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# PHASE OVERVIEW

	PHASE I	PHASE II	PHASE III
<b>OBJECTIVE</b>	Build strength stamina and functional strength	Add visible muscle size	To build maximal strength
<b>WHAT TO EXPECT</b>	Increases in strength endurance	Bigger, denser and more sculpted muscle	Improvements in low rep strength. Dense looking and feeling muscles.
<b>LENGTH OF PHASE</b>	Four weeks	Four weeks	Four weeks
<b>WORKOUT FREQUENCY</b>			
<i>Foundational Workouts</i>	3 times/week	3 times/week	3 times/week
<i>Work Sessions</i>	2 times/week	2 times/week	2 times/week
<b>SET &amp; REP RANGE</b>			
<i>Foundational Workouts</i>	2-3 Sets, 10-20 Reps	4 Sets, 8-10 Reps	4-6 Sets, 2-4 Reps
<i>Work Sessions</i>	3 Sets, Reps/Time as indicated	4 Sets, Reps/Time as indicated	5 Sets, Reps/Time as indicated
<i>Work Session Ladders</i>	2 Rounds	2 Rounds	2 Rounds
<b>REST BETWEEN SETS</b>			
<i>Foundational Workouts</i>	As long as needed (Avg 60-120 seconds)	As long as needed (Avg 60-120 seconds)	As long as needed (Avg 60-120 seconds)
<i>Work Sessions</i>	As long as needed (Avg 60-120 seconds)	As long as needed (Avg 60-120 seconds)	As long as needed (Avg 60-120 seconds)
<i>Work Session Ladders</i>	30 seconds between rounds	30 seconds between rounds	30 seconds between rounds



# FOUNDATIONAL WORKOUTS

Below are full workouts and we recommend you follow them as written. Exercise substitutions can be made if necessary. Complete the following workouts three times a week with one day in between each workout. Repeat weekly for four weeks.

\*\*BEFORE YOU START, reference the exercise video demonstrations in the MAPS STRONG WORKOUTS section of the MAPS Strong Membership site (Found in your Library after you login to your account at [www.mindpumpmedia.com](http://www.mindpumpmedia.com))

## PHASE I: Weeks 1-4 Functional Strength

	Exercise	Sets/Reps
<b>DAY 1</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <a href="#">Front Squat</a>	3 x 15-20
	2. <a href="#">Single Arm Dumbbell Row</a>	3 x 15-20 (each side)
	3. <a href="#">Good Mornings</a>	3 x 15-20
	4. <a href="#">Z Press (feet wide apart)</a>	3 x 15-20
	5. <a href="#">Tricep Pressdown</a>	3 x 15-20
<b>DAY 2</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <a href="#">Snatch Grip Deadlift</a>	3 x 15-20
	2. <a href="#">Bench Press</a>	3 x 15-20
	3. <a href="#">Sled Drives or Step-Ups</a>	3 x 150 ft or 3 x 10 each leg
	4. <a href="#">Alternating Zottman Curls</a>	3 x 10 each arm
<b>DAY 3</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <a href="#">Seated Military Press</a>	3 x 15-20
	2. <a href="#">Flat Bench Dumbbell Press</a>	3 x 15-20
	3. <a href="#">Pendlay Row</a>	3 x 15-20
	4. <a href="#">Flat Bench Svend Press</a>	3 x 15-20
		150 feet = 45 meters

## PHASE II: Weeks 5-8 Hypertrophy Strength

	Exercise	Sets/Reps
<b>DAY 1</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <a href="#">Zercher Squat</a>	4 x 8-10
	2. <a href="#">Pull-Ups</a>	4 x 1 rep short of failure (10 or fewer reps, add weight if necessary)
	3. <a href="#">Z Press (feet together)</a>	4 x 8-10
	4. <a href="#">Skull Crushers</a>	4 x 8-10
	5. <a href="#">Oberst Crunch</a>	4 x 15-20
<b>DAY 2</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <a href="#">Deadlift</a>	4 x 8-10
	2. <a href="#">Incline Dumbbell Press-Drop Set</a>	2 AMRAP Drop Sets (See page 5 for full explanation)
	3. <a href="#">Sled Drives or Step-Ups</a>	4 x 100 ft or 4 x 6 each leg
	4. <a href="#">Alternating Hammer Curls</a>	4 x 8-10 (each arm)
<b>DAY 3</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <a href="#">Seated Dumbbell Press</a>	4 x 8-10
	2. <a href="#">Pendlay Row</a>	4 x 8-10
	3. <a href="#">Incline Barbell Press</a>	4 x 8-10
	4. <a href="#">Close Grip Bench Press</a>	4 x 8-10
		100 feet = 30 meters



# FOUNDATIONAL WORKOUTS

## PHASE III: Weeks 9-12 Peak Strength

	Exercise	Sets/Reps
<b>DAY 1</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <u>Front Squat</u>	6 x 2-4
	2. <u>Single Arm Dumbbell Row</u>	6 x 2-4 each arm
	3. <u>Barbell Hip Thrusts</u>	6 x 2-4
	4. <u>Circus Press</u>	6 x 2-4
	5. <u>Weighted Dips</u>	6 x 2-4
	6. <u>Plank</u>	1 set to fatigue
<b>DAY 2</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <u>Snatch Grip Deadlift</u>	2 x 15-20
	2. <u>Deadlift</u>	5 x 2-4
	3. <u>Bench Press</u>	6 x 2-4
	4. <u>Sled Drives or Step-Ups</u>	4 x 50 ft or 4 x 4 each leg
	5. <u>Standing Supinating Curls</u>	4 x 6 each arm
<b>DAY 3</b> <b>FOUNDATIONAL</b> <b>WORKOUT</b>	1. <u>Barbell Squat</u>	6 x 2-4
	2. <u>Push Press</u>	6 x 2-4
	3. <u>Pendlay Row</u>	6 x 2-4
	4. <u>Incline Barbell Press</u>	6 x 2-4
	5. <u>Incline Close Grip Bench Press</u>	6 x 2-4
		50 feet = 15 meters

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# WORK SESSIONS

Alternate the following Work Sessions twice a week on non-Foundational days. You can substitute the optional WORK SESSION WITH TOOLS if you have access to the equipment listed.

