

// PEAK SYSTEM //

PRIME

TRAIN // REFUEL



Prepare your body for high performance through exercise, diet and rest. Prepare it for war and watch it carry you to victory.

ENRICH

STUDY // ARTICULATE



Understand, infer and think at a high level. Have the power to shape the world through argument.

ACHIEVE

STRUCTURE // REFLECT



Command your mind, emotions and reactions to rule your life. Inspire yourself to inspire others.

KNOW

CULTIVATE // EXPAND



Cultivate yourself by absorbing timeless knowledge. Enlarge your potential by learning practical skills.

// TRAIN

Build Practical **Strength**

Boost **Cardio & Mobility**

Master Your **Body**

// STUDY

Learn How to **Learn**

Know How to **Write**

Master How to **Think**

// STRUCTURE

Set Your **Goals**

Establish your **Habits**

Structure your **Life**

// CULTIVATE

Understand **History**

Discover **Art & Literature**

Learn and Use **Philosophy**

// REFUEL

Revive Your **Diet**

Optimize Your **Recovery**

Feed Your **Brain**

// ARTICULATE

Learn to **Persuade**

Become **Articulate**

Rule Your **Arguments**

// REFLECT

Uncover Your **Values**

Command Your **Emotions**

Understand **Who You Are**

// EXPAND

Master any **Skill**

Become **Resourceful**

Foster Your **Growth**

Your body is a crucial part of the puzzle. Having a healthy, athletic and capable body will translate into all other areas of your life in a very palpable and motivating way.

Learn how to learn. Make your studying as efficient as possible. Produce deep & complex thoughts and then project them into the world.

Set yourself and your life straight. Structure yourself & environment to become disciplined. Reveal your passion & interests. Find the reasons to root for your existence.

Learn for the sake of learning and know your way around the greats & classics. Then learn for the sake of applying useful & timeless skills. Be ready and able in every front.