

TRAIN MY HANDS FOR WAR

Josh Thomas · The Lifted Mindset

Free Lifted Faith 5 AM Club · Every Saturday at 5 AM · Frisco, TX

Christian Brazilian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, McKinney TX.
Strong hands. Humble hearts.

IMPORTANT: NO AFFILIATION, NO OWNERSHIP, NO INVOLVEMENT

We have no affiliation, ownership, partnership, sponsorship, or involvement with the organizations listed below, and they have no involvement with us. Nothing here is an endorsement - these are unbiased informational pointers for our visitors. Verify all details, eligibility, dates, and requirements directly with each organization.

WHO IT SERVES

Anyone who wants to train and pray before the sun is up - all fitness levels, all ages welcome with a parent

SUMMARY

Josh Thomas is a personal trainer and coach behind The Lifted Mindset, a fitness and nutrition coaching practice in Frisco, Texas. His work pairs strength and conditioning with mindset and faith: training the body honestly while the man behind it grows up. Most importantly for our people, he hosts the Lifted Faith 5 AM Club every Saturday at 5 AM in Frisco - completely free, open to anyone, and finished in time to drive over to Mighty Men at 7 AM. It is a full morning of brotherhood: sweat first, then the Word.

WHAT THEY DO

- Lifted Faith 5 AM Club: a completely free workout every Saturday at 5 AM in Frisco, Texas - no membership, no fee, nothing for sale.
- Timed so you can finish, clean up, and still make Mighty Men at 7 AM at Elevate Life Church in Frisco.
- Scalable group training - lifting, conditioning, and bodyweight work adjusted so first-timers and seasoned athletes work side by side.
- Faith woven through the session: encouragement, accountability, and prayer with the men who showed up.
- Paid one-on-one and online coaching through The Lifted Mindset for people who want individual programming and nutrition help.
- Daily training and mindset content on Josh's Instagram, including clips from the 5 AM Club itself.

HOW TO GET STARTED

1. 1. Contact Josh to attend

Reach out before your first Saturday so he knows to look for you and can confirm the exact meeting spot. Message him on Instagram (@theliftedminds) or use the contact form on theliftedmindset.com.

2. 2. Show up at 5 AM Saturday in Frisco

Bring training shoes, water, and a towel. Nothing is required beyond showing up, and there is never a cost.

3. 3. Stay for Mighty Men at 7 AM

The 5 AM Club ends early enough to head straight to Mighty Men at Elevate Life Church - a workout and a discipleship gathering in the same morning.

WHERE TO LISTEN

Instagram:

https://www.instagram.com/theliftedminds?utm_source=trainmyhandsforwar.com&utm_medium=referral&utm_campaign=athlete-resources&

Website:

https://theliftedmindset.com/?utm_source=trainmyhandsforwar.com&utm_medium=referral&utm_campaign=athlete-resources&utm_content=

WEBSITE

https://theliftedmindset.com/?utm_source=trainmyhandsforwar.com&utm_medium=referral&utm_campaign=athlete-resources&

PLEASE NOTE

Josh Thomas and The Lifted Mindset are independent of us. The 5 AM Club is his gathering, not ours, and it is separate from our monthly gathering at 3 Embers Grappling Academy. Confirm meeting time, location, and any coaching pricing with him directly. Training carries physical risk - clear new exercise with your physician.

trainmyhandsforwar.com | mail@trainmyhandsforwar.com

Resource sheet generated October 2, 2026. Confirm current details on the organization's own website.