PROJECT 100 Encyclopedia Update

Nutrition Training Evidence and Kinetics Companion

18 October 2026

This companion supplies current text for the nutrition and training chapters of the Encyclopedia. It is an update supplement to the archived 75-page V3.2, not a claim that every chapter of that publication has undergone a new clinical review. It contains no illustrations or prescribed exercise sets. The master reference supplies the complete registers and source hashes.

How the Encyclopedia and Guidebook should incorporate this material

Topic Nutrition and serving basis · Encyclopedia destination Chapter 5 How I fuel with new meal taxonomy, model assumptions and caption reconciliation · Guidebook destination Chapter 4 Fuel with serving basis and prepared versus consumed notes

Topic Equipment and mechanics · Encyclopedia destination Chapter 6 How I train with system separation, attachment taxonomy and force limits · Guidebook destination Chapter 5 Train with equipment identity, trainer-managed resistance and technique links

Topic Recording evidence · Encyclopedia destination Chapter 6 evidence annex with passage register and review coverage · Guidebook destination A short evidence note and link to the master reference

Topic Liquid recipes · Encyclopedia destination Chapters 7 and 8 with current registry and branch correction · Guidebook destination Chapters 3, 6 and 7 with current day-branch wording

Topic Measurement and uncertainty · Encyclopedia destination Chapters 2, 14 and 19 with reported versus verified data · Guidebook destination Chapters 1 and 13 with dated values and pending measurements

Topic Archive corrections · Encyclopedia destination Dated correction register before retaining older claims · Guidebook destination Short current-rules statement with archive link

The supplied Encyclopedia V3.2 has 75 PDF pages and the Guidebook V3.3 has 31. Their contents use the chapter names mapped above. The web routes encyclopedia.html and encyclopedia-guidebook.html currently redirect to fit-protocol.html; guidebook.html is the active daily schedule. The companion updates in this package therefore add current material to the publication paths without representing the archived PDFs as fully revised new editions. [S12 S13 S14 S15]

Use the same source IDs and stable movement or meal IDs in each publication. A revised title is presentation metadata; it must not create a new source passage. Rebuild derivative guides from the same accepted record after review. Keep an edition date and a change note visible to prevent an old download from appearing current.

Correction and reconciliation register

C01 Publication baseline

Archived or stale statement The older PDF describes a validated dry SMM corridor and a fixed BIA water offset.

Current finding The current reconciled record explicitly excludes unsupported personal biological ceilings and fixed water-offset claims.

Editorial treatment Do not repeat those ranges as measured physiology. Preserve the personal goal and separately dated observations.

Sources [S10 S14 S15]

C02 Benchmark scan date

Archived or stale statement The older Guidebook prints 14 December 2025 for the 88.2 lb benchmark.

Current finding The owner-confirmed benchmark date in current-metrics is 2 December 2025.

Editorial treatment Use the current date while retaining the archived discrepancy in the correction history.

Sources [S10 S15]

C03 Day branch

Archived or stale statement The older Guidebook prints V1 XOR V6 equals one, implying one must be used.

Current finding Current website rule is at most one on a training day; both are inactive on rest days.

Editorial treatment Replace mandatory either-or language; do not invent a compulsory stimulant branch.

Sources [S11 S12 S13 S15]

C04 Nutrition totals

Archived or stale statement Historical 2780 kcal, 252 g protein and 69 g fat appear as ceilings or a completed daily account in older material.

Current finding Current website calls these historical planning figures; whole-day intake verification remains deferred.

Editorial treatment Do not total a few recipes and announce a verified daily intake.

Sources [S06 S07 S10]

C05 Canonical count

Archived or stale statement Saved edition-coverage metadata still reports 25 canonical entries.

Current finding The current exercise array has 31 after six new Pilates-kit adaptations.

Editorial treatment Use 31 for the current snapshot and retain 25 as the pre-expansion count.

Sources [S01]

C06 Video completion

Archived or stale statement Broad screening and compiled guide completion can sound like exhaustive video analysis.

Current finding Inventory contains 740 files; 18 representative long recordings are marked sequentially screened, one partial and 24 pending.

Editorial treatment State the exact review scope; set and repetition counts remain unverified.

Sources [S01 S17 S18]

C07 Resistance levels

Archived or stale statement Historical data fields retain three level assignments.

Current finding The user removed level selectors and editions; the trainer selects resistance.

Editorial treatment Treat older level fields as superseded schema, not current instruction.

