

MANUP BOOT CAMP

PREREQUISITES

- Labwork with a minimum of the following tests:
 - LDL Cholesterol
 - HDL Cholesterol
 - Triglycerides
 - Fasting Blood Glucose
- Health History Questionnaire
- Lifestyle Questionnaire

There are minimum health requirements to participate in physical activity as well as certain fitness assessment tests.

COURSE INTRODUCTION (brief topical overview)

Why Man Up?

- The Country
 - Wussification – The Declining Manhood In America
 - Demonization – The Elimination of Patriarchy
 - Feminization – The Direction of The Modern Church
- The Individual
 - You Are What You Eat
 - You Are What You Think
 - You Are What You Do
 - WALL-E & The Need for Fitness
- The Solution
 - Cohesive Lifestyle Training (*a.k.a. The Man Up Zone*)

Note: The following courses are listed by topic. However, the Boot Camp will intermingle the topics while preserving the order of presentation.

MANHOOD – ORDER OF PRESENTATION

The Demonization of Patriarchy & Decline of Manhood in America

- Patriarchy in Christian Society (Protect, Provide, Lead & Admonish)
- Real Men – An Endangered Species?
- What Makes A Real Man?
- Is the Red Pill Movement an Overcompensating Pendulum Swing?
- Scrawny Men In The Carnival Mirror (Arrogance vs Confidence)

Declining Manhood in Youth

- Modern vs Boys of the Ancient World
- Boys without Dads
- Boys and Early Education
- Boys and the Outdoors
- Boys and Competition
- Boys and Endocrine Disruptors
- Boys and Alternate Reality
- Boys and Black Mirrors
- Boys and Porn

Embrace Your Manhood (Introduction to My Children & A Few Friends)

- Meet Patrick Henry: Courage
- Meet Nathan Bedford Forrest: Fortitude and Grit
- Meet Robert E. Lee: Duty And Self-Discipline
- Meet Robert Lewis Dabney: The Pen is Mightier Than The Sword
- Meet Thomas Jonathan Jackson: Warrior poet
- Meet Teddy Roosevelt: Thriving vs Surviving
- Meet George Patton: Master The Art of War
- Meet William Wallace: Uncommon Commoners
- Meet The Salsa Hammer: Think Outside the Box

Cohesive Lifestyle Training – The Man Up Zone

- The Problem of Imbalance
- Physical Fitness and Physical Self-Control
- Mental Toughness and Mental Development
- Emotional Intelligence and Emotional Resiliency
- Circumspection, Situational Awareness, Focus
- Virtue (as Behavior) & Integrity (as Adherence to a Code)
- Habit
- Loyalty & Fraternity
- Character & The Amalgamated Man

Sexual Manhood

- God Made Us Men & Gave Us Testosterone – The Root of Male Mojo
- God Also Gave Us Brains – Male Hormones & The Cycle of Love
- Viagra Does Not Restore Manhood – Embrace an Anti-Estrogenic Diet & Avoid Xenoestrogens
- Porn Should Not Be Your New Girlfriend – Nothing Replaces The Real Thing Bro

FITNESS EDUCATION – ORDER OF PRESENTATION

Exercise Overview 1 – General Categories of Exercise & Benefits of Exercise

- Functional Movement & Resistance Training
- Cardiorespiratory Endurance (Aerobic & Anaerobic)

- Health Assessments
- Navy SEALs Day 1: Box Breathing
- Warm-ups & Cool-Downs, Dynamic & Static Stretches

Exercise Physiology & Kinesiology

- The Three Energy Systems
- Biomechanics
- The Kinetic Chain
- Postural Integrity & Muscular Imbalance
- The Pain Compensation Cycle
- Functional Movement & ADL – The Five Basic Movements

Designing a Cardiorespiratory Training Program

- Phase 1 Aerobic Base
- Phase 2 Aerobic-Efficiency
- Interval Training
- ACE Zone Training
- Introduction to Phase 3 Anaerobic Endurance

Designing a Functional Resistance Training Program: Phase 1 – Stability & Mobility Training

- Balance
- Flexibility
- Proximal Stability (Core)
- Hip Mobility
- Distal Mobility
- Demonstration of Warm-up & Cool-Down Exercises

Designing a Functional Resistance Training Program: Phase 2 – Functional Movement

- Workshop on Proper Hip Hinge
- Workshop on Proper Squat
- Workshop on Proper Lunge
- Workshop on Core Foundation
- Lunge Matrix

Designing a Functional Resistance Training Program: Phase 3 – Load Training

- Three Typical Resistance Goals
- Muscular Endurance
- Muscular Hypertrophy
- Muscular Strength
- Specificity
- Overload & Progression
- Periodization
- Standard Split Routine
- Circuit Training

Mixing It Up – Additional Types of Exercise

- TRX Suspension Training
- Outdoor: Bicycling, Jogging, Rowing
- CRT Phase 3 Anaerobic Base – HIIT
- Power, Speed & Agility
- Indian Clubs

