



PHASE OVERVIEW

	PRE PHASE	PHASE I	PHASE II	PHASE III
OBJECTIVE	Build overall strength and muscle & prepare for Phase I.	To build maximum strength and power.	Focus more on the feel of the muscles being worked. Aim for perfect form and a good pump.	To maximize the muscle pump and to increase strength endurance.
WHAT TO EXPECT	Better coordination, increased strength, correction of muscle imbalances and improvement in exercise form.	Rapid and dramatic strength gains. Your muscle will begin to feel hard and dense.	Fuller and rounder muscles.	Maximum muscle pumps and full feeling muscles.
LENGTH OF PHASE	3 weeks	3 weeks	3 weeks	3 weeks
WORKOUT FREQUENCY				
<i>Foundational Workouts</i>	2 times/week (2/3 rest days between)	2 times/week Advanced - 3 times/week (2/3 rest days between)	2 times/week Advanced - 3 times/week (2/3 rest days between)	3 times/week (2/3 rest days between)
<i>Trigger Sessions:</i>	1-3 times/daily (non-foundational workout days)	1-3 times/daily (non-foundational workout days)	1-3 times/daily (non-foundational workout days)	1-3 times/daily (non-foundational workout days)
SET & REP RANGE				
<i>Foundational Workouts</i>	1 exercise/body part 1-2 sets each 12-20 reps/exercise	2-5 sets 1-4 reps/exercise	3 sets 8-12 reps/exercise	2 exercises/body part, 2-3 sets each 12-15 reps/exercise
<i>Trigger Sessions:</i>	1-3 sets/session (circuit) 10-20 reps/exercise	1-3 sets/session (circuit) 10-20 reps/exercise	1-3 sets/session (circuit) 10-20 reps/exercise	1-3 sets/session (circuit) 10-20 reps/exercise
REST BETWEEN SETS				
<i>Foundational Workouts</i>	90 seconds	Up to 3 minutes	Up to 1 minute	No more than 30 seconds
<i>Trigger Sessions:</i>	Continuous, minimal rest	Continuous, minimal rest	Continuous, minimal rest	Continuous, minimal rest

FOUNDATIONAL WORKOUTS

These are full workouts and we recommend you follow them as written your first time through. Exercise substitutions can be made if necessary, however, we highly recommend that you keep barbell squats and deadlifts as the cornerstone of your foundational workouts. For phases I-III alternate the following workouts on your Foundational workout days.

****BEFORE YOU START**, reference the exercise video demonstrations in the MAPS FOUNDATIONAL EXERCISES section of the MAPS Anabolic Membership site (Found in your Library after you login to your account at www.mindpumpmedia.com)

PRE PHASE: Weeks 1-3 Laying The Foundation

	Exercise	Sets/Reps
FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	Barbell Squats	2 x 12-16
	Walking Lunges	1 x 16-20
	Barbell Deadlift	1 x 8-12
	Barbell Bench Press	2 x 12-16
	Dumbbell Rows	2 x 12-16
	Dumbbell Shrugs	2 x 12-16
	Standing Dumbbell Shoulder Press	2 x 12-16
	Rear Delt Flyes	1 x 12-16
	Barbell Curls	2 x 12-16
	Tricep Pressdown	2 x 12-16
	Isometric Planks	2 x 30-60 second hold
	Bodyweight Calf Raises	2 x 20-40

PHASE I: Weeks 4-6 Strength

	Exercise	Sets/Reps
DAY 1 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	Box Squats	1 x 10
	Barbell Squats	4-6 x 1-4
	Barbell Bench Press	4-6 x 1-4
	Weighted Pull-Ups	2 x 1-6
	Barbell Shrugs	3 x 3-6
	Barbell Curls	2 x 6-8
	Barbell Skull Crushers	2 x 6-8
	Weighted Decline Sit-Ups	5 x 8-12
	Standing Calf Raises	5 x 8-20
DAY 2 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	Good Mornings	1 x 10
	Barbell Deadlifts	4-6 x 1-4
	Standing Overhead Barbell Press	4-6 x 1-4
	Rear Delt Flyes	2 x 6-8
	Standing Dumbbell Shrugs	2 x 6-8
	Dumbbell Hammer Curls	2 x 6-8
	Dumbbell Overhead Tricep Extension	2 x 6-8
	Hanging Leg Raises	5 x 8-20
	Seated Calf Raises	3 x 8-20

FOUNDATIONAL WORKOUTS

PHASE II: Weeks 7-9 Muscle Fiber

	Exercise	Sets/Reps
DAY 1 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	Barbell Squats	3 x 8-12
	Incline Barbell Chest Press	3 x 8-12
	Barbell Rows	3 x 8-12
	Standing Dumbbell Shrugs	3 x 8-12
	Rear Delt Flyes	2 x 8-12
	Lateral Raise	2 x 8-12
	Dumbbell Supinating Curls	3 x 8-12
	Weighted Dips	3 x 8-12
	Seated Calf Raises	3 x 8-12
	Hanging Leg Raises	3 x 8-20
DAY 2 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	Barbell Deadlifts	3 x 4-8
	Lying Leg Curls	1 x 8-12
	Barbell Shrugs	3 x 8-12
	Flat Dumbbell Chest Press	3 x 8-12
	Dumbbell Pullover	1 x 8-12
	Bodyweight Chin-Ups	2 x 6-12
	Dumbbell Shoulder Press	3 x 8-12
	Barbell Curls	3 x 8-12
	Tricep Pressdowns	3 x 8-12
	Standing Calf Raises	3 x 8-12
	Bodyweight Decline Sit-Ups	3 x 30-100

