

MISSION NO.  
4123



STEWART BREEDING  
— LIVE YOUR CREED —

# TOTAL WARRIOR

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AN ELITE PERFORMANCE SYSTEM.

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WWW.STEWARTBREEDING.COM  
USA

# WHY TOTAL WARRIOR?

The tactical athlete is unlike any other. The focus must be on urgency, resilience, strategy and longevity. Through implementation of his elite performance system, The S2 Method, Stewart Breeding elevates the potential of your organization from the ground up. Built on a foundation of elite training principles, combined with hands on, mission-specific skill development, he will have your athletes ready to withstand any resistance to ultimate success.

The Total Warrior Program delivers the Nation's most robust, and elite level strength training, mindset mastery, energy management, and recovery strategies onsite to your team. Every program is custom built based on the mission, principles, and ongoing challenges of your group or organization. We partner to create an outcome-based, and sustainable approach which will maximize performance potential and leave your team battle ready for any scenario.

## MISSION ROLL-OUT

01

Collaborate with team leaders and management to set mission specific goals.

03

Implement group and individual program plans to maximize performance on all levels.

02

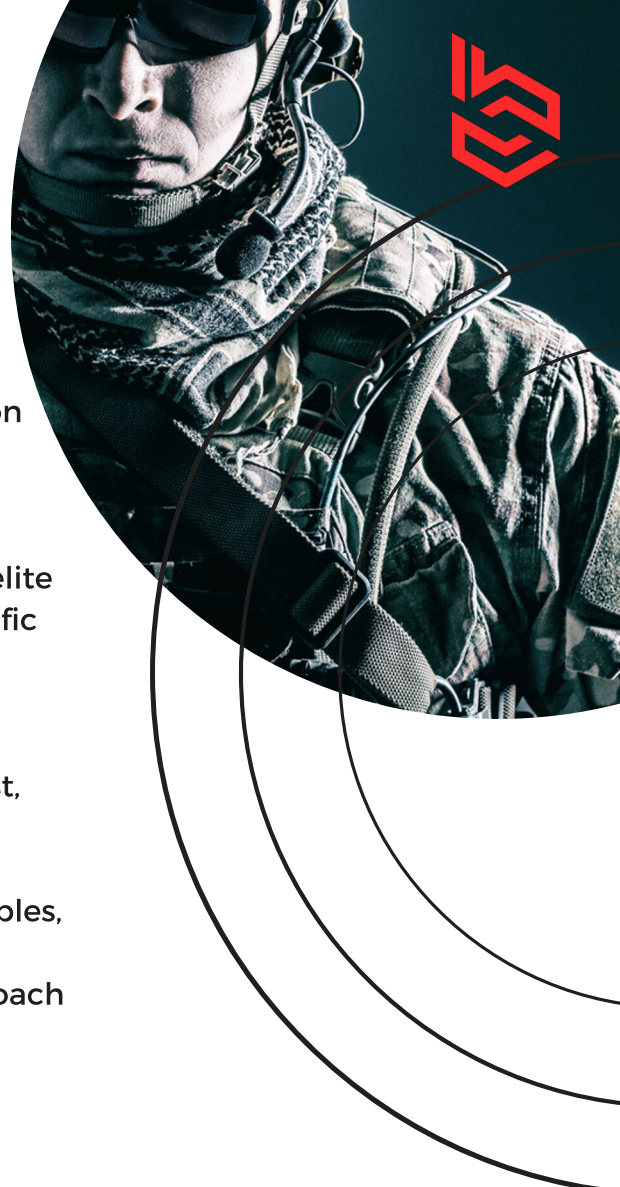
Build a strategic training program schedule to target each key objective.

04

Continually assess, maneuver and modify programming to achieve optimal outcomes.

## KEY DELIVERABLES

- Mission Specific Goal Discussion
- Program design built on testing and performance standards.
- Mindset Mastery/Stress De-escalation
- Team Building & Cohesion Training
- Strategies & protocol for injury prevention.
- Body Composition and Threshold analysis
- Nutrition Education
- Outcomes Evaluation and Critique





## ABOUT STEW.

Stewart Breeding is a master level trainer with more than 25 years of expertise in the fitness industry. Stewart's training approach has been deeply influenced by more than 30 years of study in competitive powerlifting, bodybuilding, martial arts, Yoga, and meditation alongside his experiences as a combat veteran of the infamous 82nd Airborne Division (US Army).

Stewart has authored two books. *Limitless* is a complete wellness training program based on the theories of periodization, and *Biohacker* published in 2017, chronicles Stewart's extensive fitness/strength training background and details the current science and program design used at S2. Stewart's methods involve a wide variety of physical modalities, accompanied with mental discipline, emotional awareness and physical resilience.

- Certified Personal Trainer, NASM
- Performance Enhancement Specialist, NASM
- Corrective Exercise Specialist, NASM
- Level I USA Weight Lifting Sports Performance Coach
- 2016 USAPL Raw Nationals Bronze Medal, Masters Division

