay-specific instructions only
Boron	4 mg (3 mg capsule + 1 mg multi)	3 mg	UL 20 mg - wide margin
Creatine HCl (active)	1,500 mg (750 V4 + 750 V10)	1,500 mg (750 V5 + 750 V10)	Active dose, not package weight; creatinine eGFR needs Cystatin C
Caffeine	~373 mg Igniter + 40-70 mg Earl Grey = 413-443 mg	0 mg (+ tea only)	400 mg/day guidance - State A crosses it; State C is stimulant-free by design
Piperine	14.5 mg (9.5 TestoFX + 5 curcumin)	9.5 mg	No UL - CYP3A4 / P-gp interaction margin; disclosed to prescribers



What each vector actually delivers, chemically



Training-day exposure against limits. Magnesium sits at the line before optionals; caffeine crosses its guidance on State A mornings - both are stated, not hidden.

Vector	Chemistry payload
V1 Ignition	Caffeine ~373 mg; beta-alanine 3.2 g (inside Igniter, a full daily dose); citrulline base 10.67-12 g; taurine 3-4 g; betaine 2,500 mg (NOW Sports Betaine Powder); alpha-GPC 200 mg (MuscleEAA) + citicoline 250 mg separate
V2 Refuel	RapiDrem: potassium 1,000 mg, magnesium 100 mg, calcium 82 mg, vitamin C 45 mg; pink salt 1/16 tsp (~150 mg salt); BCAA 7.5 g (2:1:1)
V3 Recovery	Beef isolate 33.9 g (23 g protein); marine collagen 1 scoop, about 10 g (AM); maca 5 g, weighed; L-carnitine 1,500 mg
V4 Reload	BioSteel 36 g: 12 g protein, 19 g carbs, 125 kcal, calcium 90.5 mg, sodium 115 mg; beetroot 7 g, weighed; creatine HCl 750 mg; R-ALA 300 mg separate, whole
V5 Transport	Creatine HCl 750 mg; marine collagen 1 scoop, about 10 g; L-carnitine 1,500 mg; RapiDrem electrolytes
V6 Pump	0 mg caffeine/stimulants; 220 mg formula sodium; 1,000 mg native creatine monohydrate; citrulline base 10.67-12 g; taurine 4-5 g; betaine 5,000 mg on V6 days (2.5 g native + 2.5 g standalone NOW Sports Betaine Powder); alpha-GPC 300 mg (PUMP) + 200 mg (MuscleEAA)
V10 Shutdown	Creatine HCl 750 mg; glutamine 5 g, weighed; glycine 3-5 g, weighed; bovine collagen 1 scoop, about 10 g (PM); optional Medi-C Plus half-scoop

V6 is the contrast case: the same nitric-oxide chemistry as V1 with the stimulant chemistry removed. That removal is the point of the evening design.



The four mineral-heavy products, label by label

RapiDrem Electrolytes (1 scoop, ~6.5 g)
Potassium 1,000 mg, magnesium 100 mg, calcium 82 mg, vitamin C 45 mg. The panel declares Sodium 0 mg while the ingredient list includes NaCl - recorded as a label discrepancy, not treated as a measured sodium dose. Used in V2 and V5 only.

BioSteel Recovery Protein Plus (1 scoop, 36 g half-serving)
12 g protein, 19 g carbohydrate, 125 kcal, calcium 90.5 mg, sodium 115 mg. Restricted to V4 - the only place BioSteel appears in the system.

Medi-C Plus (full label)
Magnesium ascorbate + ascorbic acid + calcium ascorbate, with lysine. Half-scoop (2.5 g) = vitamin C 1,000 mg, magnesium 105 mg, lysine 650 mg. Optional and titrated in V10 - never a standing nightly dose, because a full scoop would push vitamin C past its UL.

Himalayan pink salt (1/16 tsp)
~59 mg sodium per measure. Daytime windows only (V2, V4, V5). Strictly zero added at night - sleep and blood pressure outrank a saltier shutdown.

Training day vs rest day mineral posture

Mineral / ion	Training day (State A or C)	Rest day (State B)	Function in my system
Potassium	RapiDrem 1,000 mg (V2) + diet	RapiDrem 1,000 mg (V5) + diet	Primary intracellular cation; the compartment BIA reads
Sodium	1/16 tsp (~150 mg salt) pink salt in V2 + 1/16 tsp (~150 mg salt) in V4; V6: 220 mg formula sodium counted (negligible); night sodium-free	1/16 tsp (~150 mg salt) in V5; night sodium-free	Session-window replacement only; night rule protects sleep and next-morning comparability
Magnesium	RapiDrem 100 mg/scoop + night magnesium glycinate + Medi-C Plus Mg 105 mg per half-scoop where used	Same night stage; V5 scoop Mg counted	Enzyme cofactor; excitatory-signaling calm with glycine at night
Calcium	RapiDrem 82 mg/scoop + diet; Medi-C Plus calcium ascorbate contribution disclosed	Same accounting	Counted; aggressive hydration (4.0 L/day) when calcium runs high
Boron	Standalone boron capsule 3 mg + multi 1 mg = 4 mg counted (the 9.5 mg in TestoFX is piperine, not boron)	Same wake-pack foundation	Mineral-balance / SHBG-context input; UL margin watched
Zinc / copper history	Zinc supreme was 30 mg; copper was 1 mg - both recorded as history	Copper currently paused (afternoon grid)	History kept visible so a paused mineral is not silently resumed



Five lenses on the mineral math

Lens 1 - Physiology. My mineral day is compartment-aware: potassium and betaine/taurine osmolytes expand the intracellular compartment BIA reads, while the sodium-free night protects both sleep and next-morning scan comparability. Magnesium is split deliberately - small electrolyte doses in session, glycinate-bound magnesium at night where the glycine ligand itself is functional.

Lens 2 - Measurement. Two numbers in this chapter are explicitly not trusted at face value: the RapiDrem "Sodium 0 mg" panel (contradicted by its own NaCl ingredient line) and any single-day mineral total that ignores blended-formula payloads. Counting the boron capsule (3 mg) plus multi boron (1 mg) is the difference between a UL margin I have computed and one I have assumed.

Lens 3 - Training. Sodium appears only where sweat and session fluid shifts justify it (V2, V4, V5 daytime windows) and disappears where it would cost recovery (V6 carries 220 mg formula sodium counted, negligible; V10 is sodium-free). The 10:30 band deload and the V4 room-temperature, smaller-volume shuttle are gastrointestinal decisions as much as training ones.

Lens 4 - Nutrition & digestion. Post-cholecystectomy, bile trickles continuously; my mineral and fat chemistry is paced accordingly - smaller fat portions, Pure Encapsulations Digestive Enzymes Ultra (1,500 FIP lipase) with every solid meal - the every-stack enzyme in a 3x rotation (Ch. 11), taurine's bile-conjugation role, and conditional (not automatic) liver items. Historical steatosis keeps hepatic context on the periodic panel.

Lens 5 - Laboratory integrity. Mineral supplementation is a pre-analytical variable: calcium, magnesium and biotin (425 mcg, disclosed) are declared to the laboratory, hydration is aggressive when calcium runs high (4.0 L/day planning ceiling), and no mineral claim in this book rests on a label line flagged as discrepant.



Why this works - the vectors

Every vector carries one pathway line beside its count, dose and benefit rows. The line explains the system; the rows in Chapter 8 prove it. The two nitric-oxide routes - citrulline in V1/V6, beetroot nitrate in V4 - are kept distinct on purpose.

V1 Ignition. Why this works: citrulline feeds the arginine-nitric-oxide pathway for blood flow; citicoline plus the alpha-GPC in the formula feed acetylcholine for focus and contraction; caffeine blocks adenosine to cut perceived fatigue; beta-alanine builds muscle carnosine to buffer acid as sets get hard; and betaine (TMG) donates methyl groups in the methionine cycle while helping cells hold water. Formula nootropic matrix inside the Igniter base (DMAE 500 mg, Huperzine-A 200 mcg, tyrosine 2,000 mg, choline 400 mg, theanine 400 mg, bacopa 320 mg, cocoa 500 mg, juniper 200 mg - counted, never standalone pills); and a separate cholinergic primer (citicoline 250 mg capsule). Creatine is held out of the shaker.

V6 Pump. Why this works: nitric-oxide hyperemia without stimulants - citrulline 8,000 mg + added malate, NitroVascine (inositol-stabilized arginine silicate) 250 mg, L-arginine 500 mg (as sulphate), GlycerPump 2,000 mg for hyper-hydration, plus osmolyte symmetry (betaine 5,000 mg on V6 days: 2.5 g native + 2.5 g standalone) and Alpha-GPC inside the base formulas only. Zero caffeine; 220 mg formula sodium and 1,000 mg native creatine monohydrate counted in the base.

V2 Refuel. Why this works: sodium and potassium maintain fluid balance and nerve-to-muscle signaling during the session, magnesium and calcium support contraction chemistry, and the leucine in the 2:1:1 BCAAs signals the mTOR pathway that switches muscle protein synthesis on.

V3 Recovery. Why this works: beef isolate supplies the amino acids muscle rebuilds with; collagen provides glycine and proline, the building blocks of connective tissue; and L-carnitine shuttles fatty acids into the mitochondria, where they can be burned for energy.

