

FÖBible

THE OFFICIAL BOOK OF FOB SYSTEMS

STRENGTH THAT CAN RESPOND



JAHSUA MATTHEWS

How This Book Works

The numbered topics carry the main explanation of FOB: what the equipment does, how the movements work and what the method is intended to train.

Small MY STORY boxes add only the personal detail needed to explain why an idea or design choice matters. You can read straight through or use the clickable contents page to open a specific section.

Important FOB terms appear in bold and are defined again in the glossary near the end.

Welcome to the FOBible

We all know the kind of feeling and physical benefit people can get from running. The legs repeat the same basic cycle, the heart and lungs work harder, the core helps keep the body organized and the runner learns to continue after the effort stops feeling easy. Even if you are not a runner, you understand the idea: repeated movement can build a level of endurance that changes what your body is capable of.

FOB starts with a simple question. What if you could train your core, arms, chest and back through continuous rhythmic resistance while standing inside a small circle? What if the strength you already had remained available for longer? What if your upper body could become more muscular while also becoming better at sustained work? That could change what you are able to do, how you look and how you feel.

Swimming, rowing, climbing, cross-country skiing, battle ropes and arm-crank exercise already show that the upper body can perform repeated endurance work. Each activity also requires specific equipment, space, access or skill. FOB is designed to train some of those same qualities through portable resistance that is easier to start and adjust. Research still needs to determine exactly how FOB adaptations compare with adaptations from those established activities.

FOB training gives the upper body, core and lower body a new way to train endurance with resistance. Instead of completing one repetition, stopping and starting again, you create a controlled back-and-forth motion and keep it alive. The returning force has to be received, controlled and sent into the next repetition while you remain in a small working area.

This book explains the entire system in ordinary language. You will learn what the equipment does and how a session is organized. You will also learn how the four main FOB outcomes may relate to work, sport, recreation and everyday life.

You do not need an exercise-science degree to understand this book. Begin at Section 01 and read in order, or use the contents page to find a specific goal. Each technical idea is followed by a simple explanation and a real-life use.

The Main Idea

The main idea is simple: take the continuous, repeated-effort concept people already understand from running and apply it to the core first, then to the upper body. Running requires the legs to keep producing force, receiving the ground and preparing the next step while fatigue builds. FOBbing requires the core to keep the body organized as oscillating resistance returns, changes direction and demands another response. The chest, back, shoulders and arms help produce, receive and redirect that force through the chosen movement path. This is the basic purpose of Reactive Endurance: helping useful strength remain available through repeated work. FOBbing does not create the exact same adaptations as running. It applies a similar training principle to different muscles, forces and movement demands.

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SECTION 01



WELCOME TO FOB SYSTEMS

FOB training makes resistance continuous, reactive and
available across the whole body.

MY STORY 01 · HOW I GOT HERE

In college, I was a natural bodybuilder who wanted to look good, get lean and earn attention. Going viral on TikTok and completing a bodybuilding show proved that I could stay disciplined, but appearance eventually stopped feeling like a complete fitness goal. That change opened the door to FOB.

1.1 What You Need to Know Before FOB Terms Are Defined

This first section gives you the basic language of FOB Systems. It explains what FOB stands for, what the three product names mean and how the equipment relates to the training method.

You do not need to remember every term immediately. The purpose is to give each part a clear name before the rest of the book explains how the system moves and what it may be able to train.

1.2 What FOB Means

FOB stands for Functional Oscillation Ballast. An elastic band and a moving weight work together to create continuous resistance. The user starts the motion, controls the force when it returns and sends it into the next repetition.

Training with this system is called FOBbing. The technical name is Self-Sustaining Oscillatory Resistance Training, or SSORT. Each controlled repetition helps create the next one. The user continues adding force and direction so the movement stays useful and controlled.

1.3 The FOB Product Formula

The product relationship is simple: FOBand + FOBlock = FOBallast. The FOBand creates elastic pull and return. The FOBlock protects and organizes the loaded contact area. When those parts work together in the intended arrangement, the completed working assembly is the FOBallast.

The names matter because each word identifies a different part of the experience. A member can change the band, block arrangement or ballast position without confusing the part with the complete tool.

1.4 FOBand

The FOBand is the elastic resistance component made for FOB use. It stretches, stores energy and returns toward its shorter shape. That returning pull keeps the user involved after the first effort.

A FOBand is selected for the person, movement and session goal. More tension is not automatically better. The correct band permits a clear path, a controlled return and enough repetitions to train the intended outcome.

1.5 FOBlock

The FOBlock is the protective, load-bearing component used with the FOBand. It helps organize where the mass sits and shields the band at the contact zone so the working relationship can remain consistent.

The block is not merely weight added to a band. Its shape, passage, contact protection and position affect how the assembly moves. Small construction errors can create large changes in testing, which is why the product standard is exact.

1.6 FOBallast

The FOBallast is the working assembly formed by the FOBand and FOBlock component or components. It gives the user an elastic force to receive and a moving mass to accelerate, slow and redirect.

Working span, ballast mass and ballast position can be adjusted as separate variables. This makes the FOBallast a system for controlled progression rather than one fixed resistance object.

1.7 The Method: SSORT

Self-Sustaining Oscillatory Resistance Training, or SSORT, is the method used with the FOBallast. The user produces a motion, receives the returning force and guides it into another useful motion without treating every repetition as a fresh start.

FOBallast names the equipment relationship. SSORT names what the person does with it. Reactive Endurance names the broader ability the method is intended to develop.

1.8 From @jackedjah to @junctionjah

@jackedjah represented the period when my training focused mainly on bodybuilding and appearance. @junctionjah represents my broader work across muscle, function, posture, endurance, invention and performance.

I did not stop valuing bodybuilding. I began asking what a muscular body could do. A person can look trained and still need better control of force from the side, more endurance during repeated effort or more confidence when a load changes direction.

1.9 Function Is Not a Look

In the FOB framework, functional training is judged by the relationship between a person and a task, not by how athletic, unstable or complicated an exercise appears. The important questions are: what forces reach the body, from which directions, what response is required and can the person control that response?

A simple movement can be highly relevant. A complex movement can be irrelevant. Complexity measures how many things are happening. Function measures whether the trained demand serves the intended job, sport, activity or human need.

1.10 What Antirotation Actually Means

Antirotation is not a special-looking category of exercise. It describes a job. An outside force creates a rotational tendency, and the person produces enough opposing force to prevent unwanted turning. If a cable pulls the torso toward one side, the body must keep the ribs, pelvis and stance organized against that pull.

The person may appear almost still, but the force relationship is active. The absence of visible rotation is the successful outcome, not proof that nothing happened. This is why movement appearance alone can mislead the eye.

1.11 How an RDL Demonstrates Functional Training

A standard Romanian deadlift can look simple because the path is familiar. Gravity pulls the load downward, the hips travel backward and the posterior chain produces the force needed to return the body to standing. Its usefulness comes from that force relationship, not from visual complexity.

Place more load on one side and the task changes. The uneven load can favor rotation or side-bending. The person must still hinge while resisting those added tendencies. The movement did not become functional because it became flashier. It became a different functional problem because the vectors changed.

1.12 How FOB Trains Functional Capacity

FOB makes force direction, return and redirection easy to observe without requiring a person to travel across a room or perform a complicated sequence. The user can remain in one standing area while the FOBallast makes the body create movement in one direction and resist unwanted movement in another.

FOB Systems therefore presents the method as a low-barrier, direct way to train functional capacity, which means managing forces related to work, sport and everyday activity. “Low barrier” means accessible to learn and scale. It does not mean careless, effortless or suitable for every person without assessment.

1.13 I Want This to Outlive Me

I believe this can become larger than one exercise library. Researchers may develop better tests for multidirectional endurance, force redirection, trunk control and repeated upper-body work. Clinicians, coaches, technologists and manufacturers may create applications that do not exist yet. Sensors may eventually measure path, timing, performance decline and recovery with greater precision than this first edition can provide.

That future is a hope, not a promise. I want to document the equipment, vocabulary and training method clearly enough for other people to test, challenge and improve FOB long after I am no longer leading the work.

1.14 The System at a Glance

FOB Systems is the complete training system. Functional Oscillation Ballast is the equipment. Reactive Endurance is the physical ability being trained. SSORT is the method used to train it.

In simple terms: the equipment creates the challenge, the method organizes the workout and Reactive Endurance describes the result.

1.15 Why Upper-Body Endurance Can Be Harder to Access

Upper-body endurance exists in swimming, rowing, climbing, skiing, battle ropes and arm-crank exercise. Those activities often require a location, machine, technical instruction or substantial space. Conventional resistance training can build local endurance, but it is usually organized as discrete repetitions along predictable paths.

FOB does not need to claim that upper-body endurance never existed. The stronger proposition is that portable, multidirectional upper-body and trunk endurance has rarely been organized as its own scalable resistance category. FOB attempts to extract useful performance demands from specialized activities and make them easier to practice.

1.16 What Physical Abilities FOB Is Intended to Develop

FOB develops strength that can respond. The user learns to create force, control returning force, change direction and continue working as fatigue builds.

FOB can be used by beginners, workers, general fitness clients, bodybuilders and athletes. The exact session changes with the goal, but the core skill stays the same: keep useful force under control.



