

WARRIOR | Mind Body Soul

70 days to mental clarity, physical strength, and spiritual grounding.

WHAT is Warrior MBS?

Warrior MBS is a 70-day, team-oriented experience that will increase your mental clarity, supercharge your physical fitness, and provide a fresh spiritual grounding that will support everything else you do.

The theme of the first 30 days is **Your Great Reset**, where we clear out the clutter, establish new patterns, and build a solid multi-dimensional foundation as your launching pad. The theme of the last 30 days is **Your Great Awakening**, where we build upon that foundation, deepen your internal roots, and begin exploring your newfound strength for practical applications in life. At the end of 60 days, you will be physically stronger and leaner, mentally sharper, emotionally wiser, and spiritually deeper. Period.

Program Includes:

- The stupid-simple eating system. Designed to trigger a palate reset within **two weeks** so you soon crave only healthy, fat-burning foods. That means you'll eat effective and delicious meals with ZERO calorie-counting, portion-control, or other diet industry BS.
- **FIVE bodyweight workouts** each week, carefully configured for maximum fat burning and muscle building in just 20 to 30 minutes a day. That means you get hyper-efficient exercise WITHOUT the injury-risk or time-suck factor of gym-based fitness. ***Note: The physical fitness component is customized for all levels, based on your initial testing.***
- **FIVE days of Morning Motivation** (Mojo) each week with Coach Jared through raw live streamed video posted to Slack each morning, bringing authentic and emotionally unafraid words of encouragement to jumpstart the entire team. Between 5-10 minutes.
- **FIVE days of short yet powerful Mental Trainings** each week with Coach Jeremy that accompany the morning motivation, to help clear your mind and ground your spirit. Between 5-10 minutes.

This isn't about making bad men good, or good men better, this is about bringing DEAD MEN to LIFE.

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- **Each week**, You will choose one of three **Soul Building Operations**. This is a simple logistics-free adventures to help get you “out of the box”, with the purpose of deepening your relationship with God, yourself, & your family.
- **The Team: A band of brothers** to work the program with, so that fitness is no longer a slog but a competitive adventure. You'll laugh, sweat, and proof-pic your way to greatness with these guys.
- **Weekly Team Huddle**: On Sunday afternoon each week, we will hold a huddle via zoom where we discuss the past week's challenges and triumphs, hear a couple of personal stories from our brothers, and walk through the upcoming week's program.

WHO is this program for?

Warrior MBS is EXCLUSIVE. Simply stated, this program is not for everyone. So, here's the criteria to apply:

PRIMARY

- 1) Are you a man? (Do you possess the biological hardware?)
- 2) Are you an American? (Are you a legal citizen of the USA?)
- 3) Are you a Christian? (Do you kneel at the cross of Christ?)
- 4) Are you a Patriot? (Do you stand for the flag and its freedoms?)
- 5) Are you looking to **Sharpen your Mind, Strengthen your body, and Center your Soul?**

SECONDARY

- 1) Do you believe that INWARD changes are necessary for you to effectively fight your OUTWARD battles?
- 2) Do you believe some aspects of your own life are holding you back, keeping you from living beneath your potential?
- 3) Do you feel burdened about the problems in the world, yet often feel helpless to fight them?

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MEN FACING ANY OF THE FOLLOWING CHALLENGES WILL BENEFIT FROM WARRIOR MBS:

- Men who feel overwhelmed by the balancing act of staying physically healthy while being a good provider, husband and father.
- Men who are lacking the confidence they once had.
- Men who have difficulty maintaining healthy daily rhythms with long term consistency.
- Men who leverage sedation tools like alcohol, porn, or work trips just to survive or hide.
- Men who don't know how to achieve the breakthrough they long for.
- Men who lack the fire, energy and camaraderie they recall from their younger days.
- Men who aren't finding peace, joy, and freedom at home, despite the respect they may be receiving at the workplace.
- Men who want to discern the "trivial many" distractions from the "vital few" priorities.
- Men who feel alone, without real brotherhood or fellowship.

WHEN:

Warrior MBS Launches August 1, 2022. It is a 67-day program.

WHERE:

The Experience lives on Slack (app), Zoom is used for Team Huddles.