V4 Reload. Why this works: beetroot nitrate takes a second, separate route to nitric oxide (nitrate to nitrite to NO) from the citrulline route in V1/V6; BioSteel's carbohydrate and protein refill glycogen and start repair; creatine tops up the phosphocreatine store that re-makes ATP between sets; and R-ALA, taken separately as a whole capsule, supports glucose handling and antioxidant recycling.

V5 Transport. Why this works: on a rest day the job is maintenance - creatine keeps the phosphocreatine store full for tomorrow, carnitine keeps fatty-acid transport moving, collagen keeps supplying connective-tissue building blocks, and the RapiDrem electrolytes keep fluid balance steady without a training stimulus.

V10 Shutdown. Why this works: glycine is an inhibitory neurotransmitter and a collagen building block, associated with calmer, cooler sleep; glutamine is a preferred fuel for gut and immune cells; creatine quietly maintains the phosphocreatine store overnight; and the optional Medi-C Plus vitamin C is the cofactor the body needs to turn collagen amino acids into actual collagen.

Lens 1: one cholinergic capsule (citicoline 250 mg) plus formula-native cholinergics inside the pre-workout bases (Ch. 22); Creatine is held out of the V1 shaker so the pump chemistry stays auditable; V6 carries 1.0 g native monohydrate counted in the base. **Lens 2:** Alpha-GPC is counted only where it actually enters - inside ALLMAX formulas (V6 day 500 mg); DMAE 500 mg and Huperzine-A 200 mcg are counted where they actually enter - inside the V1 Igniter formula; Huperzine-A 50 mcg inside the V6 Pump formula. **Lens 5:** Cholinergic load is capped by architecture (at most one of V1/V6 per training day; citicoline sole capsule; the two formula Huperzine-A doses never stack same-day, half-life ~10-24 h) rather than by willpower - the firewall is the safety mechanism.



Why this works - the pill grids

Each grid opens with its pathway line, then its count, dose and benefit rows (Chapter 11). A line never introduces an item that is not in its grid.

Wake pack. Why this works: foundation pack - TestoFX and boron (hormone-support/mineral-balance) plus intermittent LactoBif for the gut microbiome. It stays on rest days: foundations don't take days off.

First meal. Why this works: NAC supplies cysteine for glutathione; NMN feeds NAD+; Kyolic sulfur compounds support cardiovascular health; Pure Encapsulations Digestive Enzymes Ultra (every-stack enzyme, plus ~2 rotated addons - Ch. 11) does the mechanical job of breaking the meal down.

Pre-training primer. Why this works: citicoline (choline + cytidine) supports acetylcholine and membrane phosphatidylcholine. Taken whole, separately, once: the protocol's only cholinergic capsule.

Afternoon DMZ (lunch grid). Why this works: housekeeping grid - PureGenomics (methylation), Omega 800 EPA/DHA (membranes), curcumin + BioPerine (inflammatory signaling; piperine slows clearance), Liver-GI (conjugation), UriCare + pumpkin-seed/saw-palmetto (urinary/prostate). Conditional items stay conditional.

Meal co-factors (afternoon grid). Why this works: beef liver is the nutrient matrix (B12, vitamin A, heme iron); Ligament Restore supplies connective-tissue building blocks.

Night stage. Why this works: magnesium glycinate (magnesium + inhibitory glycine) calms excitatory signaling; tart cherry provides melatonin-related compounds and anthocyanins; conditional milk thistle is the liver-antioxidant item, used only when called for.

Placement rule, both pages: pathway line first, then count + dose + benefit per item. Never merged into a single item's benefit.



Five lenses on the pathways

Lens 1 - Physiology. The pathway map is deliberately non-redundant: one cholinergic capsule (citicoline 250 mg) plus formula-native cholinergics inside the pre-workout bases (Ch. 22), one adrenergic vector (V1), one stimulant-free NO vector (V6), one methylation/osmolyte anchor (betaine, both ignition modes), and night inhibitory chemistry (magnesium glycinate, glycine, tart cherry). Each mechanism has a single primary owner so dose accounting (Ch. 12) stays arithmetic, not guesswork.

Lens 2 - Measurement. Pathway claims are tied to countable payloads: citrulline totals are stated as free-base equivalents (10.7-12 g), betaine is brand- and dose-locked (NOW Sports, 2,500 mg), and Alpha-GPC is counted only where it actually enters - inside ALLMAX formulas (V6 day 500 mg); DMAE 500 mg and Huperzine-A 200 mcg are counted where they actually enter - inside the V1 Igniter formula; Huperzine-A 50 mcg inside the V6 Pump formula. A mechanism without a counted dose does not appear in this chapter.

Lens 3 - Training. Timing is mechanism: citicoline at 05:30/T-30 precedes the session it supports; R-ALA precedes the V4 shake and is read against its 19 g carbohydrate context; the 10:30 band deload sits between session and reload as blood-flow volume that does not become a second workout. Pathways are scheduled, not just listed.

Lens 4 - Nutrition & digestion. The post-cholecystectomy gut shapes pathway choices: taurine's bile-conjugation role, meal enzymes with every solid meal, chewed dates instead of blended intra-workout carbohydrate, and conditional liver items (Liver-GI, milk thistle) that support conjugation without pretending to replace a gallbladder.

Lens 5 - Laboratory & safety. Piperine (5 mg) is the chapter's honest double-edge: it raises curcumin exposure by slowing clearance, and that same clearance-slowing is why it is watched (Ch. 13). Cholinergic load is capped by architecture (at most one of V1/V6 per training day; citicoline sole capsule; the two formula Huperzine-A doses never stack same-day, half-life ~10-24 h) rather than by willpower - the firewall is the safety mechanism.



Ingredient-level evidence: citrulline, betaine, Alpha-GPC

Expanded per-vector formulation breakdowns. Doses are my counted doses; evidence notes describe the mechanism class, not a promise of outcome.

Citrulline system (V1 total 10.7-12 g; V6 total 10.67-12.0 g)

L-citrulline recycles to arginine (the eNOS substrate) and raises plasma arginine reliably. My totals combine formula citrulline with added Citrulline Malate 2:1 (4-6 g; ~2.67-4.0 g free citrulline; malate counted as mass). Stacking V1+V6 would imply 21-24 g - the day the firewall forbids.

Betaine - NOW Sports Betaine Powder, 2,500 mg (V1 and V6)

Betaine (trimethylglycine) donates a methyl group (BHMT: homocysteine to methionine) and defends cell volume as an osmolyte - methylation support plus intracellular water BIA will read (Ch. 19). Brand lock: NOW Sports Betaine Powder is the only betaine item.

Alpha-GPC - inside ALLMAX only (V6 day: 300 mg + 200 mg = 500 mg)

Alpha-GPC is a choline donor supporting acetylcholine synthesis, never a standalone capsule here: Pump 300 mg + MuscleEAA 200 mg on V6 days. My only cholinergic capsule is citicoline 250 mg. Igniter 2.0 carries 0 mg native Alpha-GPC; its V1 context is the native nootropic matrix (DMAE 500 mg, Huperzine-A 200 mcg - Ch. 22).

Igniter Xtreme 2.0 nootropic matrix - formula-native (V1, per 2-scoop / 28 g dose)

DMAE 500 mg; Huperzine-A 200 mcg (half-life ~10-24 h; never stacked with V6 50 mcg); tyrosine 2,000 mg; choline 400 mg; theanine 400 mg; bacopa 320 mg; cocoa 500 mg; juniper 200 mg - all formula-native. Also counted: malic acid 3 g, sodium 210 mg. No betaine in Igniter - V1 betaine is 2.5 g standalone only.

Pump Xtreme native payload - formula-native (V6, per 2-scoop / 31 g Canadian dose)

Creatine monohydrate 1,000 mg native (HCl counted separately: 750 mg x 2 = 1.5 g/day standalone); sodium 220 mg; Huperzine-A 50 mcg; choline 300 mg; tyrosine 500 mg; taurine 2 g native (+2-3 g = 4.0-5.0 g); arginine 500 mg; betaine 2.5 g native (+2.5 g = 5,000 mg V6 total). STIM-FREE: 0 mg caffeine.



Collagen, creatine, R-ALA and support chemistry

GlycerPump, NitroVascine, arginine, beetroot (V6)

GlycerPump (2,000 mg) drives hyper-hydration; NitroVascine (250 mg) is inositol-stabilized arginine silicate; L-arginine (as sulphate) 500 mg (Canadian panel); beetroot (1,000 mg PUMP; 7 g, weighed, V4) supplies nitrate for the oxygen-independent nitrate-nitrite-NO route. V6 formula sodium 220 mg is counted (Ch. 12, 20); V10 stays sodium-free.

Collagen split - marine 10 g (V3 AM, V5), bovine 10 g PM (V10 night)

Collagen provides glycine, proline and hydroxyproline - the amino-acid pattern of the connective-tissue matrix. At 46, with tendon/ligament remodeling at roughly one-third muscle speed, I feed the lagging tissue first (04:00 V3), again on the rest-day bridge (V5, marine), and at night in V10 (bovine). The greens glass is kept separate so fiber and phytic acid timing do not blunt the peptide window. Beef bone broth sometimes goes in the fudge - nutritional-guide territory, noted here for completeness.