SECTION 02



HOW FOB RESISTANCE WORKS

The equipment moves back. The user learns to control
what comes back.

MY STORY 02 · THE EQUIPMENT CORNER

Before FOB, I improvised gym attachments, bands around preacher-curl machines, or bands and kettlebells added to a skull-crusher bar. Most solved one immediate problem and went no further. They taught me that a useful invention needs more than a clever setup: it needs named parts, repeatable rules and a clear purpose.

2.1 Resistance Is Opposition

Resistance training requires the body to produce force against opposition. Barbells use gravity and inertia. Cables redirect a weighted force. Elastic bands increase tension as they lengthen. FOB combines elastic tension with moving ballast, so resistance changes during acceleration, deceleration, reversal and redirection.

The result differs from both free-weight exercise and ordinary band repetitions. The user must control resistance that moves, returns and changes direction. Those mechanical demands form the physical basis of FOB training.

2.2 Understanding Direction

A vector tells us how strong a force is and which direction it travels. “Push forward, ” “pull back, ” “drive down” and “turn to the side” are all simple vector instructions. Applied Vector Dynamics is the FOB system for choosing and changing those directions.

Changing direction changes which muscles work, how the core must stabilize and how difficult the movement feels. Direction is therefore part of the exercise, not a decoration added afterward.

2.3 How Elastic Tension Creates Returning Force

A band stores potential energy when stretched and returns energy as it shortens. Resistance generally rises with elongation, although the curve depends on the material, dimensions, age and setup. A dumbbell does not become heavier because the elbow straightened; a band may become more tense because the system lengthened.

In FOB, elastic return helps bring the ballast back toward or across the athlete. That return becomes training only when it is received safely and converted into the next controlled action. A rebound is not automatically a repetition. It becomes a repetition when it is governed.

2.4 How Ballast, Momentum and Timing Affect Resistance

Ballast is mass used to shape system behavior. Because mass resists changes in motion, accelerating and reversing it creates demands that band tension alone does not describe. A modest ballast moving quickly can require meaningful braking and redirection.

Timing determines whether the oscillation remains controlled. A late push, an early pull and a smooth redirection each create a different result. Greater speed increases the difficulty and makes timing errors harder to correct.

2.5 What the First Improvised Test Revealed

The first useful experience came before I had perfect language for it. I had a band, an improvised setup and enough curiosity to try something that, if we are being honest, I put together on some bullshit.

That rough beginning matters. The system was not born as a polished product with a dramatic launch video. It began as a physical question: what happens if the return of the resistance becomes part of the work instead of the end of the repetition?

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SECTION 03



THE OSCILLATION LOOP

Each return has to be controlled and redirected before the next movement can continue.

MY STORY 03 · WHAT SYRACUSE TAUGHT ME

I did not invent FOB at Syracuse, but exercise science gave me the language to study it later. Force, leverage, fatigue and adaptation helped me separate what I felt during a test from what I could honestly claim. That distinction still guides this book.

3.1 Initiate, Receive, Redirect, Repeat

The basic FOB cycle has four phases. The user initiates motion, receives the returning force, redirects the ballast along the intended path and repeats the cycle without losing control. These phases overlap at higher speeds, but teaching them separately makes the sequence easier to understand.

Many beginners can create the first movement. FOB training begins when they can also control the return. A repetition is valid only when the direction, range, rhythm and body position still meet the standard for that exercise.

3.2 Frequency, Amplitude and Path

Frequency is how often cycles occur. Amplitude is the size of displacement. Path is the route followed by the ballast and the athlete. A protocol must identify which variable matters. “Go faster” is not useful if amplitude collapses; “make it bigger” is not useful if control disappears.

Output must be defined before it can be preserved. Different movements may prioritize different metrics, and a valid repetition must satisfy the metric chosen for that task.

3.3 Why the Muscles Stay Engaged Between Repetitions

FOB limits the obvious rest that normally happens between separate repetitions. Receiving and redirecting the returning force are still parts of the task. Different muscles work harder at different moments, but the user remains engaged throughout the set.

This makes a FOB set feel continuous. The movement, muscles, breathing and attention all remain connected until the user stops the oscillation.

3.4 Reactive Fatigue Threshold

The Reactive Fatigue Threshold is the point where fatigue begins to cause a clear loss of speed, movement size or control. Many upper-body movements reach this point near 25–40 oscillations, although the exact point changes with the person, movement and resistance.

The threshold helps decide when a set has done its job. A user can train to reach it later, lose less quality after reaching it or recover faster before the next set.

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SECTION 04



WHAT THE BODY LEARNS

The body learns how to create force, control force and
continue under fatigue.

MY STORY 04 · LEARNING TO EXPLAIN IT

Coaching taught me that technical knowledge is useful only when another person can act on it. With FOB, the resistance keeps returning, so instructions must stay simple: choose the position, begin the motion, receive the return, redirect it and stop under control.

4.1 How Muscle Roles Change During FOBbing

Muscles create tension and contribute to joint torque. They may shorten, lengthen or remain near the same length while producing force. In an oscillatory task, a muscle may accelerate one phase, brake the return and stabilize during redirection.

Prime mover, brake and stabilizer are roles rather than permanent job titles. The same muscle may change roles with vector, posture and phase. Coaching should therefore describe the task before declaring a single target muscle.

4.2 Why Movement Control Comes Before Muscle Growth

Early improvement in a new exercise often reflects better coordination: cleaner timing, less unnecessary tension and more efficient force transfer. Your FOB skill may improve before meaningful muscle growth occurs.

Improving at FOB does not automatically mean every involved tissue became stronger. It may mean you learned the timing and path. Coordination is a real improvement, but it does not prove every other possible adaptation.

4.3 How the Trunk Transfers Force Through the Body

The core includes several muscles and pressure systems around the torso. It helps transfer and regulate force between the limbs and the ground. Standing FOB work may require you to resist extension, rotation or side-bending while another part of your body continues moving.

The goal is not to hold your entire torso as rigidly as possible. The goal is to create enough control in the direction the task requires while you continue breathing and moving.

4.4 Why the Core Stays Involved

When you run, your legs create most of the visible motion, but your torso still has to manage forces from every step. FOB uses the same general idea from a different direction. Your arms or torso may create the visible oscillation while the rest of your trunk keeps the body from being pulled, twisted or folded out of position.

That work can involve the obliques, rectus abdominis, spinal extensors and deeper muscles such as the transverse abdominis, along with breathing and pelvic support. FOB does not isolate one core muscle. It gives the whole region a force-control job that changes with facing position and vector.

4.5 Running Is the Question, Not the Claim

Running repeatedly loads the legs and can improve running economy, aerobic capacity and tissue tolerance when it is programmed appropriately. FOB may create repeated muscular and cardiorespiratory demands for the upper body and torso, but the exact adaptations require FOB-specific study.

The comparison leads to a useful research question. If rhythmic repeated work can make the legs more capable, what changes might occur when the upper body and core perform a measurable form of sustained resistance?

4.6 Fatigue Is Task-Specific

Neuromuscular fatigue depends on joint angle, contraction type, intensity, duration, recovery, muscle group, motivation and environment. A person who tolerates pressing oscillations may fail quickly during rotational work because the coordination and local demands differ.

Assessment should separate objective performance decline from perceived effort. Someone may feel terrible while preserving output; another may feel composed while their path quietly deteriorates. Ask what changed in the output and what changed in the experience.



SECTION 05



REACTIVE ENDURANCE

Reactive Endurance measures how well your force and control remain available as fatigue develops.

MY STORY 05 · WHAT I LEARNED AROUND FOOTBALL

My exposure to football athletic training taught me to judge exercise by the larger job a person is trying to perform, not by one muscle or an impressive-looking movement. That perspective helped shape Reactive Endurance as a practical capacity that must remain useful over time.

5.1 The Category Definition

Reactive Endurance is the ability to keep producing and controlling force while resistance returns, changes direction and becomes harder to manage because of fatigue.

Maximal strength measures how much force you can produce in a defined task. Reactive Endurance measures how much useful strength and control remain after repeated work has begun to cause fatigue.

5.2 Local, Regional and Systemic Demand

FOB work may be limited locally by a muscle group, regionally by interacting segments or systemically by cardiorespiratory strain. The protocol determines which limiter dominates. A strict raise may end at the shoulders long before the heart is challenged.

Calling every difficult set conditioning hides useful differences. Programming should identify whether the session is meant to challenge one muscle, several body regions or the heart and lungs.

5.3 Why Accessibility Matters to Physical Performance

A portable method that works in limited space may make it easier to train consistently and improve the skill. A program cannot help you if access, space or boredom keeps you from doing it.

If you do not enjoy conventional cardio or bodybuilding-style workouts, the rhythm and visible skill of FOB may give you a form of muscular work you are more willing to repeat. Consistency is required before any planned adaptation can occur.

5.4 Why Specific Training Still Matters

FOB may improve FOB performance and qualities that transfer to related tasks, but runners still need running to optimize running skill and tissue tolerance. Swimmers still need water. Athletes still need their sport.

FOB is not running for the arms. It is a resistance-based environment in which performance-retention qualities can be developed across the upper body, trunk and lower body.

