

7 DAYS TO UNBREAKABLE

THE CRASH COURSE IN PHYSICAL POWER AND MENTAL GRIT

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This is bigger than a workout

For too long, we've been told to "man up" — to shut up, suck it up, and keep moving like nothing hurts. That lie is killing us. Right now, somewhere in the world, a man is ending his life — and it happens every single minute of every day.

I'm Bradley Gold — trainer, athlete, and someone who's been crushed under that same weight. I'm a former first responder, a personal trainer, a TKD black belt, a Muay Thai competitor, and a 12-time national powerlifting record holder. But here's the truth I kept buried: I've attempted suicide. I live with major depression, PTSD, anxiety, and ADHD; I'm basically a poster boy for the DSM with veins pumped full of the whole pharmacy to keep my brain from spiralling. Suicidal thoughts aren't a chapter from my past — they're still part of my reality.

For the last three years, I've been in therapy every single week. I've sat in first responder programs, group therapy, and private sessions where I've had to face the hardest truths about myself. I'll always struggle — that's the nature of mental illness. But I've decided to keep going in spite of it, because I want to prove to myself that I'm stronger than my worst days.

Some days I fail. Some days I'm ready to quit. But when that happens, I let the day have its way with me... and then I try again tomorrow. I was lucky — I had someone push me to get help, and it saved my life. Without them, I wouldn't be here. That's why I want men to start talking openly about what they're going through. Because silence is killing us faster than anything else.

Real strength isn't just about how much weight you can put on a bar — it's about what you can carry when life tries to break you. It's forged in the moments you want to quit but don't. You can't outlift your demons, but you can face them head-on. Every rep, every set, every drop of sweat is a stand against the part of you that wants to give up.

This is physical grit + emotional honesty — the antidote to the toxic idea that being a man means being invulnerable. No hiding behind numbers. No pretending you're fine. No fake "alpha male" persona.

You will build a body that refuses to break and a mind that refuses to bow. You'll learn to confront pain, not run from it. And you'll carry that resilience into every fight life throws at you — inside the gym and out.

Let's go to work.

strength & resilience

WHY WE TRAIN THE WAY WE DO

To me, strength isn't just in the muscle — it's in the honesty.

It's in the courage to crush a heavy set in the gym and still admit when you're breaking inside. It's about facing the weight on the bar and the weight in your head.

Too many people can deadlift 500 pounds but crumble under the silent loads they carry outside the gym. That's not real strength — that's just armor with nothing underneath.

There's no one-size-fits-all approach to training, and there's sure as hell no one-size-fits-all approach to life. Everyone's carrying a different mix of scars, stories, and battles. That's why my coaching is built for you — your body, your mind, your reality. Cookie-cutter programs ignore who you are. I don't. Your training should serve you, not the other way around.

Physical strength and mental grit are inseparable. You can't build one and neglect the other without leaving yourself wide open to breaking. The barbell doesn't care about your feelings — but life will, and it will test you in ways no workout ever could. If you're only prepared physically, you're not prepared at all.

This plan will push your body harder than it wants to go. But it'll also drag the parts of you you've been taught to hide — the doubts, the pain, the insecurities you keep buried — out into the light. Because you can't outlift your demons. You can only face them. And once you do, you'll find out they're not as unkillable as they've been making you believe.

This is about building a body that can carry the load and a mind that refuses to quit — no matter how heavy it gets.

the 4 core principles

YOU'LL LIVE BY THIS WEEK

01 Accountability

You own your results, good or bad. Every rep, every meal, every choice adds up. Excuses don't build muscle or character — taking responsibility does.

02 Adaptability

Life won't wait for perfect conditions, and neither should you. Schedules change, injuries happen, motivation fades. The people who win are the ones who adjust without losing sight of their goal.

03 Discipline

Motivation is fleeting; discipline is permanent. You train, eat right, and stick to the plan because it needs to be done — not because you feel like it.

04 Duality of Body & Mind

Physical strength means little without the mental grit to back it up. Train your muscle and train your mindset — together they make you unshakable. Neglect either, and the other will eventually fail.

how to use this plan

THIS ISN'T A SUGGESTION LIST. IT'S A 7 DAY COMMITMENT

Do the damn workouts.

Follow them exactly as written, or use the home options if you don't have access to a gym. No "I'll make it up later" days — later never comes.

Complete the resilience habit. Every. Single. Day.

These aren't throwaway tasks. They're as important as the lifting. Each habit is designed to make you stronger where it counts most — in your head.

Track everything.

Use the tracking sheet to log your workouts, resilience habits, and daily reflections. This is your mirror — it shows you where you're winning and where you're slacking.

Push yourself, but don't be stupid.

