

ASCEND / THE METHOD

YOUR NEXT LEVEL.

BUILD THE ROUTINE.

Skin. Strength. Nutrition.

A practical guide to looking after yourself
with intention.

40 PAGES / DIGITAL GUIDE

EDITION 1.0 / SEPTEMBER 2026



One guide. Clear priorities.

Read the foundations once. Return to the plans when you need them.

PAGES	SECTION	WHAT YOU WILL USE
04-05	Start with your baseline	Appearance expectations and a personal audit
06-09	Skin & presentation	AM/PM routines, acne options, grooming and style
10-17	Training & recovery	Four-day split, alternatives, progression and sleep
18-24	Nutrition foundations	Food structure, protein, meal ideas and adjustments
25-29	Bloating & facial fullness	Potassium, sodium, hydration, carbs and gut symptoms
30-31	Optional cycling	Carb and calorie cycling with honest limitations
32-38	Put it into practice	Eight-week rollout and printable planning sheets
39-40	Sources	Clickable references and evidence notes

Start with the smallest useful routine

For the first week, choose a basic skincare routine, two or three manageable training sessions, regular meals and a consistent sleep opportunity. Add structure after these fit your life. Buying more products or choosing a more complicated diet is not the same as executing the basics.

IF YOU ONLY HAVE 20 MINUTES

Read pages 4, 6, 10, 18 and 25. Then fill in page 34. Use the detailed sections to answer the next practical question, not to create a longer list of things to worry about.

The worksheets are designed to be printed or annotated in a PDF reader. They are not interactive form fields. Keep your notes private and use them to make decisions, not to grade your worth.

The daily skin routine.

Start with a gentle base. Add treatment only for a clear need.

WHEN	STEP	HOW TO USE IT
AM	Cleanse gently	Use a gentle facial cleanser and lukewarm water. Avoid scrubbing.
AM	Moisturize	Choose a texture you tolerate; non-comedogenic can help if acne-prone.
AM / OUTDOORS	Protect	Broad-spectrum SPF 30+ on exposed skin. Follow the label; reapply about every two hours outdoors and after swimming or sweating.
PM	Cleanse	Remove sunscreen, sweat and the day's buildup without aggressive rubbing.
PM	Treat if needed	Use one suitable acne treatment as directed, rather than starting several together.
PM	Moisturize	Keep the base routine comfortable and consistent.

Make the routine easy to follow

Keep the morning products where you get ready and the evening products beside your toothbrush. A simple routine you use is more useful than an elaborate routine you avoid. Pick a sunscreen whose finish you can live with; protective clothing and shade also matter.

Before buying another serum, identify the job it would do. "Because it is trending" is not a clear job. Keep product names and start dates in your notes so you can tell what was present when irritation appeared.

BASIC SHOPPING LIST

Gentle cleanser + moisturizer + broad-spectrum SPF 30 or higher. Buy a treatment only if you have a specific concern. Cost and a long ingredient list do not prove a product is better.

Skincare foundation: American Academy of Dermatology [1, 2]. Always follow product directions.

Upper A

Controlled reps. Balanced effort. Record what you actually complete.

EXERCISE	WORK SETS	CUE / SUBSTITUTE
Dumbbell bench press	3 x 6-10	Stable feet; comfortable range. Machine chest press is an alternative.
Chest-supported row	3 x 8-12	Pull without throwing the torso. Use a seated cable row if preferred.
Lat pulldown	2 x 8-12	Pull to upper chest without leaning far back. Assisted pull-up also works.
Seated dumbbell press	2 x 8-12	Use a comfortable shoulder path. Choose a machine if more stable.
Lateral raise	2 x 12-15	Light enough to avoid swinging. Stop at a comfortable height.
Cable triceps pressdown	2 x 10-15	Keep upper arms steady. Use a comfortable grip.
Dumbbell curl	2 x 10-15	Control the lowering; avoid using the hips.

Session setup

Begin with several minutes of easy movement. Perform progressively heavier practice sets before your first press and row. Choose starting loads that let you finish the lower end of the rep range with clean control and repetitions left in reserve.

When time is short

Complete the first three exercises, then accessories if time remains. A shortened session is useful. Do not rush a heavy lift to fit everything in.

LOG THE REPEATABLE PART

Write load, reps and estimated RIR for each set. If the movement feels awkward, reduce the load and improve the setup before chasing a bigger number. Progression: page 16.