

Mathias Method

By Ryan Mathias

Strength to Change the World

Level 6- New Stimulus

This program is designed for highly advanced lifters who have years of strength training experience and are looking for something new to keep progress moving forward. The new stimulus in this level of the Mathias Method is the addition of dynamic, or speed, training using accommodating resistance with the main lifts. Accommodating resistance is used as a deload technique in which you can perform lifts with maximal effort, yet decrease the stress placed upon your body. This will create greater explosive power and allow for continuous growth in the main strength training lifts. As your speed and technique in each dynamic lift improves, so will your maximal strength potential. When you become significantly stronger and more explosive in each of the main lifts, it is time to add more work to become an elite level lifter by moving forward to level 7, the Mathias Method.

Dynamic work is a highly valuable part of training for advanced lifters. The addition of accommodating resistance teaches you to accelerate through the entire motion. Without accommodating resistance to hold you down, your body sub-consciously forces your muscles to decelerate in the final portion of each lift. Without this decelerating mechanism, you would either be pulled out of position, throw the weight or hyperextend your joints. By adding accommodating resistance, in the form of bands or chains, your body must continue to accelerate through to lockout because the load is increasing as it is being raised. Due to this likely being a new stimulus for you, it will only be utilized for two weeks out of the four week cycle. This will give you enough stimulus to improve, while still not overloading your system. Dynamic lifts require you to exert maximal contractions, similar to lifting maximal loads. By doing this you are greatly increasing your training intensity, almost as if you were doing two heavy training sessions per week. This builds a tremendous amount of strength, but also makes you very fatigued if you are not used to it. Each dynamic lifting session should utilize different loads, while the lift variation and accommodating resistance should stay the same. For your dynamic squat work you will always utilize a box that is just below parallel (where your hip is lower than your knee). To start, place 60% of your squat maximum on the bar and add 5-10% of that in accommodating resistance. It is recommended that you start with chains for at least 6-12 months before moving onto bands. The following week, keep all things equal but add 10-20lbs of straight weight. The same protocol applies to deadlifts and bench press dynamic work, but start with 65% and 50% respectively. Every lift should be done as explosively as possible, in both directions. Just ensure that you do not bounce off any surface such as the box, ground or your chest. You want to allow your muscles to reverse the weight explosively. Dynamic work is difficult to understand at times, but its value is as great as you make it. Just like anything in life, what you put in is what you get out. If you work hard at dynamic work, it will work hard for you. Lift fast, and push hard.



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



Weeks 1-2:**Day 1- Heavy Squat/ Deadlift Training****Warm-Up & Technique Work:**

Box Jump Variation 3-5 x 3

- *Choose any box jump variation and raise the height or hold dumbbells to increase the intensity.*

Weighted Chin-Ups - x 25

- *Use a weight that allows you to get 5-10 good repetitions each set.*

Light Squat/ Deadlift Variation 3 x 5

- *Pick any exercise that targets your weaknesses and will build up the main lift for the day.*

Main Lifts:

Squat/ Deadlift Variation - x 1-5

- *Choose a number of repetitions for the day and stick with it for all sets. Work up to a heavy weight and do as many sets as you need to improve or find a max for that day. Switch between a squat and deadlift variation weekly.*

Deadlift/ Squat Variation 3-5 x 3-6

- *Choose a squat or deadlift variation, switching opposite the main exercise that you did, and use a moderate weight to work on volume.*

Accessory Work on Next Page...



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.*

Barbell Rows

4 x 6-8

- *Maintain a neutral spine and allow your shoulders to round forward slightly, flaring your elbows, as it is lowered before pulling your elbows back behind you. Allow your body to create some momentum to start the lift, but maintain control.*

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 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.*

Sprints/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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 Olympic Lift/ Bench Press Training

Warm-Up & Technique Work:

Olympic Lift Complex 3 x 3

- *Use the same lift variation that you will use for the day in your main sets. Break the lift into multiple parts and do any squat motions with a 4 second descent for balance work. For example; in the snatch, do 3 power snatches and then 3 slow overhead squats.*

Olympic Lift Prilepin's Table

- *Choose a weight, or percentage, from Prilepin's Table and do the written work for that intensity. When going heavy on bench press (>85%), use less than 80% for this lift.*

Incline Press/ Light Press Variation 3 x 5

- *Choose any pressing variation that you need to build up, other than the main lift for the day, and do some light technique work to warm-up.*

Main Lift:

Bench Press Variation - x 1-5

- *Choose a number of repetitions for the day and stick with it for all sets. Work up to a moderate or heavy weight and do as many sets as you need to improve or find a max for that day. When using >85% on Olympic Lifts, use <80% for bench press.*

Accessory Work on Next Page...



