

PERFORMANCE PYRAMID



The background image shows a dimly lit room where a presentation is taking place. In the foreground, the backs of several people are visible as they sit on chairs, facing towards the front of the room. They are wearing various t-shirts, some with text like "APPRECIATE SACRIFICE FOR LOVE/ENJOY THE HUNT". In the background, a large screen displays a presentation slide. To the right, a flag is partially visible. The overall atmosphere is that of a formal yet intimate gathering.

Peak Performance Collective:

Why We Built This & What You'll Find Inside

This entire presentation comes from a place of heart.

We built it because we know what it feels like to want access to the same quality of resources that bigger programs, cities, or professional environments have and to feel like they're just out of reach. We wanted to change that.

Our mission is simple: to help athletes, parents, and coaches thrive by understanding and applying the foundations that drive long-term performance; physically, mentally, and emotionally. Each of us has experienced firsthand how the right principles, consistently practiced, can completely change what's possible in sport, business, and life.

We want to say thank you to every family, athlete, and coach who showed up, asked questions, and took notes. Thank you for letting us share the things we love and the tools that have changed our own lives and careers. Our hope is that what's inside these pages helps you or your athlete(s) move forward with more clarity, more belief, and more control over the variables that truly matter.

Peak Performance Collective:
What's Inside This Guide

1. Austin Maine — *The Influence of Nutrition on Performance and Wellbeing*

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Topic: *Why Not You? | Rewiring Belief Through Food*

Austin's section dives into how belief, the root of performance, can be built through daily food choices. He challenges us to look at nutrition not just as fuel, but as a mental reset that clears the fog and reconnects us with purpose.

Inside, you'll find:

- A 7-day Real Food Challenge, with both Athlete and Busy Parent versions.
- Simple, repeatable meals built for clarity and energy (not restriction or complexity).
- A 36-hour reset challenge to help rewire your system physically and mentally.
- This section will help you understand how food, structure, and belief all tie together to create more energy, confidence, and consistency in training and in life.



Peak Performance Collective:
What's Inside This Guide

2. Dillion Smith — *Prehab Performance Gains*

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Topic: *Body Function and Bracing: Building the Foundation for Performance*

Dillion reminds us that before we chase speed, power, or strength we have to earn the right to move. His portion walks through how bracing, breathing, and body function are the invisible foundation for long-term performance and resilience.

Inside, you'll find:

- A full exercise chart with video links, progressions, regressions, and cues.
- Two 4-week progressive warm-up plans (Upper and Lower Body) that can be used pre-training, as a morning primer, or as an evening decompression system.
- Step-by-step guidance on how to integrate these into your current program to enhance movement quality and reduce injury risk.
- This section builds the physical literacy that unlocks higher levels of strength, control, and confidence.



Peak Performance Collective:
What's Inside This Guide

3. Josh Carney — *Leadership and the Inner Game*

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Topic: Would You Follow You? | A 3-Level System for Self-Leadership Growth

Josh brings the mental and emotional framework that ties everything together. His system walks you through the three layers of leadership growth; leading yourself, leading others, and leading under pressure with daily anchors to help you practice presence, discipline, and influence.

Inside, you'll find:

- A 3-Level Self-Leadership System with daily variables that progress as consistency builds to help you be able to build momentum and follow through.
- A full leadership checklist that can serve as your personal compass for structure, focus, and growth.
- Reflection tools and habits to help you stay grounded, especially when pressure rises.
- This framework helps athletes and leaders of all ages build trust in themselves, the kind that shows up in every area of life.



How It All Fits Together

When you combine these three pillars:

1. Fuel and belief (Austin)
2. Function and control (Dillion)
3. Leadership and consistency (Josh) — you don't just improve performance. You create sustainable growth.

This seminar and guide are designed to meet you where you are and help you build layer by layer:

- Physically: through movement quality, recovery, and nutrition.
- Mentally: through clarity, structure, and belief.
- Emotionally: through purpose, discipline, and leadership.

Our hope is that as you apply these principles, you not only perform better, you live better.

