

# The Whole-Athlete Playbook

*Training the mind and body together for peak performance*

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*This e-book is editorial and educational commentary published by BiomedRx Sport in July 2026. It summarizes general principles of athletic training, recovery, and mind-body performance as an aid to athletes and coaches; it is not medical, clinical, nutritional, or professional training advice, and it does not replace the judgment of a qualified physician, licensed clinician, or certified coach. Neurofeedback, biomagnetism, hypnotherapy, and supplementation are offered as complementary modalities, not substitutes for licensed medical care. Individual results vary; always verify claims against primary sources and consult a professional before starting any new training, therapy, or supplement program.*

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## Foreword

Most training plans treat the body as the athlete and the mind as a passenger. That is exactly backward on the days that matter most. The body executes what the mind commits to, and the mind holds together only as well as the body it lives in. Separate them and you get a strong athlete who folds under pressure, or a mentally tough one who breaks down physically. Train them together and you get something rarer: a competitor who can reach a peak state on demand.

That is the premise BiomedRx Sport was built on. Founded by Los Angeles entrepreneur Devin Lockett and based in Upland, California, the brand pairs elite body training with brain training, therapies, and performance supplements — a whole-athlete protocol rather than a menu of disconnected services. This book is the field version of that philosophy, written for the athlete, the coach, and the weekend competitor who wants more than a workout.

Read it once end to end to understand how the pieces fit. Then keep it near your training log. The checklists at the end of each chapter are meant to be used, marked up, and adapted to your sport and your season.

## Chapter 1 — The Whole-Athlete Premise

An athlete is a single system. The nervous system that sharpens your focus is the same one that fires your muscles, regulates your heart rate, and decides — a hundred times per session — whether to push or protect. When we talk about "mind and body" as if they were two departments, we lose the most important truth about performance: they are one continuous loop.

The whole-athlete premise is simple to state and hard to live. Every physical adaptation you chase has a mental counterpart, and every mental skill you build has a physical cost or dividend. Strength work that ignores stress and sleep plateaus early. Mindset work that ignores conditioning has nothing to stand on. The athletes who compound their gains are the ones who train the loop, not the halves.

This is why BiomedRx Sport organizes its work around four integrated pillars — body training, brain training, therapies, and supplements — instead of selling them as separate products. The point of this book is to help you think the same way: not "what workout today," but "what does the whole system need today."

### Field Checklist

- Treat mind and body as one system, not two programs
- Pair every physical goal with its mental counterpart
- Plan the week around the whole athlete, not just the workout

## Chapter 2 — Training the Body

The body is where performance becomes visible, and it is still the foundation. Strength, conditioning, mobility, and recovery capacity are the raw material everything else refines. Neurofeedback will not save an athlete who cannot produce force or last the distance, and no supplement replaces the adaptation that comes from progressive, well-programmed work.

Good body training is boringly principled: progressive overload applied patiently, movement quality protected under load, and conditioning matched to the demands of the sport rather than to whatever is trending. From barbells to mobility drills, the job is to build strength and stamina that hold up when fatigue and pressure arrive together — which is exactly when competitions are decided.

What separates a whole-athlete approach is how the physical work is framed. Sessions are designed not only to build the body but to build the nervous-system control that carries into brain training and competition. Effort, breath, and composure under load are trained on purpose, because they transfer.

### **Field Checklist**

- Program progressive overload with protected movement quality
- Match conditioning to your sport's real demands
- Train composure and breath under physical load

## **Chapter 3 — Training the Brain**

Brain training is the half most athletes never systematically develop, and it is often where the largest untapped gains live. Neurofeedback — real-time feedback of your own brainwave activity — teaches the brain to self-regulate: to hold focus longer, to settle faster, and to find a composed, ready state under pressure rather than hoping it shows up on game day.

The context in 2026 is encouraging. The "experimental" framing around neurofeedback continues to fade, with insurers increasingly recognizing EEG-based brain training as medically necessary for specific conditions rather than experimental, and the peer-reviewed research base behind brain self-regulation continuing to grow. Most devices used in professional clinics have held FDA 510(k) clearance for relaxation and muscle re-education. For the athlete, the practical promise is straightforward: focus and composure are trainable skills, not fixed traits.

Brain training in the BiomedRx protocol is not a gimmick bolted onto the workout. It is treated like any other adaptation — measured, progressed, and integrated — so the mental control you build in a session shows up when the crowd is loud and the score is close.

### **Field Checklist**

- Treat focus and composure as trainable skills
- Integrate brain training as a measured, progressed practice
- Transfer the calm-ready state into competition settings

## **Chapter 4 — Recovery Is a Skill**

Recovery is where adaptation actually happens. You do not get stronger during the lift; you get stronger during the repair that follows it. Athletes who treat recovery as an afterthought are, in effect, throwing away the return on their hardest work. The whole-athlete approach treats recovery as a skill

to be trained, not a gap between sessions.