Accessory Work:

Dumbbell Press Variation

4 x 6-8

- *Choose any dumbbell press variation you need to work on and use a moderate-high intensity.*

Military Press Variation

4 x 6-8

- *Using either dumbbells or a barbell, use any intensity and volume you need to grow.*

Weighted Dips

- x 25

- *Choose a weight that allows you to get 5-10 good repetitions each set.*

Reverse Flyes

4 x 8-10

- *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 8-10

- *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.*

Hanging Leg Raises

- x 25

- *Raise your legs as high as you can while curling your hips to your chest, and control the descent slowly.*

Jump Rope/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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/ Deadlift Training

Warm-Up & Technique Work:

Pull-Ups - x 50

- *Do as many sets as it takes to get 50 total good repetitions, resting as needed. Do not go to failure. You can do 10 x 5, 5x 10 or anything you can handle.*

Front Squat/ Light Squat Variation 3 x 5

- *Pick any exercise that targets your weaknesses and will build up the main lift for the day.*

Main Lifts:

Squat 3 x 10

- *Choose a weight that is difficult but manageable for all three sets. Work on your technique and pause to take a breath between each rep as you reset.*

Back Extensions 3 x 10-15

- *Move under control and flex your glutes to press your hips into the mat. You may hold dumbbells or weights in your hands but it is not necessary.*

Accessory Work:

Leg Curl Variation 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 5 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.*

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 60-90 sec.

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

Sprints/ Conditioning 10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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 Olympic Lift/ Bench Press Training

Warm-Up & Technique Work:

Hang Olympic Lift

3 x 10

- *Choose a standing Olympic lift variation to work on and keep everything above your knees, with no squatting. Use about 40-50% of your max and work on your technique.*

Incline Press/ Light Press Variation

3 x 5

- *Choose any pressing variation that you need to build up, other than the main lift for the day, and do some light technique work to warm-up.*

Main Lift:

Bench Press

3 x 10

- *Choose a weight that is difficult but manageable for all three sets. Work on your technique and move efficiently.*

Accessory Work:

Military Press Variation

3 x 10-15

- *Using either dumbbells or a barbell, use any intensity and volume you need to grow.*

Push-Ups

- x 75-100

- *Do as many sets as it takes to complete 100 total good repetitions. Keep your whole body tight and core braced while moving as fast as possible. Last 1-2 sets can go to failure.*

Skull Crushers

3 x 10-15

- *These can be done with dumbbells or a bar. Use a closegrip, near shoulder width, with your elbows tucked in. Control the descent, rolling the weight back into your triceps and throw the weight back to the top.*

Face Pulls

3-4 x 10-20

- *Keep your elbows high and use moderate to high intensity. Pull your elbows all the way behind you and hold before controlling the descent.*

Crunches

- x 75-100

- *With your knees bent, curl your chest to your hips explosively, controlling the descent.*

Jump Rope/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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.*



Weeks 3-4:**Day 1- Heavy Squat/ Deadlift Training****Warm-Up & Technique Work:**

Box Jump Variation

3-5 x 3

- *Choose any box jump variation and raise the height or hold dumbbells to increase the intensity.*

Weighted Pull-Ups

- x 25

- *Use a weight that allows you to get 5-10 good repetitions each set.*

Light Squat/ Deadlift Variation

3 x 5

- *Pick any exercise that targets your weaknesses and will build up the main lift for the day.*

Main Lifts:

Squat/ Deadlift Variation

- x 1-5

- *Choose a number of repetitions for the day and stick with it for all sets. Work up to a heavy weight and do as many sets as you need to improve or find a max for that day. Switch between a squat and deadlift variation weekly.*

Deadlift/ Squat Variation

3-5 x 3-6

- *Choose a squat or deadlift variation, switching opposite the main exercise that you did, and use a moderate weight to work on volume.*

Accessory Work on Next Page...

Accessory Work:

Leg Curl Variation

3 x 8-10

- *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.*

Dumbbell Rows

4 x 6-8

- *Lead with your elbow and pull it high behind you. Allow your body to do a slight rotation as the weight is lowered and raised to build the entire back pulling musculature.*

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 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.*

Sprints/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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 Olympic Lift/ Bench Press Training

Warm-Up & Technique Work:

Olympic Lift Complex 3 x 3

- *Use the same lift variation that you will use for the day in your main sets. Break the lift into multiple parts and do any squat motions with a 4 second descent for balance work. For example; in the snatch, do 3 power snatches and then 3 slow overhead squats.*

Olympic Lift Prilepin's Table

- *Choose a weight, or percentage, from Prilepin's Table and do the written work for that intensity. When going heavy on bench press (>85%), use less than 80% for this lift.*

Incline Press/ Light Press Variation 3 x 5

- *Choose any pressing variation that you need to build up, other than the main lift for the day, and do some light technique work to warm-up.*

Main Lift:

Bench Press Variation - x 1-5

- *Choose a number of repetitions for the day and stick with it for all sets. Work up to a moderate or heavy weight and do as many sets as you need to improve or find a max for that day. When using >85% on Olympic Lifts, use <80% for bench press.*

Accessory Work on Next Page...