Creatine HCl - 750 mg x 2 = 1.5 g/day (V4/V5 + V10, never V1/V6 shakers)

Creatine increases phosphocreatine stores for ATP resynthesis during high-intensity work and draws intracellular water - functional for performance, confounding for BIA, and therefore declared in both places (Ch. 12 accounting, Ch. 19 measurement). The hydrochloride salt at two 750 mg pulses keeps the total exact and keeps pump-shaker velocity and audit clean. Naming: Creatine HCl (SD/Proline).

R-ALA - AOR 300 mg, swallowed whole before V4

Alpha-lipoic acid is a mitochondrial cofactor and antioxidant that can support glucose disposal. The capsule is never opened into liquid (esophageal irritation and degradation risk), and its glucose context is explicit: with only 19 g carbohydrate in V4, post-training tremor, sweating or confusion is triaged as a glucose question first (Ch. 13).

Taurine, PeakO2, L-carnitine, glutamine, glycine

Taurine (V1 2-3 g; V6 total 4.0-5.0 g) conjugates bile acids - directly relevant without a gallbladder - and acts as a cell-volume osmolyte. PeakO2 (2,000 mg mushroom matrix, V1/V6) is included for oxygen-kinetics support during work. Liquid L-carnitine (15 mL / 1 tbsp, V3/V5) supports fatty-acid transport into mitochondria in the morning/transport windows. Glutamine (5 g, weighed, V10) is the night gut/immune substrate; glycine (3-5 g, weighed, V10, plus magnesium glycinate ligand at night) is the inhibitory amino acid that links sleep chemistry to collagen synthesis. Each item keeps its count, dose and use on its grid line; this section only deepens the why.



Why my intake is timed the way it is

My daily pills are not a shopping list. Each window answers a fact about my body: how I digest without a gallbladder, how connective tissue lags at 46, where my spine and nerves set limits, and what a scan can honestly read.

My fact	What it changes	Where it shows in the intake
No gallbladder (post-cholecystectomy); historical steatosis noted	Bile trickles instead of storing; one large fatty meal overwhelms it	Smaller fat portions per meal; Pure Encapsulations Digestive Enzymes Ultra with every solid meal (3x rotation, Ch. 11); liver items (Milk Thistle, Liver-GI) conditional and monitored, hepatic panel periodic
Age 46 - anabolic resistance	Muscle protein synthesis responds less to the same amino-acid dose than at 25	Protein distributed across meals (252 g ceiling), each meal clearing the leucine threshold; V2 leucine signaling in session
Age 46 - connective tissue lag	Tendon and ligament collagen remodel at roughly a third of muscle speed	Marine collagen 1 scoop, about 10 g (V3 AM, V5) / bovine collagen 1 scoop, about 10 g PM (V10 night), fed to the lagging connective tissue; Ligament Restore in the afternoon grid; load progresses only while locks stay quiet
Lumbar L4-S1; left ulnar nerve	Shear and elbow-flexion tolerance set the training ceiling	Supported strength and hex-grid work (Ch. 6); symptoms, not ambition, set the stop
BIA reads water, not dry tissue	Creatine, betaine, taurine, potassium and glycogen move the printout 2-4 lb	The mineral chemistry of Ch. 20 is read together with the scan controls of Ch. 19 - never separately



Two compounds inside my formulas - never as standalone pills

DMAE (dimethylaminoethanol). A choline analog (DMAE bitartrate, typically 500-2,000 mg/day). Human evidence is thin and old; a related compound failed cognitive endpoints in a 242-person trial, and the US NTP ran prenatal developmental studies over neural-tube concerns in animals. Weakly supported claims.

Huperzine A. An alkaloid from Chinese club moss; a genuine acetylcholinesterase inhibitor (donepezil class) active at 200-400 mcg/day in Alzheimer's trials (approved in China, modest dementia signals). Data are in dementia patients, not healthy adults, and it lingers for hours (~10-14 h half-life), compounding cholinergic load. Real pharmacology.

My position, corrected from my tub labels (October 2026): Never standalone pills - never bought or added - but inside my formulas all along: Igniter Xtreme 2.0 carries DMAE 500 mg + Huperzine-A 200 mcg per V1 dose; Pump Xtreme (Canadian) carries Huperzine-A 50 mcg per V6 dose. The old absolute-zero claim was wrong; this chapter corrects it. My only cholinergic capsule remains citicoline 250 mg; alpha-GPC only inside ALLMAX formulas. S016 is not my protocol and appears nowhere in my grids.



What the labels actually say

How these two names entered my documents, what the evidence actually says, and how the labels corrected the record. I keep this investigation in the master so the correction is reasoned, not just asserted.

Provenance - what the labels actually say

The October 2026 label audit changed this story. DMAE and Huperzine-A did not enter my system through any audit layer: they were printed on my own tub panels the whole time. My Igniter Xtreme 2.0 (US tub, 2 scoops / 28 g) lists DMAE bitartrate 500 mg and Huperzine-A 200 mcg; my Pump Xtreme (Canadian tub, 2 scoops / 31 g) lists Huperzine-A 50 mcg (from Huperzia serrata). I never bought them as standalone pills and never added them to any grid - which is why the earlier "not in my protocol on any day" claim felt true - but "not as pills" is not the same as "not in my formulas," and the book now says exactly that. The S016 Endurance Pill scrub is a separate matter and it stands: S016 came only from a reconciliation document, never from my shelf or my locked database, and it appears nowhere in my grids.

The stale V2.0 website pages still carry the names as standalone items; the books' old error was absolute zero. Correct framing for both: "formula-native only, never standalone pills."

DMAE - chemistry vs claims

DMAE (2-dimethylaminoethanol, deanol) is a tertiary amine structurally related to choline. As the bitartrate salt it is sold at 500-2,000 mg/day with claims around focus and acetylcholine support. The human literature is old, small and inconsistent; a related DMAE compound (DMAE pyroglutamate context in the cited 242-person trial) failed its primary cognitive endpoints. The US National Toxicology Program conducted prenatal developmental toxicity work on DMAE/bitartrate chemistry over neural-tube signal concerns in animals - not proof of human harm at supplement doses, but the opposite of a clean, modern evidence base. For a daily, indefinite stack at 46, "weakly supported and old" describes the evidence; the compound arrived inside a formula taken for other reasons.

Huperzine A - real drug, formula context

Huperzine A is not a weak supplement claim; it is a potent, reversible acetylcholinesterase inhibitor isolated from Huperzia serrata, used pharmaceutically in China for Alzheimer's disease at 200-400 mcg/day. Trial signals are modest and concentrated in dementia populations, with gastrointestinal and cholinergic adverse effects consistent with the class (the donepezil class). Its long duration of action means a morning dose would still be inhibiting acetylcholinesterase during my afternoon and night stages, compounding citicoline and formula Alpha-GPC across the entire day - which is exactly why the at-most-one-V1/V6 firewall is structural, not voluntary.



The cholinergic stack I actually run - fully counted

Source	Cholinergic input	When
Citicoline capsule	250 mg, swallowed whole - my only cholinergic capsule	05:30 State A; T-30 before V6 on State C
Igniter Xtreme 2.0 (V1 base)	DMAE bitartrate 500 mg; Huperzine-A 200 mcg; choline (as bitartrate) 400 mg; L-tyrosine 2,000 mg; L-theanine 400 mg; bacopa (Synapsa) 320 mg; cocoa extract 500 mg; juniper 200 mg - formula-native, never a pill	State A mornings only
Pump Xtreme (V6 base)	Huperzine-A 50 mcg; choline (as bitartrate) 300 mg; L-tyrosine 500 mg; Alpha-GPC 300 mg - formula-native, never a pill	State C evenings only
MuscleEAA Xtreme	Alpha-GPC 200 mg inside the formula	V1 and V6 days
Multivitamin choline contribution	57 mg class contribution where the formula carries it - counted, not hidden	Lunch grid, training days
S016 Endurance Pill	Not my protocol - removed entirely	Never

With that table counted, the stack is precursors (citicoline, formula choline, formula Alpha-GPC, formula DMAE) PLUS an acetylcholinesterase inhibitor (formula Huperzine-A) - the old "precursor-based, not enzyme-inhibition-based" conclusion was wrong, and it is superseded here. The two Huperzine-A doses never meet: V1 and V6 never run the same day (at most one of V1/V6 per training day), so 200 mcg and 50 mcg never stack in one 24-hour window. Huperzine-A's half-life (~10-24 h) is exactly why the firewall is structural rather than voluntary - the day's cholinergic ceiling is set by architecture, and the night stage stays deliberately inhibitory in a different way (magnesium glycinate, glycine, tart cherry).