5.5 Not Quite a Runner's High

The closest familiar comparison I had was a runner's high, but it was not exactly that. Running carries the body through space in a steady rhythm. This experience came through the hands, shoulders, trunk, timing and attention while I stayed connected to the returning force.

That description is an anecdote, not a laboratory result. It is also the reason I refused to ignore the idea. Sometimes the first honest question begins with "What in the world was that?"



SECTION 06



FOUR WAYS FOB IMPROVES WORK CAPACITY

FOB uses four outcomes to describe what happens to your performance during and between repeated efforts.

MY STORY 06 · WHY I MOVED PAST @JACKEDJAH

The @jackedjah period was mainly about bodybuilding, appearance and validation. I still value the discipline it built, but I wanted training to include endurance, coordination, direction and usable work capacity. Moving toward @junctionjah reflected that broader goal.

6.1 Why These Four Abilities Matter

Most people judge fitness by what someone can do while fresh. Work, sport and daily life also require performance after a person has worked for a long time, repeated the task, rested briefly or adjusted to a change.

FOB organizes those abilities into durability, fatigability, repeatability and resilience. These terms come from performance science and are translated here into practical training goals.

6.2 FOB Durability

FOB durability means keeping your quality during a long period of work. In a FOB session, you keep the same useful movement, speed and body position even after you have been working for several minutes.

Think of a mover carrying boxes for hours, a barber holding the arms up through a full schedule, a parent carrying a child through the city or a painter working overhead. Durability means the later part of the job still looks controlled instead of falling apart.

6.3 Training Durability

Use longer work periods at a speed you can control. The goal is not to destroy yourself early. The goal is to keep the movement looking nearly the same from the beginning to the end.

Progress when you can work longer, complete more clean repetitions or use slightly more resistance without losing posture, range or rhythm.

6.4 FOB Fatigability

FOB fatigability describes how quickly your performance drops while you are working. During a set, the motion may become smaller, slower or less accurate as the muscles tire.

Imagine a warehouse worker whose first ten packages move quickly but whose next ten become slow and sloppy. Lower fatigability means the drop happens later and is smaller. The worker can remain productive longer before needing a break.

6.5 Training Fatigability

Use a steady work period with little interruption. Watch for the first clear drop in speed, range or control. That change shows when the current demand exceeds your ability to maintain the required performance.

Over time, the goal is to delay that drop or make it less severe. A session is successful when movement quality lasts longer, not simply when the exercise feels more uncomfortable.

6.6 FOB Repeatability

FOB repeatability means being able to rest briefly and perform well again. The first effort is not the only one that matters. The body must recover enough to produce another useful effort.

This matters to a delivery worker climbing several flights, a cook moving through repeated rushes, a basketball player returning for another possession or anyone completing several hard tasks across a day.

6.7 Training Repeatability

Perform several matching FOB rounds with the same rest period. Compare each round with the first. Try to keep the repetition count, movement size and control as close as possible.

Progress when later rounds stay stronger, when you recover with slightly less rest or when you can complete another round without crossing the quality floor.

6.8 FOB Resilience

FOB resilience means staying in control when the task changes. The change may be a new direction, body position, speed or movement.

Real work rarely happens in one perfect line. A landscaper changes tools and angles. A mechanic reaches from different positions. A parent catches a shifting child. An athlete responds to another person. Resilience is the ability to adjust without losing the entire task.

6.9 Training Resilience

Begin with one movement you can control. Then add one planned change, such as moving from horizontal to diagonal or changing stance. Keep the original rhythm and posture as much as possible.

Progress by making the change smoother, adding another controlled direction or performing the transition after a small amount of fatigue.

6.10 How the Four FOB Outcomes Differ and Work Together

A durable athlete may tolerate continuous work yet recover poorly between maximal bouts. A repeatable athlete may reproduce short efforts but deteriorate in long exposure. A resilient athlete may handle vector transitions yet show ordinary local fatigability.

Programming improves when the coach identifies the failure being targeted instead of calling all four not getting tired.

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SECTION 07



TRAINING IN EVERY DIRECTION

The direction of resistance changes the job your body must perform.

MY STORY 07 · MAKING IT FIT REAL LIFE

Living and coaching in Brooklyn made portability a real design requirement. A serious training method should fit inside the spaces people actually have. FOB was therefore developed to create a meaningful demand without requiring a permanent machine or an entire room.

7.1 Three Facing Positions

Every basic FOB movement begins in one of three positions: forward facing, side facing left or side facing right. Facing tells the coach how the user is oriented to the working resistance.

These three positions are the complete orientation map for the beginner library. A movement does not receive another category simply because the feet or grip look slightly different.

7.2 Four Vector Positions

Within each facing position, the movement uses one of four vector positions: horizontal, vertical, upward diagonal or downward diagonal. The vector tells the user where the working force is being directed.

The diagonal positions usually demand more coordination and are introduced later. Their difficulty does not create a new facing position; they remain vector choices inside the same three-position map.

7.3 What Part of the Body Is Moving

The final basic choice is whether the arms are creating the visible movement or the torso is creating it. The other region still contributes by stabilizing, receiving force and keeping the path organized.

This two-part distinction prevents the library from inventing a separate category for every small joint change. Facing, vector and moving region are enough to identify the basic movement.

7.4 How the Complete Beginner Movement Map Fits Together

The full base matrix is 3 facing positions $\times$ 4 vector positions $\times$ 2 moving regions = 24 possible movement slots. This number organizes the movements. It does not mean every beginner has to learn all 24 immediately.

If as many as three diagonal entries are saved for later, a beginner curriculum may contain about 21 to 24 movements. Twenty-four is the maximum within this basic matrix. Anything beyond it would have to be defined as an additional variation.

7.5 How the Movement Map Guides Exercise Selection

Programming selects a facing position, a vector position and either arms or torso, then applies the session goal. A coach can keep two settings the same and change one, making the next lesson easy to understand.

That is the whole movement framework used here. Resistance, work time and recovery still change the dose, but they do not create new movement categories.

7.6 How FOB Trains the Body Within a Small Working Area

Most beginner FOB work does not require you to travel across the floor. You stand inside a small working circle, choose the facing position and manage the FOBallast as it moves through the selected vector.

Staying in that area makes your balance and trunk control easier to observe. If your feet keep moving, your torso leans or the path escapes the intended line, the coach can see that the current setup may be too fast, too heavy or too unfamiliar.

7.7 What the FOBallast Path Can Reveal About Movement

A clean straight vector shows that you can repeatedly control the intended line. A planned diagonal shows that you can manage a more complex direction. A path that starts bouncing or wandering may show fatigue, poor timing, loss of balance, an unsuitable resistance or a setup problem.

The path is information, not a diagnosis. One messy line cannot tell us that a muscle is weak or that something is medically wrong. It tells us to slow down, check the setup and see whether the movement becomes more consistent.



SECTION 08



YOUR FOB SESSION

A good session has one clear goal, a simple structure and a safe stopping point.

MY STORY 08 · WHAT I LEARNED AT THE PHYSICAL THERAPY CLINIC

Working at a physical therapy clinic showed me that function involves the whole body managing force for a real purpose. I was not a physical therapist, but I learned to look from the feet upward and to respect how one region can affect another. That view influenced FOB positions and progressions.

8.1 Choose the Training Goal Before the Session Begins

Before the session begins, choose one main goal. You may want to last longer without slowing down, recover faster between hard efforts, handle direction changes or give a muscle a hard growth-focused set.

The goal decides the movements, work time, rest time and stopping point. Keeping the goal simple makes the session easier to understand and progress.

8.2 Which Variables Determine the Training Dose

FOB dosage includes resistance and ballast, position, vector, frequency, amplitude, work duration, oscillation count, recovery, bout number, preload, quality floor and perceived effort.

Because these variables interact, progression must identify what changed. If resistance, speed, range and rest all change together, the athlete may improve while the coach learns nothing.

8.3 How Repetitions, Time and Movement Quality Are Measured

Counting oscillations makes output visible but may reward rushed shortened cycles. Timed sets simplify coaching but can hide decline. A strong field approach combines them: prescribe time, record valid oscillations and note technique retention.

Every drill needs a quality floor: the minimum acceptable standard below which continuing no longer serves the protocol. A rep is valid only while it belongs to the task being tested.

8.4 How to Program the Four FOB Outcomes

Durability uses longer work periods. Fatigability training watches how quickly output drops. Repeatability uses matching rounds with planned rest. Resilience adds a controlled change in direction, position or speed.

One session can touch several qualities, but one quality should lead the session so the user knows what success looks like.

8.5 Session for a Physical Worker

Choose movements that resemble the general demands of the job without trying to copy every exact task. A worker who lifts, carries or reaches for long periods may use longer controlled sets for the shoulders, back, arms and core.

The session should improve the ability to keep working with good position. It should not leave the person so exhausted that tomorrow's paid work becomes worse.

8.6 Session for Everyday Energy

Use four to six simple movements that cover pushing, pulling, raising and rotation. Work for 20–30 seconds, rest until breathing and control return, then repeat for two or three rounds.

This approach suits a person who wants more stamina for errands, stairs, carrying bags, cleaning, playing with children or getting through an active day without feeling physically useless by lunch.

8.7 Session for Muscle Growth

Choose a movement that keeps the intended muscle working. Use a controlled range and continue until the muscle is close to its quality floor. Rest long enough to repeat a strong set.

