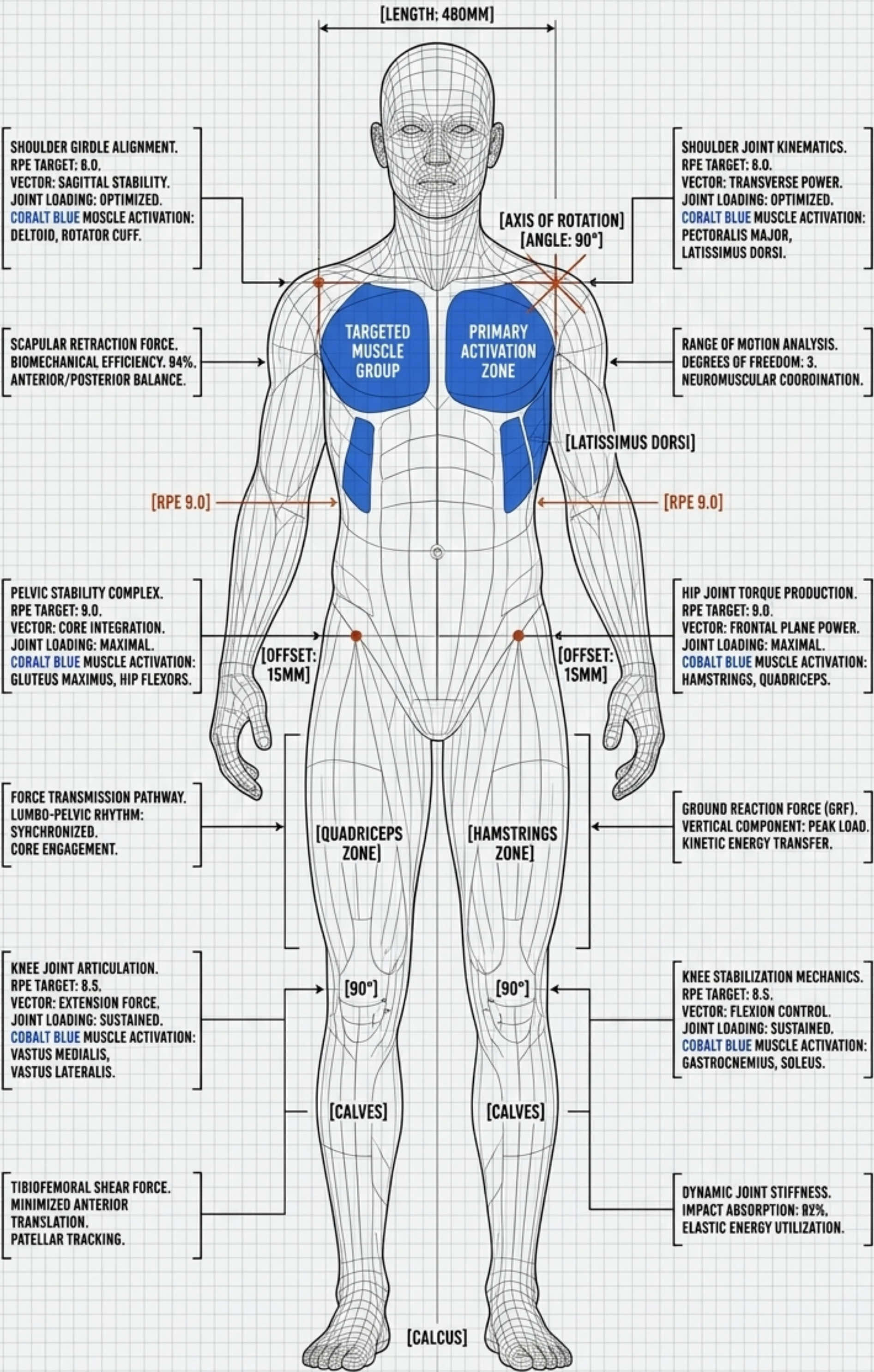
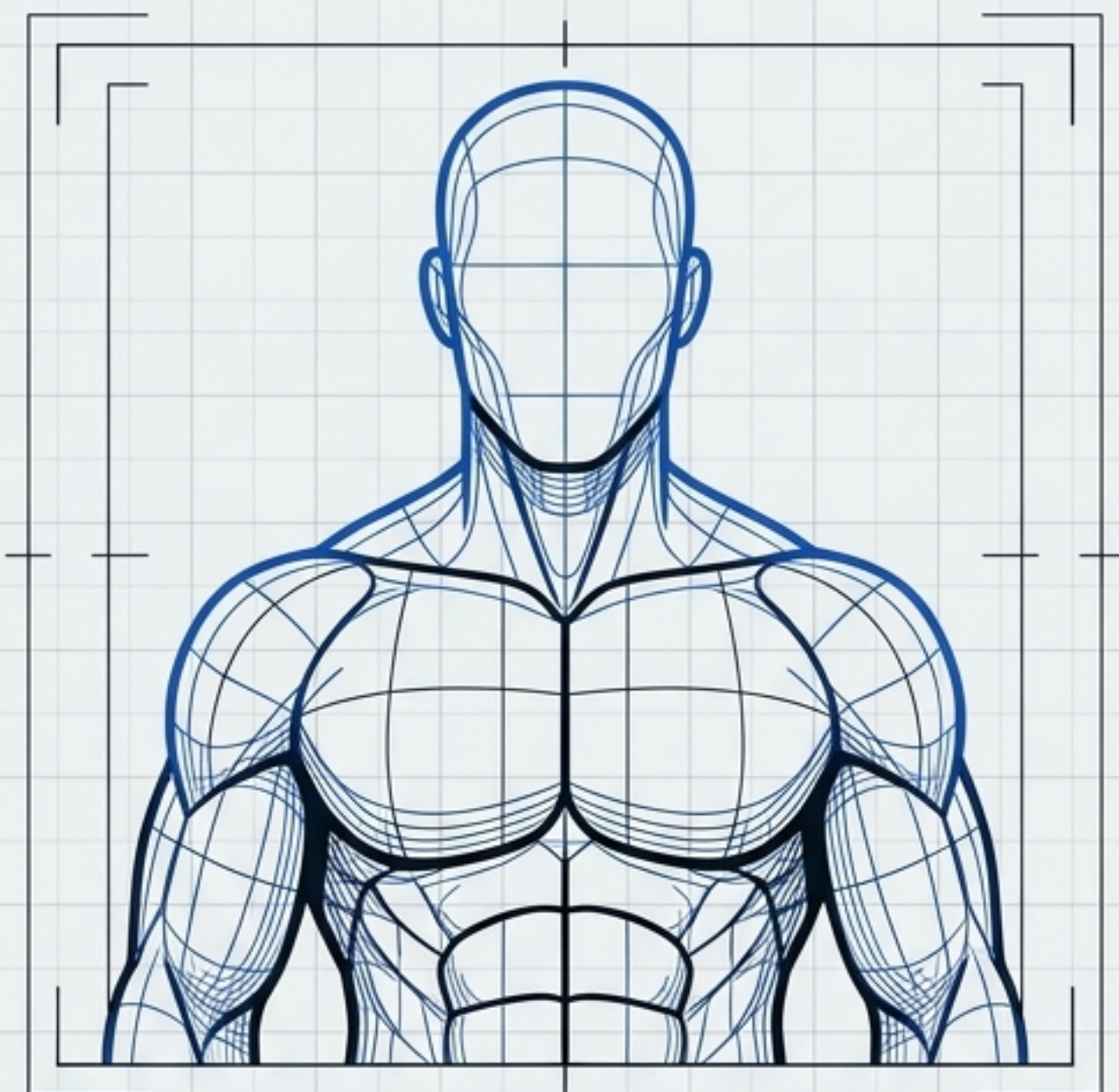


