

Mathias Method

Strength to Change the World

By Ryan Mathias

Level 2- Expanding the Base

This is a beginning weights program for anyone with a strong physical activity background. Level 2 teaches more basic strength motions that allow you to expand your base of training knowledge. You will continue to gain strength at a rapid rate and build noticeable muscle tone. This program is best for younger athletes that want to become stronger for their sport and for anyone who has athletic experience. After gaining a respectable amount of strength from this program you will no longer be a beginner and it is time to move to level 3 of the Mathias Method.

In this level of training you are building on top of the work you did in level 1. You will now have a higher potential to grow stronger as long as you follow the program guidelines. The goal for this level is to increase your work capacity through volume training while still working on basic strength techniques. You want to try to increase the amount of weight being lifted through continuous weekly progressions. For each lift, attempt to add 5-10lbs each week until progress stalls. Always maintain proper form while adding weight. If your form breaks down or you reach failure, then decrease the load the following week and start again. You can also plan your intensity intervals by rotating in 4 week cycles. Increase the load by a continuous amount for four weeks in a row, then start over in week 5 with the weight you used in week 2. This will enable continuous progression yet give your body plenty of time to catch up to the increasing demands. This basic work load can make you very strong as long as you push yourself. To avoid boredom, and continue progressing you may add 1-2 exercises after all of your listed work is complete, if you so desire. These extra exercises are not required and should help you build up more than they break you down. Again, the focus should be on the main lift, which should take most of your energy. Any extra work should be done with a low intensity. Above all, keep perfect form and push your main lifts. That is what will make you strongest.



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



Day 1- Squat Training

Technique Work:

Box Squat

3 x 5

- *Descend under control and pause on the box, while maintaining tightness, for 2 seconds before ascending. Keep your knees out and use a light weight.*

Main Lift:

Squat

5 x 5

- *Try to increase the weight used each week, or even throughout the training session. Maintain perfect form and only increase the weight if you can still control the movement. Lower until your hips are lower than your knees.*

Accessory Work:

Good Mornings

3 x 10-15

- *Maintain a neutral spine, stay tight and bend from your hips. Keep your glutes activated and knees pressed out. Use a reasonably light weight.*

Walking Lunges

3 x 10-20 steps

- *Keep your core tight and do not let your knees travel in front of your toes. Only step as far as you can while maintaining a neutral pelvis (little to no stretch in your hip flexors).*

Planks

3 x 60 sec.

- *Keep your glutes activated and stay straight from your head to heels. Breath normally.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

Mobility Work

10+ min.

- *You can foam roll any tight or sore muscles or just stretch the muscles used. Hold each stretch for at least 2 minutes but be active by moving through the tight positions under control. Go to the Mobility Tab at MathiasMethod.com to find out more.*



Day 2- Bench Press Training

Technique Work:

Closegrip Bench Press-Paused

3 x 5

- *Descend under control and pause on your chest for 2 seconds before pressing back to the top. Keep your elbows in line with your wrists and pulled in close to your sides. Use a light weight.*

Main Lift:

Bench Press

5 x 5

- *Try to increase the weight used each week, or even throughout the training session. Maintain perfect form and only increase the weight if you can still control the movement. Do not drop the weight onto your chest. Keep your elbows tucked on the descent and flair them as you press.*

Accessory Work:

Dumbbell Military Press

3 x 10-15

- *Start with a neutral grip, where your palms are facing towards each other while hovering over your shoulders, then flair your elbows out as you press overhead, so that your palms face forward. Control the weight throughout the lift and finish with your head pushed through, just like with a barbell.*

Body Rows

- x 30-50

- *Do as many sets as it takes to complete 30-50 total good repetitions. Start with your bench press grip and move your hands from there as needed. Your elbows should finish behind your torso for each repetition.*

Face Pulls

4 x 10-15

- *Keep your elbows high and use relatively light weights. Pull your elbows all the way behind you and hold for a second before controlling the descent.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

Mobility Work

10+ min.

- *You can foam roll any tight or sore muscles or just stretch the muscles used. Hold each stretch for at least 2 minutes but be active by moving through the tight positions under control. Go to the Mobility Tab at MathiasMethod.com to find out more.*



Day 3- Deadlift Training

Technique Work:

Conventional Deadlift

3 x 5

- *Move under control, pause on the floor and do not drop at any point as you lower the weight to the ground. Maintain perfect form, stay tight and keep the bar against you. Utilize an overhand grip as long as you can without decreasing performance. Use a light weight.*

Main Lift:

Conventional Deadlift

5 x 5

- *Try to increase the weight used each week, or even throughout the training session. Maintain perfect form and only increase the weight if you can still control the movement. Keep the bar tight against you and utilize a double overhand grip until the weights are too heavy to do so.*

Accessory Work:

Box Squat

3 x 8-10

- *Do each repetition separately as to make the first look the same as the last, pausing between each to take a breath. Maintain form and only increase the weight if you can still control the movement. Do not drop onto the box. Sit softly and pause before ascending.*

Bulgarian Split Squat

3 x 10-15 each

- *Focus on going to full depth, in which your hip is lower than your front knee, and keeping your hips square rather than stretching your hip flexors. Only use a low box, between 6-12 inches.*

Side Planks

3 x 30 sec. each

- *Engage your entire core musculature, flex your glutes and maintain a neutral spine in all planes so that your entire body makes one straight line. To increase the intensity, you may place your feet on a raised surface if needed.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

Mobility Work

10+ min.

- *You can foam roll any tight or sore muscles or just stretch the muscles used. Hold each stretch for at least 2 minutes but be active by moving through the tight positions under control. Go to the Mobility Tab at MathiasMethod.com to find out more.*



Day 4- Military Press Training

Technique Work:

Military Press

3 x 5

- *Move the weight under control and stay tight. Keep your elbows in line with your wrists, directly under the bar. Use a light weight.*

Main Lift:

Military Press

5 x 5

- *Try to increase the weight used each week, or even throughout the training session. Maintain perfect form and only increase the weight if you can still control the movement. Keep your glutes activated and do not arch your back. Push your head through to finish the lift.*

Accessory Work:

Dumbbell Press

3 x 10-15

- *With your shoulders tucked, chest high and elbows flaired at the top, rotate the dumbbells slightly into a neutral position, where your palms face each other, at the bottom before pressing them back to the top, as you flair your elbows again. This is similar to what we do in the bench press.*

Push-Ups

- x 30-50

Superset

Body Rows

- x 30-50

- *Do as many sets as it takes to complete 30-50 total good repetitions. Only rest as needed between your push-ups and body row exercises.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

New Exercise (Optional)

3 x 10-15

- *You may try any new exercise, or one that you need more practice on, that will help build up your main lift, or other areas you need work on.*

Mobility Work

10+ min.

- *You can foam roll any tight or sore muscles or just stretch the muscles used. Hold each stretch for at least 2 minutes but be active by moving through the tight positions under control. Go to the Mobility Tab at MathiasMethod.com to find out more.*