You'll find your energy more stable, your movement more controlled, and your confidence more grounded. Because true performance isn't about doing more, it's about doing what matters, better.

If there's one takeaway we hope you leave with, it's this:

Performance isn't a mystery. It's a process, and that process starts with belief, builds through structure, and sustains through consistency.

Thank you for being part of this journey with us.

We can't wait to see what you build next.

Austin Maine on *The Influence of Nutrition on Performance and Wellbeing*

Why Not You? | Rewiring Belief Through Food

If you take one thing from this, let it be this:

Everything starts with belief.

All the tools, training programs, and strategies in the world mean nothing if the foundation of belief isn't there. Without it, we end up walking in circles repeating old patterns, chasing motivation, and wondering why change never quite sticks.

At the seminar, I shared three pillars that anchor performance, growth, and belief:

1. Belief opens the doorway.
2. Routine builds the structure for belief to grow.
3. Real food clears the fog, mentally and physically, so we can stay connected to that belief.

That last one, food, is the most underutilized performance tool we have. Food doesn't just fuel our bodies. It reprograms how we think, how we feel, and what we believe is possible. When we feed ourselves real, whole food, the fog lifts, our energy stabilizes, our mood improves, and belief at higher levels becomes easier to access.

In this section, you'll find a 7-day meal plan designed for busy parents and athletes; practical, flexible, and built to help you create clarity, not complexity. You'll also find simple adjustments for game days, when performance matters most.

But here's the bonus challenge and where real transformation happens: After you finish the 7 days (or even after attempt #1), I challenge you to complete a 36-hour fast, then repeat the plan.

Why?

Because fasting is one of the fastest ways to reset the system physically, mentally, and hormonally. It's a powerful reset button that helps your body and your mind make the switch from surviving to thriving.

When you come out the other side, you won't just see a shift in how you feel.

You'll believe differently. And that's the key because belief is the foundation of every breakthrough.

So as you step into this challenge, remember the question we started with:

Why not you?

7-Day Real Food Challenge

Two Versions:

- Athlete Plan (6 meals/day) – Designed for high output, recovery, and consistent energy.
- Busy Parent Plan (4 meals/day) – Designed for stability, clarity, and simplicity without the overwhelm.

Both plans use the same base foods so families can prep once and fuel together.

Breakfast (Athlete & Parent)

Core Idea:

This is your anchor meal; a ritual, not a rush. Slow mornings are powerful. The simple act of cooking, hearing the pan, and smelling your food triggers digestive enzymes and primes your body for the day ahead. This is where connection happens with yourself, family, your breath, and your belief.

Example (Base for Both):

- 2–4 eggs
- ½ avocado
- 1–2 slices sourdough or 1 diced up potato (athlete: double portion)
- Portion of frozen pineapple or orange
- *can use orange juice in place of fruit if low appetite here to enhance appetite

Notes:

Hack- add lemon, 5g creatine, 1 capful of bodybio elytes with water upon waking. no phones, just 10 minutes of quiet start time further enhancing digestion and usability of this meal.

2nd Breakfast (Athlete Only)

- 200g Greek yogurt or Skyr (whole fat)
- Dark chocolate pieces
- 1 banana or handful of blueberries
- 1 tbsp ground flax or chia

Purpose: Stabilizes blood sugar, feeds recovery, and bridges the gap between morning training and lunch.

Lunch (Both)

Crockpot Fajita Chicken

- Chicken breast or thighs
- 2 bell peppers, 1 onion, sliced
- 2 tsp olive oil, sea salt, cumin, paprika, and garlic powder
- Cook on low overnight or high for 3-4 hours

Serve with:

- 1 cup cooked and cooled rice or sweet potato (athlete: 1½–2 cups)
- Drizzle of olive oil or avocado slices
- Side of kiwi or orange for vitamin C to help nutrient absorption

Prep Tip: Make extra — this becomes dinner or a quick wrap for tomorrow's lunch.