Sources [S01 S08]

C08 Salad arithmetic

Archived or stale statement Older photo estimates have uncertain dressing inclusion and may differ from current models.

Current finding Current models use disclosed ingredient ranges and include a whole prepared dressing batch.

Editorial treatment Keep archive estimates separate from current modeled ranges and actual consumption.

Sources [S03 S05 S06]

C09 Same length quick guides

Archived or stale statement The full and quick Pilates downloads both have eight pages.

Current finding Both currently contain the same two day sequences of twelve cards.

Editorial treatment Describe the overlap honestly; do not imply an extra abridged analysis that is not present.

Sources [S16]

C10 Registry completeness

Archived or stale statement There are 18 sequential review statuses, but only 15 detailed recordingCoverage objects.

Current finding The review CSV and detailed coverage notes provide different levels of documentation.

Editorial treatment Retain both; absence of a detailed object is not proof that a recording was never screened.

Sources [S01 S18]

C11 Bundle directory versions

Archived or stale statement The historical gear JSON retains older compositions including Titan 3 by 65 and an older Twin Cobras entry.

Current finding The current Kinetics page publishes Titan 4 by 75, Enforcer two matched 2 by 65 sets, Tricep Specialist 3 by 55, Viper 4 by 45 and Scalpel 4 by 35.

Editorial treatment Keep both dated sources distinct. Use the current published Kinetics directory for its current configuration; do not infer a clip load from either directory.

Sources [S08 S09]

Media inventory and analysis coverage

Measure Inventoried files · Value 740 · Interpretation Includes copies and repeated exports

Measure Readable durations · Value 739 · Interpretation Metadata availability, not proof of full content review

Measure Total readable duration · Value 40.853 hours · Interpretation Includes duplicates; not unique training time

Measure Representative long recordings · Value 43 · Interpretation 44 long files in the initial inventory shared 43 representative screens

Measure Sequential screening completed · Value 18 · Interpretation One-second review; no frame-exact set boundaries

Measure Partial sequential screening · Value 1 · Interpretation Remainder outside the frozen edition

Measure Pending long timelines · Value 24 · Interpretation Overview sampling does not establish complete exercise coverage

Measure Earlier observation windows · Value 53 · Interpretation Five-second sampled sightings retained as historical evidence

Measure Current grouped setups · Value 80 · Interpretation Not 80 newly discovered exercise families

Measure Eligible illustrated training setups · Value 76 · Interpretation Four groups retained as evidence only

Measure Current source passages · Value 173 · Interpretation Phase references, not a set total

Measure Movement families · Value 17 · Interpretation Consolidated interpretation across grouped setups

Measure Canonical technique entries · Value 31 · Interpretation Includes accepted references and kit adaptations

The inventory and early screening report concern the entire media folder as recorded at the time of analysis. The reviewed-recording edition is a narrower, deliberately frozen scope. The current compilation adds no new video review and no new proof of exact repetitions. File counts and readable durations are metadata claims; byte-identical duplicate detection was not performed for every shared screen. [S17 S18 S19 S20]

The first-pass report records 43 long-file overview sheets, 674 representative shorter-file midpoint images, 34 edited resistance clips sampled three times, 387 denser samples from six recordings and 59 five-second sequences, of which 53 were catalogued. These are different review layers and must not be added as independent exercises. Later sequential screening and source corrections supersede an early label where they address the same passage. [S18 S19 S20]

One inventory entry is unreadable because its MP4 index or moov atom is missing: 89630ba91048d0711b0c2903dbce7211_720_1280.mp4. The source was left unchanged. No content-completeness claim is made for it. The original-file integrity check was based on recorded size and modification time, not a cryptographic audit of every video. [S17 S20]

How the Kinetics analysis was structured

The analysis proceeds from media inventory to screening evidence, short observation windows, consolidated movement groups, anatomical interpretation and publication records. Each layer answers a different question. Inventory establishes which files were present. Sampling locates candidate actions. Sequential screening improves coverage within a selected recording. Source geometry checks resolve contacts and hardware when a smaller screen was ambiguous. Consolidation prevents repeated exports or posture changes from becoming invented exercise families.