[PRECISION ENGINEERING FOR HUMAN PERFORMANCE.]
[THE 15-MINUTE METABOLIC RESISTANCE CIRCUIT.]
[A COFITQ SCIENTIFIC BLUEPRINT.]

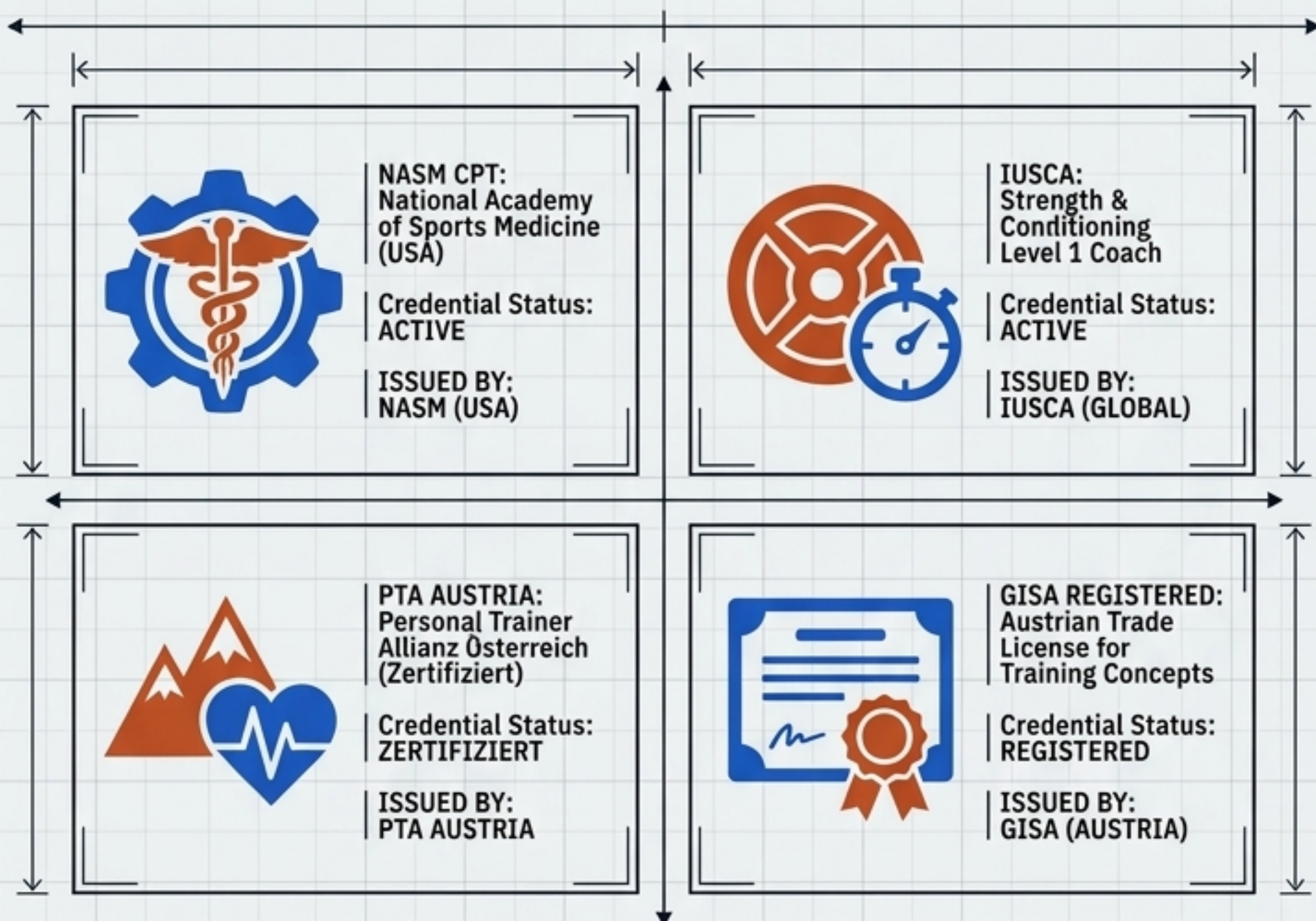




BUILT ON PURE PHYSIOLOGICAL PHYSICS, NOT FITNESS FADS.