Pre-Workout / Practice Snack (Athlete Only)

- 1 RX Bar or 1 homemade energy ball (dates, oats, nut butter)
- 1 small banana or apple
- Pinch of sea salt + water

Purpose: Quick energy, minimal digestion, maximum clarity.

Dinner (Both)

- 4–6 oz protein of choice (salmon, lean beef, turkey, or leftover chicken)
- 1–2 cups roasted or steamed vegetables (asparagus, beet, zucchini, carrot A+ choices)
- 1 serving starch (athlete: double portion - rice, quinoa, or potatoes)
- Drizzle of olive oil or small pat of butter
- Bonus: big spoon of kimchi or sauerkraut for digestion enhancement

Parent Tip: Use crockpot leftovers for quick bowls — add avocado, salsa, or lime to refresh.

Bedtime Snack (Both)

- Greek yogurt or cottage cheese
- Handful of frozen cherries
- Sprinkle of cinnamon and/or drizzle of honey
- (Optional: 1 tbsp natural nut butter)

Purpose: Protein for overnight recovery and steady blood sugar through the night.

Daily Anchors

Bonus Challenge #1 – The Night Walk

End your day with a 5–10 minute walk after dinner. It aids digestion, regulates blood sugar, and helps transition your nervous system into rest and recovery.

Reflection

Each day of this plan isn't about perfection, it's about awareness.

Notice how you feel after real food, how your energy stabilizes, and how belief feels easier when your body is clear. After the 7 days, take on the 36-hour fast, then repeat the plan.

You'll be shocked by how much sharper, calmer, and more confident you feel.





Dillion Smith on *Prehab Performance Gains*

Body Function and Bracing: Building the Foundation for Performance

Before we chase speed, power, or strength we have to earn the right to move. That's what this section is all about.

Most athletes and parents focus on output; how much weight, how fast, how far. But true performance begins with how well you move. Dillion's presentation dove deep into the principles of bracing, breathing, and function as the invisible layers that support every rep, sprint, and throw.

When we learn to breathe with intention, brace with control, and move with integrity, performance potential skyrockets. The nervous system finally feels safe enough to unlock power. That's how you go from surviving your training to actually building from it.

Why Bracing Matters

Bracing isn't just "tightening your core." It's a full-body integration of breath, posture, and awareness that stabilizes every major lift and athletic pattern.

- It protects the spine under load.
- It coordinates breath with force output.
- It builds the bridge between strength and stability.

Once this becomes second nature, you'll notice improved control in everything from squats to sprint mechanics and even posture throughout the day.

How Function Creates Freedom

The body is built to move as a system not a collection of parts. Functional integration connects the diaphragm to the hips, the ribs to the pelvis, and the breath to the brain. When we re-train these connections, we not only reduce injury risk but also increase energy efficiency. Every rep, breath, and movement becomes more effective with less wasted effort.

4-Week Performance Primer

This warm-up system was designed by Dillion to build the foundation of bracing and function over four progressive weeks.

Each week introduces small changes; more control, more awareness, more movement to help the body layer skill over stability.

These can be done:

- Before training or practice
- To start your morning with movement
- Or as a decompression routine before bed

There are two tracks:

1. Lower Body Series – Core, hinge, and lateral mobility
2. Upper Body Series – Scapular control, stability, and shoulder function

Each chart includes:

- Exercise name and demo link
- Progression / regression options
- Quick coaching cues

