

Mathias Method

By Ryan Mathias

Strength to Change the World

Level 7- Elite

This is for elite level lifters or those who are in competitive strength sports, each with nearly a decade or more of training experience. To be an elite lifter it takes a lot of time, hard work and dedication. After all stimuli are being used to the fullest to promote the greatest strength potential, the only thing left to do is add more work. Strength is no longer a hobby or talent, it is a lifestyle. Without strength to push yourself forward, you feel lost. You do not just want to train, you have to train. You need success in training. You have to have it and you will do anything to get it. You will stop at nothing to keep moving forward. With that mindset you are now ready to take on any challenge in the world. It is time to make change. Stop for nothing.

Truly, anyone can do what is written in any of these programs, but only time tested elite lifters can make this program work for them. It is not always what is written in the program or what you do that matters. What matters is how you do it. Only after many long years of hard training with all of their successes and failures can you have the knowledge to know what works best for you. This level of the Mathias Method puts everything you have already learned into a most optimal training program. To be an elite level lifter, however, you should adapt it to your specific goals and needs. You do not have to do any program just because it is written down that way. You must form that program towards your goals. Here is the basic template for any elite level lifter or athlete that wants to be strong in every area. At this level you should be mobile, explosive, knowledgeable, conditioned, healthy and brutally strong. From here you can only continue to grow stronger through additional workloads. As your work increases, so should your recovery. If you have a specific sport or goal, focus the program towards what you need. Make the program work for you. Keep growing stronger.

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

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



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

Weighted Chin-Ups

- x 25 total

Superset

Box Jump Variation

3-5 x 3

- *For chin-ups use a weight that allows you to get 5-10 repetitions each set. Choose any box jump variation and rest as needed before moving back to chin-ups.*

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.*

Back Off Sets

1-3 x 3-6

- *Lessen the weight from your main movement and do the same or a similar movement, working on your form. Few sets are needed to add volume to the main movement.*

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 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

4 x 8-10

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

Side Plank

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 Exercise

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

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

Superset

Abs Exercise 3 x 5-10

- *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. Superset this with any moderate intensity abs exercise to get more work in.*

Main Lifts:

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.*

Back Off Sets 1-3 x 3-6

- *Lessen the weight from your main movement and do the same or a similar movement, working on your form. Few sets are needed to add volume to the main movement.*

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

3-5 x 3-8

- *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.*

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.*

Oblique Twists

3 x 10-20

- *Pick any exercise that allows resistance in rotating your torso, such as landmines, cable rotations, pal-of-press or anything you can come up with.*

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 Exercise

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

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

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 (Week 1)/ Dynamic Box Squat (Week 2)

4 x 10/ 10 x 2

- *In week 1, choose a weight that is difficult but manageable for all four sets. Work on your technique and pause to take a breath between each rep as you reset. In week 2, this is the start of your 3 week cycle of dynamic work. Control the descent, pause and explode up.*

Dynamic Deadlift (Weeks 2-4 Only)

6-10 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.*

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.*

Lat Exercise

5 x 10-15

- *Choose any pull or rowing exercise that work best for you.*

Curl Variation

3 x 10-15

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

Plank

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

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

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 Bench Press Variation

3 x 10

Superset

Abs Exercises

3 x 10

- *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. Superset this with any moderate intensity abs exercise to get more work in.*

Main Lift:

Bench Press (Week 1)/ Dynamic Bench Press (Week 2)

4 x 10/ 10 x 3

- *In week 1, choose a weight that is difficult but manageable for all four sets. Work on your technique and move efficiently. In week 2, this is the start of your 3 week cycle of dynamic work. Control the descent and back explode up.*

Accessory Work:

Dumbbell Press Variation

3 x 10-15

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

Military Press Variation

3 x 10-15

- *Using either dumbbells or a barbell, use a low intensity working on volume.*

Push-Ups

- x 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.*

Triceps Extension Variation

3 x 10-15

- *Pick any extension variation that you need to work on and use a low intensity.*

Reverse Flyes

3 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.*

Accessory Work Continued...



