



NMN

CREATIN

Q10

DYNAMIC

QI GONG

YOGA

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:

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

Daily Training Formula – The Apex Flow

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

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

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

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

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*