Exercise	Progression	Regression	Quick Cues
90/90 Breathing	DNS Roll / Overhead Reach <u>Video: DNS supine 90/90</u>	<u>Supported on Wall</u> <u>Video: Wall-Supported 90/90</u>	Nose In, Mouth Out. Back Flat. Hips Tucked.
8 Point Plank	<u>6 Point Plank(Hands & Feet)</u> <u>Video: 6-point plank</u>	<u>10 Point Plank (Add Chest/Head Rest)</u> <u>Video: 8 Point Plank Cues</u>	Ribs Down. Neutral Spine. Elbows slightly Forward.
Copenhagen Plank	<u>Straight Leg / Long Lever</u> <u>Video: Straight Leg Copenhagen</u>	<u>Bent Knee (Support at Knee)</u> <u>Video: Bent Knee Variations</u>	Hips High & Forward. Squeeze Inner Thigh (Adductor). Straight Line.
Bent Knee Star Plank	<u>Star Plank (Lift Top Arm/Leg)</u> <u>Video: Star Planks Overview</u>	<u>Bent Knee Side Plank</u> <u>Video: Reverse Bent-Knee Plank (Concept is similar)</u>	Be Tall. Hips Up & Forward. Head to Knee Straight Line.
Dumpy/Dunphy Squat	<u>Overhead Squat(No Support)</u> <u>Video: The Overhead Squat</u>	<u>High Box Dumpy Squat</u> <u>Video: Dunphy Squat Demo</u>	Push Overhead Tense Body. Hips Back & Down. Dig Heels to Stand.
Banded RDL	<u>Single-Leg Banded RDL(RNT)</u> <u>Video: RNT Single-Leg RDL</u>	<u>Bodyweight RDL Hip Hinge</u> <u>Video: Bodyweight Hip Hinge</u>	Hinge at Hips. Bar/Band Close. Neutral Spine. Stop at Hamstring Stretch.

Exercise	Progression	Regression	Quick Cues
Lateral Squat to Box	<u>Cossack Squat(No Box) Video: Cossack Squat Progression</u>	Lateral Squat to High Box	Sit Into Squatting Hip. Straight Leg Foot Flat. Chest Up.
Supported Dips	<u>Weighted DipsVideo: Weighted Dip Tutorial</u>	<u>Bench Dips (Feet on Floor/Elevated) Video: Bench Dips to Regular Dips</u>	Torso Upright. Shoulders Down. Dip to 90° Elbows.
KB Arm Bar	<u>Bottom-Up KB Arm Bar Video: Bottom-Up Arm Bar</u>	<u>Light Weight/Bodyweight Arm Bar Video: Arm Bar Concept (with light weights)</u>	Eyes on the Bell. Arm Straight, Perpendicular. Roll from Hip.
Scapula Pushup (Pushup Plus)	<u>Full Pushup Position / Banded Video: Scapular Pushup Progressions</u>	<u>Wall / Quadruped(Hands & Knees) Video: Push Up Plus Progression</u>	Elbows Locked. Squeeze Together (Retract). Push Away (Protract).
Incline ITY Progression	<u>Standing ITY Raises Video: Standing I-Y-T Exercise</u>	Prone ITY Raises(Lying on Floor/Bench)	Squeeze Shoulder Blades. Shoulders Down (No Shrug). Make the Letter Shapes.

4-Week Progressive Warm-Up Plan

Part 1: Lower Body Warm-up Progression (Focus: Core, Hinge, Lateral Mobility)

Week	Exercise 1: Core/Breathing (90/90)	Exercise 2: Core Stability (Plank)	Exercise 3: Hip Hinge (RDL)	Exercise 4: Lateral Mobility (Squat)
W1	Supported on Wall: 2 sets x 5 deep breaths. Cue: Back Flat. Hips Tucked.	10 Point Plank (Add chest/head rest): 2 sets x 30 seconds. Cue: Ribs Down. Neutral Spine.	Bodyweight RDL Hip Hinge: 2 sets x 10 reps. Cue: Hinge at Hips. Neutral Spine.	Lateral Squat to High Box: 2 sets x 8 reps per side. Cue: Sit Into Squatting Hip.
W2	Supported on Wall (Lower Foot Position): 2 sets x 8 deep breaths. Cue: Focus on 360-degree expansion of ribcage.	8 Point Plank: 2 sets x 45 seconds. Cue: Engage Glutes.	Banded RDL (Light band): 2 sets x 12 reps. Cue: Bar/Band Close. Stop at Hamstring Stretch.	Lateral Squat to Medium Box: 2 sets x 10 reps per side. Cue: Chest Up. Straight Leg Foot Flat.
W3	Standard 90/90 Breathing: 3 sets x 6 deep breaths. Cue: Push Heels into the Wall to maintain tension.	6 Point Plank (Standard high plank): 3 sets x 30 seconds. Cue: Elbows slightly Forward. Tense Body.	Banded RDL (Moderate band): 3 sets x 8 reps. Cue: Explode up from the stretch.	Lateral Squat (Shallow depth, No Box): 3 sets x 8 reps per side. Cue: Control the depth.
W4	DNS Roll / Overhead Reach (if comfortable): 3 sets x 5 deep breaths per side. Cue: Control the roll with the hip and core.	6 Point Plank (Focus on slow 4s exhale): 3 sets x 45 seconds. Cue: Maintain position while deeply exhaling.	Single-Leg Banded RDL (RNT/Light band): 2 sets x 8 reps per side. Cue: Maintain Hip Squareness. Slow Tempo.	Cossack Squat (Shallow, controlled depth): 3 sets x 6 reps per side. Cue: Push the knee out over the toe.

