

# Mathias Method

By Ryan Mathias

## Strength to Change the World

### Level 4- Becoming Explosive

This is a program for those who already have built a significant amount of strength and are ready to put that strength to use through explosive training. To be explosive you first must be strong. Now that the strength is there it is time to build your explosive power through Olympic style lifting and jumping motions. You will learn to better move your body through space both with and without a load. This will promote greater strength gains and greatly improve your athletic ability. After this program you will be able to jump higher, run faster and grow stronger. After becoming reasonably explosive it is time to advance to the next level; level 5 of the Mathias Method.

Explosive power is the ability to move an object through space quickly. To be explosive you must be fast and strong. Some examples of explosive athletes are sprinters, jumpers, Olympic Lifters and elite powerlifters. Each of these athletes must move an object through space quickly. Louie Simmons, owner of Westside Barbell, legendary powerlifter and powerlifting coach, once said, "You cannot lift heavy weights slow." He is right. If you do not believe him, put 90% of your max or more weight on the bar and do any one of your main lifts slow both down and up. Not very effective, right? Though maximal weights do relatively move slower than sub-maximal weights, the intended acceleration is very high. Your muscles have to create a contraction strong enough to not only counter the deceleration of gravity (-9.8m/s) but also apply an acceleration above that to move the weight upward. To make your muscles more efficient at accelerating their contractions, they must be trained to do so. This is best done with maximal exertion on sub-maximal weights, which will fire all of your muscle fibers, better preparing them for maximal loads. The simplest load to use when building explosive power is your own bodyweight. By doing plyometric exercises you will not only become better at moving your body through space, but you will be able to lift heavier loads through accelerated contraction speeds. Plyometrics are best trained early on in a session and have been found to better prepare your body for handling maximal loads afterwards. For this, box jumps are implemented just before heavy lifts on squat/deadlift days. In this level of training you will also begin to learn basic Olympic style lifts. This is to improve your explosive power while holding a load and to build more stable shoulder joints. To progress, make sure that you follow the proper Training Principle for Olympic Lifting Steps. You should make a Power Clean PR (personal record) goal that you must achieve before advancing to the next level. Just be within reason (1-1.5 x bodyweight, or 205-225lbs). You will begin to use your muscles in a way that you may not be accustomed too, so start small and progress over time. Time to start leaping forward.



## 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 Press/ Olympic Lift 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.
Calf-Hamstring Stretch	x 30+ sec. each
Exaggerated Lunge	x 30+ sec. each
Weighted Deep Squat Calf Stretch	x 1 min. each

\*\*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

### **Warm-Up & Technique Work:**

Box Jump	3-5 x 3
Chin-Ups	- x 25
Box Squat/ Deficit Deadlift	3 x 5

### **Main Lifts:**

Squat/ Deadlift	3-5 x 1-5
Deadlift/ Squat	3-5 x 1-5

### **Accessory Work:**

Leg Press Variation	3 x 8-10
Lat-Pull downs	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 Olympic Lift/ Bench Press Training

### Warm-Up & Technique Work:

Olympic Lift Complex	3 x 3
Power Clean	Prilepin's Table
Closegrip Bench Press-Paused	3 x 5

### Main Lift:

Bench Press	3-5 x 1-5
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### 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.

### Prilepin's Table

Percentage of Max	Reps per Set	Total Optimal Reps	Optimal Total Reps Range
55-65	3-6	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	1-10



## Day 3- Light Squat Training

### Warm-Up & Technique Work:

Pull-Ups	- x 25
Front Squat	3 x 5

### Main Lift:

Squat	3 x 8-10
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### Accessory Work:

Good Mornings/ Back Extensions	3 x 10-15
Leg Curls	3 x 10-15
Seated Rows	3-5 x 10-15
Bicep Curls Variation	3 x 10-15
Planks	3 x 60 sec.
Mobility Work	10+ min.



**Day 4- Light Olympic Lift/ Bench Press Training****Warm-Up & Technique Work:**

Hang Power Clean	3 x 10
Incline Press-Paused	3 x 5

**Main Lifts:**

Bench Press	3 x 8-10
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**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 50
Mobility Work	10+ min.