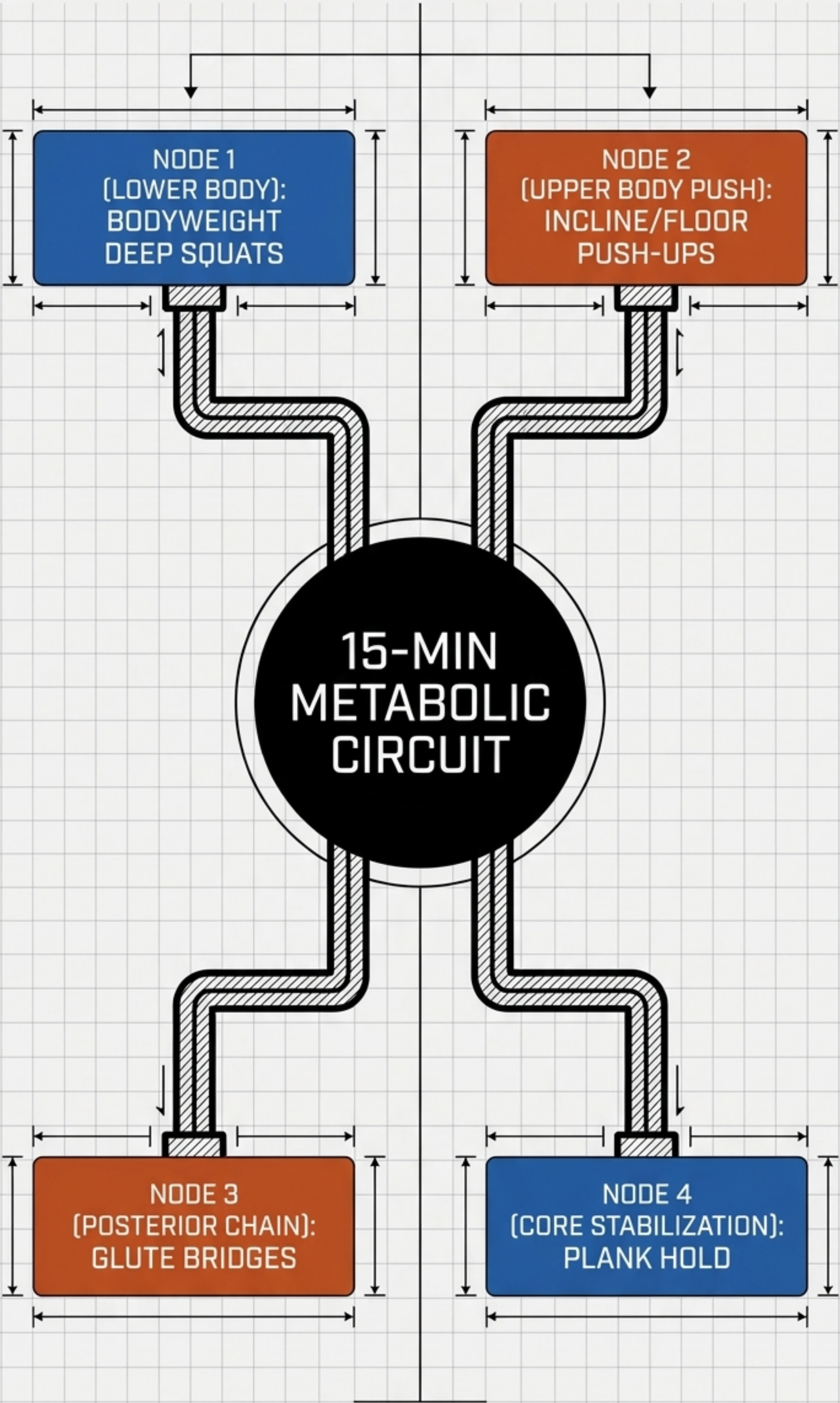
"As a former elite competitive football player, I spent years learning what it takes to perform at the highest level. I build highly engineered training systems that are 100% backed by sports science. No BS. No generic routines. Just pure evidence-based physiological results."

COACH HOSSEIN NABIPOURMARZBALI



FOUR PRECISELY CALIBRATED MOVEMENTS
TO STIMULATE THE ENTIRE KINETIC CHAIN.

15-MIN METABOLIC CIRCUIT / FREQUENCY: 3X PER WEEK



CALIBRATING YOUR BIOLOGICAL OUTPUT WITH THE RPE MATRIX.

Glute Bridges

[7.5]

SENSATIONS

Deep muscular burn, highly controlled.

RIR

2-3 reps left in the tank.

Squats

[8.0]

SENSATIONS

Heavy breathing, leg fatigue setting in.

RIR

Exactly 2 reps left in the tank.

Push-ups

[8.5]

SENSATIONS

Near failure, final reps require immense focus.

RIR

1-2 reps left in the tank.

Plank Hold

[9.0]

SENSATIONS

System-wide shaking, absolute maximum tension.

RIR

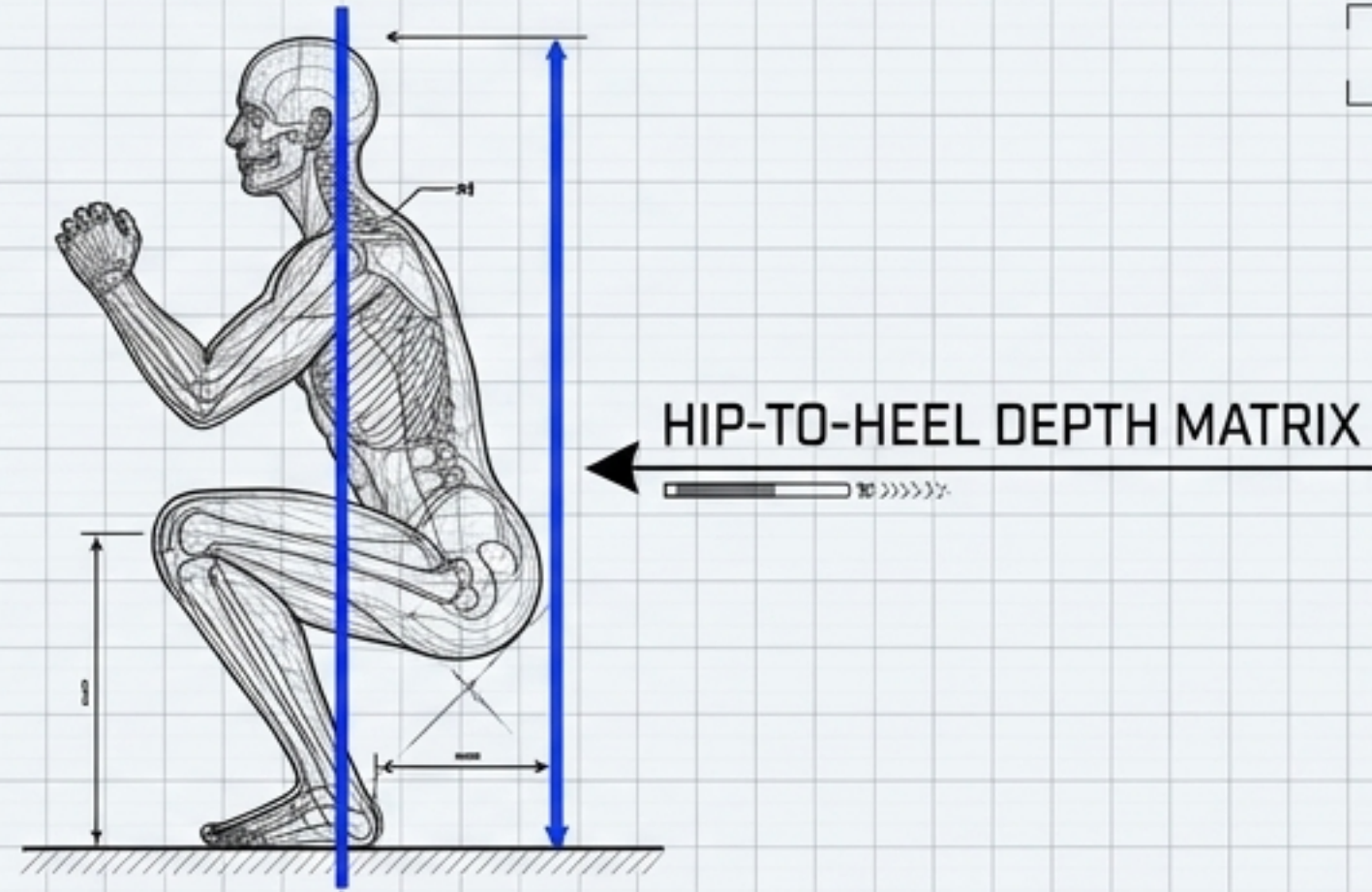
0-1 seconds left before collapse.



