

# Mathias Method

## Strength to Change the World

By Ryan Mathias

### Level 1- The Basics

This is a beginner level program for anyone starting to build strength in a gym setting. Presented is a 13+ week program for anyone who has little to no resistance training experience. Level 1 begins by teaching a routine warm-up that promotes proper movement patterns and some basic strength exercises that will most effectively build full body strength. Here we will build a foundation that increases strength using the most effective exercises. With few exercises, the focus will be on practicing these new motions to become a safe and effective lifter. It is also a very adaptable level of training that allows you to train two, three or four days a week. The more training days you utilize (2x, 3x, or 4x weekly), out of the given options, the more effective the program will be. After completing this program you will have built a strong enough base to progress forward in your journey to gaining strength to change the world.

Presented in this program are four training days a week, each focused upon one strength motion. You will begin by practicing only the most effective exercises enabling you to learn proper movement patterns while building strength. As your neuromuscular proprioception, or muscle activation, increases you will then start to use more basic strength exercises that will build a strong foundation to lay your goals upon. For each training session make sure that you do the proper mobility and warm-up drills to increase the training's effectiveness. After completing the training session always remember to mobilize your tight tissues for at least 10+ minutes, with each stretch lasting longer than 2 minutes. It will take time for your body to adapt to all the new stimuli but you will continuously be growing stronger in the process. Also, after you have completed the first four weeks of training you are encouraged to try new things. Always complete the listed exercises first, but then feel free to try 1 or 2 more exercises that will help you gain strength in a similar way to the previous work. Just remember to be safe and have fun!

#### Weeks 1-4:

**Goal:** Learning the basic motions and activating the correct muscles.

#### Weeks 5-12:

**Goal:** Practice basic motions and improve body positioning.

#### Weeks 13+:

**Goal:** Practice technique and build strength.



## Squat/ Deadlift Mobility Warm-Up

### General Warm-Up and Systems Check:

Toe Reach	x 10
The Bow	x 10-30 sec.
Torso Twist & Reach	x 10 total
Side Bend & Reach	x 10 total
Hip Circles	x 10 total
Hip Open-Close	x 1 each
Paleo Squat	x 30+ sec.

### The Daily 30:

Paleo Squat	x 10
Push-Ups	x 10
Prone Cobra	x 10

### Training Specific Mobility:

Lat Stretch- Underhand	x 10-30 sec.
Bicep Stretch	x 10-30 sec.
Squat & Extend	x 3
Dynamic Hamstring Stretch	x 10 total
Deep Lunges	x 10 total
Dynamic Pigeon Stretch	x 10 each

\*\*Add any additional mobility stretches here to fit your specific needs\*\*

### Activation Techniques:

Single Leg Romanian Deadlift	x 10 each
Hip Airplanes	x 10 each
Bulgarian Split Squat	x 10 each

### **BONUS- Calf Mobility**

Static Single Leg Calf Stretch	x 2 min. each
Weighted Deep Squat Calf Stretch	x 1 min. each



## **Bench/ Military Press Mobility Warm-Up**

### **General Warm-Up and Systems Check:**

Toe Reach	x 10
The Bow	x 10-30 sec.
Torso Twist & Reach	x 10 total
Side Bend & Reach	x 10 total
Hip Circles	x 10 total
Hip Open-Close	x 1 each
Paleo Squat	x 30+ sec.

### **The Daily 30:**

Paleo Squat	x 10
Push-Ups	x 10
Prone Cobra	x 10

### **Training Specific Mobility:**

Arm Circles	x 10 each
Horizontal Hug & Open	x 10
Shoulder Flexion-Extension	x 10
Single Arm Swings	x 10 each way
Scapular Rotations	x 10 each
Chest Stretch	x 10 sec.
Lat Stretch- Overhand	x 10-30 sec.
Doorway/ Pec Minor Stretch	x 10-30 sec.
Scapular Abduction Stretch	x 10-30 sec.

\*\*Add any additional mobility stretches here to fit your specific needs\*\*

### **Activation Techniques:**

#### **Dumbbell Shoulder Warm-Up**

Lateral Raises	x 10
Front Raises	x 10
Reverse Flyes	x 10
Military Press	x 10
Shoulder Dislocations	x 10



**Weeks 1-4:****Day 1****Technique Work:**

Slow Box Squats 3 x 5

**Main Lift:**

Box Squat 5 x 5

Mobility Work 10+ min.

**Day 2****Technique Work:**

Slow Closegrip Bench Press-Paused 3 x 5

**Main Lift:**

Closegrip Bench Press-Paused 5 x 5

Mobility Work 10+ min.

**Day 3****Technique Work:**

Slow Conventional Deadlift 3 x 5

**Main Lift:**

Conventional Deadlift 5 x 5

Mobility Work 10+ min.

**Day 4****Technique Work:**

Slow Military Press 3 x 5

**Main Lift:**

Military Press 5 x 5

Mobility Work 10+ min.



**Weeks 5-12:****Day 1****Technique Work:**

Box Squat 3 x 5

**Main Lift:**

Squat 5 x 5

**Accessory Work:**

Good Mornings 3 x 10

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.

**Day 2****Technique Work:**

Closegrip Bench Press-Paused 3 x 5

**Main Lift:**

Bench Press 5 x 5

**Accessory Work:**

Body Rows - x 30

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.



**Day 3****Technique Work:**

Conventional Deadlift 3 x 5

**Main Lift:**

Conventional Deadlift 5 x 5

**Accessory Work:**

Planks 3 x 30+ sec.

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.

**Day 4****Technique Work:**

Military Press 3 x 5

**Main Lift:**

Military Press 5 x 5

**Accessory Work:**

Face Pulls 3 x 10-15

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.



**Weeks 13+:****Day 1****Technique Work:**

Box Squat 3 x 5

**Main Lift:**

Squat 5 x 5

**Accessory Work:**

Good Mornings 3 x 10

Planks 3 x 45-60 sec.

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.

**Day 2****Technique Work:**

Closegrip Bench Press 3 x 5

**Main Lift:**

Bench Press 5 x 5

**Accessory Work:**

Push-Ups - x 30-50

*Superset*

Body Rows - x 30-50

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.



**Day 3****Technique Work:**

Conventional Deadlift 3 x 5

**Main Lift:**

Conventional Deadlift 5 x 5

**Accessory Work:**

Walking Lunges 3 x 10-20 steps

Planks 3 x 45-60 sec.

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.

**Day 4****Technique Work:**

Military Press 3 x 5

**Main Lift:**

Military Press 5 x 5

**Accessory Work:**

Face Pulls 4-5 x 10-15

New Exercise (Optional) 3 x 10-15

New Exercise (Optional) 3 x 10-15

Mobility Work 10+ min.