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.*

Rotary Cuff Work

- x 100 total

- *Grasp a cable or band, set near hip height and use your rotator cuff muscles to externally rotate your arm backwards from multiple angles. Keep your arm bent 90 degrees and go through a full range of motion controlling the weight in both directions. Use a very low intensity so that you do sets of 15-25 for each set. Use only 1 arm at a time.*

Side Bends

3 x 15-20

- *Grasp a weight or low set cable with one hand, and keep your body in the same plane of motion as you lean from one side to the other. Control the movement and focus on engaging your entire core.*

Abs Exercise

- x 100

- *Pick any abs crunching exercise that brings your chest towards your hips, and do as many sets as it takes to get 100 total good repetitions. Control the entire movement.*

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

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

Weighted Pull-Ups - x 25 total

Superset

Box Jump Variation 3-5 x 3

- *For pull-ups use a weight that allows you to get 5-10 repetitions each set. Choose any box jump variation and rest as needed before moving back to chin-ups.*

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.*

Back Off Sets 1-3 x 3-6

- *Lessen the weight from your main movement and do the same or a similar movement, working on your form. Few sets are needed to add volume to the main movement.*

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:

Glute-Ham Raise

- x 25 total

- *If a glute-ham raise is not available, then do Romanian deadlifts in its place for 4 x 6-8. Keep your glutes activated and body rigid. Control the descent and raise up explosively.*

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

4 x 8-10

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

Side Plank

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 Exercise

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

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

Superset

Abs Exercise 3 x 5-10

- *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. Superset this with any moderate intensity abs exercise to get more work in.*

Main Lifts:

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.*

Back Off Sets 1-3 x 3-6

- *Lessen the weight from your main movement and do the same or a similar movement, working on your form. Few sets are needed to add volume to the main movement.*

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

3-5 x 3-8

- *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.*

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.*

Side Bends

3 x 10-20

- *Grasp a weight or low set cable with one hand, and keep your body in the same plane of motion as you lean from one side to the other. Control the movement and focus on engaging your entire core.*

Decline Sit-Ups

- x 50 total

- *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 Exercise

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

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

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 (Weeks 2-4) 10 x 2

- *In week 3, use the same weight as you did in week 2 for the first set, before increasing. In week 4, use the weight from week 2 in the first set, main weight from week 3 in the second set. Then increase the weight by 20 pounds or a set percentage for the rest of the sets. Control the descent, pause and explode back up.*

Dynamic Deadlift (Weeks 2-4 Only) 6-10 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.*

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 Exercise 5 x 10-15

- *Choose any pull or rowing exercise that work best for you.*

Curl Variation 3 x 10-15

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

Plank 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 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

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 Bench Press Variation 3 x 10

Superset

Abs Exercises 3 x 10

- *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. Superset this with any moderate intensity abs exercise to get more work in.*

Main Lift:

Dynamic Bench Press (Weeks 2-4) 10 x 3

- *In week 3, use the same weight as you did in week 2 for the first set, before increasing. In week 4, use the weight from week 2 in the first set, main weight from week 3 in the second set. Then increase the weight by 10 pounds or a set percentage for the rest of the sets. Control the descent and explode back up.*

Accessory Work:

Dumbbell Press Variation 3 x 10-15

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

Military Press Variation 3 x 10-15

- *Using either dumbbells or a barbell, use a low intensity working on volume.*

Accessory Work Continued...



Dips

- x 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.*

Triceps Extension Variation

3 x 10-15

- *Pick any extension variation that you need to work on and use a low intensity.*

Face Pulls

3 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.*

Rotary Cuff Work

- x 100 total

- *Grasp a cable or band, set near hip height and use your rotator cuff muscles to externally rotate your arm backwards from multiple angles. Keep your arm bent 90 degrees and go through a full range of motion controlling the weight in both directions. Use a very low intensity so that you do sets of 15-25 for each set. Use only 1 arm at a time.*

Oblique Twists

3 x 15-20

- *Pick any exercise that allows resistance in rotating your torso, such as landmines, cable rotations, pal-of-press or anything you can come up with.*

Abs Exercise

- x 100

- *Pick any abs crunching exercise that brings your chest towards your hips, and do as many sets as it takes to get 100 total good repetitions. Control the entire movement.*

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

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.*