5-lens verdict

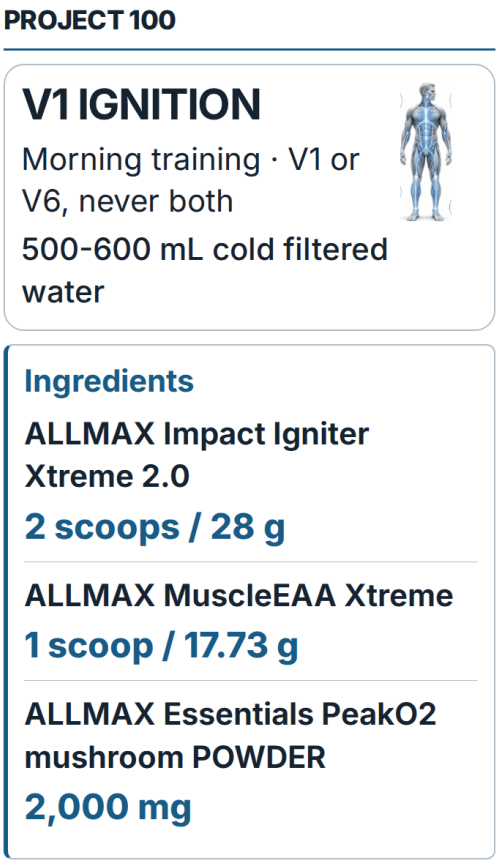
Physiology: my acetylcholine support is precursors plus a formula-native acetylcholinesterase inhibitor - the inhibitor does not substitute for the precursors, it compounds them, which is why the at-most-one-V1/V6-per-training-day firewall (never the same day) is the load control. Evidence: DMAE's human support is old and weak; Huperzine-A's support is dementia-specific - neither was ever a deliberate addition, both arrived inside formulas I take for other reasons. Safety: a ~10-24 h half-life inhibitor is why the two Huperzine-A doses must never stack same-day; the firewall guarantees they don't. Measurement: every formula-native milligram is on a panel I photographed and counted - the "if I take it, it is listed; if it is listed, I take it" rule now holds for the full label, not just the marketing highlights. Integrity: the absolute-zero claim was corrected the moment the labels were read; reconciliation-document-only items (S016) are still treated as unverified until I confirm them. My position stands: formula-native only, never standalone pills.



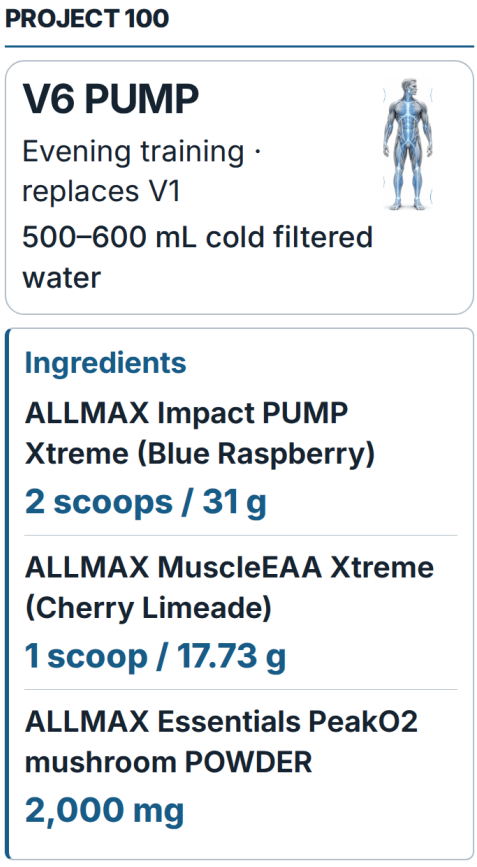
Captioned pointers into the text

My illustrated plates (presentation-series vector, intake and chronometer boards, white and dark variants) belong in this master as captioned pointers. Each caption repeats the grid's count + dose + benefit line so the image never becomes the only place a number lives. Formulations are identical across artwork variants.

Plate	Caption - count, dose, benefit (as on the grid)	Text source
V1 Ignition (white / dark)	7 items + base: Igniter 28 g (~373 mg caffeine, adrenergic drive), MuscleEAA 17.73 g, PeakO2 2,000 mg, NOW Sports Betaine Powder 2,500 mg (osmolyte/methylation), Citrulline Malate 4-6 g (total citrulline 10.7-12 g, NO substrate), Taurine 2-3 g, citicoline 250 mg separate capsule (cholinergic primer). Creatine in shaker 0 g.	Ch. 8-9, 21
V6 Pump (white / dark)	PUMP Xtreme 31 g (citrulline 8,000 mg, GlycerPump 2,000 mg hyper-hydration, Alpha-GPC 300 mg inside formula), MuscleEAA 17.73 g (Alpha-GPC 200 mg inside formula), PeakO2 2,000 mg, NOW Sports Betaine Powder 2,500 mg, Citrulline Malate 4-6 g (total 10.67-12.0 g), Taurine to 4.0-5.0 g total. 0 mg caffeine (stim-free, verified), 220 mg formula sodium, 1,000 mg native creatine monohydrate in base.	Ch. 8-9, 21
Chronometer (white / dark)	03:30 wake pack - 04:00 V3 - 05:00 first meal - 05:30 citicoline 250 mg - 06:00 V1 (State A) / evening V6 (State C) - 12:00 lunch grid 10 caps - 15:30 afternoon grid 6 caps - 18:30 V10.	Ch. 10-11
Hex-grid (white / dark)	Juggernaut 255 lb, Titan 300 lb, Enforcer 130 lb/set, Tricep Specialist 165 lb, Viper 180 lb, Scalpel 140 lb nominal - matched KUZARO sets, counts as Ch. 6.	Ch. 6



V1 Ignition card - morning training, 500–600 mL (2.1–2.5 cups / 16.9–20.3 fl oz), V1 or V6, never both.



V6 Pump card - evening training, replaces V1. Same scaffolding, no stimulants.



Intake and mineral boards, captioned

Plate	Caption - count, dose, benefit (as on the grid)	Text source
Daily intake / pill organizer	Wake pack (TestoFX class 500/250/200/9.5 mg, foundations), first-meal grid (Kyolic 600/380 mg, NMN 175 mg, NAC 900 mg, enzymes 1,500 FIP), lunch DMZ 10 caps (Omega EPA 480/DHA 320 mg, curcumin 475+piperine 5 mg, biotin 425 mcg disclosed), afternoon 6 caps, night stage (tart cherry dose as labelled on the bottle). Copper paused; zinc 30 mg recorded as history.	Ch. 11-12, 20
Mineral chemistry board	Potassium 1,000 mg/scoop (RapiDrem), sodium only as 1/16 tsp (~150 mg salt) session additions (RapiDrem "Sodium 0 mg" flagged as label discrepancy vs NaCl ingredient line), magnesium split (session 100 mg/scoop + night glycinate; Medi-C Plus half-scoop 1,000 mg C / 105 mg Mg / 650 mg lysine), boron counted 4 mg (3 mg capsule + 1 mg multi). Night sodium-free.	Ch. 20
Biometrics board	SMM 72.3 - 82.0 - 88.2 lb benchmark (2 Dec 2025); corridor estimates 90-93 true / 92-97 BIA are dated 2026 observations pending the scan; body fat 37.0% - 22.9% - 13.6% unverified reading; Apr 2026 93.7 lb (42.5 kg) marked unverified/excluded; next review 14-21 Dec 2026, Gym Fit Forme, S controls.	Ch. 2, 19

Captions carry the auditable numbers; see text chapters for full grids. V1 in the morning, V6 in the evening - never both on one calendar day. The firewall is printed on the cards themselves, not left to memory.



Canon card

Rule	Locked position
Betaine	NOW Sports Betaine Powder - 2,500 mg in V1 and in V6; the only betaine item. No other betaine brand is part of this protocol.
Cholinergic capsule	Citicoline 250 mg, 1 capsule swallowed whole - the only cholinergic capsule. Alpha-GPC only inside ALLMAX formulas (V6 day 500 mg inside formulas); DMAE/Huperzine-A only inside the pre-workout bases (Ch. 22).
Formula-native only	DMAE 500 mg + Huperzine-A 200 mcg arrive inside Igniter Xtreme 2.0 (V1 dose); Huperzine-A 50 mcg arrives inside Pump Xtreme (V6 dose). Never standalone pills - never bought or added. S016 Endurance Pill - not my protocol, removed entirely.
Biotin	Disclose 425 mcg; assay-specific interpretation only.
Firewall	At most one of V1/V6 on a training day; both inactive on rest days. Stacked-day math (citicoline 250 mg / Alpha-GPC 700 mg / taurine 7-9 g / betaine 5,000 mg / citrulline 21-24 g) is the forbidden day.
Creatine	HCl 1.5 g/day standalone = V4/V5 750 mg + V10 750 mg. V1 shaker 0 g. V6 base: 1,000 mg native monohydrate, counted separately.
Grid rule	Every vector/recipe/pill grid lists item count + dose + usage benefit together; pathway ("why this works") line above the grid.
Goal framing	100 lb SMM disclosed stretch goal; the 2026 corridor estimates (90-93 true / 92-97 BIA) are dated observations pending the InBody scan; body fat below 15% (target; Aug 2026 13.6% reading unverified).



