

Name: \_\_\_\_\_

Workout#: \_\_\_\_\_

Focus: \_\_\_\_\_

“Do what is difficult, because difficult things make us better.” –Ryan Mathias, CPT

|            |                       | <u>Sets</u> | <u>Reps</u> | <u>Weight/ Intensity</u> |
|------------|-----------------------|-------------|-------------|--------------------------|
|            | <u>Warm-Up</u>        |             |             |                          |
| Exercise 1 |                       |             |             |                          |
| Exercise 2 |                       |             |             |                          |
|            | <u>Technique Work</u> |             |             |                          |
| Exercise   |                       |             |             |                          |
|            | <u>Main Lift</u>      |             |             |                          |
| Exercise   |                       |             |             |                          |
|            | <u>Back Off Sets</u>  |             |             |                          |
| Exercise   |                       |             |             |                          |
|            | <u>Main Accessory</u> |             |             |                          |
| Exercise   |                       |             |             |                          |
|            | <u>Accessory Work</u> |             |             |                          |
| Exercise 1 |                       |             |             |                          |
| Exercise 2 |                       |             |             |                          |
| Exercise 3 |                       |             |             |                          |
| Exercise 4 |                       |             |             |                          |
| Exercise 5 |                       |             |             |                          |
|            | <u>Abs and Core</u>   |             |             |                          |
| Exercise 1 |                       |             |             |                          |
| Exercise 2 |                       |             |             |                          |
|            | <u>Conditioning</u>   |             |             |                          |
| Exercise   |                       |             |             |                          |
|            | <u>Mobility</u>       |             |             |                          |
| Exercise 1 |                       |             |             |                          |
| Exercise 2 |                       |             |             |                          |
| Exercise 3 |                       |             |             |                          |

“Change Your World!” –MathiasMethod.com

Notes: \_\_\_\_\_  
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