

METAL / CADENCE

WEEKLY COACHING WITH DAVID NEWTON

FROM QUITTER TO WARRIOR

COURSE PREVIEW

A structured coaching program for the man who keeps starting over,
and is finally ready to know why.

COACHING LED BY
DAVID NEWTON

BUILT ON THE
FORGED IN CADENCE SYSTEM

WHY THIS IS DIFFERENT

YOU NEVER LACKED DISCIPLINE. YOU LACKED A SYSTEM.



Most men who keep quitting are not weak. They are strong men applying their strength to the wrong problem. They have been treating a mental challenge like a physical one, and losing the same fight, in the same place, every time.

This course is not motivation. Motivation is a feeling, and feelings run out long before results arrive. This is a system: a repeatable process you run one session at a time, that diagnoses the exact mechanism behind why you quit, hands you the tools to interrupt it, and trains those tools until they become identity rather than effort.

The running is the proving ground, not the point. The real product is a mind that performs under pressure, on the road, in the office, in the room where the hard conversation is waiting. What you build out there follows you everywhere.

"This is not a running program. It is a structured system for building the kind of discipline that follows you off the road and into every other area of your life."

THIS IS FOR YOU IF

- ◆ You have started and stopped more times than you want to admit, and you are tired of the cycle.
- ◆ You are capable and driven in some areas of your life, and inexplicably stuck in others.
- ◆ You would never sit in a therapist's office, but you will follow a clear system run by someone who holds a standard.
- ◆ You want the discipline without the self-destruction, structure you can actually sustain.

THE FORMAT

**THIRTY MINUTES.
EVERY WEEK.**

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| 30 MINUTES PER SESSION | Weekly STANDING SESSION | 4 PHASES OF WORK | 1:1 LIVE WITH DAVID |
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Coaching runs as a standing thirty-minute session with David Newton, every week. No cohort, no fixed end date. You work through the four phases at your pace, one session at a time. Each session has an objective, the right tool, and a standard. You execute, you assess, you advance.

WHAT EACH SESSION DELIVERS

- ◆ A clear objective for the week, no guesswork.
- ◆ Direct coaching applied to your actual life, not generic advice.
- ◆ A structured assignment that builds the next layer of the system.
- ◆ Accountability against a standard you agreed to.

WHAT YOU BRING

- ◆ The willingness to be honest about the pattern.
- ◆ Consistent reps between sessions, the work is yours.
- ◆ An openness to being coached, not coddled.
- ◆ The effort. David brings the structure. You bring that.

David is not a drill sergeant and not a cheerleader. He is the systems coach. He brings the structure, the clarity, and the standard.

THE PROGRESSION

THE CAMPAIGN**I. THE RECKONING**

WEEKS 1 - 3

DIAGNOSE THE PATTERN

Identify what has actually been breaking down. We examine the real reasons you quit, not fitness, not time, and trace the pattern to its root. You meet the Negotiator, the internal voice that talks you out of the hard thing, and you learn to see it coming.

II. THE FORGING

WEEKS 4 - 6

BUILD THE TOOLS

Cadence, breath, and formation become working discipline systems. You deploy the Metal Cadence framework on your first structured missions and start logging reps: noticing the thought, declining it, returning to the anchor. This is where the tools become reflex.

III. THE WARRIOR STATE

WEEKS 7 - 9

ACCESS FLOW

Recognize, enter, and sustain peak performance on demand instead of by accident. You map the conditions that produce your best work, then learn to reproduce them deliberately. The reward loop starts paying out, and the practice begins to pull you forward.

IV. THE BATTLE BEYOND

WEEKS 10 - 12

TRANSFER THE DISCIPLINE

Apply the system to career, relationships, health, and identity. You build a personal operating system you carry forward permanently, a way of meeting pressure that does not depend on the road, the cohort, or the coach. You leave self-governing.

WHAT YOU WALK AWAY WITH

THE MAN ON THE OTHER SIDE

- ◆ A repeatable method for continuing when everything in you argues to stop.
 - ◆ The ability to recognize the stress response and respond instead of react, at mile eight or in the meeting.
 - ◆ A daily practice that doubles as one of the most effective tools available for managing anxiety and low mood.
 - ◆ An identity shift from "I am trying to" into "I am," where quitting is no longer on the menu.
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YOUR COACH

DAVID NEWTON

David built the Metal Cadence framework after years of watching capable men fail at goals they had every right to achieve. His coaching voice is professional and structured. Sergeant Ragnar is the voice of the book, the frame that makes the work approachable. David is the real coach who sits across from you and holds the standard while you do the work.

"Most men do not fail because they lack talent or desire. They fail because they have never been given the right system. This course gives them that system, and then it makes sure they run it."

BOOKING

FALL IN.

One standing session a week. Thirty minutes, one-on-one with David. You bring the week's friction. You leave with a system and a plan.

30 min

PER SESSION · WEEKLY · ONE-ON-ONE

1:1

LIVE WITH DAVID

WHAT EACH SESSION IS

- ◆ A live thirty-minute working session, one-on-one with David.
- ◆ The Metal Cadence framework applied to the week you actually had.
- ◆ A clear objective, the right tool, and a standard you leave with.
- ◆ Booked on your schedule, week after week, for as long as it serves you.

BOOK A SESSION WITH DAVIDMETALCADENCE.COM

Choose a time that works. Each session is a live thirty-minute one-on-one with David.