Increase resistance, clean repetitions, work time or total sets over time. FOB can support muscle growth, but eating enough protein, recovering and using progressive resistance still matter.

8.8 Session for Sport

Choose a direction or fatigue problem that matters to the sport. A combat athlete may need repeated shoulder and trunk work. A basketball player may need repeated upper-body effort while the feet change position.

FOB supports the athlete's preparation; it does not replace practice, sprinting, jumping, skill work or conventional strength training.

8.9 What You May Notice

Your first FOB Session may feel unfamiliar before it feels difficult. Your hands cannot finish one repetition and fully relax because the returning resistance begins the next phase of work.

You may notice a steady rhythm, increased concentration, local muscle fatigue or effort across several regions of the body. Experiences differ, so the coach considers what you report while continuing to measure the movement and training dose.



SECTION 09



MUSCLE, CONDITIONING AND ADAPTATION

Repeated training, nutrition and recovery change the body
over time.

MY STORY 09 · HOW I FIRST PUT IT TOGETHER

The first FOB setup was rough, but one feature stood out immediately: the band brought the moving load back, and I had to receive that return before creating the next movement. The unfinished equipment revealed the training loop that the finished system would need to preserve.

9.1 Can FOB Build Muscle?

FOB can plausibly create hypertrophy-relevant stress when a target muscle experiences sufficient tension, meaningful effort, adequate volume and progressive overload. Elastic resistance can improve strength, and many loading ranges can support growth when sets are challenging.

That does not prove every FOB movement is efficient for hypertrophy or superior to conventional lifting. The appropriate claim is potential supported by mechanism, awaiting FOB-specific evidence.

9.2 How Tension, Metabolic Stress and Fatigue May Support Muscle Growth

Mechanical tension is force experienced by muscle fibers. Repeated contractions can also create a local burning feeling and a temporary pump. These may occur during productive training, but the feeling alone does not prove muscle growth.

You do not need to reach complete muscular failure during every set. In FOB, the set should end when you can no longer preserve the required path, rhythm or body position safely.

9.3 How Progressive Overload Works in FOB Training

Progress can occur through greater resistance, larger controlled amplitude, higher frequency, longer work, more valid oscillations, shorter recovery, additional bouts, harder leverage, more demanding vectors or improved retention.

Change variables deliberately. Progress that cannot be identified cannot be reproduced.

9.4 Conditioning Without Confusion

FOB raises heart rate and breathing during rapid whole-body sequences. The exact conditioning result depends on intensity, duration, the amount of muscle involved, rest periods and total weekly training.

FOB provides upper-body, core and whole-body conditioning. Running, cycling and sport practice can still be used when those specific skills or adaptations are needed.

9.5 How FOB May Fit Into Rehabilitation

Rehabilitation helps a person regain useful movement and function after pain, injury, illness, surgery or a long period of inactivity. FOB can fit this work because resistance, range, speed, direction, body position and session length can all be adjusted. A therapist can begin with a small, predictable task and add challenge only when the person controls it.

FOB is a training tool, not a diagnosis or a cure. No FOB-specific clinical trial has yet established that it treats a named condition. In rehabilitation, the clinician decides whether the tool matches the person, the stage of recovery and the goals of care.

9.6 How FOB May Train Torso and Lower-Back Function

The torso helps move force between the arms, legs and ground. A carefully chosen FOB movement can ask the trunk to stay steady, turn under control or resist being pulled out of position. These tasks may help build the strength, endurance and confidence needed for lifting, reaching, carrying, housework and physical jobs.

For ongoing non-specific low-back pain, international guidance includes exercise as part of care. That supports the general use of graded movement; it does not prove that FOB is a treatment. New weakness, numbness, loss of bladder or bowel control, fever, major trauma or rapidly worsening pain requires medical assessment.

9.7 How Pain Changes a Graded Return to Activity

Pain can change how a person moves, but more pain does not automatically mean more damage and less pain does not automatically mean a task is safe. A graded return starts with a movement the person can control, uses a manageable amount of work and checks how the person responds during the session and afterward.

If symptoms stay acceptable and function improves, one variable can increase: resistance, range, time, speed or directional complexity. If symptoms clearly worsen or control falls apart, reduce the task and involve the treating professional. Pain is information; it is not a competition.

9.8 Returning After Injury

Early recovery may use supported positions, short ranges, slow rhythm and simple directions. Later stages may add longer work, faster reversals, standing positions, vector changes and repeated rounds. This gives rehabilitation a bridge from basic control to the changing demands of work, recreation and sport.

The order and timing depend on the injury. A repaired tendon, healing bone, joint replacement, concussion or recent surgery cannot share one universal FOB plan. Clearance and restrictions from the surgeon, physician or physical therapist come first.

9.9 Prenatal and Postpartum Use

For many uncomplicated pregnancies, regular aerobic and strength activity is encouraged. FOB may offer a scalable option when the stance is stable, the resistance is manageable and the movement is controlled. Pregnancy changes balance, joint comfort, breathing and tolerance, so the setup may need to change as pregnancy progresses.

Prenatal use requires guidance from the obstetric care team, especially when complications or warning symptoms are present. Postpartum return should respect healing, bleeding, pelvic-floor symptoms, abdominal-wall function, cesarean recovery, sleep and prior training. The first goal is not to prove that the body is “back.” The first goal is to help it move forward safely.

9.10 Metabolic Health and Deconditioning

Regular muscle-strengthening and aerobic activity support health in people with and without chronic conditions. FOB can combine muscular work with a rising heart rate, which may make it useful for people rebuilding capacity after inactivity or seeking a portable form of exercise.

FOB should be presented as one way to accumulate appropriate physical activity, not as a replacement for medication, nutrition care or disease-specific treatment. People with diabetes, heart or lung disease, severe obesity, balance problems or exercise-related symptoms may need clinical guidance before intensity rises.

9.11 A Tool for Physical Therapy

A physical therapist needs exercises that can be scaled, repeated and measured. FOB allows the clinician to record the exact setup, direction, resistance, range, rhythm, work time, rest time and quality floor. Those controls can support goals such as reaching longer, carrying with better control, tolerating repeated work or returning to a job or sport.

The practical market overlap is real: rehabilitation professionals, clinics, wellness programs and return-to-work services all serve people who need accessible strength and work capacity. Entry into that market must be earned through clinician education, safety testing and FOB-specific research rather than broad promises.

9.12 Why FOB Training Extends Beyond Bodybuilding

I spent years identified with being jacked. Muscle still matters to me, and FOB does not require pretending that conventional lifting stopped working. The change was that muscle size no longer described everything I wanted my body to do.

I also wanted strength that remained controlled, changed direction and continued through fatigue. FOB developed from the goal of training both muscular development and sustained physical performance.

FÖBible

SECTION 10



THE FOB MOVEMENT LIBRARY

Every movement has a clear setup, direction, purpose and place in the system.

MY STORY 10 · THREE WAYS TO FACE IT

Early testing produced too many possible exercise names. The useful solution was simpler: three facing positions, four vector positions and a choice between arm movement and torso movement. That structure became the beginner movement map.

10.1 The Library Uses Plain Words

The movement library uses the three settings already established: facing position, vector position and moving region. A basic label can read Forward Facing, Horizontal, Arms or Side Facing Left, Vertical, Torso.

The label tells you the setup directly. A branded movement name may still be used, but the three plain settings remain visible beside it.

10.2 How to Choose the Facing Position

Choose forward facing, side facing left or side facing right. This is the user's orientation to the resistance and the first organizing choice.

Left and right are kept separate because the setup, coaching view and body response may differ even when the intended task is matched.

10.3 How to Choose the Force Vector

Choose horizontal, vertical, upward diagonal or downward diagonal. Beginners learn the clearest controllable directions first, with diagonal work added when timing and control are ready.

The vector is not renamed because the session goal changes. Durability and repeatability can use the same movement while changing work and recovery.

10.4 Decide Whether the Arms or Torso Are Moving

Choose whether the arms move or the torso moves. This identifies the visible driver of the exercise while acknowledging that the rest of the body still manages force.

The distinction stays intentionally simple. The library does not multiply names for every grip, stance adjustment or muscle sensation.

10.5 Side Facing Chest Fly

For a basic chest-fly pattern, stand side facing left or side facing right and use the inside arm, the arm closest to the working line. The arm travels through a horizontal fly path as the oscillation continues. The chest, especially the pectoralis major, helps drive the arm across the body.

The returning phase also matters. Muscles around the back of the shoulder and shoulder blade help control the arm and prepare the next fly. The chest and back can both receive meaningful work across the full cycle, but their output should not be called equal unless it is measured in that exact setup.

10.6 What Your Core Does During the Fly

While the arm moves, the FOBallast also tries to rotate, lean or shift your body. Your obliques, abdominal wall, spinal muscles, hips and stance work together to keep you inside the intended position.

This is why the core remains central even during an exercise named for the chest. The arm creates the obvious movement; the torso manages the force that would otherwise pull the rest of you out of place.

10.7 Straight, Diagonal and Unplanned Paths

A straight fly, an upward diagonal and a downward diagonal are different vector tasks. Each changes the line of pull, shoulder position and trunk response. Diagonal work is usually introduced after the member can control the simpler path.