\*\*BEFORE YOU START, reference the exercise video demonstrations in the MAPS STRONG WORKOUTS section of the MAPS Strong Membership site (Found in your Library after you login to your account at [www.mindpumpmedia.com](http://www.mindpumpmedia.com))

## WORK SESSIONS PHASE I - III: Weeks 1- 12

	Exercise	Sets/Reps PHASE I	Sets/Reps PHASE II	Sets/Reps PHASE III
<b>WORK SESSION 1</b>	<u>1. Trap Bar Farmers Walk</u>	3 x 50 ft	4 x 50 ft	5 x 50 ft
	<u>2. Snatch Grip High Pull</u>	3 x 15	4 x 15	5 x 15
	<u>3. Cable fly</u>	3 x 15	4 x 15	5 x 15
	<u>4. Incline Bench Rear Delt Fly</u>	3 x 15	4 x 15	5 x 15
	<u>5. Fat Girl Press</u>	3 x 60 seconds	4 x 60	5 x 60 seconds
	<u>6. Seated Dumbbell Press</u>	2 AMRAP Drop Sets (See page 5 for full explanation)	2 AMRAP Drop Sets	2 AMRAP drop Sets
<b>WORK SESSION 2</b>	<u>1. Zercher Deadlifts Off Rack</u>	3 x 15	4 x 15	5 x 15
	<u>2. Regular Grip High Pulls</u>	3 x 15	4 x 15	5 x 15
	<u>3. Floor Press</u>	3 x 15	4 x 15	5 x 15
	<u>4. Cheat Curls</u>	3 x 15	4 x 15	5 x 15
	<u>5. Back Squat</u>	2 x 15	2 x 15	2 x 15
<b>OPTIONAL: WORK SESSION WITH TOOLS</b>	<u>1. Sandbag Carries</u>	3 x 50 ft	4 x 50 ft	5 x 50 ft
	<u>2. Sandbag Cleans</u>	3 x 15	4 x 15	5 x 15
	<u>3. Shouldering Sandbag</u>	3 x 8 each side	4 x 8 each side	5 x 8 each side
	<u>4. Overhead Kettlebell Carries</u>	3 x 50 ft	4 x 50 ft	5 x 50 ft
	<u>5. Sled Drags</u>	3 x 50 ft	4 x 50 ft	5 x 50 ft
	<u>6. Battle Ropes</u>	3 x 60 seconds	4 x 60 seconds	5 x 60 seconds

50 feet = 15 meters



# WORK SESSION LADDERS

Complete the following ladders twice a week on your **Work Session days**.

Phase I Ladders	Phase II Ladders	Phase III Ladders
(Two Rounds, down & back each movement)	(Two Rounds, down & back each movement)	(Two Rounds, down & back each movement)
<ol style="list-style-type: none"><li>1. <u>One foot per</u></li><li>2. <u>Two foot per</u></li><li>3. <u>Butt Kickers</u></li><li>4. <u>High Knees</u></li></ol>	<ol style="list-style-type: none"><li>1. <u>Lateral Shuffle</u></li><li>2. <u>Two In &amp; Two Out</u></li><li>3. <u>Switch (Scissor) Foot</u></li><li>4. <u>Ickey Shuffle</u></li></ol>	<ol style="list-style-type: none"><li>1. <u>Karaoke</u></li><li>2. <u>Salsa Hips</u></li><li>3. <u>Slalom Jumps</u></li><li>4. <u>Ickey Shuffle</u></li></ol>

## Introduction To AMRAP Drop Sets

AMRAP stands for As Many Reps As Possible. This means do as many repetitions as you can until your form breaks down. In other words, as soon as perfect form breaks, STOP the set.

A Drop Set is three consecutive sets with progressively lighter weight used each set. Here is how it works:

**Set 1:** Pick a weight that allows you to perform 10-15 AMRAP reps

**Set 2:** Reduce Set 1 weight by 25-50% and perform AMRAP

**Set 3:** Reduce Set 2 weight by 25-50% and perform AMRAP

Rest should only be 10-20 seconds between each drop set, just enough time to adjust your weight.

That's it, your AMRAP Drop Set is complete. Perform each drop set twice per exercise as prescribed in your workout.

## Choosing A Weight

While the first set of your drop set should allow you to perform 10-15 reps, the second and third sets should be in the 6-10 rep range since you will be fatigued. Whether you should drop the weight by 25% or 50% will require you to experiment to find the right weight that allows you to hit that 6-10 rep range

## Example

Say you are performing an overhead press and you are able to perform AMRAP for 12 reps with 120 pounds (54.5 Kg). Your next set you reduce the weight by 25% to 90 pounds (41 Kg) and are able to perform 8 reps. For your final set, you reduce the weight once again by 25% to 67.6 pounds (31 Kg) but you are only able to perform four reps. In this case, next workout reduce this third set weight by more than 25% so that you can hit the 6-10 rep range.