HOW:

Pay \$400.00 through the sign-up form.

WHY join Warrior MBS?:

To become the man you've been longing to be for yourself, your family, your community, and God's Kingdom. Clearer Mind, Stronger Body, Deeper Soul.

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WARRIOR MBS | TEAM RULES:

These rules govern the Warrior MBS experience. Please read carefully.

- 1) Don't solicit. We're here to get fit, not drum up business.
- 2) Use your real, full names in the slack group. We want to interact with the real you, not an abbreviation or pen name
- 3) Use a real profile pic. Take the 60 seconds and upload a photo of yourself to your slack profile so we can see who we're talking to.
- 4) Don't break confidentiality. Everything shared in the Warrior MBS experience is confidential. Do not break trust with your brothers by sharing private and personal information of any kind outside the group.
- 5) Self-govern. If you see a brother breaking one of these rules, your first action should be to let him know in private so he can rectify. If the behavior continues, then reach out to one of the coaches via (direct message) in slack.

Five rules. Short, sweet, vital.

LEADERBOARD

This is where the magic happens. The entire team is broken down into 3-man triads. Every week, each triad gets scored as a whole (not individually) on their execution of that week's workout, eating, and spiritual special challenges, as well as their team huddle attendance. Each triad's score is then placed on our Warrior MBS leaderboard, and updated on a weekly basis, with bragging rights and prizes for the top performing triad, not to mention the bi-product of improved fitness.

This is the accountability piece. It's the key to the entire experience. Here's how each triad will be scored:

Completed workout: 1 point per member - Proof: sweaty selfie

Maximum possible points per triad per week: 15 (5 workouts x 3 members)

Compliant meal: 1 point per member - Proof: plate pic

Maximum possible points per triad per week: 63 (3 meals per day x 7 days x 3 members)

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Completed MENTAL TRAINING: 1 points per member - Proof: pic of completed assignment

Maximum Possible points per triad per week: 15 (5 assignments x 3 members)

Completed SOUL BUILDING OPS: 5 points per member – Proof submitted: Writing or Photo

Maximum possible points per triad per. week: 15 (5 points per op x 3 members)

Attend weekly team Huddle: 4 (attend live) or 2(replay) points per member –

Proof: Screenshot of zoom call |Maximum possible points per triad per week: 12 or 6 (4 or 2 points per huddle attended x 3 members)

Total possible points per triad per week: 120

Each triad leader will be responsible for tracking his triad's scores (via provided worksheet). We'll be using the honor system throughout, so the entire process depends on the integrity and goodwill of each and every man.

Note that this system rewards the one thing you have direct control over: your actions. We don't reward members showing the fastest weight loss or muscle gain, as those outcomes are NOT within your direct control. Of course, there is a high correlation between actions taken and results gained: we've simply taken the more empowering approach of rewarding the former and letting the latter take care of itself. We've created modified versions of each workout to accommodate every fitness level, so this really is a level playing field: the man with 100 pounds to lose can win just as many points for his triad as the man with 10 pounds to lose. It's all about your willingness to show up and do the work.

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BACKSTORY | PREFACE:

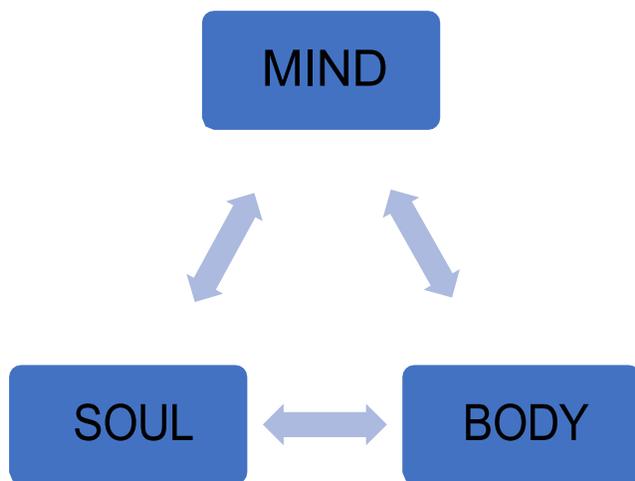
The genesis of this program began during a late-night walk last winter, while I was feeling deeply frustrated by all the overwhelming problems and deceptions in our world. For context, I have always been a student of history and culture, and since **2012**, I began observing the American people buying into national and global deceptions that were consciously coordinated and propagated by our most respected institutions, the mainstream media, and powerful global entities all working in tandem. Then in 2020, shit really hit the fan. I watched as 75% of the American people collectively lost their minds, finally swallowing the propaganda hook, line and sinker. This ultimately led a critical mass of Americans to trade in their God given freedoms in return for the government's promise of safety or social comforts. I had spent countless hours doing the deep research necessary to understand the sources, causes and strategies behind most of the lies, and I felt so called to do something about it, that I decided to go all in to fight for our freedom, expound truth, and inspire courage, which I'm still doing to this day. You can find my work here: <https://rumble.com/c/c-719485> . Yet with all the forces arrayed against freedom fighters and truth tellers, I felt somewhat helpless to get most people to understand what was really going on, or care, or much less to do anything about it.