A path that bounces in several directions is not automatically an advanced exercise. If the movement was supposed to be straight, the extra motion is vector drift. It may reflect fatigue, balance, timing or excessive resistance and should be coached before it is progressed.

10.8 How the 24-Slot Beginner Movement Base Is Calculated

Three facing positions multiplied by four vector positions multiplied by two moving regions creates 24 base movement slots. A beginner library can introduce approximately 21 to 24 when up to three diagonal entries are reserved for later.

The number organizes teaching; it does not prove that twenty-four movements are equally useful for every member. Coaching selects the entries that fit the person and the goal.

10.9 What Every Official Movement Entry Must Include

An official entry records only what is needed to reproduce it: facing position, vector position, arms or torso, resistance setup, a clear cue and a stopping rule.

This preserves consistency without pretending that a longer name creates better science. The movement should be easy to identify, teach and repeat.

FÖBible

SECTION 11



TRACKING PROGRESS

Progress becomes clear when the same task is measured
the same way.

MY STORY 11 · I HAD TO RECORD THE TESTS

Serious testing required more than memory. I recorded setup, resistance, work time and the moment rhythm or path changed. Video often revealed vector drift that I had not felt. The lesson was basic: keep conditions consistent, record the result and do not treat one good set as proof.

11.1 Minimum Viable Measurement

Start with valid oscillations, time, cadence, amplitude or range, technique violations, effort, recovery, configuration and video. Vivid sensations matter, but they are weak endpoints alone.

An assessment needs an output, exposure, quality boundary and comparison. Familiarization matters because skill improves rapidly in novel tasks.

11.2 Why a Test Must Be Reliable Before It Is Useful

A test has to produce reasonably consistent results under similar conditions before a small change can be treated as meaningful. You should practice the task several times before assuming that a personal best reflects physical adaptation rather than improved timing.

The first research steps should use simple, repeatable field measures before expensive laboratory testing is added. Written records should make the test easier to evaluate and should not imply more certainty than the data provides.

11.3 A Simple Progress Check

Choose one official movement. Keep the resistance, stance, direction and work time the same. Record clean oscillations and note when the quality first drops. Repeat the test after several weeks.

Progress appears as more clean repetitions, a later Reactive Fatigue Threshold, better control, shorter recovery or a lower effort rating during the same task.

11.4 Track the Vector You Intended

Before the set, state whether the target path is horizontal, vertical, upward diagonal or downward diagonal. Video, floor markings or future sensors can compare the actual path with that intention.

Useful measures may include how often the path leaves its lane, how far it drifts, when the first large error appears and whether you can correct it without stopping. These measures could turn balance and control from vague coaching impressions into testable FOB outcomes.

11.5 Do Not Diagnose From One Path

A drifting FOBallast may be caused by fatigue, poor timing, a learning effect, stance, resistance, discomfort or equipment setup. The movement alone cannot identify the medical or anatomical cause.

Repeat the task under controlled conditions before interpreting a pattern. If pain, neurological symptoms or persistent instability appears, stop the test and use the appropriate qualified professional.

11.6 How to Make a Fair Performance Comparison

Do not compare two sessions if the resistance, movement, time and rest were completely different. Change one important variable at a time and write it down.

This approach lets ordinary users see improvement without laboratory equipment. A phone video, timer, count and effort score can provide a useful record.

11.7 What Scientific Testing Can Measure

Laboratory testing can measure forces, muscle activity, heart rate, oxygen use and movement more precisely. These tools help explain why a FOB protocol feels and performs differently.

The final scientific sources section will connect FOB practice with established knowledge about resistance, fatigue, endurance, muscle growth and coordination after the manuscript is complete.

FOBible

SECTION 12



COACHING, SAFETY AND CULTURE

FOB has to be taught with clear instructions, appropriate resistance and a reliable stopping process.

MY STORY 12 · LEARNING HOW TO STOP

I learned that stopping is part of the exercise. A user must have enough space, a clear stopping instruction and a load that remains controllable as fatigue develops. If the motion can be started but not safely stopped, it is not ready to progress.

12.1 Safety Begins With Predictability

Oscillatory resistance adds moving parts and returning force. The equipment must be inspected, connections must be secure, the space must be clear and the selected resistance must match the user's ability.

You should know how to stop the FOBallast before you begin moving it faster. If the only way to finish a set is to make an uncontrolled catch, the exercise has already progressed too far.

12.2 Teaching Sequence

Teach the movement in this order: setup, start, receive, redirect, continue and stop. Give one useful cue at a time. A beginner cannot apply a long anatomy lecture while the FOBallast is already returning.

Useful cues include: control the return, keep the path in its intended line and stop before you lose the required position. The last repetition should still meet the standard of the exercise.

12.3 Discomfort Versus Warning

Local muscular effort and burning may occur. Sharp pain, joint pain, neurological symptoms, dizziness, chest pain or unusual shortness of breath are not challenges to push through.

The method needs referral boundaries. Scaling may use lower resistance, shorter bouts, smaller amplitude, simpler vectors, supported positions or longer recovery.

12.4 The FOB Standard

Every user deserves clear instruction, appropriate resistance and a session that matches the person's ability. A session should challenge the user without making the instructions unnecessarily complicated.

Coaches demonstrate the movement, watch the return, correct the path and stop the set when control is lost. Good coaching explains a complex resistance pattern in language the user can apply immediately.

12.5 The Rules That Govern Safe and Effective FOB Training

A user must remain in control of the resistance. Direction affects difficulty and which muscles contribute. Fatigue tells the coach when performance is changing; it does not automatically mean the set was successful. A repetition counts only while it meets the stated standard. Progress should be measured, and every claim must match the available evidence.

FOB should become easier to use as coaches learn more about it. The practical goal is to help a person produce, receive, redirect and repeat force without losing control of the movement.



SECTION 13



THE PREMIUM FOB EXPERIENCE

Premium service means the session is prepared, personally coached and reviewed with you afterward.

MY STORY 13 · FINDING THE RIGHT NAME

I needed a plain name for the ability FOB was trying to develop. Reactive Endurance described it best: producing, receiving and redirecting useful force while fatigue builds. Naming the capacity made it possible to organize the four outcomes and coach them consistently.

13.1 What Premium Means

Premium does not mean making a simple workout sound mysterious. It means the member receives clear preparation, clean equipment, focused coaching, measured progress and respectful follow-up every time.

A high-end FOB service removes avoidable problems. The member knows where to go, what to bring, what the session is intended to accomplish and how the result will guide future training. Personal attention is the main benefit of the premium service.

13.2 A Service-First Company

FOB Systems is a service-first performance company. The equipment matters, but the member is not buying an object alone. The member is buying a professionally managed way to learn, train and improve.

The complete service includes assessment, instruction, programming, session delivery, progress review and access to a developing training culture. The product creates the opportunity. The service turns that opportunity into repeatable value.

13.3 Members Before Spectators

The first responsibility is to the person doing the work. Demonstrations, content and partnerships may attract attention, but the member's safety, understanding and progress come first.

This priority changes decisions. A session is not made harder to create an exciting clip. A movement is not kept because it looks impressive. The member receives the version that best serves the stated goal.

13.4 Prepared Before Arrival

A premium session begins before the member enters the room. The coach reviews the plan, checks the equipment, prepares the training area and knows which result matters that day.

When the member arrives, the first minutes are not spent searching for a band or inventing a workout. Preparation protects time and tells the member that their effort is being taken seriously.

13.5 What Standard of Care Members Should Receive

FOB Systems uses an operating standard: appropriate entry, clear instruction, observable quality, recorded dosage and a defined next step. These elements apply to one-on-one, semi-private and group services.

Different clients receive different programs, but nobody receives careless delivery. Premium service is consistency at the level of the individual.

13.6 What Members Should Understand After a Session

A strong session produces more than fatigue. The member leaves knowing what was trained, what improved, what still needs work and what will happen next.

That understanding increases trust and adherence. The goal is not dependence on a coach for every answer. The goal is guided progress that teaches the member how their body responds.



SECTION 14



ASSESSMENT AND ONBOARDING

The first session identifies a safe and useful starting point
based on your goals and current ability.

MY STORY 14 · WHY I COMPARED IT TO RUNNING

Running became my clearest comparison because people already understand rhythm, pace and repeated effort. FOB is not running for the arms, but both require continued contribution to the next cycle. The comparison helps explain the goal without claiming identical adaptations.

14.1 The Onboarding Conversation

Onboarding begins with ordinary questions: What does the person want to do better? What work, sport or daily task matters? What training have they done? What pain, injury or medical restriction changes the plan?

The conversation identifies goals and boundaries. It is not a sales performance disguised as an assessment. The member should understand why each question affects training.

14.2 How Coaches Decide Between Training and Referral

Before demanding exercise begins, the coach screens for conditions that require medical clearance or another professional. Chest pain, fainting, serious neurological symptoms, uncontrolled disease and recent major procedures are not programming puzzles.

A referral is not rejection. It protects the member and allows FOB work to enter at the correct time with the correct restrictions.

14.3 A Simple Movement Profile

The first movement profile observes stance, breathing, reaching, pulling, pressing, rotation, balance and the ability to stop a returning force. The coach looks for usable options, not a list of defects.