RPE MATRIX
CALIBRATION
INDEX

COMPONENT 01: ANTERIOR LOWER BODY POWER GENERATION.

FUNCTIONAL VISUAL



ACTIVATION DASHBOARD

MOVEMENT: BODYWEIGHT DEEP SQUATS

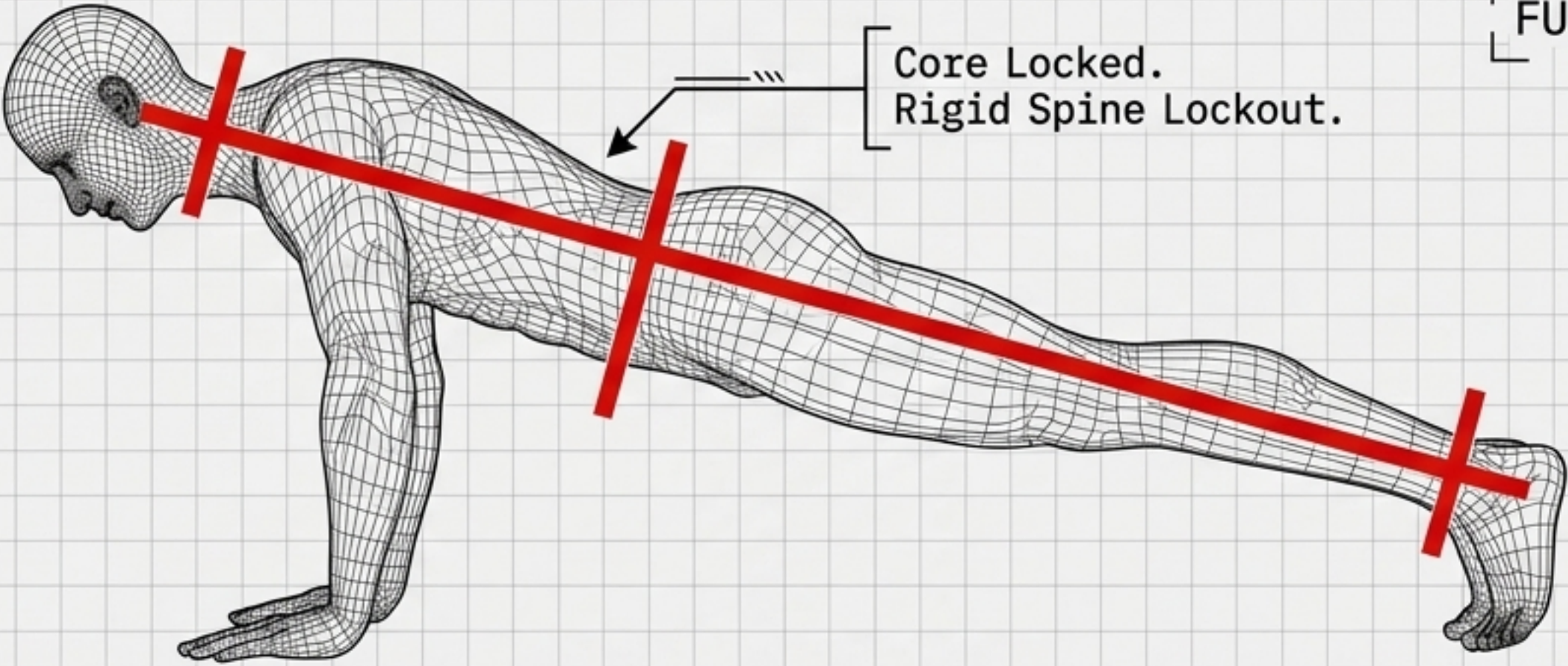
VOLUME: 3 SETS x 15 REPS

INTENSITY: 8.0



COMPONENT 02: UPPER BODY FORCE AND STRUCTURAL LOCK

FUNCTIONAL VISUAL



ACTIVATION DASHBOARD

MOVEMENT: Incline or Floor Push-ups

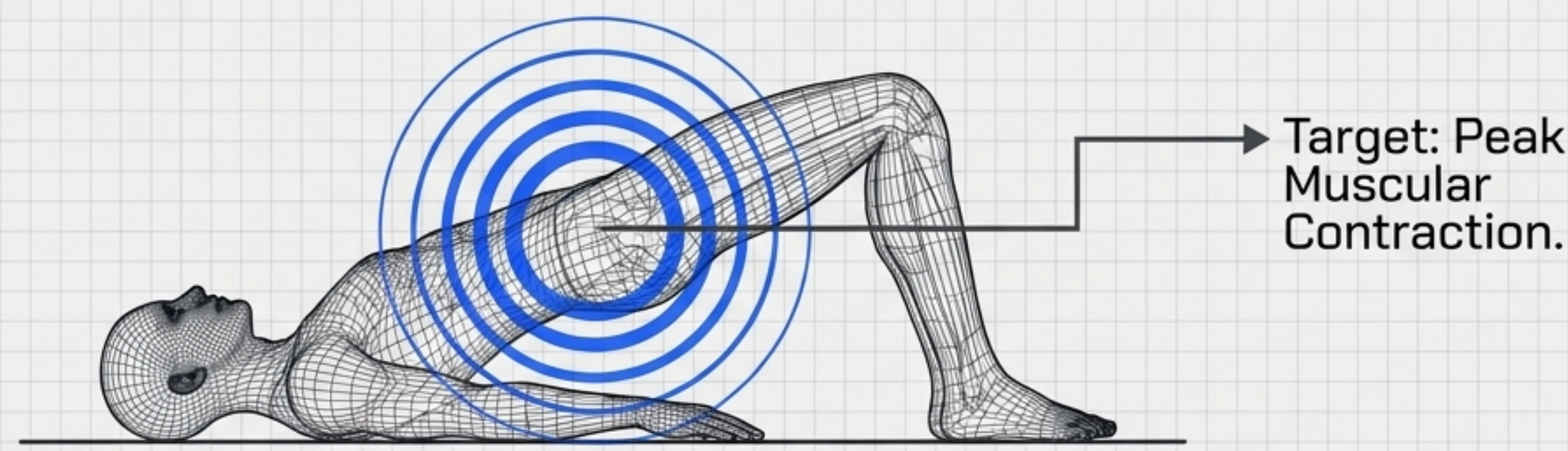
VOLUME: 3 Sets x 10-12 Reps

INTENSITY: 8.5



[**COMPONENT 03: POSTERIOR CHAIN ENGAGEMENT AND HIP DRIVE.**]

[FUNCTIONAL VISUAL]

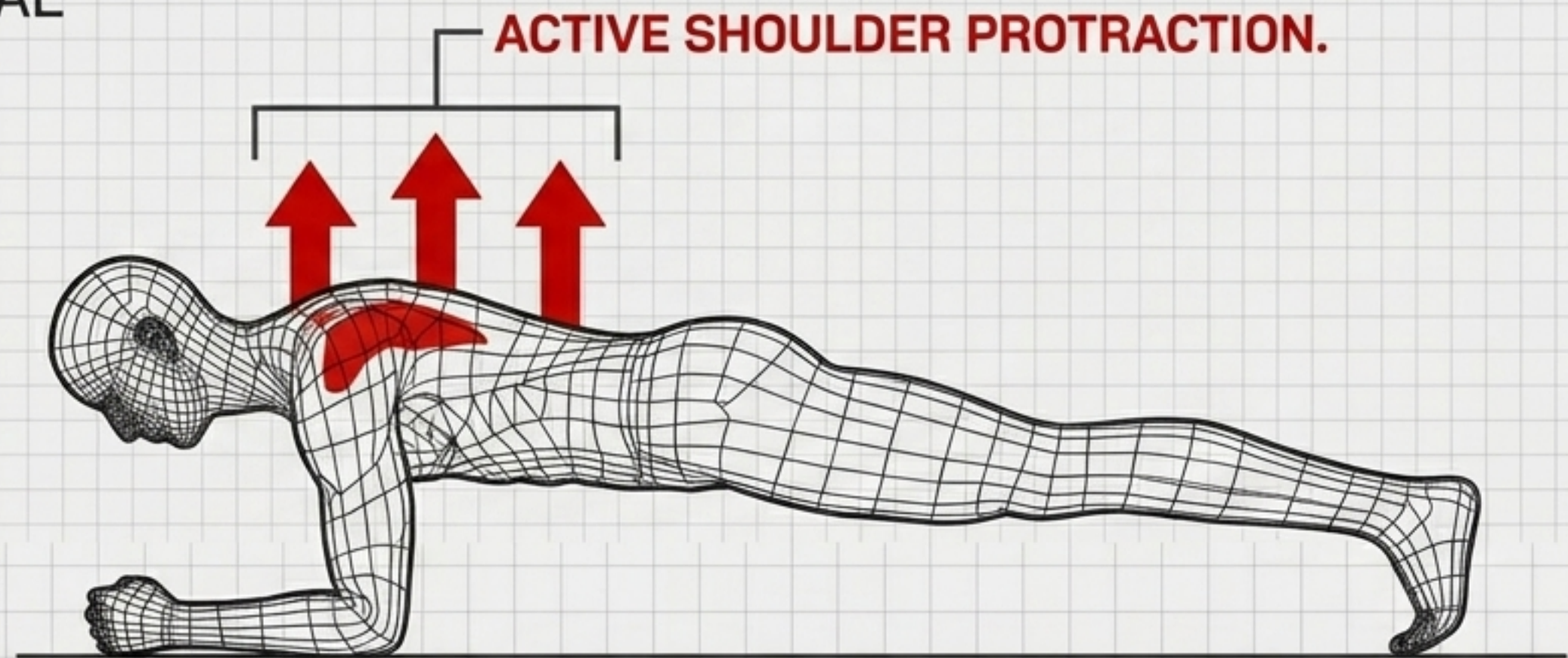
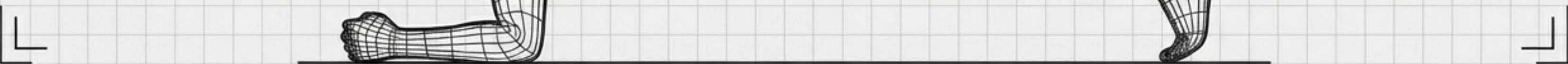


ACTIVATION DASHBOARD

MOVEMENT:	GLUTE BRIDGES
VOLUME:	3 SETS X 15 REPS
INTENSITY:	7.5

[**COMPONENT 04: ABSOLUTE DEEP CORE STABILIZATION.**]

