

SHREDDED UNIVERSITY



LONGEVITY

»» **BLUEPRINT** ««

FROM AESTHETICS TO PERFORMANCE
LONGEVITY

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90-DAY “MUSCLE DENSITY › MASS,, MICRO-CYCLE

Why this works (quick context):

Muscle density = higher fiber quality, tendon stiffness, and mitochondrial capacity. You'll feel stronger, move better, and stay leaner—without chasing scale weight.

Days 1-30	Foundation (Strength Skill + Tissue Tolerance)
Days 31-60	Density (Myofibrillar Focus + Eccentrics/Isometrics)
Days 61-90	Performance (Strength Endurance + Power Maintenance)



WEEKLY TRAINING TEMPLATE (REPEAT WITH SMALL PROGRESSIONS)

Day 1	Lower (Hinge dominant): RDL or Trap-bar DL 4–6 reps; paused split squats; hamstring isos; loaded carries.
Day 2	Upper Push: Paused bench or incline DB 4–6; long-eccentric dips/push-ups; overhead press cluster sets; scap push-ups.
Day 3	Conditioning/Move: 20–30 min zone-2 + 6–8 x 10–15s hill sprints (full recovery).
Day 4	Lower (Squat dominant): Front squat 3–5 reps; tempo leg press; ATG split squats; tib raises + calves isos.
Day 5	Upper Pull: Weighted pull-ups or chest-supported row 4–6; slow-down eccentrics; face pulls; 60–90s bar hang.
Day 6	Athletic/Core: Med-ball throws, jumps (low volume), anti-rotation, suitcase carries.
Day 7	Off / Mobility: Hips, T-spine, ankles; 15–20 min walk.

DENSITY METHODS BY PHASE

Foundation	Pauses (2–3s), submax sets RIR 1–2, perfect positions.
Density	Eccentrics (3–5s), long isometrics (30–45s), cluster sets (2-2-2 with 15–20s intra-rest).
Performance	Strength-endurance (8–12 reps @ RIR 1–2), contrast sets (heavy 3–5 + power 3–5), keep 1–2 cluster sets for key lifts.



PROGRESSION RULES



- Add +2.5–5 lb or +1 rep weekly on main lifts if bar speed stays clean.
- Cap total weekly hard sets per muscle group at 10–14 (quality > quantity).
- Deload every 4th week: cut volume ~40%, keep intensity moderate.

CARDIO (PERFORMANCE LONGEVITY)



- Base: 2× Zone-2 (20–35 min each; nasal-breathing pace).
- Top-up: 1× alactic sprints (6–8 reps of 10–15s, 2–3 min rest).
- Optional: 1× 45–60 min weekend walk.

NUTRITION (SUPPORTS DENSITY, NOT BLOAT)

Protein	1.0–1.1 g/lb goal bodyweight, evenly across 3–4 meals.
Carbs	Front-load around training; 25–40 g intra (cyclic dextrin or easy carbs) if sessions >60 min.
Fats	Balance remainder; keep pre-workout fats low.
Creatine	3–5 g daily.
Electrolytes	Salt + magnesium glycinate at night for recovery.
Refeeds	Only if performance or HRV dips for 5–7 days straight.





PEPTIDE & RECOVERY NOTES (NON-MEDICAL, COACHING PERSPECTIVE)

- Emphasize sleep (7–9h), light AM sunlight, evening wind-down.
- If clients are already on legal/doctor-supervised protocols (e.g., BPC-157 for soft-tissue, MOTS-c for mitochondrial fitness, AOD-9604 during fat-loss), align timing with training stress days and pair with mobility/isos.
- We do not prescribe—keep this as education + coordination with their physician. Use your standard disclaimers.



WHAT TO TRACK WEEKLY (FAST, OBJECTIVE)

- Grip strength (best of 3/hand).
- 3-rep strength index: Front squat, bench/incline DB, weighted pull-up/row.
- 85% HR time: Zone-2 session (same route/erg).
- HRV / morning readiness (if available).
- Waist at navel and photos (front/side/back) under same lighting.
- Subjective: Sleep quality, joint readiness, appetite, libido, mood.





RED FLAGS TO ADJUST

- Joint ache >48h after eccentrics → drop eccentric tempo, increase isos.
- HRV trend ↓ 4+ days → remove clusters for one week, add carbs +30–50g around training.
- Elbow/shoulder irritability → swap barbell work for neutral-grip DB and add scap isos.

