

THE FOUNDRY: TONNAGE TIMELINE

Operational Blueprint v1.0 | Biomedical Strength Framework

PHASE 1: STRUCTURAL CALIBRATION

STATUS: BASELINE ESTABLISHED | FOCUS: FORM INTEGRITY

PRIMARY MOVEMENT	PROTOCOL	OBJECTIVE
Goblet Squat / Box Squat	3 Sets x 10 Reps	Hinge pattern mastery
Floor Press	3 Sets x 8 Reps	Shoulder stability / ROM audit
Barbell Row (Strict)	3 Sets x 12 Reps	Postural chain activation

BIOMED TIP: Prioritize "Time Under Tension." If the bar path deviates by more than 5%, decrease load. This phase is about neurological calibration, not ego.

PHASE 2: HIGH-TONNAGE ACCUMULATION

STATUS: ACTIVE | FOCUS: VOLUME EXPANSION

PRIMARY MOVEMENT	PROTOCOL	OBJECTIVE
Rack Pulls (Below Knee)	5 Sets x 5 Reps	Posterior power & CNS load
Flat Bench Press	5 Sets x 5 Reps	250lb Milestone tracking
Military Press	5 Sets x 5 Reps	Structural overhead stability

MANAGEMENT TIP: Track total tonnage (Sets x Reps x Weight). Aim for a 1-2% aggregate increase weekly. Use the Strength Engine to log every variable.

PHASE 3: INTENSIFICATION PEAK

STATUS: UPCOMING | FOCUS: FORCE PRODUCTION

PRIMARY MOVEMENT	PROTOCOL	OBJECTIVE
Barbell Squat (Low Bar)	3 Sets x 3 Reps	Max force under load
Deadlift (Standard)	5 Sets x 1 Rep	Neural drive / 1RM Testing
Weighted Dips	3 Sets x 5 Reps	High-intensity accessory load

SAFETY TIP: The risk of mechanical failure increases here. If velocity loss exceeds 20% on the first rep, abort the set. Safety thresholds are non-negotiable.

PHASE 4: LONGEVITY MAINTENANCE

PRIMARY MOVEMENT	PROTOCOL	OBJECTIVE
Compound Variety	3 Sets x 8-12 Reps	Hypertrophy & Joint health
Isometric Holds	30 Sec Holds	Tendon integrity (55+ prep)
Mobility Flow	Daily Log	System flexibility maintenance

LONGEVITY TIP: Switch to a "Maintenance Audit" mindset. High-protein intake is critical here to prevent muscle atrophy (sarcopenia) as we scale past Year 46.