Scan log

Date	Class	Weight	SMM	Body fat	Notes
2024 baseline	S	226.2 lb	72.3 lb	37.0%	Historical starting point
28 Jun 2025	S	-	82.0 lb	-	+9.7 lb vs 2024
2 Dec 2025	S	197.1 lb	88.2 lb	22.9%	Benchmark, Gym Fit Forme
Apr 2026	Unverified	191.5 lb (86.9 kg)	93.7 lb (42.5 kg)	30.2%	Excluded from corridor judgment
Aug 2026	S	-	-	13.6% (unverified)	August 2026 reading, not a confirmed milestone
14-21 Dec 2026	S planned	TBD	TBD	TBD	Same unit, full controls (Ch. 14, 19). I report SMM + total weight when done.

S = standardized (fasted, waking, post-void, same unit, 24 h buffer). H = hydrated peak (fed/hydrated training-block reading, e.g., Sep-Oct 2026: 200.1 lb / ~22.5% est. / 88.2 lb carried baseline). Classes are never averaged together.



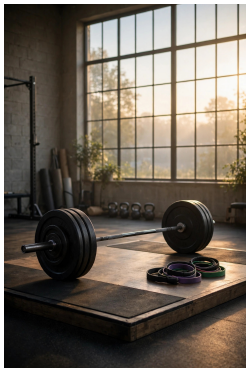
CLOSING - MY PHILOSOPHY

Durability outranks comparison

The singularity is not a physique borrowed from a stage. It is the point where measurement, training, digestion, sleep and laboratory honesty work as one system - sustained for years.

My scoreboard is my own comparable measurements, my function and my health. Quarterly review beats weekly overreaction. One change, one review window, one decision.

Project 100 - 100 lb of skeletal muscle mass, body fat below 15% - remains the horizon I work toward, disclosed honestly as a stretch. The corridor beneath it is where I keep score. The method underneath both is unglamorous and repeatable: measure honestly, train repeatably, eat with a record, sleep, and let symptoms set the ceiling.

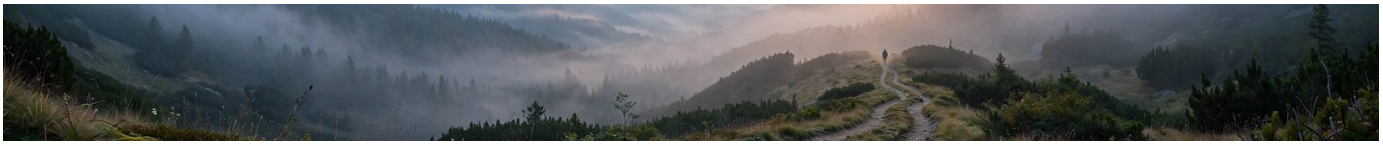


The platform at dawn - loaded, quiet, and ready for the next repeatable session.

Bogdan Dospinescu

Age 46 - Project 100 Encyclopedia V3.6 - 24 October 2026

Personal record. Not medical advice.



Training, through five lenses

Lens 1 - Physiology. At 46, muscle protein synthesis responds less to the same leucine dose (anabolic resistance) while tendon collagen synthesis lags further behind; the training answer is not more load but better-distributed load: supported variations (chest-supported rows, supported presses) keep mechanical tension on muscle while removing axial spinal cost at L4-S1, so the tissue that adapts slowest sets the progression rate.

Lens 2 - Measurement. Progression is judged across weeks of logged, repeatable sessions - not single heroic efforts. The 10:30 band deload (100 reps) is itself a measurement: joint-friendly blood-flow volume that tells me whether the locks stayed quiet after the main session.

Lens 3 - Training. The hex-grid exists for curve quality: matched KUZARO bands per bundle (Juggernaut 255 lb nominal down to Scalpel 140 lb nominal; nominal labels are bundle identity, not measured hand force) give cable-like drag without a single overstretched band dominating the resistance profile. Matched sets are why drop sets (Viper 180 lb nominal) and finishers stay smooth.

Lens 4 - Nutrition interface. Training windows are fed on schedule (V2 intra-session, V4 reload with 19 g carbohydrate) so that load decisions are never confounded by under-fueling; the post-cholecystectomy pacing rule (smaller fat portions, meal enzymes) is part of the training plan, not an afterthought.

Lens 5 - Safety. Hardware locks are non-negotiable: rack pulls above patellar height, neutral grips for the left ulnar nerve, braced belt work unloading erectors 20-40%. Pain is data about setup. Progressive weakness, new numbness, or bowel/bladder change stops the session - that rule outranks any program.



Nutrition and digestion, through five lenses

Lens 1 - Physiology. Without a gallbladder, bile delivery is continuous but dilute; fat handling becomes a rate problem. My historical planning figure encodes that: 69 g lipids/day distributed across smaller portions (whole-day intake verification deferred), Pure Encapsulations Digestive Enzymes Ultra (1,500 FIP lipase) with every solid meal - the every-stack enzyme in a 3x rotation (Ch. 11), and taurine's bile-acid conjugation role in the vectors. Historical steatosis is why liver items are conditional and hepatic panels are periodic.

Lens 2 - Measurement. Whole-day totals (2,780 kcal, 252 g protein, 4.0 L hydration) are historical planning figures; whole-day intake verification remains deferred. I do not total a few recipes and announce a verified daily intake. Legacy meals (MS-01 Mega Shake, SB-01 Salad Bowl) stay in rotation precisely because their labels were checked and recorded.

Lens 3 - Training. Protein is distributed so each meal clears the leucine threshold at 46 rather than dumped once; carbohydrate is placed where glycogen is spent (breakfast base, V2 dates chewed separately, V4 19 g reload) and never blended into a form that competes with amino delivery.

Lens 4 - Digestion. Chewed vs blended is a formulation decision in this system: dates and the MegaFood C gummy are chewed; greens sit in their own glass; R-ALA is swallowed whole. Gastric handling is treated as chemistry, not convenience.

Lens 5 - Laboratory. Afternoon testosterone draws are non-diagnostic by timing (my 13:28, 7.4 nmol/L example); morning fasting draws carry verdict weight. Biotin 425 mcg is disclosed for assay-specific reading. What I eat and when I draw blood are one integrity system.



Three states, three chemistries

State A (morning gym), State B (rest) and State C (evening gym) are not scheduling trivia; they are three different chemistries sharing one 24-hour clock.

Design question	State A answer	State B answer	State C answer
Ignition	V1 (caffeine ~373 mg) at 06:00	None - de-escalation is the point	V6 (0 mg caffeine) in the evening
Cholinergic primer	Citicoline 250 mg at 05:30	Off	Citicoline 250 mg at T-30 before V6
Creatine pulses	V4 750 mg + V10 750 mg	V5 750 mg + V10 750 mg	V4 750 mg + V10 750 mg (V6 base adds 1,000 mg native monohydrate)
Pill grids	Full: wake, first-meal, lunch DMZ (10), afternoon (5), night	Wake pack + enzymes with meals only; lunch/afternoon grids skipped	Full training grids, timed to the evening session
Night close	Night stage + V10 18:30, sodium-free	Same close - foundations do not take days off	Same close; V6's zero-caffeine design protects it

The rest day is the clearest statement of the system: food stays, enzymes stay, foundations stay - stimulation, pump chemistry and the training grids leave. De-escalation is designed, not accidental.

Dose accounting workbook

Item	Morning	Midday	Evening/night	Day total & rule
Creatine HCl	0 in V1 shaker	750 mg (V4 or V5)	750 mg (V10)	1.5 g standalone - two pulses; V1 shaker 0; V6 base adds 1,000 mg native monohydrate
Betaine (NOW Sports)	2,500 mg (V1 day)	-	2,500 mg (V6 day instead)	2,500 mg V1 day (standalone only); 5,000 mg V6 day (2.5 g native + 2.5 g standalone) - a single-vector day, not a stack
Citrulline (total base)	10.7-12 g (V1 day)	-	10.67-12.0 g (V6 day instead)	One ignition chemistry per day
Alpha-GPC	200 mg in MuscleEAA (V1 day; Igniter 2.0 native 0)	-	500 mg inside formulas (V6 day: 300 native Pump + 200 MuscleEAA)	Never a standalone capsule
Caffeine	Tea ~40-70 mg (timed, 2 h before V1) + V1 ~373 mg	-	0 mg (V6)	Night is stimulant-free by design
Sodium (added)	-	1/16 tsp (~150 mg salt) (V2) + 1/16 tsp (~150 mg salt) (V4) training; 1/16 tsp (~150 mg salt) (V5) rest	0 added (V6, V10); V6: 220 mg formula sodium counted (negligible)	RapiDrem panel "Sodium 0 mg" recorded as label discrepancy vs NaCl ingredient line



Safety cascades, expanded

Cascade 1 - Stimulant

V1 (~373 mg caffeine) is the only high-stimulant vector; tea (~40-70 mg) is timed two hours earlier so the training window is read cleanly. V6 exists so evening training does not borrow against sleep. A late stimulant is never the fix for a short night.

Cascade 2 - Cholinergic (corrected and locked)

Inputs: citicoline 250 mg (sole capsule) + formula-native DMAE 500 mg and Huperzine-A 200 mcg (V1) or Huperzine-A 50 mcg (V6) + Alpha-GPC inside ALLMAX formulas (V6 day 500 mg) + counted multivitamin choline contribution. The inhibitor IS in the stack - which is why the firewall (at most one of V1/V6 per training day) matters: the two Huperzine-A doses never stack same-day, and its ~10-24 h half-life is the reason the cap is architectural, not voluntary. S016 is not my protocol.