The current source catalogue retains a stable phase ID, source filename, start and end time, movement family, body position, anchor location, pull direction, hand path, equipment description and classification. A source window describes the passage that supported the interpretation. It does not establish that the passage begins at the first working repetition or ends at the last one. [S02]

Geometry analysis separates the visible attachment from an assumed resistance system. 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. A handle clipped to a cable stack remains cable-loaded even if the grip resembles band hardware. These distinctions drove the exclusion of several superficially similar movements from the band-only edition. [S01 S18]

Support contacts are recorded separately from the limb action: both knees on floor, knees on a padded box, bench straddle, seated box, deep squat, staggered stance or a free hand braced on a support. An occluded knee or hand is left uncertain. A box adaptation is identified as an editorial adaptation when the recorded source actually used a bench. [S01 S02]

Hand topology is a separate field. Two independent handles maintain separate load paths. Two hands on one handle share one grip. A rigid bar joins its two ends mechanically. A rope can change hand orientation without becoming a second independent resistance circuit. Joining two pictured handles into a single impossible band path is a rendering error, not an alternative interpretation.

The source refinement log documents corrections rather than deleting inconvenient evidence. In particular, shared grips were separated from independent grips; a low squat was distinguished from kneeling; a lateral weight shift was not renamed a straight-leg Cossack squat; free-hand gestures and walking resets were retained as evidence rather than prescribed exercises. [S01]

Resistance systems force and movement interpretation

KUZARO long-line bands and the HPYGN short-band Pilates kit are distinct systems. The owner also uses a Tribe Lifting three-piece bar and rotating eyelets, PLYOSOFT padded boxes and several handles, ropes, straps and carabiners. Brand and ownership records identify the equipment; they do not establish that every observed line in every recording is that product. [S08 S09]

High, middle and low describe relative anchor zones rather than measured heights. The resistance direction runs from the working attachment back toward its anchor. The hand movement may travel away from that anchor during the loaded phase. A single upward or downward arrow is insufficient unless its meaning is stated. Source descriptions use relative directions because numerical anchor coordinates and pulling angles were not measured. [S01 S02]

Turning effect depends on the force, its direction and the perpendicular distance from the joint or pivot. Therefore identical nominal bands can create different joint demands when body position or the line of pull changes. The recordings contain no calibrated force measurements or complete three-dimensional joint coordinates, so this compilation reports no personal torque values. General principle reference R02; personal geometry records [S01 S02].

Nominal label totals identify bundles. They are not constant hand force, measured joint load or a hardware working-load limit. Current data do not supply a calibrated force-extension curve, resting and stretched lengths for each repetition, dynamic force trace or anchor load measurement. No numeric tension curve is inferred from the footage.

For parallel elastic lines, the contribution at the hand depends on the actual tensions and their directions. Merely adding labels omits extension, routing, slack and geometry. Two left and right circuits also do not establish the force at one hand by adding both sides. The source values are retained as nominal bundle arithmetic only.

The confirmed Pilates arrangement uses identical band labels and counts on the left and right, with two equal bands per side and four total. The recorded label options are 45, 55 and 65 lb. These are equipment descriptions, not levels or assigned training loads. The personal trainer handles resistance, range and progression. Old level-specific fields are not carried into this reference as prescriptions. [S01 S08]

Both full-body programme days are Pilates-kit-only in the current publication. Six newer kit adaptations expand technique variety without creating six new personal video sightings. The master reference preserves the difference between an accepted technique, a source-observed variant and an editorial kit adaptation. [S01]

Named bundle identity

Bundle Juggernaut · Recorded composition 3 × 85 lb · Arithmetic identity 255 lb nominal

Bundle Titan · Recorded composition 4 × 75 lb · Arithmetic identity 300 lb nominal

Bundle Enforcer · Recorded composition 2 × 65 lb per matched set · Arithmetic identity 130 lb nominal per set

Bundle Tricep Specialist · Recorded composition 3 × 55 lb with THEFITGUY rope · Arithmetic identity 165 lb nominal

Bundle Viper · Recorded composition 4 × 45 lb · Arithmetic identity 180 lb nominal

Bundle Scalpel · Recorded composition 4 × 35 lb · Arithmetic identity 140 lb nominal

The photographed HPYGN and Tribe arrangement is two bundles of two 65-labelled bands, one matched bundle per side. The combined 260 lb nominal label sum is a configuration identity; it is not measured force at either hand. The KUZARO Enforcer and the short-band system remain separate entries even where the label number is the same. [S08 S09]

Muscle roles and anatomical interpretation

The primary role identifies muscles expected to contribute directly to the interpreted joint action. The secondary role identifies assistants and local joint control. The support role identifies postural stabilization and support contacts. These roles are qualitative and depend on the actual movement; they are not a three-rank strength score or an electromyography result. [S01]

A compound sequence can combine elbow motion, shoulder motion and a torso hinge. Naming the sequence only for biceps or triceps would hide the other components. Conversely, a small torso movement does not establish that every visible back or leg region is a major driver. The recorded action, joint path and base must be described before assigning a muscle emphasis.

