



# INITIUM



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*First steps on the path to the Grail*

*We are living the myth.*

A man who rejects God because a “lack of evidence” is like a man searching for a plastic cup with a metal detector. Modern thought is not equipped to seek nor find God. Modernism has resulted in epidemics such as obesity, pacifism, gender confusion and atheism. So we are not interested in contemporary rules for thought. This is a wizard war we fight against present-day thinkers outside the Church.

We are seeking a cup that holds the blood - the essence of life - of our God. The cup that King Arthur and his Knights of the Round Table sought; the cup the Knights of the Temple of Solomon fought to discover and keep from the Saracens centuries later; and again, centuries later it is still the same cup we seek. We poor Millennials and angst Gen Z wannabe knights in shabby armor, patrolling mall parking lots on rickety pursuit bicycles while we wait to ship out to basic training or study for criminal justice degrees; looking out over the shore or pool from our lifeguard towers working around a paramedic school schedule for EMT certifications.

We are mostly casualties of a failed public education system, exiles and enemies of a society in decline, and bastard sons of the culture of death. But we realize that we are not victims, and we are entitled to nothing. Our only option is to rise above modernity. Our own quest for the Holy Grail commences; our bodies and souls becoming part of this living and everlasting legend.

We begin and continue with heart, grit, humility and wisdom. Mind, body and soul are connected as a trinity and must be exercised together. Yet one day in our old age we may lose our minds, and following that our bodies will surely die and become dust, but our souls are eternal. Therefore, we must pay special attention to the soul during our training.

We must assume that the reader and practitioner has little to no recent fitness experience, and likewise prayer or devotion life, so we offer this 2-week plan as a very basic starting point to both. Once this has been completed it can be repeated as many times as necessary until one is properly prepared and conditioned to transition into a more intense fitness routine and spiritual devotion and practice. The meals listed are just examples of mostly nutritious foods to eat in place of fast food, mall food court meals, and vending machine snacks. It's intended to be wholesome, but realistic. At the end of the day we get whatever meals we can any way we can. We don't claim or pretend to be fitness or nutrition experts, so don't be shocked to see “potato chips” in this plan, and don't email us to complain about it.

Equipment we need:

*Pull-up/chinning bar*

*Kettlebells*

*Bible*

## **Week 1 | Day 1**

### **Breakfast:**

Oatmeal & cantaloupe/fruit  
Milk for protein & extra calories  
Black coffee

### **Devotion of the day (DOD):**

Just admit that you're a sinner in need of God. We live and participate in a sick world where the most vile and repulsive garbage is available at a touch of a screen. You're not cool. You have issues. You're sick and you need to change. That's why you're here. If you're going to remain in denial of this fact then stop now and close this page. It's your life, we don't care, and while God wants you, he doesn't need you - He's God.

Or, you can move forward and recite this Act of Contrition:

*O my God, I am heartily sorry for having offended You, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my Creator and my God, who are all good and deserving of all my love and loyalty. I firmly resolve, with the help of your Grace, to confess my sins, to do penance and to amend my life. Amen.*

Say this Offer-up Prayer before you begin your WOD:

*Lord, I offer this time and this pain as a sacrifice to you for the wrongs I've committed. Please accept my physical training as penance.*

### **Workout of the day (WOD):**

5 rounds  
Pull-ups/chins (any grip) - as many as possible (amap) reps  
20 Kettlebell swings

### **Lunch/post-workout:**

Chicken & rice

### **Dinner:**

Spaghetti w/ meatballs/ground beef  
Steamed broccoli or carrots

### **Supper:**

Garden salad w/ bread

### **Daily Snacks:**

Trail mix/almonds/peanuts  
Raisins/dried fruit  
Wheat crackers w/ cheese & salami, etc.

## **Week 1 | Day 2**

### **Breakfast:**

4 eggs, 2 wheat toast w/ peanut butter

### **DOD**

I will serve!

Spend a few minutes reading and contemplating on Jesus calling his first disciples (Matthew 4:18-22; Mark 2:13,14; John 1:35-49). Consider how they immediately left whatever they were doing to follow and serve him. Ask yourself what you're willing to give up to follow Christ.