[FUNCTIONAL VISUAL



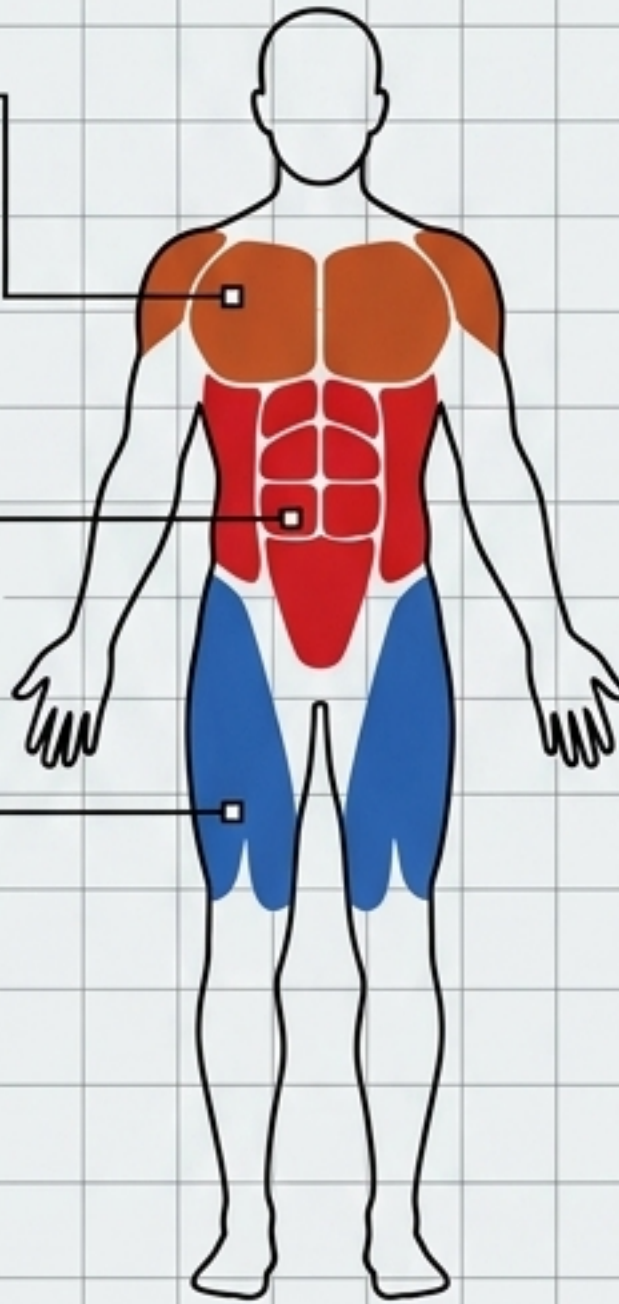
ACTIVATION DASHBOARD		
MOVEMENT:	PLANK HOLD	
VOLUME:	3 SETS X 30-45 SECONDS	
INTENSITY:	9.0	

ZERO MUSCULAR REDUNDANCY. ONE HUNDRED PERCENT COVERAGE.