As I walked that night, I realized that I was all twisted in knots over things I couldn't control. So, I turned my thoughts inward and took an honest look at my own life. I became aware of my own mental cloudiness, the physical ailments I'd been ignoring, the lingering addictions I still nursed, the lack of a personal "support team", and other unhealthy factors that were **blocking me from being the man I wanted to be.**

So I asked God a simple question, "**What Should I Do?**" and as clear as day, I heard three words reverberate in my spirit...

Mind | Body | Soul

These words took me back to my professional baseball days when I fully understood the vital relationship between one's own physical fitness, their mental clarity, and their spiritual foundation. I knew this connection was imperative to achieve well-being, high performance, and personal confidence. These components of Mind, Body and Soul work support each other, yet they can also detract from each other when any one of them is neglected. Think about it:



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- **Do depressed men stay physically fit?**
- **Do sick or drunk men think clearly?**
- **Does spiritual darkness lend itself to either fitness of body or mind?**

The answer is a resounding NO to all three.

As a former professional ballplayer, I clearly remember what it was like to be mired in a batting slump. My racing mind was unable to focus, flitting about in fear of so many external factors that were simply out of my control or negative. The self talk would have sounded something like this: *“Who’s pitching today? – I hope it’s not a lefty... Do they have a great slider? – I suck at hitting the slider! How far will my batting average drop if I don’t get any hits this game? Am I over striding? Do my teammates think I suck now? Why am I so mentally weak? Why do I suck!? WAKE UP! – Shit, the game is on the line and it’s my turn to bat!”*

It was all very negative, and very external. All the stress further removed me from the core principles that allowed for success. Namely, relaxing my mind, seeing the ball, and staying in the present moment. The torrent of fear and emotionally driven, reactive thinking drove me into a fight or flight state which clouded my vision and stiffened my movements. I could no longer simply **SEE the BALL or ENJOY the GAME**. Typically, these slumps would only break when I finally exhausted myself of the incessant head games, and I returned to a desire to simply enjoy the game, which led me back to the key components of baseball success: RELAXING and SEEING THE BALL in the PRESENT MOMENT. Ironically, those were the only things **actually** under my control at gametime.

Now let’s apply this to today’s issues and my frustrated, late night walk...

First of all, since the dawn of man, life has been difficult. We’ve always had to contend with toil, disappointment, death, divorce, disease, our own sinful nature, and so many other things that serve to frustrate life’s joys and can lead us into fear and doubt. However, since 2020, our world has been in a particularly ugly slump that is enough to drive any Christian “culture warrior” mad. Here are some some examples:

- There has been a **300%** increase in mental health issues in Americans since 2019. (APA)
- Deviant sexuality of every type is being promoted in grade school classrooms with **30%** of Millennials now identifying as LGBTQ+ (Newsweek)
- Only 48% of millennials believe Jesus is God - All time low. (Barna)
- Trust in American election integrity is at an all time low. (CNN, NYT)
- Our federal reserve has printed more money the last two years than in the last 100 years combined. Analysts say we are heading into a major recession. (Multiple sources)
- Inflation and the price of gas at the pump is at an all-time high.
- Our southern border has been wide open since Joe Biden’s inauguration, allowing in over three million illegal aliens who are now being bussed all over the country.
- Trust in our news media is at an all-time low.
- Racial strife is constantly exacerbated by mainstream media and government leaders.
- Censorship of any view outside the mainstream is at an all-time high.

