

# 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
<i>Superset</i>	
Box Jump Variation	3-5 x 3
Light Squat/ Deadlift Variation	3 x 5

**Main Lifts:**

Squat/ Deadlift Variation	- x 1-5
Back Off Sets	1-3 x 3-6
Deadlift/ Squat Variation	3-5 x 3-6

**Accessory Work:**

Leg Press Variation	3 x 10
Barbell Rows	4 x 6-8
Bicep Curl Variation	4 x 8-10
Side Plank	3 x 45 sec.
Sprints/ Conditioning Exercise	10-20 min.
Mobility Work	10+ min.



## Day 2- Heavy Olympic Lift & Bench Press

### Warm-Up & Technique Work:

Olympic Lift Complex	3 x 3
Olympic Lift	Prilepin's Table
Incline Press/ Light Press Variation	3 x 5
<i>Superset</i>	
Abs Exercise	3 x 5-10

### Main Lifts:

Bench Press Variation	- x 1-5
Back Off Sets	1-3 x 3-6

### Accessory Work:

Dumbbell Press Variation	4 x 6-8
Military Press Variation	3-5 x 3-8
Weighted Dips	- x 25
Face Pulls	4 x 8-10
Oblique Twists	3 x 10-20
Hanging Leg Raises	- x 25
Jump Rope/ Conditioning Exercise	10-20 min.
Mobility	10+ min.



## Day 3- Light Squat/ Deadlift

### Warm-Up & Technique Work:

Pull-Ups	- x 50
Front Squat/ Light Squat Variation	3 x 5

### Main Lifts:

Squat (Week 1)/ Dynamic Box Squat (Week 2)	4 x 10/ 10 x 2
Dynamic Deadlift (Weeks 2-4 Only)	6-10 x 1

### Accessory Work:

Leg Curl Variation	3 x 10-15
Lat Exercise	5 x 10-15
Curl Variation	3 x 10-15
Plank	3 x 60-90 sec.
Sprints/ Conditioning	10-20 min.
Mobility	10+ min.



## Day 4- Light Bench Press

### Warm-Up & Technique Work:

Hang Olympic Lift 3 x 10

Incline Press/ Light Bench Press Variation 3 x 10

### *Superset*

Abs Exercises 3 x 10

### Main Lift:

Bench Press (Week 1)/ Dynamic Bench Press (Week 2) 4 x 10/ 10 x 3

### Accessory Work:

Dumbbell Press Variation 3 x 10-15

Military Press Variation 3 x 10-15

Push-Ups - x 100

Triceps Extension Variation 3 x 10-15

Reverse Flyes 3 x 10-20

Lateral Raises 3 x 10-15

Rotary Cuff Work - x 100 total

Side Bends 3 x 15-20

Abs Exercise - x 100

Jump Rope/ Conditioning 10-20 min.

Mobility 10+ min.



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

Weighted Pull-Ups	- x 25 total
<i>Superset</i>	
Box Jump Variation	3-5 x 3
Light Squat/ Deadlift Variation	3 x 5

**Main Lifts:**

Squat/ Deadlift Variation	- x 1-5
Back Off Sets	1-3 x 3-6
Deadlift/ Squat Variation	3-5 x 3-6

**Accessory Work:**

Glute-Ham Raise	- x 25 total
Dumbbell Rows	4 x 6-8
Bicep Curl Variation	4 x 8-10
Side Plank	3 x 45 sec.
Sprints/ Conditioning Exercise	10-20 min.
Mobility Work	10+ min.





## Day 2- Heavy Olympic Lift & Bench Press

### Warm-Up & Technique Work:

Olympic Lift Complex	3 x 3
Olympic Lift	Prilepin's Table
Incline Press/ Light Press Variation	3 x 5
<i>Superset</i>	
Abs Exercise	3 x 5-10

### Main Lifts:

Bench Press Variation	- x 1-5
Back Off Sets	1-3 x 3-6

### Accessory Work:

Dumbbell Press Variation	4 x 6-8
Military Press Variation	3-5 x 3-8
JM Press	4 x 6-8
Reverse Flyes	4 x 8-10
Lateral Raises	3 x 8-10
Side Bends	3 x 10-20
Decline Sit-Ups	50 total
Jump Rope/ Conditioning Exercise	10-20 min.
Mobility	10+ min.



## Day 3- Light Squat/ Deadlift

### Warm-Up & Technique Work:

Chin-Ups	- x 50
Front Squat/ Light Squat Variation	3 x 5

### Main Lifts:

Dynamic Box Squat (Weeks 2-4)	10 x 2
Dynamic Deadlift (Weeks 2-4 Only)	6-10 x 1

### Accessory Work:

Leg Press Variation	3 x 10-15
Lat Exercise	5 x 10-15
Curl Variation	3 x 10-15
Plank	3 x 60-90 sec.
Sprints/ Conditioning	10-20 min.
Mobility	10+ min.



## Day 4- Light Bench Press

### Warm-Up & Technique Work:

Hang Olympic Lift 3 x 10

Incline Press/ Light Bench Press Variation 3 x 10

### *Superset*

Abs Exercises 3 x 10

### Main Lift:

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

### Accessory Work:

Dumbbell Press Variation 3 x 10-15

Military Press Variation 3 x 10-15

Dips - x 100

Triceps Extension Variation 3 x 10-15

Face Pulls 3 x 10-20

Rotary Cuff Work - x 100 total

Oblique Twists 3 x 15-20

Abs Exercise - x 100

Jump Rope/ Conditioning 10-20 min.

Mobility 10+ min.