FITNESS ASSESSMENT – ORDER OF PRESENTATION

Postural & Functional Assessments

- Postural Deviation Assessment
- Bend & Lift Screen
- Hurdle Step Test
- Shoulder Push Stabilization Test
- Thoracic Spine Mobility Screen
- Thomas Test
- Passive Straight Leg Raise
- Apley's Scratch Test w/ Shoulder Flexion-Extension and Internal-External Rotation Tests
- McGill's Torse Battery
- Flexion/Extension, Abduction/Adduction Tests

Physiological Assessments

- Beginning Weight
- Body Composition
- Waist: Hip Ratio
- Blood Pressure
- Body Measurements – Anthropometrics
- Muscular Endurance Tests
- Muscular Strength Tests (1-RM)

FITNESS ACTIVITY – OVER THE COURSE OF THE BOOT CAMP

Recruits Participation in:

- Warm-up & Cool-down Training
- Bicycling & Jogging
- Cardiorespiratory Workouts
- Bowflex Training
- TRX Suspension Training
- Indian Club Training

DIET – ORDER OF PRESENTATION

Chronic Illness in America

- Do I Even Need To Quote Statistics? (Probably)
- The Long-Term Cost of A Pizza (The Obesity Epidemic)
- Pills – Treating The Cause Not The Effect
- The Blue Zones – What We Learn From The World’s Healthiest Peoples
- Epigenetics – Three Times More Relevant to Longevity Than Genetics?
- Homeostasis – Finding Balance In A Cortisol World

Macronutrients & The Failure of Diet Plans

- The Glucose Machine (Simple vs Complex Carbs + Anaerobic Factor)
- Protein & Muscular Hypertrophy
- Fats Are Not Your Enemy (Good Fats & Essential Fatty Acids)
- Low-Fat Made Us High-Fat (Obese)
- They All Work Until They Don’t (An Overview of The Main Diet Plans)
- 16:8 (A Passing Note on Intermittent Fasting)
- You Can’t Snow A Snowman (How To Read Food Labels)

Micronutrients & The Failure of Processed Foods

- Synopsis of Vitamins & Minerals, Soil Depletion in America
- Is Organic Just Hippie Hype?
- Seven Deadly Food Sins:
 - Processed Sugar
 - Processed Grains
 - Processed Meats
 - Trans Fat
 - Alcohol (exceeding moderation)
 - GMO’s
 - Chemicals – The Dorito Effect

Phytochemical Non-Nutrients & The Microbiome

- What Are Phytochemicals & Why Are They So Important?
- The Death of ORAC
- Navigating Through The Hype of Superfoods
- Antioxidants (Allyl Sulfides, Carotenoids, Flavonoids, Polyphenols)
- Capsaicin, Saponins & DNA Protection
- Probiotics, Prebiotics & the Microbiome

BRAIN HEALTH – ORDER OF PRESENTATION

The World’s Greatest Supercomputer

- Neuroplasticity
- BDNF

- Resisting Dementia
- Neurobics

IQ I Know, But What Is EQ?

- Understanding Temperaments
- The Emotional Quotient
- Emotional Resiliency & The Key Emotions

As A Man Thinketh...

- Logic & Critical Thinking
- Iron Sharpens Iron
- Dialectical Thinking
- Thesis – Antithesis – Synthesis

THEOLOGICAL – ORDER OF PRESENTATION

The Following are presented as “Evening Expositions” of Scripture:

Christian Manhood

- Roles Established By God
- Jesus As Our Role Model
- Man as Spiritual Leader (in all realms of government)
- Quit Ye Like Men
- Foxe’s Book of Martyrs
- What Can We Learn From Chivalry?
- Similitude of A Dream

The Duty of Husband

- Leadership
- Faithfulness
- Protect & Provide

The Duty of The Father

- Leadership – Train Them Up
- Nurture & Admonition
- Protect & Provide

The Duty of The Son

- Obey Your Parents (Colossians 3:20)
 - Reverence
 - Observance
 - Pious Regard
 - Submission
- Honor Your Parents (Ephesians 6:2)

- Support Your Parents (Mark 7:6-13)
- Emulate Their Good Traits
- Honor Their Memory After Passing

UNCATEGORIZED

Black Mirror Society & Digital Detox

Moral Narcissism

Saturn is Lord of the Rings: Individualism & Observation

Telomeres & Healthy Aging

COOKING DEMONSTRATIONS

During the Boot Camp there will be cooking demonstrations and every recruit will participate in food preparation.

Breakfast

Man Up Omelets

Man Up Oatmeal

Dinner

Man Up Peanut Butter & Banana Protein Smoothie

Man Up Multi-berry, Spinach/Kale, Pomegranate Juice Smoothie (tastes better than it sounds)

Supper

- Salmon, Sweet Potatoes & Man Up Green Beans
- Red Beans & Rice
- Dirty Quinoa
- Chicken Broth Stew
- Okatoma Creek Barbeque

Mid-Course Kayak Adventure

- Kayaking on Okatoma Creek (www.seminarycanoerental.com)
- Kayak Race
- A Night in Okatoma Cabins