Green support emphasis is intentionally restrained in the current visual standard. A planted leg, seated pelvis or braced hand supplies support but does not imply maximal activation throughout the whole limb. No percentage activation or exact deep-muscle boundary can be read from a surface illustration. This text reference carries the same limitation even though it contains no artwork. [S01]

The observed library covers chest and pressing, back and pulling, front, side and rear shoulder actions, elbow flexion and extension, forearm and grip control, lower-limb and hip patterns, and trunk support or

movement. This is a taxonomy of the reviewed library, not proof that every muscle was directly isolated or trained equally. The family-level records and individual variants below preserve those distinctions.

Nutrition evidence and the new meal data

The current nutrition material has two main data streams. Salad cards use an explicit portion model with ingredient ranges and dressing scenarios. Meal stories preserve caption-reported recipes or owner-confirmed reconstructions. They should remain distinct in every future book. A visually impressive bowl or a high-protein caption does not establish a weighed, consumed portion. [S03 S04 S06]

The 14 salad records are keyed to filename-dated photographs from February to October 2026. Dates identify the supplied asset record; they are not automatically the consumption date. The current model discloses generic per-100-g composition coefficients and assumed gram ranges. It omits unidentified protein toppings instead of guessing a species. [S03 S05]

The nine meal stories include smoothies, wraps, an omelette, fudge jars, air-fryer alternatives, two fudge-bowl flavours and rice-cake sandwiches. Some share a source post or a reconstructed base. They are nine story records, not nine independently weighed trials and not nine entirely distinct source videos. No whole-day total is calculated by adding these alternatives. [S04]

USDA FoodData Central provides food composition datasets. It is a reference source for selecting generic foods, while branded package labels and weighed recipe quantities remain necessary to verify a particular product-based meal. The saved website coefficients are rounded working values; the current script does not attach an individual database record ID to each coefficient. The reference therefore preserves them as website model coefficients rather than claiming a new database validation. [S03 R01]

Serving basis and accounting

Prepared batch means all ingredients modeled for the entire bowl or blend. Consumed serving means the quantity actually eaten. Per jar, whole blend, three wraps and whole plate are different denominators. The basis must stay beside every calorie or macronutrient number. Missing total carbohydrate must remain unknown even when a caption states net carbohydrate or fibre.

For a homogeneous measured mixture, a serving calculation can multiply the batch nutrition by the serving mass divided by total batch mass. Layered salads, selectively eaten toppings and separated oil are not necessarily homogeneous. Leftover liquid volume alone cannot establish a valid energy deduction when oil, vinegar and food particles separate. [S03 S04 S06]

The current salad model has three display scenarios: base without dressing, heavy avocado dressing and light olive-oil and glaze dressing. Light describes texture. The model can assign more energy to the light dressing because of the oil and glaze quantities. No lower-calorie claim follows from the name. [S03 S06]

Portion rules are explicit: an egg-led bowl without mixed beans or lupini uses four eggs; a mixed-bean and lupini bowl uses two eggs; tuna with beans and no eggs or lupini uses one whole can of beans. Whole-can drained weight is provisional at 240 to 360 g until the package is available. A 15-inch bowl does not establish mass, fill depth or a consumed serving. [S03 S06]

The model sums each coefficient multiplied by grams divided by 100. Its low and high endpoints combine assumed low and high ingredient quantities; they are scenario bounds, not statistical confidence intervals. Energy coefficients can differ from a simple protein/carbohydrate/fat energy cross-check because the model uses rounded generic coefficients. A mismatch should trigger reconciliation, not silent replacement of a

reported number.

Sodium, sugars, saturated fat and numeric micronutrient totals are not established for these bowls without labels and verified portions. Missing values are not zeros. Product variation matters particularly for feta, olives, pickled ingredients, canned foods, protein powders, milk and glaze. The historical plan of 2780 kcal, 252 g protein and 69 g fat remains a planning reference rather than verified daily consumption. [S03 S04 S06 S07 S10]

Dressing assumptions and calculated ranges

Heavy avocado dressing

130 to 200 g edible avocado plus two to three tablespoons avocado oil, modeled at 14 g oil per tablespoon. White vinegar to taste is excluded from this range.