You know your limits. Challenge them, but don't be reckless. Injury is not part of the program — showing up tomorrow is.

No skipping. No excuses.

Seven days is nothing compared to the rest of your life. If you can't give one week your all, you'll never be ready for the bigger battles.

PRO TIP

Consistency beats motivation every time. Motivation comes and goes — commitment is what stays. Show up whether you feel like it or not, and you'll be the kind of person who doesn't wait for permission to change.

A man with extensive black and grey tattoos on his neck, shoulders, and arms is leaning against a light-colored brick wall. He is looking down with a contemplative expression. The background is dark and out of focus, showing some gym equipment. Overlaid on the image is a motivational quote in large, white, bold, sans-serif capital letters.

**YOU'RE NOT JUST
HERE TO LIFT.
YOU'RE HERE TO RISE.**

YES THE ORIGIN OF EVIL NO
BLACK OR AID
MYSTIFYING ORACLE

CD

your next step: the workouts

BUILD IT. EARN IT. OWN IT.

Talk is cheap. Reflection matters. But change? Change demands action. It demands effort when no one's watching. It demands showing up on the days you'd rather disappear. And right now, it demands you start putting in the reps.

These workouts are your proving ground. Every set, every habit, every challenge here is built to test more than your body — they're here to test your will. You'll meet resistance in the weights, in your mind, and in your own excuses. Some days you'll want to quit. That's normal. Quitting is easy. Do it anyway — not for me, not for this program, but for yourself.

Now — I don't do cookie-cutter coaching. Every client I work with gets something 100% tailored to their body, their mind, their reality. But in order for this ebook to be useful, you need a starting point — a structure most people can follow and benefit from.

Think of this as your foundation, not your finish line. If you want training built for you, we do that together. You don't have to be perfect. You don't have to hit every number or feel unstoppable every session. You just have to show up and give everything you've got for today. Tomorrow will bring its own fight — and when it does, you'll meet it stronger, sharper, and harder to break than you were yesterday.

Over the next 7 days, you'll train with focus and intensity. You'll push yourself through physical challenges while practicing resilience habits that sharpen your mental edge. This combination will make you harder to break and impossible to ignore — not just in the gym, but everywhere you go.

The weights are waiting. The clock's ticking.

Let's work.

day 1 - push power

WARM UP

Band shoulder dislocates – 2x12
Push up to downward dog – 2x12
Scapular wall slides – 2x12

RESILIENCE HABIT

**NO PHONE FOR
1 HOUR UPON
WAKING**

01 Main lift

Gym Barbell Bench Press – 4 sets x 8 reps
Home Band Chest Press – 4 sets x 12 reps

02 Accessory work

Gym

Incline DB Press – 3x10
Seated DB Shoulder Press – 3x10
Cable Lateral Raises – 3x15