Accessory Work:

Dumbbell Press Variation

4 x 6-8

- *Choose any dumbbell press variation you need to work on and use a moderate-high intensity.*

Military Press Variation

4 x 6-8

- *Using either dumbbells or a barbell, use any intensity and volume you need to grow.*

JM Press

4 x 6-8

- *Use a closegrip, near shoulder width, with your elbows tucked in. Control the descent, rolling the weight back into your triceps and throw the weight back to the top.*

Face Pulls

4 x 8-10

- *Keep your elbows high and use moderate to high intensity. Pull your elbows all the way behind you and hold before controlling the descent.*

Decline Crunches

- x 50

- *Do as many sets as it takes to do 50 total good repetitions. If you can do more than 10 at a time, hold a weight across your chest.*

Jump Rope/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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/ Deadlift Training

Warm-Up & Technique Work:

Chin-Ups - x 50

- *Do as many sets as it takes to get 50 total good repetitions, resting as needed. Do not go to failure. You can do 10 x 5, 5x 10 or anything you can handle.*

Front Squat/ Light Squat Variation 3 x 5

- *Pick any exercise that targets your weaknesses and will build up the main lift for the day.*

Main Lifts:

Dynamic Box Squat 8 x 2

- *Choose a weight within the given percentages and use it for all sets. Control the descent, pause and explode back to the top. Increase by 20 pounds or a given percentage the next week.*

Dynamic Deadlift 6-8 x 1

- *Set up as if you are going to do a maximal lift and lift explosively, with perfect form. Control the descent with the same good form, and relax the weights to the floor.*

Dynamic Lifts

Lift	Sets x Reps	Percentage	Rest
Dynamic Squat Variation-	10 x 2	@ 60-75%	30-60 sec. rest
Dynamic Deadlift Variation	6-10 x 1-2	@ 65-80%	30-60 sec. rest
Dynamic Bench Press Variation	10 x 3	@ 50-65%	30-60 sec. rest

Accessory Work on Next Page...



Accessory Work:

Leg Press Variation

3 x 10-15

- *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 Pull-Downs

5 x 10-15

- *Using a machine or cable attachment, row the weight back and down behind you by trying to pull your elbows together behind you. Vary your grip, or the attachment, every 1-2 weeks and lead the motion by pulling your elbows far behind you.*

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 60-90 sec.

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

Sprints/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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 Olympic Lift/ Bench Press Training

Warm-Up & Technique Work:

Hang Olympic Lift 3 x 10

- *Choose a standing Olympic lift variation to work on and keep everything above your knees, with no squatting. Use about 40-50% of your max and work on your technique.*

Incline Press/ Light Press Variation 3 x 5

- *Choose any pressing variation that you need to build up, other than the main lift for the day, and do some light technique work to warm-up.*

Main Lift:

Dynamic Bench Press 9 x 3

- *Choose a weight within the given percentages and use it for all sets. Control the descent and explode back to the top. Increase by 10 pounds or a given percentage the next week.*

Lift	Dynamic Lifts			Rest
	Sets x Reps	Percentage		
Dynamic Squat Variation-	10 x 2	@ 60-75%		30-60 sec. rest
Dynamic Deadlift Variation	6-10 x 1-2	@ 65-80%		30-60 sec. rest
Dynamic Bench Press Variation	10 x 3	@ 50-65%		30-60 sec. rest

Accessory Work on Next Page...



Accessory Work:

Military Press Variation

3 x 10-15

- *Using either dumbbells or a barbell, use any intensity and volume you need to grow.*

Dips

- x 75-100

- *Do as many sets as it takes to complete 100 total good repetitions. Keep your whole body tight and core braced while moving as fast as possible. Last 1-2 sets can go to failure.*

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

3-4 x 10-20

- *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 75-100

- *Do as many sets as it takes to complete 75-100 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.*

Jump Rope/ Conditioning

10-20 min.

- *Pick any conditioning exercise that you enjoy or works best for you. The less intensity, the more total time used. The higher the intensity, the less time used.*

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.*