PHASE III: Weeks 10-12 Muscle Pump

	Exercise	Sets/Reps
DAY 1 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	Barbell Squats	3 x 8-15
	Sissy Squats	2 x 12-15
	Incline Barbell Chest Press	2 x 12-15
	Cable Crossovers	2 x 12-15
	Dumbbell Rows	2 x 8-12
	Dumbbell Pullovers	2 x 12-15
	Seated Dumbbell Shrugs	5 x 12-15
	Cable Rear Delt Flyes	2 x 12-15
	Barbell Upright Rows	2 x 12-15
	SUPERSET	
	Dumbbell Supinating Curls	2 x 12-15
	Dumbbell Overhead Tricep Extension	2 x 12-15
	SUPERSET	
	Hammer Cable Curls	2 x 12-15
	Rope Tricep Pressdowns	2 x 12-15
	Seated Calf Raises	2 x 12-15
	Standing Calf Raises	2 x 12-15
	Hanging Leg Raises	5 x 15-20

FOUNDATIONAL WORKOUTS

	Exercise	Sets/Reps
DAY 2 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	<u>Barbell Deadlifts (touch and go)</u>	3 x 6-10
	<u>Chin-Ups</u>	2 x 12-15
	<u>Barbell Shrugs</u>	5 x 12-15
	<u>Flat Dumbbell Chest Press</u>	2 x 12-15
	<u>Incline Flyes</u>	2 x 12-15
	<u>Arnold Presses</u>	2 x 12-15
	<u>Lateral Raises</u>	2 x 12-15
	SUPERSET	
	<u>Barbell Curls</u>	2 x 12-15
	<u>Dips</u>	2 x 12-15
	SUPERSET	
	<u>Reverse Curls</u>	2 x 12-15
	<u>Tricep Pressdowns</u>	2 x 12-15
	<u>Seated Calf Raises</u>	2 x 12-15
	<u>Standing Calf Raises</u>	2 x 12-15
	<u>Decline Sit-Ups</u>	5 x 20-50
DAY 3 FOUNDATIONAL WORKOUT <div>FULL WORKOUT</div>	<u>Good Mornings</u>	3 x 12-15
	<u>Cable Rows</u>	2 x 12-15
	<u>Pulldowns</u>	2 x 12-15
	<u>Standing Dumbbell Shrugs</u>	5 x 12-15
	<u>Incline Barbell Chest Press</u>	2 x 12-15
	<u>Cable Chest Presses</u>	2 x 15-20
	<u>Barbell Behind Neck Shoulder Press</u>	2 x 12-15
	<u>Rear Delt Flyes</u>	2 x 12-15
	SUPERSET	
	<u>Hammer Curls</u>	2 x 12-15
	<u>Dumbbell Skull Crushers</u>	2 x 12-15
	SUPERSET	
	<u>Barbell Curls</u>	2 x 12-15
	<u>Bench Dips</u>	2 x 12-15
	<u>Seated Calf Raises</u>	2 x 12-15
	<u>Standing Calf Raises</u>	2 x 12-15
	<u>Hanging Leg Raises</u>	5 x 15-20

TRIGGERING SESSIONS

PRE PHASE - PHASE III: Weeks 1-12

Complete your triggering sessions 1-3 times daily on all non-foundational workout days. These workouts cannot last longer than 10 minutes. Pick exercises that target your weak areas.

- + Pick 3-5 exercises and do them in succession.
- + 1-3 sets/session (circuit) x 10-20 reps/exercise
- + 1-3 trigger sessions per day

Create your own trigger sessions based on your current goals. The following trigger sessions are samples for someone who wants to focus on their upper body.

****BEFORE YOU START**, reference the exercise video demonstrations in the MAPS ANABOLIC TRIGGERING EXERCISES section of the MAPS Anabolic Membership site (Found in your Library after you login to your account at www.mindpumpmedia.com)

Sample Trigger Sessions

Trigger Session 1	Trigger Session 2	Trigger Session 3
Bodyweight Lunges Band Chest Flyes Band Rows Band Lateral Raise Band Curls Band Tricep Pressdown	Bodyweight Squats Band Chest Press Band Straight Arm Pulldown Band Shrugs Band Hammer Curls Band Overhead Tricep Extension	Hanging Leg Raises Band Pulldowns Band Chest Press Band Rear Delt Flyes Standing Calf Raises
FULL WORKOUT	FULL WORKOUT	FULL WORKOUT