Recite the Apostle's Creed:

*I believe in God, the Father Almighty, maker of heaven and earth; And in Jesus Christ his only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried; the third day he rose from the dead; he ascended into heaven, and is seated at the right hand of God the Father Almighty; from thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.*

Then say the Offer-up Prayer before you begin your WOD.

### **WOD:**

10 minute run

*4 rounds*

Pushups - 15 reps or amap

Shoulder press - 8-10 reps

### **Lunch:**

Tuna w/ cheese on wheat bread

Apples/fruit

### **Dinner:**

Chicken breasts & potatoes

### **Supper:**

Grilled cheese sandwich & tomato soup

## **Week 1 | Day 3**

### **Breakfast:**

Cream of Wheat  
Bananas & blueberries

### **DOD:**

Meditate on the most recent shame you've felt. What caused it? How could you let it happen? Consider the torment you might experience in Hell - more shame, anguish, pain, and fear than you could ever imagine. How could you let that happen?

Repeat the Jesus Prayer 10 times:

*Lord Jesus Christ, Son of God, have mercy on me, a sinner.*

Then make the Sign of the Cross and say the Glory Be:

*Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and ever shall be; world without end. Amen.*

Then say the Offer-up Prayer before you begin your physical exercise.

### **WOD:**

*5 rounds*

15 Lunges (each leg)

15 Goblet or bodyweight squats

20 Sit-ups

### **Lunch:**

Peanutbutter & jelly sandwiches

### **Dinner:**

Salmon/fish & potatoes or steamed veggies

### **Supper:**

Chicken salad

## **Week 2 | Day 1**

### **Breakfast:**

Hashbrowns, eggs & ham or sausage

### **DOD:**

Read & meditate on Christ our Warrior King (Revelation 19:11-16) in the day that he returns to defeat evil and set up his kingdom on earth to rule and reign. Imagine people on the wrong side of God being crushed to death and rivers of blood flowing by the King of heaven's armies.

Imagine what commands he would be shouting to you while on the battlefield. Will you follow his orders? Will you follow them now?

Recite the Lord's Prayer (Our Father):

*Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.*

Then say the Offer-up Prayer before you begin your physical exercise.

### **WOD:**

*5 rounds AMAP reps*

Pushups

Squats

Pullups/Chins

### **Lunch:**

Loaded hamburger on wheat bun

Sweet potato fries

### **Dinner:**

Chicken Alfredo (or pasta w/ meat)

Steamed veggies

### **Supper:**

BLT sandwich

## **Week 2 | Day 2**

### **Breakfast:**

Greek yogurt w/ berries & granola

### **DOD:**

Read and meditate on the Annunciation to the Blessed Virgin Mary and what followed immediately after (Luke 1:26-47). Why is she called The Holy Queen and The Queen Mother? Does your own mother have an important position and status in your life? Has she ever introduced people to you? Why is Mary the Mother of God important to Jesus and what role does she have in the Church?

Pray 3 Hail Mary's:

*Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.*

Then say the Offer-up Prayer before you begin your physical exercise.

### **WOD:**

*10 rounds*

20 Kettlebell swings

5 Burpees

### **Lunch:**

Beef cuts & potatoes

### **Dinner:**

Stir-fry/teriyaki chicken w/ veggies & rice

### **Supper:**

Sushi



## **Week 2 | Day 3**

### **Breakfast:**

Loaded ham/sausage & cheese omelet

### **DOD:**

Read & meditate on the War in Heaven (Revelation 12:7-11).

Consider and accept that all types of existence in the universe is in a state of war, and every type of being in existence must participate, win or lose. What side are you on?

Recite the Saint Michael Prayer:

*St. Michael, the Archangel, defend us in battle. Be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, thrust into hell Satan and the evil spirits who prowl about the world seeking the ruin of souls. Amen.*

Then say the Offer-up Prayer before you begin your physical exercise.

### **WOD:**

5 rounds

10 Kettlebell Thrusters

2 minute Plank (hold in top push-up position)

### **Lunch:**

Loaded turkey sandwich w/ oven baked potato chips

### **Dinner:**

BBQ style meat of choice w/ mashed potatoes & wheat bread rolls

### **Supper:**

Beef & vegetable stew