Home

Band Incline Press – 3x10
Band Overhead Press – 3x10
Band Lateral Raises – 3x15

03 Metcon

6 Dumbbell or Band Push Press
8 Push-Ups
10 Jump Squats
6 minutes – as many rounds as possible

04 Cool down

Pec Stretch (doorway)
30 seconds
Triceps Overhead Stretch 30 seconds

**“YOU WILL NOT
RISE TO THE
OCCASION — YOU
WILL FALL TO THE
LEVEL OF YOUR
TRAINING.”
— ARCHILOCHUS**

day 2 - pull harder

WARM UP

Band lat pull – 2x12

Banded face pulls – 2x12

Cat cow – 2x12

RESILIENCE HABIT

**COLD SHOWER OR
PLUNGE FOR AT
LEAST 2 MINUTES
POST WORKOUT.**

01 Main lift

Gym Barbell Row – 4 sets x 8 reps

Home Band Bent Rows – 4 sets x 12 reps

02 Accessory work

Gym

[Assisted] Pullups – 3x8-10

Seated Cable Row – 3x10

DB Hammer curls – 3x12-15

Home

Band Lat Pulldowns – 3x12-15

Band Row – 3x10-12

Band Hammer Curls – 3x15

03 Metcon

8 minute EMOM

Odd minutes: 15 Kettlebell Swings/Band Pull-Through

Even minutes: 8 Pullups/Band Lat Pulldowns

04 Cool down

Lat Stretch on Bar or Doorframe

30 seconds

Bicep Wall Stretch

30 seconds

**THE CHAINS YOU CAN'T SEE ARE THE HARDEST TO
BREAK — START PULLING.**

day 3 - legs loaded

RESILIENCE HABIT

**WRITE DOWN 3 THINGS YOU'VE BEEN
AVOIDING. NOW DO 1 OF THEM.**

WARM UP

Glute Bridge – 2×15

Walking Lunge – 2×10

Banded Side Steps – 2×15

01 Main lift

Gym Barbell or Goblet Squat – 4 sets x 8 reps

Home Band Front Squat – 4 sets x 12 reps

02 Accessory work

Gym

RDLs – 3×10-12

Split Squat – 3×10-12

Standing Calf Raises – 3×15

Home

RDLs can be done with a band looped underneath your feet

03 Metcon

5 minute AMRAP

12 Walking Lunges

8 Jump Squats

30-sec Wall Sit

04 Cool down

Hip Flexor Stretch – 30 sec/side

Hamstring Stretch – 30 sec/side

**EVERY TIME
YOUR LEGS GIVE
OUT, YOU'RE
BUILDING THE
STRENGTH TO
STAND TALLER.**

day 4 - full body grit

WARM UP

World's Greatest Stretch – 2x5/side

Band Pull-Apart – 2x12

Air Squat – 2x10

RESILIENCE HABIT

**NO MUSIC DURING
THIS WORKOUT.
JUST YOU, YOUR
THOUGHTS & THE
WEIGHT**

01 Main lift

Gym Barbell or Hex bar deadlift – 4 sets x 6-8 reps

Home Band Deadlifts – 4 sets x 8-10 reps

02 Accessory work

Gym

DB Clean & Press – 3x8

Pull-Ups – 3x8

DB Goblet Squat – 3x12

Home

If no DBs, switch the clean & press for decline pushups

03 Metcon

7 minute AMRAP

6 Burpees

8 Kettlebell/Dumbbell High Pull
(Home: Band High Pull)

10 Mountain Climbers (per side)

04 Cool down

Lower Back Stretch – 30 sec

Quad Stretch – 30 sec/side

World's Greatest – 2x5

**“TO LIVE IS TO
SUFFER, TO
SURVIVE IS TO FIND
SOME MEANING IN
THE SUFFERING.”**

**— FRIEDRICH
NIETZSCHE**

day 5 - push past possible

RESILIENCE HABIT

SEND A MESSAGE OF GENUINE GRATITUDE TO SOMEONE.

WARM UP

Band External Rotation – 2×12
Shoulder Tap Plank – 2×10/side
Wall Angels – 2×12

01 Main lift

Gym Barbell Overhead Press – 4 sets x 8 reps

Home Band Overhead Press – 4 sets x 12 reps

02 Accessory work

Gym

Dumbbell Bench Press – 3×10

DB Arnold Press – 3×10

Cable Lateral Raise – 3×15

Home

- Pushups – 3×10
- Band Upright rows – 3×10
- Band Lateral Raise – 3×15

03 Metcon

5 minute AMRAP

12 Walking Lunges

8 Jump Squats

30-sec Wall Sit

04 Cool down

Pec Stretch – 30 sec/side

Trap Stretch – 30 sec/side

**YOU'RE NOT PUSHING
THE WEIGHT —
YOU'RE PUSHING
BACK AGAINST
EVERYTHING THAT
TRIED TO BREAK YOU.**

day 6 - grit & grip

WARM UP

Band Pull-Apart – 2×12
Scapular Pull-Ups – 2×10
Child's Pose – 30 sec

RESILIENCE HABIT

WRITE DOWN 1
VICTORY FROM
THE DAY, EVEN IF
IT'S "I JUST
SHOWED UP."

01 Main lift

Gym Weighted Pullups – 4 sets x 6-8 reps
Home Band Lat Pulldowns – 4 sets x 8-10 reps

02 Accessory work

Gym

Single Arm DB Row – 3×10/side
Barbell Curl – 3×10
Rear Delt Fly – 3×12

Home

Band Row – 3×10/side
Band Curl – 3×10-12
Rear Delt Band Fly – 3×12-15

03 Metcon

Tabata - 8 rounds alternating
Rope/Band Face Pull
Burpees Over the Band/Dumbbell

04 Cool down

Lat Stretch – 30 sec/side
Wrist/Forearm Stretch – 30
sec/side

DON'T TRAIN TO
FEEL NOTHING —
TRAIN TO FEEL
EVERYTHING AND
NOT BREAK.

day 7 - reload

THE FIGHT'S NOT OVER – YOU'RE JUST CHAMBERING THE NEXT ROUND

RESILIENCE HABIT

Rest isn't weakness. It's strategy.

You can't break new ground if you're always grinding yourself into dust. Day 7 is where you sharpen the blade — not by swinging it harder, but by giving it the edge it needs to cut deeper next week.

This is active recovery. That means you move enough to keep the blood flowing, flush out the junk, and remind your body that you're still in the fight. Walk. Stretch. Breathe. Hit some light mobility work. Eat real food. Sleep like you earned it.

