

Mathias Method

Strength to Change the World

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Level 3- Doubling the Work

This program is for those who have been weight training for at least 6-12 months and are ready to push forward. You will now be doing twice as much work as in level 2 of the Mathias Method. This is meant to create a greater potential for growth and allow for more maximal strength gains. In this program you will learn to rotate the intensity of your exercises to allow for proper recovery and continue to build your strength pyramid. You can also more safely test your maximal strength to promote the most strength gain and build your confidence. After gaining a significant amount of strength you will then be ready for level 4 of the Mathias Method.

With a large increase in training volume, you will have to put a lot more focus upon recovery. Ensure you are getting enough water, nutrients and sleep. Also, your mobility work will likely take less time. It is vital for your continuous strength success to maintain enough mobility for proper positioning in your sport as well as in your training. At this point you should have accumulated enough mobility and soft tissue work to be less likely for injury to occur, but you still must be careful. By neglecting your mobility or recovery, everything can be taken away from you with just one wrong move. Stay focused and keep pushing on. Also, in this stage you will be able to use near maximal weights more frequently. This creates the greatest opportunity to gain absolute strength. By more frequently handling loads over 90% of your maximum, you can better train your muscles for maximal contractions. Though the opportunity is presented, handling weights over 90% of your maximum every week for the same lifts may have adverse effects. To avoid these, rotate your intensity between main lifts from moderate to heavy every week. For example, week 1 do heavy squats over 90% while then using a moderate load for deadlifts, under 85%. The next week, do heavy deadlifts over 90%, and moderate intensity squats, under 85%. This will focus on bringing up the weakest muscle for each given lift without overloading it. Even when doing near maximal lifts, always maintain reasonably proper form and rarely go to failure. 1-2 rep maximums should only be tested once every 4-8 weeks if at all. Using sets of 3 repetitions has been found to be most beneficial in building strength as even lower reps test strength. Build more often than you test. That is how you grow stronger.



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- Heavy Squat/ Deadlift Training

Technique Work:

Box Squat

3 x 5

- *Descend under control and pause on the box before exploding back to the top. Keep your knees out, stay tight and use a light weight.*

Main Lifts:

Squat

3-5 x 1-5

- *When doing less than 3 repetitions on squat, do 4-5 repetitions on deadlifts. Pick a number of repetitions for the day and stick to it for all sets, working up to 3-5 hard working sets.*

Deadlift

3-5 x 1-5

- *When doing less than 3 repetitions on deadlift, do 4-5 repetitions on squats. Pick a number of repetitions for the day and stick to it for all sets, working up to 3-5 hard working sets.*

Accessory Work:

Leg Press Variation

3 x 8-10

- *Choose an exercise that allows for a below squat depth range of motion and place your feet near shoulder width or closer. Some exercises examples are leg press, front squat or close stance-low box squats. Focus on utilizing all of your leg muscles in unison.*

Lat-Pulldowns

3-5 x 8-10

- *Wrap your thumbs and lead with your elbows, trying to pull them far behind your torso. Only lean slightly back to pull and finish with your torso vertical if the cable length allows it.*

Bicep Curl Variation

3 x 8-10

- *Choose any curl variation and use a full range of motion. Do not cheat or swing the weights.*

Side Planks

3 x 30-45 sec.

- *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.*

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- Heavy Bench Press/ Military Press Training

Technique Work:

Closegrip Bench Press

3 x 5

- *Descend under control and pause on your chest before explosively 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

3-5 x 1-5

- *Pick a number of repetitions for the day and stick to it for all working sets, leading up to 3-5 hard working sets.*

Accessory Work:

Incline Dumbbell Press

3-4 x 6-8

- *With your shoulders tucked, chest high and elbows faired 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.*

Military Press

3-4 x 6-8

- *Maintain 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.*

Face Pulls

4 x 8-10

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

Decline Crunches

- x 30

- *Do as many sets as it takes to do 30 total good repetitions. If you can do more than 10 at a time, hold a weight across your chest.*

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- Light Squat Training

Technique Work:

Front Squat

3 x 5

- *Descend slowly under control keeping your heels down, pause at the bottom and explode back up. Focus on perfecting your form and use a light weight.*

Main Lift:

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. Only increase the weight if you can still maintain form.*

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 moderate weight.*

Leg Curls

3 x 10-15

- *Choose a leg curl variation such as seated, standing or lying. Explosively curl the weight and lower it slowly under control. Point your toes to focus on your hamstrings.*

Seated Rows

3 x 10-15

- *Using a machine or cable attachment, row the weight low by keeping your elbows close to your body. Vary your grip, or the attachment, every 1-2 weeks and lead the motion by pulling your elbows far behind you.*

Body Rows

- x 30-50

- *Do as many sets as it takes to complete 30-50 total good repetitions. Your elbows should finish behind your torso for each repetition.*

Bicep Curls Variation

3 x 10-15

- *Choose any curl variation and use a full range of motion. Do not cheat or swing the weights.*

Planks

3 x 60 sec.

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

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- Light Bench Press/ Military Press Training

Technique Work:

Incline Press-Paused

3 x 5

- *Using either dumbbells or a barbell, focus on perfecting the movement. Pause on your chest with your elbows tucked, avoiding a stretch.*

Main Lift:

Bench Press

3 x 8-10

- *Move as efficiently as you can while doing multiple repetitions, making sure to tuck and flair your elbows each time. Keep your whole body tight and keep your hips down on the bench. Only increase the weight if you can still maintain form.*

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.*

Push-Ups/ Dips (Pick One Weekly)

- x 30-50

- *Do as many sets as it takes to complete 30-50 total good repetitions. Keep your whole body tight and core braced.*

Press Downs

3 x 10-15

- *If a cable is not available, choose any light triceps extension exercise. Vary your cable attachment every 1-2 weeks and utilize a full range of motion. Take one step back from the cable and lean slightly forward, to where your head would not touch the cable. Control the movement and pause at the bottom and top each time.*

Reverse Flyes

3 x 10-15

- *Utilize any variation such as dumbbell, cable or a machine that works best for you. Lead the movement by pulling your elbows horizontally behind you and control the descent.*

Lateral Raises

3 x 10-15

- *Utilize any variation such as dumbbell, cable or a machine that works best for you. Lean slightly forward, bringing the dumbbells above shoulder level and control the descent.*

Leg Raises

- x 30-50

- *Do as many sets as it takes to complete 30-50 total good repetitions, with your legs straight. Keep your back pressed into the floor and only lower your legs as far as you can before your lower back begins to round.*

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.*

