

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



Day 1- Heavy Squat/ Deadlift Training

Warm-Up & Technique Work:

Box Jump Variation	3-5 x 3
Weighted Chin-Ups (Weeks 1-2)/ Weighted Pull-Ups (Weeks 3-4)	- x 25
Light Squat/ Deadlift Variation	3 x 5

Main Lifts:

Squat/ Deadlift Variation	- x 1-5
Deadlift/ Squat Variation	3-5 x 3-6

Accessory Work:

Leg Press (Weeks 1-2)/ Leg Curl (Weeks 3-4)	3 x 8-10
Barbell Rows (Weeks 1-2)/ Dumbbell Rows (Weeks 3-4)	4 x 6-8
Bicep Curl Variation	3 x 8-10
Side Planks	3 x 45 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.



Day 2-Heavy Olympic Lift/ Bench Press Training

Warm-Up & Technique Work:

Olympic Lift Complex	3 x 3
Olympic Lift	Prilepin's Table
Incline Press/ Light Press Variation	3 x 5

Main Lift:

Bench Press Variation	- x 1-5
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Accessory Work:

Dumbbell Press Variation	4 x 6-8
Military Press Variation	4 x 6-8
Weighted Dips (Weeks 1-2)/ JM Press (Weeks 3-4)	- x 25/ 4 x 6-8
Reverse Flyes (Weeks 1-2)/ Face Pulls (Weeks 3-4)	4 x 8-10
Lateral Raises (Weeks 1-2 only)	3 x 8-10
Hanging Leg Raises (Weeks 1-2)/ Decline Crunches (Weeks 3-4)	- x 25/50
Jump Rope/ Conditioning	10-20 min.
Mobility Work	10+ min.



Day 3- Light Squat/ Deadlift Training

Warm-Up & Technique Work:

Pull-Ups (Weeks 1-2)/ Chin-Ups (Weeks 3-4)	- x 50
Front Squat/ Light Squat Variation	3 x 5

Main Lifts:

Squat (Weeks 1-2)/ Dynamic Box Squat (Weeks 3-4)	3 x 10/ 8 x 2
Back Extensions (Weeks 1-2)/ Dynamic Deadlift (Weeks 3-4)	3 x 10-15/ 6-8 x 1

Accessory Work:

Leg Curls (Weeks 1-2)/ Leg Press (Weeks 3-4)	3 x 10-15
Seated Rows (Weeks 1-2)/ Lat Pull-Downs (Weeks 3-4)	5 x 10-15
Bicep Curls Variation	3 x 10-15
Planks	3 x 60-90 sec.
Sprints/ Conditioning	10-20 min.
Mobility Work	10+ min.

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



Day 4- Light Olympic Lift/ Bench Press Training

Warm-Up & Technique Work:

Hang Olympic Lift	3 x 10
Incline Press/ Light Press Variation	3 x 5

Main Lift:

Bench Press (Weeks 1-2)/ Dynamic Bench Press (Weeks 3-4)	3 x 10/ 9 x 3
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Accessory Work:

Military Press Variation	3 x 10-15
Push-Ups (Weeks 1-2)/ Dips (Weeks 3-4)	- x 75-100
Skull Crushers (Weeks 1-2)/ Press Downs (Weeks 3-4)	3 x 10-15
Face Pulls (Weeks 1-2)/ Reverse Flyes (Weeks 3-4)	3-4 x 10-20
Lateral Raises (Weeks 3-4 only)	3 x 10-15
Crunches (Weeks 1-2)/ Leg Raises (Weeks 3-4)	- x 75-100
Jump Rope/ Conditioning	10-20 min.
Mobility Work	10+ min.

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