But don't just reset your body — reset your head. Take 15 minutes to write down what you overcame this week, what tried to break you, and how you'll hit back harder next time. The point is to leave today stronger than you woke up, even if you never touch a weight.

Recovery isn't a pause.

It's the reload.

**WRITE 1-2
PAGES ABOUT
THIS WEEK'S
CHALLENGES
AND WINS.**

**TOUGHNESS ISN'T THE ART OF FEELING LESS. IT'S
THE SKILL OF FEELING DEEPLY AND STILL ACTING.**

nutrition guidance

WHAT YOU FEED GROWS; CHOOSE WISELY.

Fuel for strength & resilience

You can't out train a shitty diet, nor can you build resilience on fumes. If you want a body that performs and a mind that stays sharp under pressure, you need to feed them both like they matter.

Make Protein Non-Negotiable

Protein is your repair crew. It rebuilds muscle fibers torn in training and keeps you strong enough to show up tomorrow. Aim for 0.8-1g per pound of bodyweight daily. If that sounds like a lot, split it into every meal and snack — make it easy to hit your target.

Eat Real Food, Not Marketing Hype

If it looks like it came from a factory, limit it. Your meals should be built on whole, minimally processed foods — lean meats, eggs, fish, vegetables, fruit, rice, oats, potatoes, nuts. This isn't about being "perfect," it's about giving your body the tools it needs to repair, adapt, and perform.

Hydrate Like Your Life Depends On It

Because it does. Most people walk around dehydrated and wonder why they feel sluggish, moody, or weak in the gym. 2-3 liters a day minimum, more if you sweat heavily. Hydration isn't optional — it's a daily discipline.

Carbs Are Fuel, Not the Enemy

Forget the fearmongering. Carbs are the primary fuel source your muscles and brain run on, especially during high-intensity training. They power performance, aid recovery, and keep you from burning out. Choose complex carbs most of the time — rice, oats, potatoes, fruit — but don't be afraid of the occasional simple carb around training.

Cut the Energy Drains

Added sugar and alcohol? They take more than they give. Sugar spikes and crashes your energy; alcohol wrecks recovery, sleep, and hormone balance. Keep them low enough that they don't derail your goals.

resilience mindset tie-ins

TRAIN YOUR CHOICES LIKE YOUR MUSCLES

Discipline Over Impulse

Every food choice is a rep for your self-control. You're training your ability to say "no" to what doesn't serve you.

Fuel for the Fight

You wouldn't put cheap gas in a high-performance engine. Treat your body the same.

Consistency Over Extremes

Crash diets are sprints to nowhere. Sustainable habits win.

Control the Controllables

You can't control everything life throws at you, but you can control how you fuel yourself for the fight.

SUSTAINABILITY BEATS PERFECTION

You don't need to be flawless — you need to be relentless. One off-plan meal doesn't undo your progress. One consistent month can change everything. Stack enough consistent months, and you'll have a year that rewrites your entire body and mindset. It's okay to miss a step, but never stop walking forward.

Pocket Rules

- Hit your protein – 0.8–1g per pound of bodyweight, every day.
- Eat real food – whole, minimally processed, nutrient-dense.
- Hydrate hard – 2–3 liters of water daily, more if you sweat.
- Use carbs – the most readily available fuel for your body and brain.
- Cut the drains – limit sugar and alcohol.
- Stay consistent – perfection is a myth; persistence wins.

this is only the beginning

THE REAL WORK IS WHAT YOU DO NEXT

You've built momentum — now protect it like your life depends on it.

Because for some of us, it does.

Every day, men are told to bury their struggles, to bottle up their pain, to wear the mask and keep grinding. That silence is killing us. Strength isn't about pretending you're unbreakable — it's about being honest enough to admit when you're hurting, and brave enough to keep showing up anyway.

This 7-day plan was never just about the workouts. It's about proving to yourself that your body and your mind can be forged together into something stronger than what's trying to break you. The gym builds your muscles, but the habits you've practiced this week are what will carry you through the battles no one else sees.

Consistency is the antidote. Resilience is the weapon. And accountability — to yourself and to others — is how we end the silence.

Your next step:

Share your journey. Speak your truth. Tag @bradxcgold so I can stand with you.

And if you're ready for something built around you — your body, your battles, your goals — DM me for custom training.

**IT ISN'T ENOUGH TO BE STRONG IN THE GYM.
BE STRONG ENOUGH TO SPEAK.**

becoming
UNBREAKABLE
isn't just about muscle.

STRENGTH ISN'T SILENCE.
IT'S THE COURAGE TO SPEAK.
THE GRIT TO STAND.
AND THE REFUSAL TO QUIT.

BRADLEY GOLD

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