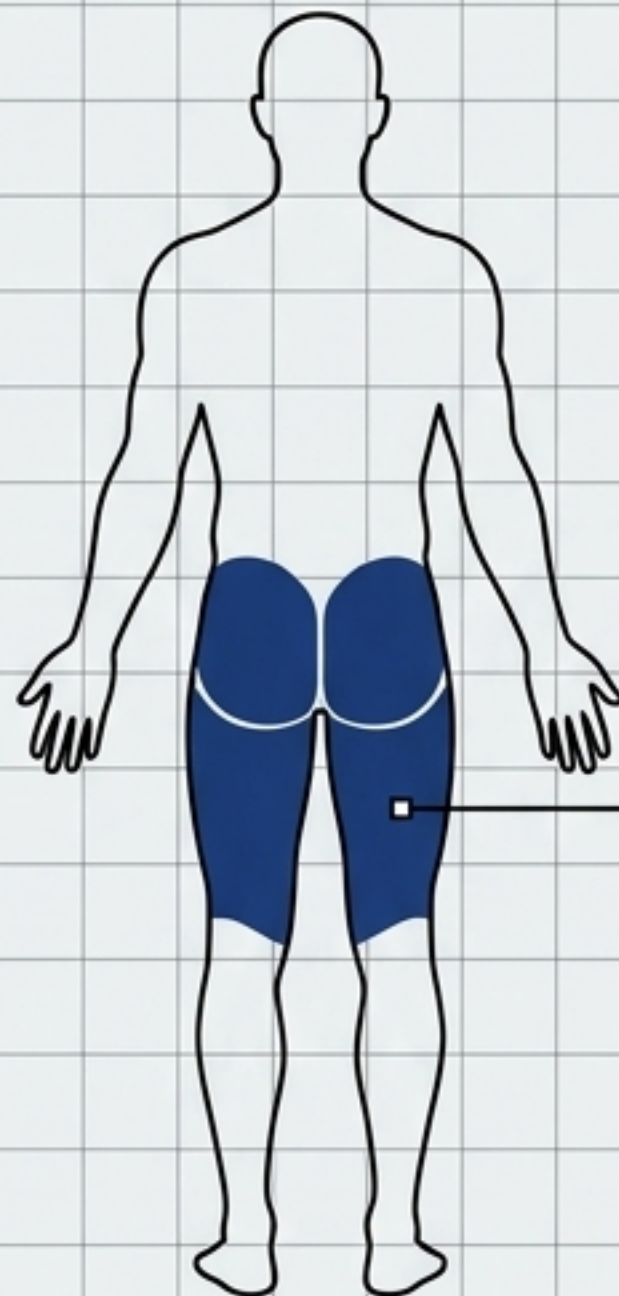
[PUSH-UP]
UPPER ANTERIOR

[PLANK]
DEEP CORE SYSTEM

[SQUAT]
ANTERIOR LOWER



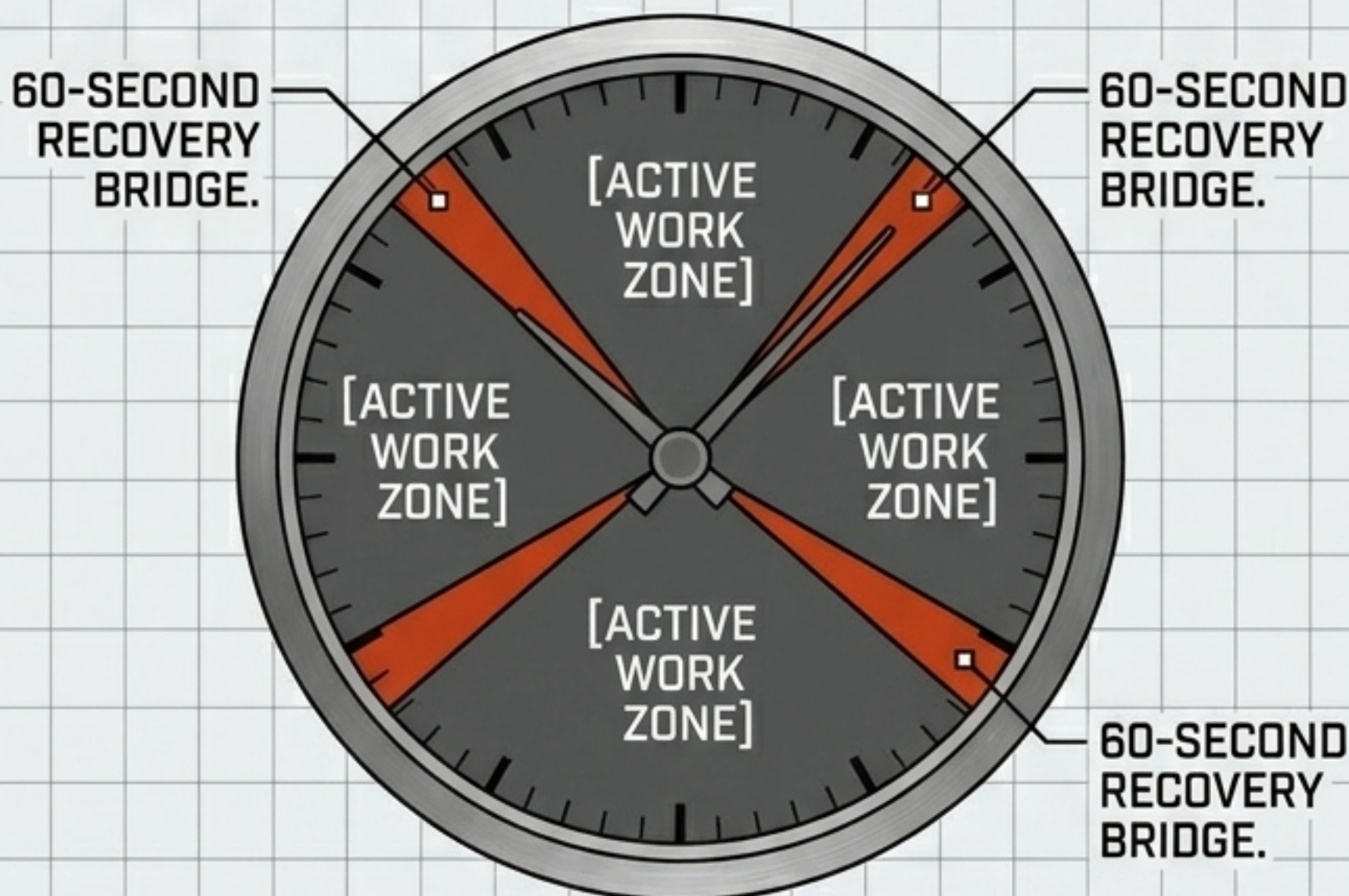
[BRIDGE]
POSTERIOR LOWER



BY INTERLOCKING THESE SPECIFIC MECHANICS, THE