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- Since 2020's unnecessary lockdowns, America has seen the greatest wealth transfer in history, away from the middle class, to the politically connected elite.
- Critical Race Theory curriculums are indoctrinating children to believe that skin color trumps character.
- Men are competing in women's sports, even at the collegiate and professional levels.
- We are projecting geopolitical weakness to our enemies (Afghanistan).
- The value of Men's strength and masculinity has been under attack as "toxic" for years now.
- Mandates for experimental gene modifying injections have caused millions to lose their jobs, including front line workers.
- Food Shortages are forecasted to become a real and present danger.

Now I despise negativity, so that is not my intention here, I'm just taking an honest account of our national issues in 2022. So for truth seekers or freedom fighters, it has been an especially difficult couple of years. America is in a great slump, and the patriots are often beaten down, and confused about how to fight for truth and freedom, or if the fight is even worth it. It's like having to face Randy Johnson every at bat! On top of that, we still must contend with all the pre-2020 hardships that have faced our world since the fall of man.

So just as a baseball slump can send you into a mental mess, last winter I often found myself thinking:

"Why don't my friends just see what's going on?, Food shortages are coming – and it's on purpose!!, It just cost \$100 to fill my truck – Unreal! why do I feel the urge to drink everyday?...God I'm getting fatter, Shit the hardwood is rotting. I've gotta schedule that surgery soon. If I tell my boy that Bruce Jenner is still a dude, will he get in trouble at school for repeating it? How can people possibly believe these lefties? How does anyone not understand the southern border is wide open on purpose! Why do old friends think I'm the extremist here!?"

Good men (like myself) can easily get entangled in trying to fight against all these external battles at once, but that is an impossible fight on too many fronts. If our minds stay there, we become miserable to be around and it will likely lead to one of the three Ds: depression, drunkenness, or divorce. I knew in my heart that I needed to get back to focusing on what I can control. Mind, Body, and Soul. Staying in the present moment. Trusting God.

We must redirect our attention to those things that directly affect the well-being of ourselves and those we love. **Our own mental clarity, our physical fitness, and our spiritual centeredness. This is what Warrior MBS is all about.**

Men of strength and spiritual grounding are needed right now more than ever, and this demand will only grow in the coming years. Men who are AWAKE. AWARE and AVAILABLE to themselves, their families, and their local communities. Men who are physically capable, of sound and sober mind, and spiritually connected to the Father of Truth and Love who provides the Way, the Truth, and the Life. I believe God will use these men in dynamic and powerful ways very soon. **This is what Warrior MBS is all about.**

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Like I said, life has always been tough, but with all the forces arrayed against us, many men have grown negligent toward themselves and numb to their families, choosing the bottle, the porn, or their career as an escape from a weary mind, body and soul. I believe God is calling you and I toward higher purposes than this. If we are going to have any hope of living life well and serving others during these times, then we need our own personal Great Reset, and for the first 30 days of this program, we begin this Great Reset by turning our focus inward and disrupting the old patterns we've become enslaved to.

I want you to know, I understand where you are. I've been mentally beat, physically injured, uncertain about the future and due to my own failures, fearful that I just don't have what it takes to be the man I believe God intended for me to be. In other words, I get it.

We are in this together.

If you are ready for your own personal **Great Reset**, followed by your own **Great Awakening**, join the team. I won't lie to you, the next 60 days are not going to be easy, but nothing worthwhile ever is. Just be confident that as you get stronger, you will begin to thrive on the challenges. I'm in this with you. Let's do this!

Jeremy Slayden

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NASM Certified Personal Trainer

Div. 1 College Athlete / First Team All-American

7-year pro ballplayer in the Phillies Organization / 3 time all-star

10 Years Award Winning Sales Professional in Atlanta and Nashville

Addict now living with Freedom.

Husband and Father of two boys

Content Creator and Founder of JSlayUSA

See my work here: <https://rumble.com/c/c-719485>

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I have personally completed the physical and nutrition components of this course and seen outstanding physical results within 60 days.



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