

Mathias Method

Strength to Change the World

By Ryan Mathias

Level 0- Ground Zero

These are your first steps into the world of becoming healthier and stronger. If you have little to no current physical exercise this is the place to start. No matter what your level of fitness and health, the Mathias Method has a place for you. This starting program is simple, easy to follow and can be done anywhere. It is to be done every day and does not take much of your valuable time. From this you will become stronger and more fit, preparing you to move onto the next level in the Mathias Method. It is time to start taking your first steps in gaining strength to change the world.

To start, do the Daily 30 once every day for at least one week. After you can properly do one round of the three exercises consistently each day, do two rounds each day. To continue progressing, add a round of the Daily 30 every 1-2 weeks until you can do 5 rounds in a row without extreme difficulty. Then you will be prepared to go to level 1 of the Mathias Method. If preferred, you can stay on level 0 as long as you would like but always push for progression by adding a round every 1-2 weeks until you no longer can do anymore. To avoid overuse injuries, only do more than two rounds every other day. This means you will do three rounds or more of the Daily 30 only 3-4 days per week. On the days in between, only do one or two rounds to stay consistent. This is a simple and effective program that will keep you growing stronger and promote a healthy lifestyle. These movements improve your strength, flexibility, posture, blood flow, cardiovascular health and relieve built up tension. It would be valuable to your health to also work on your mobility after doing your Daily 30 rounds. If you would like to add to your Daily 30 routine it would be beneficial to your recovery and weight loss to walk every day. The best time to do this for weight loss would be in the morning before you eat anything. Just wake up, grab a bottle of water and start walking in one direction for 30 minutes, then go back the same way you came trying to beat your time. You can walk or jog back but be faster. For standard recovery and health do this at anytime of the day. No matter what, commit to yourself. If you say you are going to do something every day, do it every day. No excuses. If you want change, then make it. Don't let anything stand in your way on your journey to greatness. The time is now!



The Daily 30

The Daily 30 consists of 3 bodyweight exercises, done at least once a day for 10 repetitions each, designed to promote proper muscle and joint function, proper blood flow and overall health.

Paleo Squat: Stand with your feet shoulder width apart and toes straight or turned out slightly. Brace your core and externally rotate (twist) your knees out during the entire movement while clenching your toes into the ground. Begin the motion by opening your hips and descending into a full depth squat while keeping your feet flat. (Note: Only go as deep as you can while keeping your heels down.) Pause at the bottom position for two seconds before reversing the motion to stand erect. Do a total of 10 repetitions.

Some benefits of the Paleo Squat are increased gastrointestinal health, spinal decompression, flexibility, improved muscular function and proper joint movement.

Tips: If you lack the flexibility to go into a full depth squat comfortably then hold onto a solid object for stability and stay in the bottom position for extensive time (5-10 minutes) in order to gain flexibility.

Push-Up: Place your hands shoulder width apart and feet together with your body in a straight line from head to heels. Your fingers should be spread as wide as possible, core braced and, while keeping your hands in place, create an external rotation torque during the entire motion. Descend until your body is barely hovering over the floor, pause and then press back to the top position. Do a total of 10 repetitions. If you cannot do a push-up on a flat surface, adjust by placing your hands on an elevated surface. As you increase strength, lower the elevation each week until you can do a full push-up. Keep all the same protocols and do not do push-ups from your knees because this teaches a bracing fault and will decrease your strength potential.

The push-up increases upper body strength, builds core stability and teaches proper movement patterns for the shoulder joint.

Tips: Flex your glutes to help brace your torso to your legs and keep your head neutral.

Prone Cobra: Lie face down on the ground with your arms out to the sides making a T-shape with your body. During the entire motion keep your fingers spread wide, glutes activated and balls of your feet kicked into the ground, raising your knees. With a neutral head position, begin by raising your torso as high as possible while externally rotating your palms upward (thumbs pointing up). Think of pulling your shoulder blades back towards your glutes and thumbs together behind you. Hold the top position for two seconds and then slowly return to the start position. Do not fully relax to the floor and repeat. Do a total of 10 repetitions.

The prone cobra teaches thoracic extension and external rotation while building the strength to hold proper posture.

Tips: Keep tension on your legs and glutes for stability. Brace your core by pressing your navel out against the floor.

