



WRONG TO STRONG

THE HARD TRUTH

FITNESS PLAYBOOK

“No BS. Just what works — from the yard to the gym to the grind.”

By JC – Coach | Ex-Felon | Entrepreneur | Real One

WHO THIS IS FOR

YOU DON'T HAVE TIME OR MONEY TO WASTE.

**WANT TO STOP TALKING AND START BUILDING MUSCLE,
DISCIPLINE, AND INCOME?**

**WANT REAL GUIDANCE FROM SOMEONE WHO'S TRAINED IN
FEDERAL REC YARDS, OWNED TWO GYMS, AND STOOD SIDE-BY-
SIDE WITH BEASTS LIKE BIG BOY, NDO CHAMP, AND NAVY SEALS?**



WHO I AM — WHY YOU SHOULD LISTEN

I'm JC, founder of Wrong to Strong and USP Max. I've lived the nightmare and built the comeback.

- Did time in the feds — ran workouts inside yards that broke men down or built them up.
- Owned two gyms, coached thousands, and launched my own supplement company.
- Trained with Big Boy (Strength Cartel), NDO Champ, and real-deal Navy SEALs.
- Turned my story into a movement, a studio, and multiple revenue streams.
- My YouTube channel's paid me monthly since 2018. I've helped men come out of prison and into purpose — physically, mentally, and financially.

I'm not the hero. I'm the guide. And this is the cheat sheet I wish I had when I started.



THE BUDGET STACK – "GET RIGHT WITH JUST THESE"

If your pockets are light, focus on these five:

- Whey Protein – Post-workout or low-protein meals
- Creatine Monohydrate – 5g daily for power and size
- Fish Oil – Recovery, inflammation, heart & joint health
- Vitamin D3 + K2 – Mood, immunity, testosterone
- Magnesium (Glycinate) – Recovery, sleep, stress



OPTIONAL UPGRADES

(if you've got the funds)

- Green Tea Extract (fat loss)
- Beta-Alanine (endurance)
- Pre-workout (drive)
- CLA + Carnitine (for cutting)



GRITTY, CHEAP, EFFECTIVE NUTRITION

PROTEINS

Eggs, canned tuna, ground turkey, whey

CARBS

Oats, rice, sweet potatoes, beans

VEGGIES/FATS

Frozen spinach, broccoli, olive oil, peanut butter

**Eat like your life
depends on it. Because it
does.**



TRAINING PLAN – “WRONG TO STRONG”



SPLIT

- Mon – Chest/Triceps
- Tue – Back/Biceps
- Wed – Legs + Core
- Thu – Shoulders + Core
- Fri – Full Body HIIT or Calisthenics
- Sat – Optional Gym or Yard-style Training
- Sun – Rest/Recovery

THE RULES I TRAIN BY

- Every time you negotiate with weakness, weakness wins.
- You don't need motivation. You need discipline.
- Be honest with yourself — the mirror is your progress report.
- Don't chase "balance," chase clarity.
- You are not the hero. You are the weapon.



READY TO LEVEL UP?

LET'S CONNECT

WRONG TO STRONG COACHING

CUSTOM TRAINING & SUPPLEMENT PLANS

1-on-1 coaching

**From Yard to YouTube. From Cell to Channel.
From Prison to Purpose.**

Proven. Ranked. Respected.

I've competed and placed 1st in 5 powerlifting meets across multiple states. With a raw total of **1383 lbs** (Squat: 440.9, Bench: 374.8, Deadlift: 573.2), I don't just talk strength — I live it. I'm listed on [OpenPowerlifting.org](https://www.openpowerlifting.org), and every number is earned through grit, reps, and discipline.

This isn't about ego — it's about proving that I coach from real results.

Julio Almanza (M)

Personal Bests

Equip	Squat	Bench	Deadli/t	Total	
Raw	440.9	374.9	573.2	1383.4	138,3

Competition Results

[Download-as CSV](#)

Place	Fed	Date	Location	Competition
1	1	2023-02-11	USA-AZ	Arizona Western/amor Ch
1	1	2021-07-24	USA-IL	Rockwell Barbell Midwes
1	1	2019-20-16	USA-AZ	Western Warrior