

10-WEEK

# TRANSFORMATION SYSTEM

GET BIGGER,  
STRONGER &  
FASTER WITH  
10 WEEKS OF  
FUNCTIONAL  
STRENGTH  
TRAINING



MUSCLETECH™

WHEY  
MUSCLE BUILDER

BUILDS 70% MORE  
MUSCLE THAN  
REGULAR WHEY\*

IMPROVE  
RECOVERY\*

INCREASE  
STRENGTH &  
PERFORMANCE\*





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A high-angle, close-up photograph of a woman with her hair in a high ponytail with braids, wearing a black athletic top and shorts, running on a paved path. She is wearing large headphones and holding a pair of glasses. The scene is brightly lit, casting long shadows on the ground.

## 10- WEEK TRANSFORMATION SYSTEM

Dominating your sport requires speed, power, strength and size — the foundation of any athlete.

Prepare to embark on a complete, 10-week, periodized training odyssey to take your body and performance to the next level. It's time to stand out from the crowd.



**PG.  
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**PG.  
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# START HERE

Stronger. Bigger. Faster. Starting now, you can improve your athletic performance and achieve a greater level of fitness than you ever dreamed possible. Devote the next 10 weeks to building better habits, a better body and a better you with the MuscleTech® 10-Week Transformation System and acclaimed athlete Michael Dean Johnson.

## **10 WEEKS:**

### **LAY THE FOUNDATION**

Our core training program includes dedicated components targeting strength, size and speed. Weekly training schedules include recommended stacks to ensure that all bases are covered.

### **BONUS WORKOUTS:**

#### **KICK IT UP A NOTCH**

Three sport- and function-specific bonus workouts, along with tips from acclaimed MuscleTech® athlete Michael Dean Johnson.

### **GET STACKED!**

Knowing which supplements to take, how much to take, and when to take them will help you squeeze every ounce of results from your hard work.

# PLAY THE GAME

Whether or not you're competing, you're always looking for an edge. For more than two decades, we've fueled those with the strength to not just play the game, but to change it.

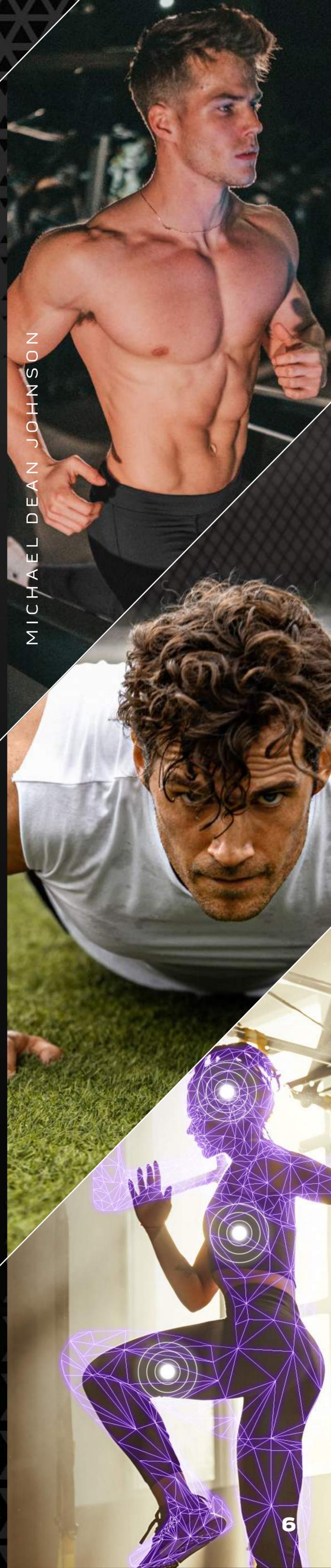
The MuscleTech® 10-Week Transformation System reveals the training techniques of athletes who are training to achieve peak performance. This guide is intended to educate you getting the most from your supplements while delivering a smarter approach to peak performance that'll help you up your game, change your body and find the edge you seek.



# FUNCTIONAL SPORTS TRAINING

Want to get stronger? Faster? Improve your endurance? To complement the 10-Week Transformation System, we've also included sample sport-specific gym workouts from acclaimed MuscleTech® athlete Michael Dean Johnson.

The 10-Week Transformation System will help you build high-quality, ultra-lean muscle while becoming stronger, faster and more powerful so you can tackle anything life throws at you.