Cascade 3 - Piperine

BioPerine 5 mg with curcumin 475 mg slows glucuronidation clearance. That is the intended mechanism for curcumin exposure and the watched mechanism for anything else cleared the same way - one line, both readings, always together.

Cascade 4 - R-ALA / glucose

R-ALA 300 mg (swallowed whole) before a 19 g carbohydrate reload: symptoms after training are triaged as glucose first. The capsule never enters liquid.

Cascade 5 - Osmotic GI (post-cholecystectomy)

Betaine, taurine, magnesium and related osmolytes share a gut without a bile reservoir; smaller fat portions, slower eating and meal enzymes are the pacing answer. Historical steatosis keeps liver items (Liver-GI 50/50/47.5 mg class, conditional milk thistle) monitored rather than automatic.

Laboratory playbook

Test context	My rule	Worked example from my record
Testosterone	Morning fasting draw for any verdict	13:28 afternoon draw at 7.4 nmol/L cited as non-diagnostic timing example - recorded, not acted on as a verdict
Biotin-sensitive immunoassays	Disclose biotin 425 mcg; assay-specific interpretation only	PureGenomics biotin declared to the laboratory with the draw
Hepatic panel	Periodic, given post-cholecystectomy status and historical steatosis	Liver items (Liver-GI, milk thistle) stay conditional against this panel
Calcium / hydration	Aggressive hydration planning (4.0 L/day ceiling) when calcium runs high	Counted calcium: RapiDrem 82 mg/scoop + Medi-C Plus ascorbate contribution + diet
BIA (InBody)	Standardized S conditions; same unit; report SMM + weight + body fat from one visit	Benchmark 2 Dec 2025 (197.1 lb / 88.2 lb / 22.9%); next 14-21 Dec 2026



Caffeine, PeakO2 and carnitine

Caffeine - ALLMAX Impact Igniter 2.0, 2 scoops 28 g (~373 mg), V1 only

Caffeine antagonizes adenosine receptors, raising alertness and reducing perceived exertion during morning work. My dose sits inside the commonly studied 3-6 mg/kg performance range for my chassis, is confined to the 06:00 State A window, and is paired with a zero-caffeine evening vector (V6) so total-day stimulant load and sleep architecture are both protected. Earl Grey tea (~40-70 mg) is a timed ritual two hours earlier, not an uncounted extra.

PeakO2 - 2,000 mg mushroom matrix (V1 and V6)

A blended adaptogenic mushroom matrix (cordyceps-forward class) included for oxygen-kinetics and work-tolerance support during the session each vector fuels. It is present in both ignition modes so that variable is held constant across State A and State C comparisons; the variable that changes is caffeine/citrulline delivery, not the oxygen-kinetics base.

L-Carnitine - liquid 15 mL (1 tbsp / 0.5 fl oz) (V3 morning, V5 transport)

Carnitine shuttles long-chain fatty acids into mitochondria via the carnitine palmitoyltransferase system. I place it in the morning priming and rest-day transport windows - the fatty-acid transport contexts - rather than inside the pump or reload vectors, keeping each vector's job singular. Count and dose stay on the V3/V5 grid lines; this note only deepens the placement logic.

Collagen, creatine, nitrate

Marine collagen - 1 scoop, about 10 g (V3 AM, V5) supplies glycine/proline/hydroxyproline in peptide form; bovine collagen - 1 scoop, about 10 g PM (V10 night) maintains the split. Creatine HCl - 1.5 g/day, two 750 mg pulses (SD Pharmaceuticals / Proline) for phosphocreatine buffering. Dietary nitrate - beetroot 1,000 mg (V6 base) + 7 g, weighed, powder (V4): nitrate to nitrite to nitric oxide is the oxygen-independent complement to the citrulline-arginine-eNOS pathway; the two routes are layered deliberately.



Wake pack, first meal and primer

TestoFX class payload (500 / 250 / 200 / 9.5 mg) and boron

The wake pack's hormone-support complex is counted at payload level (including the standalone boron capsule 3 mg, plus 1 mg from the multi where it appears = 4 mg against the 20 mg adult UL context). I record boron because mineral margins are computed, not assumed (Ch. 20). The pack runs on rest days because foundations do not take days off; LactoBif is the intermittent - scheduled, not automatic - microbiome input.

NAC 900 mg, NMN 175 mg, Kyolic 600/380 mg

NAC provides cysteine, the rate-limiting substrate for glutathione synthesis - the first-meal placement pairs the antioxidant substrate with the day's first protein load. NMN (175 mg) is the NAD+ precursor input for sirtuin/PARP energy-and-repair chemistry. Kyolic aged garlic (600 mg extract / 380 mg lecithin) contributes aged sulfur compounds (S-allyl cysteine class) for cardiovascular support, taken with food as the grid states. Pure Encapsulations Digestive Enzymes Ultra (1,500 FIP lipase) - in every daily stage pill stack, with ~2 rotated addons - is the mechanical enabler without which a gallbladder-free meal is incompletely processed fat.

Citicoline 250 mg - the sole cholinergic capsule

CDP-choline provides choline and cytidine (to uridine), supporting acetylcholine synthesis and phosphatidylcholine membrane turnover. It is swallowed whole, separately, once per training day - never stirred into a shaker, where dose integrity and timing would be lost. State C moves the same single capsule to T-30 before V6; there is never a second capsule.

Lunch DMZ and afternoon

PureGenomics, Omega 800 (EPA 480 / DHA 320 mg), curcumin 475 mg + piperine 5 mg: the lunch DMZ is methylation, membranes and signaling housekeeping. Beef liver and Ligament Restore (afternoon, 6 caps) feed the matrix and protect the attachments. Night chemistry is inhibitory and restorative by design: magnesium glycinate, tart cherry (dose as labelled on the bottle), conditional milk thistle. Medi-C Plus full-label note: half-scoop = 1,000 mg vitamin C / 105 mg magnesium / 650 mg lysine (magnesium ascorbate version); the photo of my tub confirms "with Magnesium Ascorbate."



Training and station plates

The plates below are my own gym and station photographs, captioned with the system facts they illustrate. They are evidence of the lived system, not stock imagery.

Plate	Caption
Supplement station with protocol wall sheets	The system visible, labelled and repeatable before it is anything else: vector cards, pill organizer, and the wall-sheet chronometer (Ch. 10) at the station where V1/V6 are mixed. NOW Sports Betaine Powder is the betaine tub in this station - the only betaine item (canon card, Appendix A).
Weekly pill organizer + printed phase schedule	Wake, first-meal, lunch DMZ (10 caps, training only), afternoon (6 caps) and night stage laid out as Ch. 11 grids; conditional items held out of the daily cells.
Gym training - supported work	Chest-supported and braced work under the L4-S1 and ulnar locks (Ch. 3, 6): load progresses only while locks stay quiet.
Hex-grid band station	Matched KUZARO sets - Juggernaut 255, Titan 300, Enforcer 130/set, Tricep Specialist 165, Viper 180, Scalpel 140 lb nominal (Ch. 6). Nominal labels are bundle identity, not measured hand force.
Anatomical progress graphic	My disclosed framing in one image: 100 lb stretch goal, 88.2 lb benchmark carried baseline, dated 2026 corridor estimates beneath it (Ch. 1-2, 19) - scan pending.
V1 vector infographic (white + dark)	Formulation identical across variants: Igniter 28 g, MuscleEAA 17.73 g, PeakO2 2,000 mg, NOW Sports Betaine Powder 2,500 mg, Citrulline Malate 4-6 g (total 10.7-12 g), Taurine 2-3 g, citicoline 250 mg separate. Creatine in shaker 0 g.
V6 vector infographic (white + dark)	PUMP Xtreme 31 g (citrulline 8,000 mg, Alpha-GPC 300 mg inside formula), MuscleEAA 17.73 g (Alpha-GPC 200 mg inside formula), PeakO2 2,000 mg, NOW Sports Betaine Powder 2,500 mg, total citrulline 10.67-12.0 g. 0 mg caffeine (stim-free, verified), 220 mg formula sodium, 1,000 mg native creatine monohydrate in base.

Image files are held in the project asset library and placed at print resolution in the published layout; captions above carry the full auditable numbers in text.