Sleep is the non-negotiable foundation — the single most powerful recovery tool available, and free. Around it sit the practices that help the nervous system downshift: breathing work, mobility, and complementary therapies. BiomedRx Sport includes biomagnetism as a targeted therapy used to support balance, recovery, and overall wellbeing across the training cycle, offered as a complement to — never a replacement for — sleep, nutrition, and medical care.

The mark of a mature athlete is knowing the difference between productive fatigue and accumulating breakdown, and adjusting before the second becomes an injury. Recovery is not the reward for training. It is part of the training.

### **Field Checklist**

- Protect sleep as the primary recovery tool
- Build active downshift practices into every week
- Distinguish productive fatigue from accumulating breakdown

## **Chapter 5 — Fueling the Work**

Nutrition and supplementation are the fuel and the finishing layer, not the foundation — and the order matters. Whole-food nutrition, adequate protein, and consistent hydration do the heavy lifting. Supplements are there to fill gaps, support recovery, and give well-fueled work a small, honest edge. An athlete who supplements around a poor diet is decorating a problem.

Used well, curated performance supplementation can help fuel training and speed recovery so you can train harder and bounce back faster. Used carelessly, it becomes an expensive collection of jars. The discipline is the same one that governs the rest of the program: evidence over hype, consistency over novelty, and a clear reason for everything you take.

Because supplements sit alongside training and therapy in the whole-athlete model, they should be chosen to support specific goals — recovery, energy, focus — rather than chased because they are trending. Talk to a qualified professional before adding anything, especially if you compete under an anti-doping framework, and read the label as carefully as you read your program.

### **Field Checklist**

- Build fueling on whole food, protein, and hydration first
- Choose supplements for specific, stated goals
- Verify anti-doping compliance and consult a professional

## **Chapter 6 — The Mental Game Under Pressure**

Everything in the program is tested in the moment when it counts, and that moment is almost always about the mind. Pressure narrows attention, tightens breathing, and tempts the athlete into the two classic failures: overthinking and rushing. The mental game is the practice of staying composed and executing anyway.

This is where brain training and mindset work earn their place. Neurofeedback builds the underlying capacity to regulate arousal; hypnotherapy and mind-body work build the confidence and habits that hold up under stress. BiomedRx Sport uses hypnotherapy to help clear mental blocks, reinforce confidence, and lock in the habits peak performance demands — a complementary modality that supports, rather than replaces, coaching and clinical care. The broader mind-body research base has continued to mature, with reviews reporting durable benefits for stress and focus when protocols are delivered by trained professionals.

The goal is not to feel no pressure. It is to build a reliable path to a composed, ready state that you can find on demand — so the athlete who shows up on the big day is the one you actually trained to be.

### **Field Checklist**

- Rehearse composure, not just the physical skill
- Build a reliable path to a ready state on demand
- Use mindset modalities to reinforce confidence and habit

## **Chapter 7 — Building a Program That Lasts**

A single great week means little. Performance is built by programs that survive contact with real life — travel, work, injury, motivation dips, and off-days. A durable whole-athlete program has four traits: it is integrated, it is measured, it is progressive, and it is sustainable. Miss any one and it eventually stalls.

Integration means the pillars talk to each other: body, brain, recovery, and fuel planned as one, not four. Measurement means you track more than how you feel — load, sleep, focus, and progression, so decisions are informed. Progression means the plan advances instead of repeating. Sustainability means it fits your life well enough that you actually do it, week after week, which is the only way adaptation compounds.

This is the version of "peak performance" worth chasing — not a single highlight, but a rising baseline. Built deliberately across mind and body, it becomes the ability to reach your best state on purpose, again and again.

### **Field Checklist**

- Plan the four pillars as one integrated program
- Measure load, sleep, focus, and progression
- Design for sustainability so adaptation compounds

## **Conclusion: Peak Performance at Will**

The phrase "peak performance at will" sounds like marketing until you understand what it actually requires. It is not a mood you summon or a supplement you swallow. It is the earned product of a system trained as one — a body that can execute, a brain that can regulate, recovery that repairs, fuel that supports, and a mental game rehearsed until composure is the default.

The athletes who reach that state on demand are not the ones with the single hardest workout or the trendiest stack. They are the ones who stopped separating the mind from the body and started

training the whole system, patiently, in the right order, week after week. The gains compound quietly, and then they show up loudly on the day it matters.

That is the whole-athlete premise, and it is the entire point of the BiomedRx Sport protocol. Build the body. Train the brain. Recover on purpose. Fuel the work. Rehearse the mind under pressure. Do all five together, and peak performance stops being an accident you hope for and becomes a state you can reach at will.

## References

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#### ABOUT THE FOUNDER

## Devin Lockett

Devin Lockett is the founder and entrepreneur behind this title and the wider BiomedRx family of companies—spanning healthcare technology, wellness, media, and community initiatives. He builds brands focused on quality, service, and independent ownership. Connect and follow his work across the network.