The profile does not diagnose anatomy. It shows which positions are comfortable, which instructions make sense and where resistance should begin.

14.4 The FOB Familiarization

Novel oscillatory work improves quickly through practice. The first exposure therefore teaches initiate, receive, redirect and stop before performance is judged.

A person should not be labeled weak because the timing is unfamiliar. Familiarization separates learning the task from expressing capacity within the task.

14.5 How to Establish a Useful Baseline Without Unnecessary Complexity

A useful baseline may record one or two official movements, resistance, vector, work time, valid oscillations, quality loss, effort and recovery. That is enough to begin.

The purpose is comparison, not spectacle. A baseline must be simple enough to repeat under similar conditions weeks later.

14.6 How the First Service Recommendation Is Chosen

The onboarding result leads to a clear recommendation: one-on-one coaching, semi-private training, a FOB Session, a workshop or referral elsewhere.

Premium service includes saying when an offer does not fit. The recommendation should match the person's needs, learning requirements, schedule and risk, not simply the most expensive option.

FOBible

SECTION 15



THE FOB SESSION

A FOB Session is a coached performance experience with
a defined beginning, middle and end.

MY STORY 15 · WHY THE FOB NAME CHANGED

FOB once meant Functional Isolation Ballast. As the method developed, Functional Oscillation Ballast described the training experience more accurately. The name changed because the understanding improved; FOB Systems then became the larger name for the equipment, coaching, assessments and research.

15.1 Before the First Rep

The coach states the day's purpose in one sentence. The member sees the equipment configuration, intended vector, work period and stopping rule before the first set.

This brief orientation reduces uncertainty. The member can focus on movement because the structure is already visible.

15.2 Arrival and Preparation

The opening phase raises temperature, rehearses positions and introduces the directions that will appear later. Preparation should resemble the upcoming demands without exhausting the member.

A general warm-up may be followed by simple band patterns, low-speed oscillations and controlled stops. Each step prepares the next one.

15.3 Skill Before Load

New or complex movements are taught while attention is fresh. The coach demonstrates, lets the member practice and corrects one important problem at a time.

Resistance increases only after the person can enter, sustain and stop the movement safely. More load cannot repair a movement the member does not understand.

15.4 What Happens During the Main Training Period

The main block targets a named result: durability, fatigability, repeatability, resilience, hypertrophy support, general conditioning or sport preparation. Work and recovery follow that result.

The coach records the variables that make the block meaningful. A difficult interval without a purpose is simply a difficult interval.

15.5 When Movement Quality Is Too Low to Continue

Every movement has a quality floor. The set ends when the path, range, timing, posture or safety standard falls below the minimum required for that task.

The quality floor prevents fatigue from quietly changing the exercise. It also gives the member a clear success condition: preserve the task, not merely the timer.

15.6 What the Coach and Member Review After the Session

The session ends with a brief review of performance, effort and recovery. The coach states the next action: repeat, progress, regress, change the vector or allow more recovery.

The closing review takes minutes, not a lecture. Its purpose is to connect today's work with the larger program.

FÖBible

SECTION 16



PROGRAM ARCHITECTURE

A program connects individual sessions so that resistance, duration and movement difficulty progress in a planned order.

MY STORY 16 · DRAWING THE REAL THING

Turning homemade attachments into drawings forced me to answer practical questions about load position, band contact, protection and adjustment. Rechecking small measurements was not glamorous, but it converted an idea in my head into something a manufacturer could build and a tester could evaluate.

16.1 Start With the Outcome

Programming begins with an outcome that can be observed. “Get fit” is broad. “Complete physical work with less decline, ” “repeat hard rounds, ” or “control rotation without losing position” gives direction.

The outcome determines which movements and measures matter. It also prevents every new exercise from entering the plan just because it exists.

16.2 How FOB Sessions Fit Into a Training Week

A training week distributes stress so that important work can be repeated after adequate recovery. FOB training may be scheduled alongside conventional strength training, aerobic work, skill practice, mobility and rest.

The best schedule is not the one with the most FOB. It is the schedule that gives each required quality enough attention while allowing the person to recover between competing demands.

16.3 Build One Variable at a Time

Resistance, amplitude, frequency, duration, vector complexity, bout number and recovery can all progress. Changing all of them together makes the program difficult to understand.

A strong progression identifies the main change and holds the other variables reasonably stable. The member can then feel and measure what actually advanced.

16.4 How a FOB Program Progresses Through Three Stages

A simple training block can move through three phases. Foundation builds positions and repeatable technique. Development adds capacity and load. Expression applies the capacity to more demanding combinations or specific tasks.

The phases are not rigid calendars. A member may develop one movement while still building the foundation of another.

16.5 Deloading and Variation

Training does not need to become harder every week. Planned reductions in volume or complexity can restore quality, reduce accumulated fatigue and prepare the next block.

Variation should solve a problem. Changing a movement to entertain the coach is not a programming reason.

16.6 How to Review Results and Plan the Next Training Block

At the end of a block, the coach compares the member with their own baseline, reviews adherence and asks whether the original goal still matters.

The next block keeps what worked, removes what did not and introduces only the changes supported by the result.

FÖBible

SECTION 17



HIGH-END COACHING

High-end coaching makes complex work feel clear,
personal and controlled.

MY STORY 17 · WORKING WITH THE MANUFACTURER

Finding a manufacturer required careful emails about dimensions, materials and test conditions. I was particular because a product could look close while behaving differently enough to ruin the test. That process produced FOB Proto-2, my second prototype, with the details needed for meaningful evaluation.

17.1 Why Focused Coaching Is the Main Premium Service

A coach watches the member, the equipment and the purpose of the set. Attention cannot be replaced by loud encouragement or a complicated exercise list.

The member should feel observed without feeling inspected. Useful attention notices the return path, breathing, effort, confidence and the moment a cue is needed.

17.2 Give the One Coaching Cue That Matters Most

One useful cue delivered at the correct time is more valuable than ten technical facts. The coach chooses the problem that most affects safety or the intended output.

After the member responds, the coach either keeps the cue, simplifies it or moves to the next problem. Coaching is a conversation with performance.

17.3 Scale Without Embarrassment

Regression is a normal service tool. Resistance, speed, range, stance, direction and duration can be changed while the training goal remains intact.

The coach explains the reason for the change so the member understands that scaling protects quality. A smaller task performed well is not a lesser person.

17.4 Challenge Without Chaos

A premium session can be demanding without being reckless. Challenge rises through planned variables and ends at the quality floor.

The member may finish proud and tired. They should not finish confused about whether the equipment or coach was under control.

17.5 How Personal Context Improves Coaching

Programs contain numbers, but members have jobs, families, sleep, travel, stress and changing motivation. The coach uses this information to adjust the day without abandoning the larger plan.

Personalization is not a different random workout every visit. It is the same objective delivered in the form the person can use today.

17.6 Professional Boundaries

Coaches teach exercise and manage training. They do not diagnose injuries, prescribe medical treatment or promise cures outside their qualifications.

High-end service includes a trusted referral network and clear communication with qualified professionals when the member authorizes it.

FÖBible

SECTION 18



WHO THIS IS FOR

FOB can be adjusted for beginners, workers, active adults
and athletes with different goals.

MY STORY 18 · THINKING ABOUT MY CLIENTS

Clients kept the system connected to real goals: muscle, energy, work capacity, sport and return to harder activity after professional clearance. Their needs reinforced a basic service rule, the equipment may be unfamiliar, but the session should always feel prepared, understandable and personal.

18.1 If You Do Not Love the Gym

You may want to feel capable without enjoying rows of machines, long runs or bodybuilding-style workouts. FOB gives you a skill to practice, a rhythm to maintain and a visible path you can learn to control.

The session still requires effort. The difference is that you may find the activity more interesting and therefore be more willing to repeat it.

18.2 The Person Who Works With the Body

Nurses, tradespeople, warehouse workers, coaches, parents and service professionals repeat physical tasks for hours. They may not care about a perfect gym number; they care about being useful at 4 p.m.

FOB can train the ability to preserve position and output across repeated upper-body and trunk work. The program should support the job, not compete with it.

18.3 The Athlete

Athletes need sport practice, strength, speed, aerobic development and recovery. FOB adds a place to train repeated force, redirection and control through vectors that may be difficult to organize with ordinary repetitions.

The method supports preparation. It does not claim to replace the field, court, water, track or ring.

18.4 If You Are Returning to Training

After inactivity, pain or a completed stage of rehabilitation, you may need a clear bridge between basic exercise and real-life demand. Scalable range, rhythm, resistance and direction may make FOB useful in that bridge.

Your entry point depends on readiness and professional guidance. Returning slowly is not the same as thinking small.

18.5 If You Are Curious

You may try FOB because the equipment looks different and the movement feels unfamiliar. Curiosity is a reasonable reason to begin.

The service then has to keep your attention through clear teaching, a useful experience and progress you can identify. New equipment alone is not enough.

18.6 Who May Benefit From FOB in the Future

The full audience may be larger than the people who already identify as athletes. Accessible upper-body and trunk endurance could matter in active aging, workplace preparation, recreation, adaptive training and forms of performance not yet organized around this method.

That possibility should make the work more careful, not more exaggerated.