CIRCUIT GUARANTEES MAXIMUM SYSTEMIC METABOLIC
DEMAND WITH ZERO OVERLAPPING WASTED ENERGY.

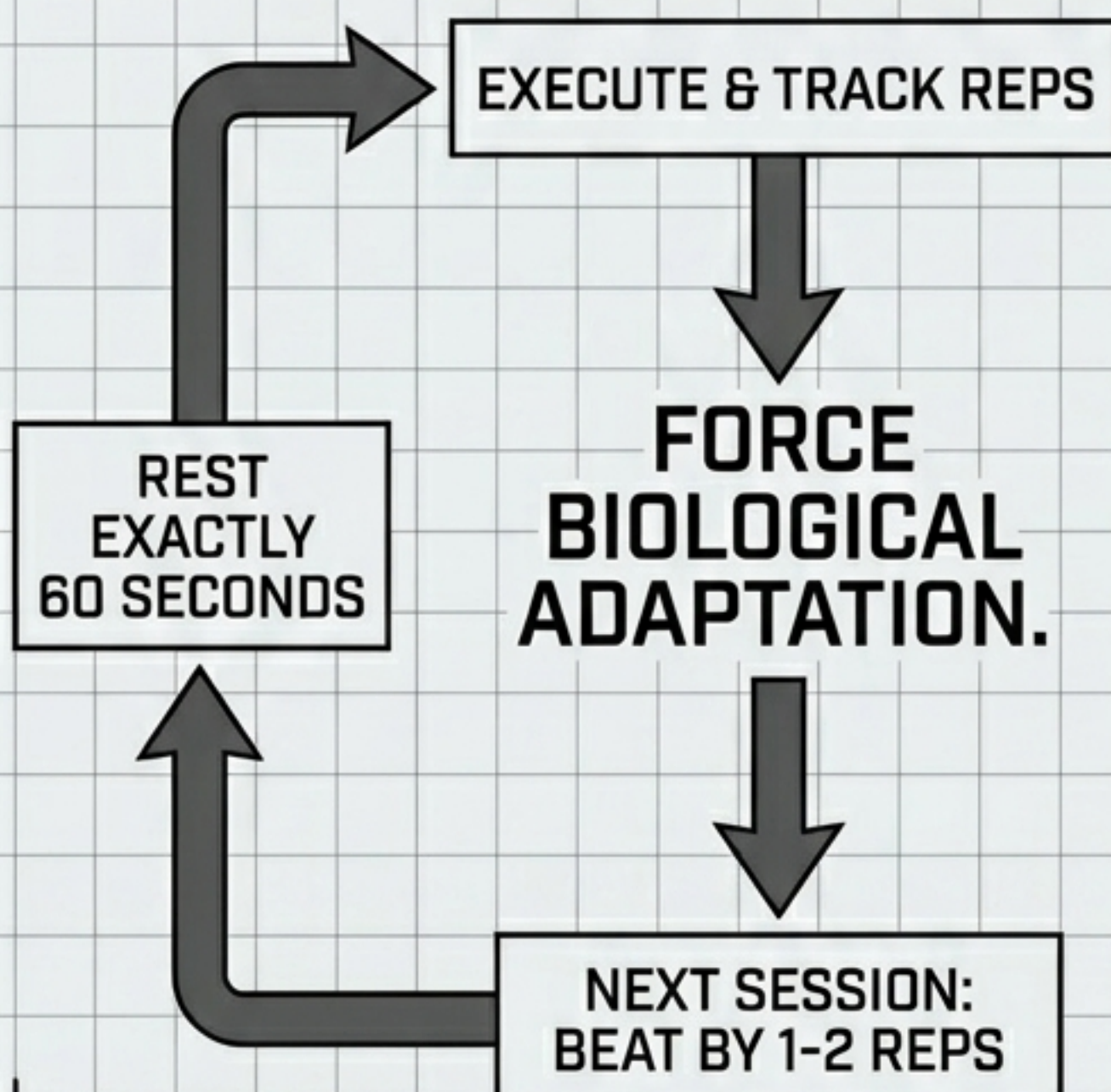
THE OPERATING PROTOCOL GOVERNING THE 15-MINUTE TIMEFRAME.