Part 2: Upper Body Warm-up Progression

(Focus: Scapula Control, Stability, Rotator Cuff)

Week	Exercise 1: Scapular Control (Scap Pushup)	Exercise 2: Shoulder/T-Spine Stability (Arm Bar)	Exercise 3: Posterior Shoulder (ITY)	Exercise 4: General Patterning (Supported Dip)
W1	Quadruped (Hands & Knees): 2 sets x 10 reps. Cue: Elbows Locked. Squeeze Together (Retract). Push Away (Protract).	Bodyweight Arm Bar (No weight): 1 set x 30 seconds per side. Cue: Eyes on the Hand. Arm Straight.	Prone ITY (Lying on Floor/Bench): 2 sets x 8 reps per letter. Cue: Shoulders Down (No Shrug).	Bench Dips (Feet on Floor): 2 sets x 10 reps. Cue: Torso Upright. Shoulders Down.
W2	Elevated Scap Pushup (Hands on Bench): 2 sets x 12 reps. Cue: Focus on a full range of motion.	Light KB Arm Bar (Smallest weight): 2 sets x 45 seconds per side. Cue: Press the bell actively to the ceiling.	Prone ITY (Lying on Floor/Bench): 2 sets x 10 reps per letter. Cue: Squeeze Shoulder Blades.	Bench Dips (Feet Elevated): 2 sets x 8 reps. Cue: Dip to 90° Elbows.
W3	Full Pushup Position: 2 sets x 10 reps. Cue: Maintain plank throughout the movement.	Standard KB Arm Bar (Moderate weight): 2 sets x 60 seconds per side. Cue: Roll from Hip. Keep core tight.	Incline ITY (High Incline): 2 sets x 8 reps per letter. Cue: Full extension and contraction at the top.	Supported Dips (Assisted or Banded): 2 sets x 6-8 reps. Cue: Control the descent.
W4	Full Pushup Position (3s hold at protraction): 3 sets x 10 reps. Cue: Focus on the "Push Away" strength (Serratus).	Standard KB Arm Bar (Moderate weight): 3 sets x 60 seconds per side. Cue: Slow, controlled movement when rolling.	Incline ITY (Medium Incline): 3 sets x 10 reps per letter. Cue: Increased volume for endurance and stability.	Supported Dips (Less Assistance/H igher Resistance): 3 sets x 6-8 reps. Cue: Transition smoothly in and out of the exercise.

How to Use It

- ✓ Choose one or both series based on your current training needs.
- ✓ Follow each 4-week plan exactly as written before progressing.
- ✓ Focus on breathing, alignment, and control not just reps.

Coach's Note

These movements are small but powerful.

When you master the basics; breathing, bracing, and body control, everything else in your training becomes easier, safer, and more effective. That's the true definition of performance advantage.



A man with tattoos and a white shirt is talking to two other men in a gym setting. The man in the center is wearing a white shirt and has tattoos on his arms. He is looking at the man on the right, who is wearing a black tank top. The man on the left is wearing a black t-shirt and a black cap. The background is a gym with various equipment and a red exit sign.

