

Mathias Method

Strength to Change the World

By Ryan Mathias

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

Main Lifts:

Squat 3-5 x 1-5

Deadlift 3-5 x 1-5

Accessory Work:

Leg Press Variation 3 x 8-10

Lat-Pulldowns 3-5 x 8-10

Bicep Curl Variation 3 x 8-10

Side Planks 3 x 30-45 sec.

Mobility Work 10+ min.



Day 2- Heavy Bench Press/ Military Press Training**Technique Work:**

Closegrip Bench Press-Paused 3 x 5

Main Lift:

Bench Press 3-5 x 1-5

Accessory Work:

Incline Dumbbell Press 3-4 x 6-8

Military Press 3-4 x 6-8

Face Pulls 4 x 8-10

Decline Crunches - x 30

Mobility Work 10+ min.



Day 3- Light Squat Training**Technique Work:**

Front Squat 3 x 5

Main Lift:

Squat 3 x 8-10

Accessory Work:

Good Mornings 3 x 10-15

Leg Curls 3 x 10-15

Seated Rows 3 x 10-15

Body Rows - x 30-50

Bicep Curls Variation 3 x 10-15

Planks 3 x 60 sec.

Mobility Work 10+ min.



Day 4- Light Bench Press/ Military Press Training**Technique Work:**

Incline Press-Paused 3 x 5

Main Lift:

Bench Press 3 x 8-10

Accessory Work:

Dumbbell Military Press 3 x 10-15

Push-Ups/ Dips (Pick One Weekly) - x 30-50

Press Downs 3 x 10-15

Reverse Flyes 3 x 10-15

Lateral Raises 3 x 10-15

Leg Raises - x 30-50

Mobility Work 10+ min.