THE METABOLIC CLOCK



[RULE 1: MOVE SMOOTHLY THROUGH EACH MOVEMENT
WITHOUT SACRIFICING SPINAL INTEGRITY.]

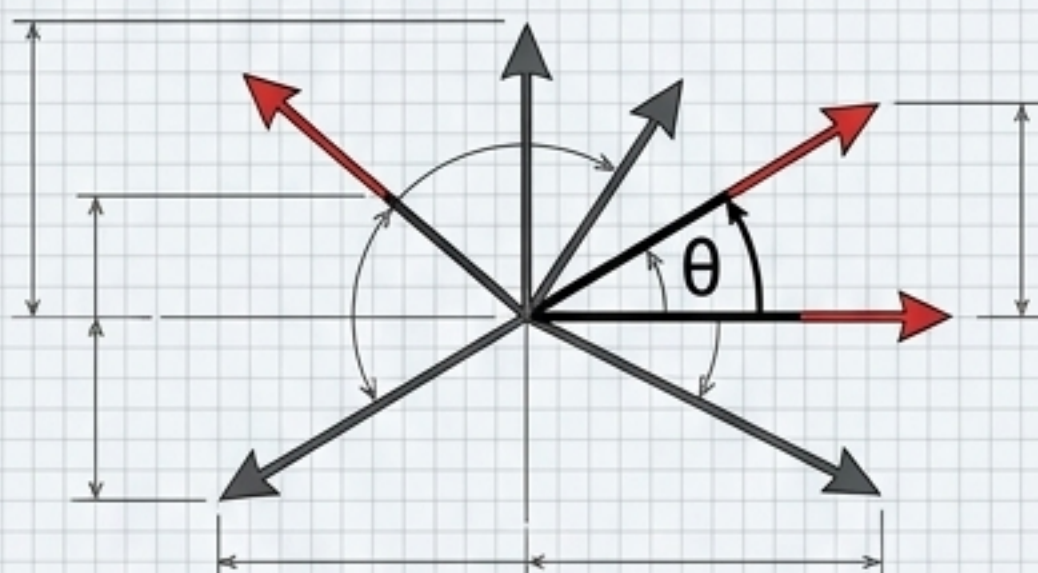
THE PROGRESSIVE OVERLOAD LOOP



7 DAYS IS JUST THE BASELINE. UPGRADE TO A HIGHLY CALIBRATED 4-WEEK SYSTEM.

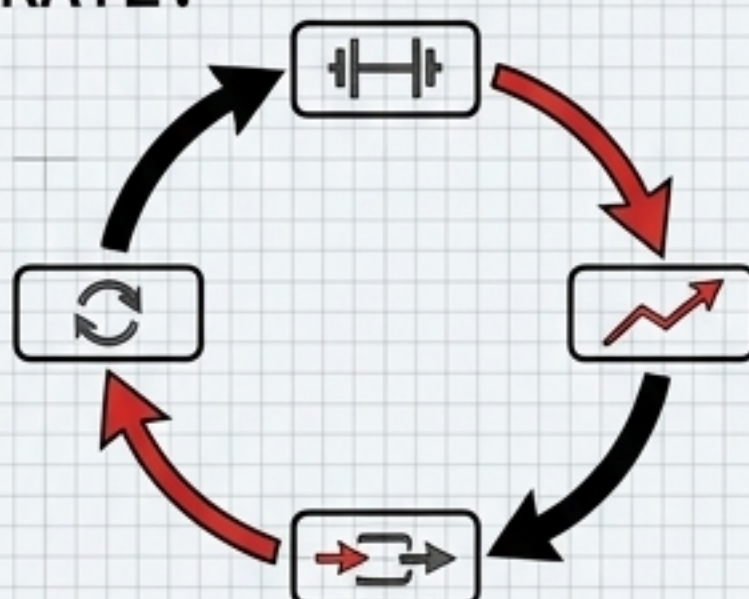
If you want a fully customized 4-week program meticulously tailored to your specific biomechanics, lifestyle, metabolic rate, and athletic goals, let's fast-track your progress together.

1. BIOMECHANICS OUTPUT.



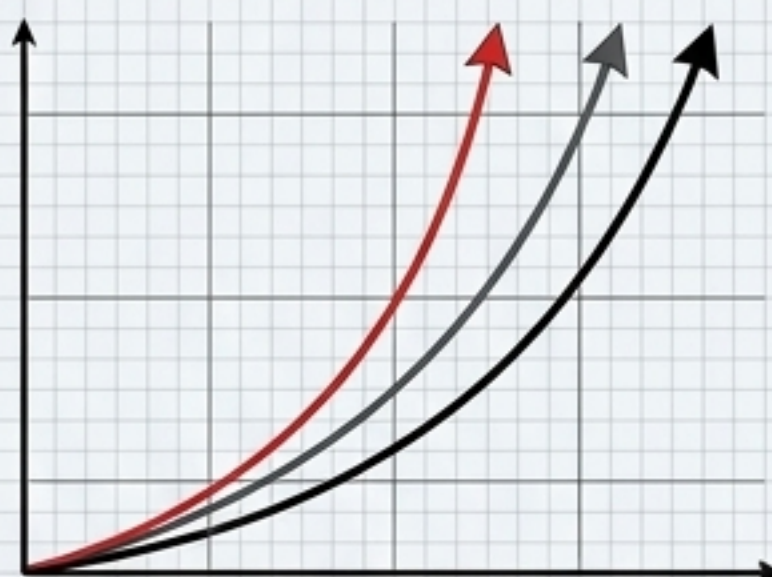
2. EXACT METABOLIC RATE.

RMR: >50
VO2 MAX: 15%



3. SPECIFIC ATHLETIC GOALS.

STRENGTH
ENDURANCE
HYPERTROPHY



[OFFICIAL PORTAL:]

WWW.COFITQ.AT

[INSTAGRAM PLATFORM:]

@COFITQ

Coach Hossein holds formal trade registration (GISA) in Vienna, Austria.