Josh Carney on Leadership - *Would You Follow You?*

A 3-Level System for Self-Leadership Growth

This checklist and framework, developed by Josh Carney, serves as a daily leadership compass; a way to anchor your energy, choices, and influence in self-accountability and growth.

It asks a simple question that carries massive weight:

Would you still follow yourself in the hard times?

Leadership isn't built when everything is easy. It's built in the unseen moments when no one's watching, when it's uncomfortable, when consistency feels inconvenient. Those are the moments where real trust in yourself (and from others) is formed.

Each level below is designed to layer habits progressively. You start with a foundation of self-leadership, then expand into leading others, and finally refine how you lead under pressure. Three days of consistency at each level creates enough momentum to earn the right to move to the next.

Level 1: Lead Yourself First (Foundation – 3 Days)

Focus: Build structure, presence, and discipline through simple anchors that restore clarity.

3 Daily Variables:

1. Wake up early and move your body (walk, stretch, or train).
2. Journal for 5 minutes: “*Today I want to lead with ____.*”
3. End the day with gratitude and set your top 3 priorities for tomorrow.

Goal: 3 days of consistency = Level 1 cleared.

This foundation builds self-respect, the quiet kind that comes from keeping promises to yourself.

Level 2: Lead Others Well (Integration – 14 Days)

Focus: Expand leadership beyond yourself by influencing through your actions and presence.

Add 2 More Variables:

4. Practice active listening: talk less, listen more.
5. Recognize or thank one person daily.

Goal: 14 days of consistency = Level 2 cleared.

This stage strengthens trust, culture, and connection. Leadership here becomes less about control and more about *influence*.

Level 3: Lead with Vision (Refinement – 14+ Days)

Focus: Stay grounded and value-aligned under pressure leading from a place of calm and clarity.

Add 2 More Variables:

6. Reflect midday: “*Am I still leading by my values?*”
7. Make one firm decision daily and reflect on how you made it.

Goal: Sustain for 14 days = Level 3 mastery.

At this level, leadership becomes habitual. You no longer react — you *respond*.

Full Daily Leadership Checklist (Reference)

MORNING — Lead Yourself First

- Wake up early and avoid distractions first hour
- Journal 5–10 min: Today I want to lead with...
- Move your body (workout, walk, stretch)
- Read or listen to leadership/mindset content (10–15 min)
- Identify your top 3 priorities for today
- Visualize leading with calm, confidence, and clarity

DAYTIME — Lead Others Well

- Practice active listening (talk less, listen more)
- Ask at least one empowering question instead of giving orders
- Recognize or thank someone for their effort
- Check in personally with one person on your team or circle
- Stay composed when under stress or disagreement
- Communicate clearly (end every talk with clarity on next steps)
- Make one firm decision — reflect on how you made it

AFTERNOON — Stay Grounded

- Take a 5-minute reset (breathe, stretch, or step outside)
- Encourage or mentor someone briefly
- Ask yourself: Am I still aligned with my values today?

EVENING — Reflect & Refine

- Review your day: What went well? What can I improve?
- Write one key leadership lesson learned
- Express gratitude to someone
- Plan tomorrow's 3 top priorities
- Wind down tech-free (15–30 min of quiet or reading)

WEEKLY CHECKPOINT (Optional)

- Meet or message a mentor for feedback
- Review long-term vision and progress
- Learn something new about people or performance
- Identify one skill to improve next week

FINAL REMINDER

REPUTATION IS BUILT IN THE SPOTLIGHT. LEADERSHIP IS BUILT IN THE DARK.
THESE 3 LEVELS ARE THE FOUNDATION OF LEADING YOURSELF SO DEEPLY THAT
OTHERS NATURALLY FOLLOW.

THE GOAL ISN'T PERFECTION, IT'S PROGRESS, INTEGRITY, AND INFLUENCE THAT
COMES FROM THE INSIDE OUT.

THREE DAYS OF CONSISTENCY CREATES A MONUMENTAL SHIFT.

START SMALL, LEAD YOURSELF FIRST, AND WATCH EVERYTHING ELSE FOLLOW.