Cross-reference and final checks

If you want...	Go to	Checked against
100 as the stretch goal; dated corridor estimates pending the scan	Ch. 1-2, 19 (5-lens) + 18 Oct 2026 Measurement companion	FFMI 25.71 frame math; BIA water-offset estimate pending measurement
Any vector's full formulation	Ch. 8 (grids) + Ch. 8 Deepened (evidence) + Ch. 9 (cards)	Ch. 12 dose accounting; Ch. 21 pathway line
Any pill's count, dose and benefit	Ch. 11 (grids)	Ch. 20 mineral chemistry; Ch. 13 cascades
Whether DMAE / huperzine / S016 are mine	Ch. 22 + Expanded Investigation	Canon card (Appendix A): formula-native only inside Igniter/Pump - never standalone pills; S016 excluded; citicoline 250 mg is the only cholinergic capsule
Betaine brand and dose	Ch. 8, 12, 20	Canon card: NOW Sports Betaine Powder, 2,500 mg, only betaine item
Biotin and lab draws	Ch. 12-14, Lab Playbook	Disclose 425 mcg, assay-specific; morning fasting T draws
Next scan readiness	Ch. 14-15, 19 controls	Appendix B scan log (S/H classes)

Deepened notes

Hex-grid engineering: matched bands share elongation, flatten the curve, and give cable-like drag (Juggernaut 3x 85 = 255, Titan 4x 75 = 300, Enforcer 2x 65 per matched set = 130/set, Tricep Specialist 3x 55 + THEFITGUY rope = 165, Viper 4x 45 = 180, Scalpel 4x 35 = 140 lb nominal). Nominal labels are bundle identity, not measured hand force. **10:30 band deload (100 reps):** blood flow and joint-friendly volume between session and V4 reload - deliberately not a second workout. **State C evening architecture:** no V1, no morning citicoline - the single 250 mg capsule travels to T-30 before V6; V6 provides pump chemistry without caffeine, V2 fuels, V4 reloads, night stage/V10 close sodium-free. **Rest day (State B) as active design:** wake pack, food, meal enzymes, V5 transport and V10 close stay; stimulation and training grids leave. **Post-cholecystectomy operating system:** smaller fat portions (69 g/day historical planning figure, distributed; whole-day intake verification deferred), Pure Encapsulations Digestive Enzymes Ultra (1,500 FIP lipase) with every solid meal in a 3x rotation, taurine bile conjugation, chewed carbohydrate, conditional liver support against a periodic hepatic panel. **FFMI and the drug-free boundary:** FFMI 25.71 at FFM 162-164 lb already sits at the 25.0-25.5 elite natural boundary; 100 lb true would need FFMI ~27.2 - why 100 stays the disclosed stretch goal and the 2026 corridor figures stay dated estimates pending the InBody scan. **Good scan day:** wake, void, scan fasted on the same InBody at Gym Fit Forme, log as S with SMM, weight and body fat from one visit, then let the December 2026 review window - not the drive home - produce the decision. **Asset index:** vector infographics V1-V6 and V10 (white/dark, my likeness), anatomical progress graphic, supplement station, pill organizer, gym photographs and hex-grid station - every caption repeats its grid's count, dose and use and names its governing chapter.



V3.6 supersedes V3.5

V3.6 is built by copying the V3.4 source forward and editing it - never by editing the archived V3.4 in place, and never from the rejected drafts. Version handling is settled: V3.6 supersedes V3.5 unless the owner overrides it.

What changed in this edition

- **Letter pages, shared type scale** - the baseline A4 layout moves to US Letter; body 10.5 pt / line-height 1.5, h2 22 pt serif, h3 12 pt, tables 8.2 pt, footers 8 pt. Key data (Daily Calories, Macros and the like) print as glowing highlight textboxes with descriptive write-ups, never as plain cards.
- **Front rebuilt** - cover, Contents, working content only. About, operator and edition matter moved to this back section, before the colophon. No workflow, version-history or integration-log chapters anywhere.
- **Chapter 5H - harvested nutrition records** - 11 meal recipes, 5 highlight meals and the 6 oz protein reference table restored from the 6 October 2026 Instagram harvest, macros as harvested. No invented salads or meals.
- **Chapter 5B - the complete Frozen Kitchen** - base, fill spec, gum law, pathways, workflow, inclusion and lipid tiers, and all 18 permutations each on its own page, from the verified Gemini Chapter 5 insert (used as rebuild reference only; the Gemini file itself is not an edition and was not adopted as a whole).
- **Chapter 15B - restraint** - the de-claimed Gemini Chapters 10-11 framing (no guarantees, assessment-directed triage) with the personal-record disclaimer the Gemini file lacked.
- **Canon corrections C36-C44** - boron, tart cherry, calcium removal, 13.6% reframing, DMAE / huperzine re-check, frozen-kitchen deletion of alternate bases, Hexapro and Silk flags, front-matter and naming locks. Full register follows this page.
- **Plates that fit the flow** - new section plates (training barbell, nutrition salad bowl, daily-sequence kitchen, supplements slate) sit small beside the prose they illustrate; Creami portraits sit one per recipe page; gold border bands (filigree, chevron, vine, sunburst) appear as footer strips only, never as plates. No image-only pages, no half-empty pages, no sections or cards split across page turns, no full-page photos before content. Only the cover and deliberate diagram plates own a page.

What was excluded, and why

- **The voided "PROJECT_100_DAILY_GUIDEBOOK_V3.6_RELEASE.docx" - entirely.** Its nutrition and frozen content does not enter this book.
- **All v190 invented content** - the 450 mL system, generic flavour pairs, invented vector systems, invented salads and meals, and the stale V186.40 dossier workflow. None of it is carried as an alternative.
- **The unverified financial ledger** - not printed, not totalled, not relied on.
- **The 13.6% body-fat reading as a milestone** - unverified; reframed everywhere (see C39), never presented as confirmed.

About this record

Bogdan, 46, 170 cm (5 ft 7 in), 200.1 lb chassis, post-cholecystectomy, L4-S1 and left ulnar locks, drug-free. 100 lb SMM is the disclosed stretch goal; the 90-93 lb true / 92-97 lb BIA corridor figures are dated 2026 observations, never validated physiology. Goal arithmetic: 100 - 88.2 = 11.8 lb (5.35 kg, 13.4%) from the carried 88.2 lb benchmark to the stretch.

Still needing the owner's five decisions

- **Silk photo** - front-panel photo of the actual Silk SKU to confirm Pathway C and complete its recost.
- **Hexapro label / batch** - label or batch confirmation to resolve the 44 g scoop vs 38-45 g per 1.5 scoops conflict.
- **Nutrition scope veto** - whether the harvested-records scope in Chapter 5H stands or is re-scoped.
- **Boxed-manual freeze page** - verification of the freeze / lid instruction against the boxed Ninja Creami manual (NC501) page.
- **Version handling** - SETTLED as supersede V3.5 unless the owner overrides.

19 OCTOBER 2026 COMPANION

Correction register C01-C35

Dated corrections applied to this edition. The archive stays readable; the register states what changed and why.

ID	Archived statement	V3.3 treatment
C01	Older text described a validated dry SMM corridor and a fixed BIA water offset.	Do not repeat those ranges as measured physiology. 100 lb SMM stays the disclosed stretch goal; the corridor figures are dated 2026 observations pending the InBody scan.
C02	Older editions printed 14 December 2025 for the 88.2 lb benchmark.	Corrected to 2 December 2025 throughout; the archive discrepancy stays on record here.
C03	'V1 XOR V6 = 1' implied one stimulant branch must be used.	Restated: at most one of V1/V6 on a training day; both inactive on rest days.
C04	2,780 kcal / 252 g protein / 69 g fat appeared as ceilings or a completed daily account.	Reframed as historical planning figures; whole-day intake verification remains deferred.
C05	Edition metadata reported 25 canonical entries.	Current count is 31 after six new Pilates-kit adaptations; 25 stays the pre-expansion count.
C06	Screening language could read as exhaustive video analysis.	Exact scope: 740 files inventoried; 18 representative long recordings screened sequentially, 1 partial, 24 pending; sets and reps unverified.
C07	Old data fields carried three level assignments as instruction.	Superseded: the trainer selects resistance, range and progression; old level fields are not current instruction.
C08	Older photo estimates had uncertain dressing inclusion.	Kept separate from current modeled ranges and actual consumption.
C09	Full and quick Pilates downloads both had eight pages.	Both hold the same two day sequences of twelve cards; no extra abridged analysis implied.
C10	18 sequential review statuses but 15 detailed coverage objects.	Both retained; a missing detailed object is not proof a recording was never screened.
C11	Historical registry kept older compositions (Titan 3x65, older Twin Cobras entry).	Current published directory used: Juggernaut 3x85 (255), Titan 4x75 (300), Enforcer 2x2x65 (130/set), Tricep Specialist 3x55 + rope (165), Viper 4x45 (180), Scalpel 4x35 (140) nominal. Labels are bundle identity, not measured force.
C12	Kinetics page crowded with repeated banners and equipment summaries.	Reorganized around three muscle-focus days and two Pilates full-body days. Rig material under muscle focus; short-band and bar material under full body.
C13	Programme/day selector cards plain and hard to distinguish.	Illustrated programme choices with strong day actions and selected states restored; compact expandable setup details.
C14	Overview suppressed View-all for groups with four or fewer entries.	Every nonempty principal muscle group gets a View-all action; direct Kinetics-to-Chest route retained.
C15	Generic sweeps and holds could be mistaken for isolated Chest exercises.	Chest directory reports 12 focused entries and 2 assisting entries separately. Eight focused entries are added editorial techniques; existing four retain their evidence class.
C16	31-entry library lacked standing press/fly and angled Chest options.	Eight new resistance-band Chest techniques bring the canonical count to 39. Each has an accepted plate, technique page, and explicit added-technique provenance - not claimed as verified personal footage.
C17	Grip and contact descriptions not consistently distinguished.	All 115 illustrated records now carry grip/contact category, label and cue. Fourteen published labels cover loaded grips, rotating contacts, loops, cuffs, supports and unloaded entries.
C18	Supported curl training plate showed an anchor whose pull assisted the upward curl.	Corrected to a supported low-front band curl. Original high-front observation retained separately as a source record; the training plate is an explicit adaptation.
C19	Inclined curl plate placed its anchor above the working hand.	Replaced with a full-body, two-pose low-front-anchor plate. Band resists the upward curl; six original source windows and Day 3 slot unchanged.
C20		