FÖBible

SECTION 19



FROM @JACKEDJAH TO @JUNCTIONJAH

The name changed because the goal changed.

MY STORY 19 · BECOMING @JUNCTIONJAH

I changed from @jackedjah to @junctionjah because my work had become a meeting point between bodybuilding, coaching, exercise science, performance and product development. FOB Systems is the part of that work other people can enter without needing my history or my exact goals.

19.1 The @jackedjah Years

For a long time, @jackedjah made sense. The name reflected a real part of me: lifting, muscle, presentation and the pursuit of looking trained. I do not need to insult that version of myself to explain why I outgrew the label.

Bodybuilding taught me effort, repetition and how much consistency a visible result requires. It also showed me that looking capable and being prepared for every kind of demand are not identical.

19.2 Retiring the Name

I retired @jackedjah because my fitness goals had changed. The old name described my bodybuilding work, but it no longer described everything I wanted to study, build and teach.

Changing the name made that shift clear. I was still interested in muscle, but I was also moving into performance, coaching, product development and exercise research.

19.3 Why @junctionjah

@junctionjah became the place where different parts of the work could meet, muscle and function, coaching and invention, personal practice and a system other people could use.

The junction is not a rejection of strength. It is the point where strength meets direction, endurance, timing, work and ordinary life.

19.4 My Role in This

I am not here only to sell the idea. I am the founder, coach, first practitioner and the person responsible for making the method clearer than it was yesterday.

That means I demonstrate the work and show the ugly attempts too. If every prototype looks perfect, somebody edited out the part where the invention actually happened.

19.5 Why My Name Is on the Book

I put Jahsua Matthews on the cover because I am responsible for the claims, instructions and direction of this system. When the book tells the story, you are hearing it from me.

I want the company to become larger than my personality, but I do not want the responsibility to become anonymous.



SECTION 20



WHY THE PROTOTYPE BROKE

The early prototypes showed me which parts of the product had to change before clients could use it.

MY STORY 20 · WHEN THE PROTOTYPE BROKE

Early prototypes stretched, slipped, loosened and sometimes damaged the band. Those failures identified the loaded contact area as a central design problem. The FOBlock and its protective relationship with the FOBand grew from the need to make the system dependable enough for coached use.

20.1 An Improvised Beginning

The early setup was not elegant. I used the equipment I had available to create resistance that moved away from me and returned. I wanted to feel how the setup behaved, not make it look like a finished product.

The rough setup allowed me to test the idea. It also showed me the weaknesses very quickly.

20.2 What Happened When the First Prototype Broke

The first prototype broke while I was testing it. The band, load and connection were producing more wear than the setup could handle safely.

The failure did not prove that the training method worked. It showed that the next prototype needed a better solution for load placement, contact protection, materials and connection strength.

20.3 Why I Continued Developing FOB After the Failure

I kept going because the experience before the failure had already separated itself from ordinary band work in my mind. The return was not background movement. It was the task.

Once I understood that difference, rebuilding felt more reasonable than pretending I had not felt it.

20.4 How a Prototype Differs From a Finished Product

A prototype helps answer whether an idea can work. A product has to produce the intended behavior predictably and safely for other people.

Moving from one to the other required measurements, material changes, repeated failures and testing. Each change had to preserve the training behavior while making the equipment more reliable.

20.5 What Prototype Failure Taught Me About the Design

Each failure helped separate the core idea from a specific piece of equipment. FOB was not one homemade object. It was the relationship among elastic tension, moving ballast, timing, direction and the person sustaining the loop.

That distinction made it possible to improve the product without losing the method.

FÖBible

SECTION 21



TWENTY MINUTES

After about twenty minutes, I knew the training felt
different enough to keep testing.

MY STORY 21 · WHAT I FELT AFTER TWENTY MINUTES

One early test lasted about twenty minutes. My upper body and torso stayed engaged, and the returning resistance demanded continuous attention. Afterward I felt a mental lift that reminded me of, but was not identical to, a runner's high. The experience created a research question, not proof of a mechanism.

21.1 What Happened During the First Long FOB Test

I kept the early movement going for about twenty minutes. That was long enough for me to notice how the resistance, rhythm, breathing and attention interacted over time.

My shoulders, arms and torso were working continuously. I also had to keep watching the return and deciding how to direct the next movement.

21.2 How I Felt Afterward

When I stopped, I felt mentally better in a way that ordinary lifting had not produced for me. The closest comparison I had was a runner's high, although the experience was not exactly the same.

I was not claiming that I had discovered a new neurological effect. I was describing a personal response that was clear enough to make me continue testing.

21.3 Why the Feeling After the Test Deserved Further Study

My experience cannot establish what every user will feel. It can identify a question worth studying.

The appropriate next step was to describe the experience plainly, create a repeatable protocol and see whether other people reported or demonstrated similar outcomes.

21.4 Rhythm, Effort and Attention

FOB may combine rhythmic movement, sustained local effort, breathing, coordination and continuous attention. Each of those can affect how a session feels. Their exact contribution remains a research question.

For the member, the practical instruction is simpler: breathe, preserve the path and notice what changes without chasing a special feeling.

21.5 What the First Long Test Still Could Not Answer

Could a portable resistance method create a useful endurance and attention demand for the upper body and torso in the way repeated locomotion does for the legs?

That question became one of the main reasons I continued developing FOB Systems after the first prototype.

21.6 What the First Long Test Did and Did Not Establish

The twenty-minute test established that the idea was important enough for me to continue. It did not establish long-term adaptation, safety for every user or superiority to another method.

Those questions require consistent equipment, defined protocols, more users and appropriate research.

FÖBible

SECTION 22



WHAT FOB IS INTENDED TO TRAIN

FOB is intended to help you produce, control and repeat
useful force as fatigue develops.

MY STORY 22 · WHAT I WAS TRYING TO TRAIN

That twenty-minute test clarified the goal: a practical way for the upper body and core to perform sustained rhythmic work against resistance. The question became simple: what if the strength you already had remained available for longer and stayed controllable through more directions?

22.1 The Missing Middle Between Strength and Endurance Training

Fitness often separates heavy strength from long-duration conditioning. Between them sits a wide area: moderate force that must be controlled, redirected and sustained while the task keeps changing.

FOB gives that middle a place to be practiced deliberately.

22.2 How Repeated Locomotive Work Applies to the Upper Body

Running, cycling and skiing organize repeated lower-body work through rhythm. Swimming, rowing and climbing include the upper body but require specific environments or skills.

FOB explores whether locomotive principles, rhythm, repetition, return and continuous contribution, can be organized for the upper body and trunk in a portable resistance system.

22.3 What If the Upper Body Had Its Own Version?

What if your chest, back, arms and core could build more capacity through a repeated rhythm without requiring a pool, boat, climbing wall or arm-crank machine? What if you could train that rhythm while standing inside a small circle?

Those questions are the hook, but they are also research questions. Possible outcomes include better FOB work capacity, more muscular endurance, improved control under repeated force and hypertrophy support when

resistance and effort are high enough. Transfer to other activities, long-term body-composition effects and specific core adaptations still have to be measured.

22.4 How It Might Look and Feel

If the method provides enough resistance and progressive work, your muscles may receive a growth-relevant stimulus while your breathing and local endurance are also challenged. You may feel your core working because it must keep managing the force that the moving arm or torso creates.

The likely result depends on the movement, vector, resistance, duration, recovery, nutrition and the rest of your training. FOB may become one way to look muscular and remain useful over time, but no single method can promise a specific appearance or feeling.

22.5 What Locomotive Symmetry Means in FOB Training

Locomotive symmetry is the working idea that the body can develop more balanced access to rhythmic endurance demands across the upper and lower regions. It does not mean every limb performs the same motion.

The goal is to expand the ways a person can enter sustained work, especially when running or cycling is unavailable, undesirable or incomplete for the goal.

22.6 How Long Useful Strength Remains Available

A strong first effort is useful. Many lives and sports require the twentieth useful effort, the hundredth controlled return or the ability to repeat work after incomplete rest.

FOB is chasing strength that remains available across time, not only strength that appears once under perfect conditions.

22.7 How Attention Contributes to FOB Performance

Continuous returning force gives attention a job. The user must stay present enough to receive what is coming and shape what happens next.

That does not make FOB meditation or therapy. It makes attention part of successful physical performance.

22.8 What FOB Needs to Function as a Complete Training System

The long-term goal is a complete training category with equipment, terminology, movements, assessments, coaching standards and evidence.

The system will become useful only if people can learn it, repeat it, measure progress and apply it to goals that matter to them.

FÖBible

SECTION 23



REHABILITATION AND RESEARCH

Rehabilitation and research became possible directions after the original performance idea began taking shape.

MY STORY 23 · REHAB AS AN UNEXPECTED POSSIBILITY

FOB began as a performance idea, not a rehabilitation treatment. Rehabilitation appeared later as a possible application because resistance, range, direction, rhythm and duration can be adjusted. Any clinical use requires qualified professionals, careful screening and FOB-specific research; this book does not claim that FOB treats an injury or medical condition.

23.1 How Rehabilitation Became One Possible Use for FOB

Scalable, directional resistance may become useful in rehabilitation and return-to-activity settings when qualified professionals select the task. That possibility deserves careful study and strong boundaries.

