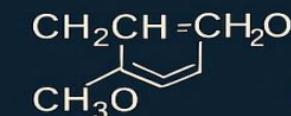
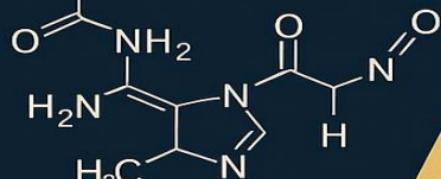
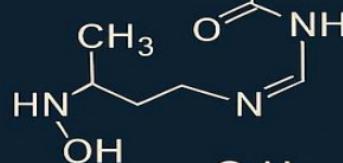
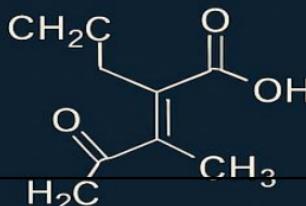


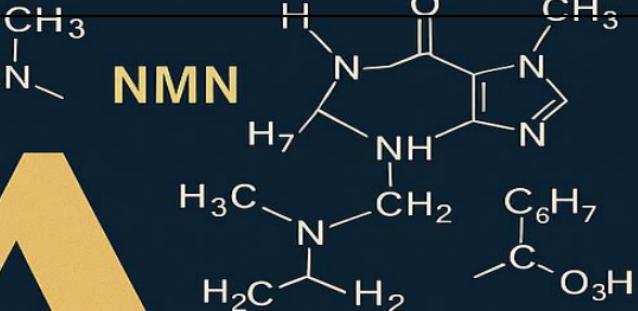
**CREATIN**



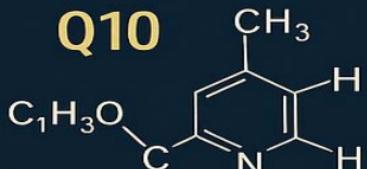
**QI GONG**



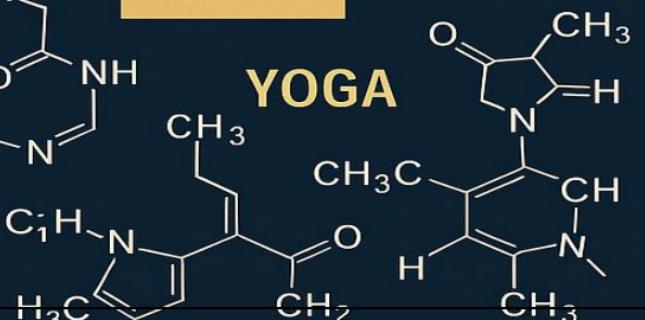
**YOGA**



**Q10**



**DYNAMIC**



**YOGA**

## **The Apex Code – Biohacker for the Timeless Body**

The golden “A” stands for **Activation, Alignment, and Ascension** — the three principles of the Apex Biohacker philosophy.

Around it float the **molecules of youth** — Creatine, NMN, Q10, Omega-3, Vitamin D3+K2, Magnesium — each one representing a **code line** in the biological software of longevity.

The **chaotic chemical structures in the air** show what the book teaches:

that the human body is not a fixed machine, but a living, reprogrammable system of energy, rhythm, and light.

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### **Daily Training Formula – The Apex Flow**

Designed for a biological age of 29 — focused on energy, clarity, and strength.

Time	Routine	Focus
<b>Morning – Qi Gong Flow (10 min)</b>	Breathing, spinal rotation, solar activation	Opens energy channels, prepares mind

Time	Routine	Focus
<b>Midday – Dynamic Rock Flow (15 min)</b>	Push-ups, lunges, rhythmic breathing, shake-release	Builds power and focus with Apex Rock Beat (100–120 BPM)
<b>Evening – Yoga + ATM (20 min)</b>	Cat-Cow, hip opener, lying breath meditation	Releases tension, synchronizes body and frequency

**A.T.M. = Activate – Transform – Meditate**

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## Apex Biohacker Core Supplements

- **Creatine Monohydrate 3–5 g** – Energy & strength
- **NMN 250–500 mg** – Cellular regeneration
- **Ubiquinol Q10 100 mg** – Mitochondrial vitality
- **Omega-3 3000 mg** – Anti-inflammatory balance
- **Vitamin D3 5000 IU + K2 100 µg** – Hormonal & immune support
- **Magnesium 400 mg** – Recovery, nerves, sleep

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“Age is a code.  
Codes can be rewritten.”  
— *The Apex Code*