

# **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

### Main Lift:

Squat 5 x 5

### Accessory Work:

Good Mornings 3 x 10-15

Walking Lunges 3 x 10-20 steps

Planks 3 x 60 sec.

Mobility Work 10+ min.

## Day 2- Bench Press Training

### Technique Work:

Closegrip Bench Press-Paused 3 x 5

### Main Lift:

Bench Press 5 x 5

### Accessory Work:

Dumbbell Military Press 3 x 10-15

Body Rows - x 30-50

Face Pulls 4 x 10-15

Mobility Work 10+ min.



### Day 3- Deadlift Training

**Technique Work:**

Conventional Deadlift 3 x 5

**Main Lift:**

Conventional Deadlift 5 x 5

**Accessory Work:**

Box Squat 3 x 8-10

Bulgarian Split Squat 3 x 10-15 each

Side Planks 3 x 30 sec. each

Mobility Work 10+ min.

### Day 4- Military Press Training

**Technique Work:**

Military Press 3 x 5

**Main Lift:**

Military Press 5 x 5

**Accessory Work:**

Dumbbell Press 3 x 10-15

Push-Ups - x 30-50

*Superset*

Body Rows - x 30-50

Mobility Work 10+ min.