FOB Systems is not being built only for injured people. The same ability to scale makes the method available to beginners, workers, active adults and athletes.

23.2 How Research Can Test FOB Claims

Research helps identify what a protocol does, for whom, at what dose and with what risk. It can improve language and remove weak assumptions.

Research is not the final purpose of the company. The purpose is useful human performance. Research helps us serve that purpose honestly.

23.3 How FOB Work Capacity May Apply to Everyday Life

Carrying, lifting, reaching, cleaning, coaching, building and playing often require you to repeat effort without taking a full rest after every movement.

FOB may help prepare members for continued work without pretending to reproduce every job, sport or daily task exactly.

23.4 Which FOB Performance Outcomes Still Need Definitions

New training tools sometimes reveal outputs that old tests did not measure. FOB may lead to better ways of describing upper-body durability, reactive control, vector transitions and recovery across repeated bouts.

Those outcomes must be defined and tested. The possibility is exciting precisely because the answer is not finished.

23.5 Accessibility Changes the Market

Swimming, rowing, climbing, skiing, battle ropes and arm-crank exercise can train upper-body endurance, but their barriers differ. A portable method can lower barriers of space, equipment, instruction or location.

Lowering the barrier does not lower the standard. It expands who gets the opportunity to develop the quality.

23.6 What FOB Systems Is Intended to Provide

The intention is to give people another reliable way to feel capable, physically, practically and over time.

If FOB succeeds, it will not be because everybody agrees that it looks new. It will be because people can use it, improve through it and carry that capacity somewhere that matters.

FOBible

SECTION 24



THE ROAD FORWARD

FOB Proto-2 is working, clients are using it and I am preparing for the next stage.

MY STORY 24 · WHERE THINGS STAND NOW

FOB Proto-2 is in hand, and testing has gone well enough to focus on coaching rather than repairing the setup. Clients are using it in coached sessions. The next stage is larger classes, partnerships, presentations and stronger research, not treating early reactions as final proof.

24.1 FOB Proto-2 Is Working

FOB Proto-2 is in hand. Testing has gone flawlessly through the current stage: the FOBand, FOBlock and protective contact relationship are behaving as intended, and the FOBallast is producing the controlled return I designed it to create.

Clients are already using the system in coached settings and responding with amazement and questions. The product is no longer only an idea on paper.

24.2 What Comes Next for FOB Systems

The next major venture is larger FOB classes, followed by carefully selected partnerships and presentations. Those formats have not been introduced before the product and coaching standards were ready.

Expansion will follow the same sequence used during development: define the intended equipment behavior, test it, teach it clearly and then give more people access without lowering the established standards.

24.3 Which FOB Claims Still Require Research

FOB-specific long-term adaptations, transfer to outside tasks, clinical applications and comparisons with other methods require stronger research. Exact claims will grow only when the evidence grows.

This limit is not weakness. It is how a serious category protects its future.

24.4 How Member Feedback Improves FOB Training

Members contribute effort, questions, feedback and performance history. Their experiences reveal which instructions work, which progressions are too large and which outcomes deserve better measurement.

Participation does not turn a member into a research subject without consent. It does make the service smarter when feedback is handled responsibly.

24.5 What I Am Committed To

I am committed to practicing the method, improving the equipment, teaching the clearest version I know and documenting both progress and failure.

Development has been difficult at times. That is one reason I pay close attention to the product, the coaching and the claims made about it.

24.6 How to Begin Exploring FOB Training

You do not need to believe every future possibility to begin. Start with the present task: learn the return, control the direction and preserve useful work.

Then look at what changes in your body, your confidence and the parts of life that asked you to become more durable.

24.7 What “Keep It Going” Means for Training and the Company

The phrase applies to the oscillation and the company. Create the motion. Receive what comes back. Make the next input better.

Move it. Control it. Keep it going.

FOBible

SECTION 25



GLOSSARY

This glossary defines the main FOB terms in one place so you can check them whenever you need to.

25.1 A-B

Amplitude: the size of the movement. Antirotation: producing force to prevent an outside rotational tendency from turning the body. Applied Vector Dynamics: the FOB framework for selecting and changing force direction.

Ballast: mass used to shape how the system accelerates, slows and returns. Ballast mass describes how much is used. Ballast position describes where that mass sits along the working arrangement.

25.2 C-D

Cadence: the intended rhythm or pace of repeated motion. Core: the muscles and pressure systems around the torso that help transfer force and control the ribs, spine and pelvis. Durability: the ability to preserve useful performance during one long continuous effort.

The core is not one muscle. Durability asks a plain question: after work has continued for a while, how much of the original quality remains?

25.3 F: Fatigue and Frequency

Fatigability: how quickly measurable performance declines as work continues. Frequency: how many oscillation cycles occur during a unit of time.

A person may work at a high frequency and fatigue quickly, or use a lower frequency and remain steady. The session goal determines which result matters.

25.4 F: Force and Function

Force vector: a force described by both its amount and direction. Functional training: training selected for the force, control and performance demands of a defined task or goal rather than for visual complexity alone.

Functional capacity: the person's ability to manage the forces and repeated demands that matter to work, sport, recreation or everyday activity. Function always needs a stated context; no exercise is universally functional for every purpose.

25.5 F: FOB

FOB: short for Functional Oscillation Ballast. FOB Systems: the company and complete training system. FOBbing: the ordinary-language name for practicing the method.

FOB identifies the category. The product parts and training method have their own names so members, coaches, makers and researchers can describe the same thing accurately.

25.6 F: FOBand

FOBand: the elastic resistance component used to create stretch, stored energy and returning pull within the FOB system.

The FOBand is a part, not the complete product. Its tension and working length are selected for the movement, person and intended outcome.

25.7 F: FOBlock

FOBlock: the protective, load-bearing component that organizes the loaded contact area and helps protect the band where the parts meet.

Its geometry, passage, material and location affect how the assembly behaves. Exact construction supports repeatable testing and safer use.

25.8 F: FOBallast

FOBallast: the completed working assembly made from the FOBand and FOBlock component or components.

The product formula is $\text{FOBand} + \text{FOBlock} = \text{FOBallast}$. The result joins elastic return with moving mass so the user can accelerate, receive, brake and redirect resistance.

25.9 L-M

Locomotive symmetry: the working idea of expanding access to rhythmic endurance demands across both upper and lower regions of the body. Momentum: the quantity of motion carried by a moving mass.

Locomotive symmetry does not mean every limb performs the same motion. Momentum is useful only while the user can govern its path and return.

25.10 M: Movement Map

Movement map: the 24-slot base created by three facing positions, four vector positions and two moving regions. Moving region: whether the arms or torso create the visible movement.

Forward facing, side facing left and side facing right are the three beginner orientations. The map classifies a movement; it does not require every member to learn every slot.

25.11 P-Q

Protective interface: the part of the assembly that reduces damaging contact between the band and loaded structure. Quality floor: the lowest acceptable level of range, speed, rhythm or control for a valid repetition.

When performance falls below the quality floor, the set is changed or stopped. More movement is not more training when the movement no longer satisfies the task.

25.12 R: Reactive Endurance

Reactive Endurance: the ability to keep producing, receiving and redirecting useful force while fatigue develops. Reactive Fatigue Threshold: the point at which fatigue causes a clear loss of the required output or control.

Repeatability describes reproducing useful work across efforts. Resilience describes preserving or recovering performance when conditions, fatigue or interruption make the task harder.

25.13 S

SSORT: Self-Sustaining Oscillatory Resistance Training, the method of sustaining controlled back-and-forth resistance through repeated input and redirection.

SSORT names the method. FOBallast names the equipment assembly. Reactive Endurance names the capacity the method is organized to develop.

25.14 T

Transverse abdominis: a deep abdominal muscle that can contribute to abdominal-wall tension and trunk control.

FOB does not isolate the transverse abdominis. Its contribution occurs with other abdominal, spinal, breathing, hip and pelvic-support muscles according to the task.

25.15 V-W

Vector: force described by both amount and direction. Vector drift: an unintended change in movement direction as fatigue or poor control develops.

Working span: the usable band length and distance through which the assembly operates. Changing working span can change tension, timing, movement size and difficulty.

FOBible

A FINAL WORD

MY STORY 25 · WHAT THIS MEANS FOR YOU

FOB brought bodybuilding, coaching, exercise science and equipment design into one system. That history matters only if the result is useful to you. You deserve clear instructions, honest claims and a method that continues to improve through testing.

If you made it this far, thank you for taking the time to understand what I am building.

FOB started with me putting together a rough setup because I wanted to see what would happen. It kept going because the training felt different enough to deserve better equipment, clearer language and serious testing.

I do not expect this first edition to be the last word on the method. I expect coaches, clients, researchers and future builders to help test it and improve it. My standard is simple: explain what we know, admit what we do not know and keep the experience useful for the person doing the work.

If you train with FOB, I want you to understand why you are doing each movement and what you are trying to improve. I also want you to enjoy it. Training can be serious without making every sentence or every session feel heavier than it needs to be.

The book began with one question, and that question remains. What could your upper body and core become if you had a practical way to train continuous rhythm, resistance and control while staying inside a small circle? FOB Systems exists to test that possibility with real people, consistent methods and better evidence.

Move it. Control it. Keep it going.

- Jahsua "Jah" Matthews