Prepared batch model 456 to 691 kcal; 47.1 to 71.4 g fat; 11.1 to 17.0 g carbohydrate.

The model includes the full prepared batch. Actual dressing consumed is not measured. [S03 S06]

Light olive oil and glaze dressing

Four to five tablespoons each olive oil and glaze, with oil modeled at 15 mL per tablespoon and 0.91 g per mL. Glaze uses seven to twelve grams carbohydrate per tablespoon. Approximately 120 mL white wine vinegar is included as 22 kcal in the saved model.

Prepared batch model 617 to 865 kcal; 54.6 to 68.2 g fat; 28.0 to 60.0 g carbohydrate.

The model includes the full prepared batch. Actual dressing consumed is not measured. [S03 S06]

Consolidated findings and unresolved questions

Coverage is broad but not exhaustive

The archive contains 740 inventoried files and several review layers. The frozen edition has 18 completed representative long-file screenings, one partial and 24 pending. Do not equate compiled guides with exhaustive review of all footage.

Observed passages are not workout volume

The 173 windows identify evidence. They do not establish 173 sets, repetitions, training days or separate exercise types. Twelve cards on a programme day are planned presentation slots rather than video-verified volume.

Hardware identity changes interpretation

Cable, suspension webbing, exposed elastic tubes and rigid bar support can look similar in a cropped frame. Several early names changed after source geometry review. Preserve those corrections alongside the retained evidence.

Support is part of the movement description

Floor kneeling, box kneeling, bench support and low squatting create different bases. An obscured contact remains unresolved. Changing a bench to a box in an illustration is an adaptation, not a new claim about the recording.

Anatomy is interpreted rather than measured

Muscle roles follow the visible action and known anatomy. No recording-based activation magnitude, muscle-growth result or injury tolerance is established by this project data.

Portion basis drives nutrition meaning

Full blend, whole plate, per jar and whole dressing batch are incompatible serving denominators. Keep each basis beside the number. Shared ingredients or a related source post do not validate a reconstructed bowl.

Unknown toppings must stay unknown

The current salad model excludes several unidentified proteins. Reintroducing a guessed tuna or chicken entry would inflate confidence and distort both recipe and nutrition totals.

Historical publications need a correction pass

Current web sources have corrected several older book claims. The new supplements supply an explicit replacement map. The archived PDFs should remain visibly dated until a complete editorial and clinical review produces a genuinely revised full edition.

Calibration and label work remain open

No force-extension curve, measured joint torque, complete package-label inventory or weighed whole-day diet is supplied. Those are separate future measurement tasks. This reference does not invent their results.

One data source should feed every derivative

The same accepted record IDs should populate Encyclopedia explanations, Guidebook summaries, website cards and downloads. Nutrition scenarios and evidence status must travel with each derivative. A count or title correction should not become a new observation.

A common analysis structure for future chapters

Lens Mechanism · Nutrition application What the ingredient or preparation contributes, with serving basis · Kinetics application Which visible joint action and line of pull are being interpreted

Lens Interaction · Nutrition application What is counted in another meal, dressing or liquid recipe · Kinetics application How grip, support, torso action and anchor combine

Lens Margin · Nutrition application How wide the portion assumptions and missing-label uncertainty are · Kinetics application Which geometry, hardware and force quantities are unmeasured

Lens Monitor · Nutrition application Weights, labels, batch yield and the quantity actually consumed · Kinetics application Source ID, support contact, attachment and trainer feedback

Lens Review or stop rule · Nutrition application Which missing input prevents a numeric nutrition claim · Kinetics application Which unresolved contact or equipment type prevents a training interpretation

The current protocol site uses five lenses named Mechanism, Stack interaction, Margin, Monitor and Stop rule. For this editorial reference they are retained as an analysis pattern, without inventing new medical thresholds. An editorial review rule means a claim is held until evidence is available; it is not a newly prescribed clinical action. [S13]

How to use the detailed registers

Consult the master reference for the 17 movement families, 80 grouped setups, 31 canonical provenance records, 14 salad models, nine meal stories, 43 recording-review entries, 173 source passages and 53 early observation records. Stable IDs let an editor integrate selected detail without duplicating observations or promoting inference to measurement.

Core sources

Source identifiers refer to the Master Analysis Reference. The current website database, recipe scripts, gear and vector registries govern this snapshot. Archived Encyclopedia and Guidebook PDFs remain dated source material. The full bibliography and source-hash manifest are included in the reusable reference package.