	Standing high-front wide-arm sweep changed viewpoint across panels.	Replacement uses a consistent front view with interpretable line routing. Compound shoulder/arm-phase explanation retained; not an isolated Chest fly.
C21	Pilates lateral-raise finish showed wrist flexion under handle tension.	Replacement uses straight wrist/forearm alignment with angled or semi-pronated handle description; no forced thumb-down twist.
C22	Open/closed palm contact change described as a supination cycle.	Display is low-rear palm-grip contact control. Finger flexors/extensors change contact while forearm muscles stabilize the wrist - not a measured forearm rotation.
C23	Two-panel plates implied a start/finish repetition where none existed.	Captions now use start/finish only where appropriate; variation A/B, side A/B, extended/bent, contact A/B or rotation A/B where those are the depicted differences.
C24	Several generated Chest drafts had extra lines, kinked connections, unconnected handles.	Rejected drafts excluded. Current upward press and seated fly use consistent symmetric front views. Use only the accepted artwork index - not earlier generated images.
C25	Complete library language could imply complete video review.	Scope stated precisely: 80 setups, 173 windows; targeted review added no verified new distinct filmed Chest exercise. 35 short-clip midpoint sheets screened; long recordings remain pending.
C26	Cards, PDFs and guide pages could diverge after image or label changes.	Dataset, image metadata, static guides, 39 individual PDFs and 48 canonical downloads synchronized. Thirteen compatibility copies aligned.
C27	Folder buttons became visually flat and similar to containers.	Gradients, inset highlights and folder contrast restored without changing the navigation model.
C28	Header menu stayed in the way when scrolling.	Header hides on deliberate downward scroll, returns on upward scroll. Usability correction, not a content change.
C29	Floating actions overlapped the book download region.	Dock background removed; spacing above the PDF bar restored. Bottom clearance preserved for downloads.
C30	Book cards showed FREE and page counts; theme button resembled a heavy tile.	Cards use PROJECT 100 PDF labels with edition identifiers; page counts omitted. Moon/sun action has no visible box while keeping touch behaviour.
C31	Background videos stopped rendering on Android.	Three compatible H.264 mobile encodings restore rendering; backgrounds autoplay muted and loop without decorative playback controls.
C32	Repeated style overrides made mobile navigation unreliable.	Phone cascade, page structure and section positioning reconciled. Same content and navigation on narrow layouts.
C33	18 October reference documents still show 31 techniques.	Those remain dated 18 October snapshots. Current JSON and registers describe 39; state the cutoff date when quoting older papers.
C34	Earlier labels conflated contact, posture, equipment or movement families.	Refinement log separates forearm contact from curls, shared grips from independent handles, floor knees from sandbag support, cable work from elastic-band work, transitions from prescriptions.
C35	Popup and summary text could preserve older SMM, nutrition or bundle claims.	Website summaries, gear descriptions and protocol references reconciled against the C01-C11 register. A summary disclaimer does not repair a contradictory detailed table.

A revised title is presentation metadata; it does not create a new source passage. Rebuilds after review use the same accepted record IDs.

V3.5 addendum - corrections applied 24 October 2026 (C36-C44)

C36	Boron totals in mineral chapters counted TestoFX 9.5 mg as boron.	Corrected: boron is 1 standalone capsule of 3 mg (New Roots Herbal); the 9.5 mg in TestoFX is piperine. Training-day boron total is 3 mg + 1 mg multi = 4 mg.
C37	Night-stage tart cherry named Organika.	Corrected: Inno Nutrition 10000 (NOT Organika). Counted night dose stays 1 capsule as gridded.
C38	Calcium pill appeared as a conditional lunch-grid item.	Removed: the calcium pill is REMOVED from the grids in this edition. Calcium accounting in dose chapters now counts diet and formula contributions only.
C39	August 2026 InBody 13.6% body fat printed as a documented sub-15% milestone.	Reframed everywhere: the 13.6% reading is UNVERIFIED and is never presented as a confirmed milestone. Below 15% remains the target; the December 2026 scan decides.
C40	Chapter 22 once carried an absolute-zero claim for DMAE / huperzine A.	Re-checked for V3.5: the correction stands. DMAE 500 mg + huperzine-A 200 mcg are formula-native inside Igniter Xtreme 2.0 (V1 dose); huperzine-A 50 mcg is formula-native inside Pump Xtreme (V6 dose). Never standalone pills; citicoline 250 mg remains the only cholinergic capsule.
C41	Frozen-kitchen sketches in earlier drafts carried 450 mL / 650 mL bases and a universal-0.5 g gum rule.	Deleted: Chapter 5B prints one system only (600-645 g / 21.2-22.8 oz; 1.0 g isolate / 0.5 g blend-pudding gum law; one 24-hour freeze window; MIX-IN before RE-SPIN; lid-off labelled as owner deviation).

C42	Hexapro scoop figures conflicted (44 g label scoop vs 38-45 g per 1.5 scoops).	Flagged in Chapter 5B and Chapter 5H wherever Hexapro ledgers appear; never fudged, never printed as resolved. Owner label / batch confirmation still pending.
C43	Silk Pathway C risked being read from Pathway A numbers or the wrong product.	Flagged: archived grid preserved unaltered, full recost pending SKU confirmation; canon Pathway C is Silk Protein Almond & Cashew, not Unsweetened Original.
C44	Front matter mixed edition notes with working content; quantities and chapter naming varied.	Front is now cover, Contents, working content only; edition matter, this register and the source register sit at the back. Naming lock applied: "Minerals & Micros". Goal arithmetic stated: 100 - 88.2 = 11.8 lb (5.35 kg, 13.4%) to the stretch.



Sources, in the register format

Source codes connect the narrative to its references. A checked date records retrieval or label review - not the date of a clinical measurement. Manufacturer comparisons do not authenticate an individual batch. Entries below were re-verified for this edition; anything not listed here is not a source for this book.

Code	Source	Checked / note
L_IGN	ALLMAX Igniter Xtreme 2.0 tub label (2 scoops / 28 g)	October 2026 label audit; DMAE 500 mg + huperzine-A 200 mcg formula-native
L_PUMP	ALLMAX Impact Pump Xtreme, Canadian label (2 scoops / 31 g)	October 2026 label audit; huperzine-A 50 mcg, 0 mg caffeine, 1,000 mg native creatine monohydrate
L_EAA	ALLMAX MuscleEAA	Label audit; Alpha-GPC inside formula only
L_CITI	AOR Citicoline	250 mg capsule, swallowed whole, sole cholinergic capsule
L_MED	Medi-C Plus, magnesium-ascorbate version	Half-scoop in V10: 1,000 mg C / 105 mg Mg / 650 mg lysine
L_COLL	Marine collagen (V3 / V5) and bovine collagen (V10)	1 scoop, about 10 g (0.35 oz) each, as gridded
L_PEAK	ALLMAX PeakO2	2,000 mg mushroom matrix, V1 and V6
L_REC	BioSteel Recovery Protein Plus Vanilla	V4 half-serving only: 1 scoop / 36 g
L_SD	SD Pharmaceuticals / Proline creatine HCl	750 mg x 2 = 1.5 g per day standalone
L_RALA	AOR High Dose R-Lipoic Acid	300 mg swallowed whole before V4, never in liquid
H_INST	Instagram @fudge_fit harvest (nutrition records)	6 October 2026; 87 posts scanned, 15 full captions, 38 highlights; macros as harvested (Chapter 5H)
V214	Ninja Creami Guidebook V2.14 (working cookbook)	22 October 2026, 61 pages; https://project100.fit/fit-nutrition.html?creami=open (Chapter 5B)
GEM5	Gemini V3 Chapter 5 Frozen Kitchen insert (rebuild reference only)	Post-22 October 2026 insert; first candidate with 18/18 permutations and 36/36 A/B ledgers exact. The Gemini file as a whole was REJECTED as an edition and was not adopted - only this insert, its Chapters 10-11 framing, and this register format were salvaged.

Baseline canon: MEMORY.md governs wherever baseline text conflicted with it. Corrections C36-C44 (previous pages) record every such conflict found in this edition. The V3.4 archive, the rejected drafts and project100.fit were not edited for this build.



COLOPHON

End of V3.6

PROJECT 100 Encyclopedia V3.6, 24 October 2026. Built from the V3.4 source, copied forward and edited; rendered to US Letter PDF. This edition supersedes V3.5.

This book is a personal record, not medical advice. It describes one person's system, as he lives it, with the numbers he actually uses - and with the places where the record is unverified, flagged, or still awaiting his decision marked in plain text rather than smoothed over.

Cover: E1 midnight-manuscript black + gold treatment; cover photograph verified distinct from the Guidebook cover (Guidebook: G2 graphite + orange still life - barbell, shaker, pill organizer, notebook, dawn window; this book: seated bench portrait in a black shirt with a shaker). Section plates, Creami portraits and gold footer bands are listed in the build note held with the source. Nothing on any website was touched for this edition.