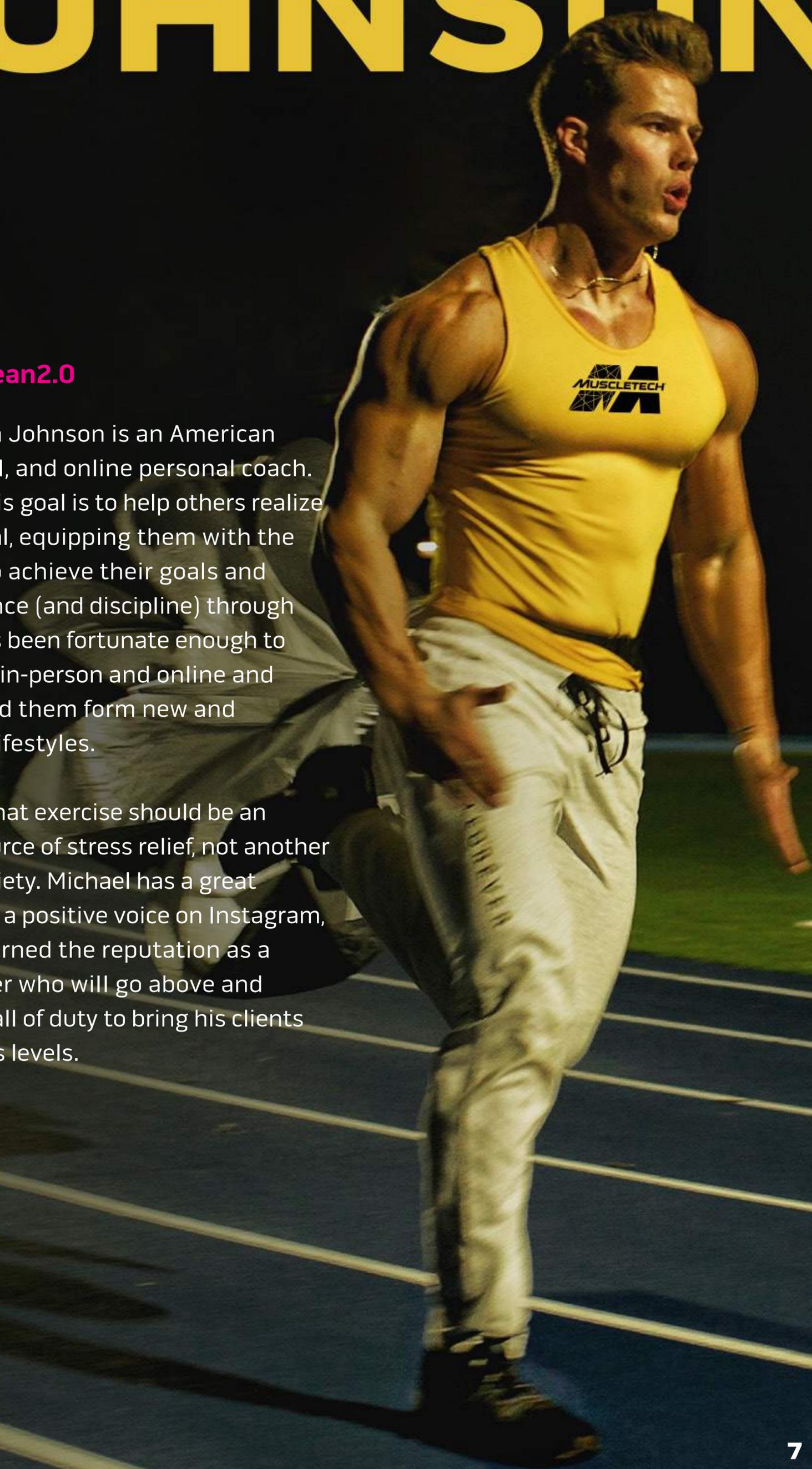
# MICHAEL DEAN JOHNSON



[@michaeldean2.0](#)

Michael Dean Johnson is an American fitness model, and online personal coach. As a coach, his goal is to help others realize their potential, equipping them with the knowledge to achieve their goals and gain confidence (and discipline) through strength. He's been fortunate enough to coach clients in-person and online and has witnessed them form new and sustainable lifestyles.

He believes that exercise should be an enjoyable source of stress relief, not another source of anxiety. Michael has a great reputation as a positive voice on Instagram, where he's earned the reputation as a special trainer who will go above and beyond the call of duty to bring his clients to new fitness levels.



# PERFORMANCE TRAINING SYSTEM STACK

Knowing which supplements to take, how much to take, and when to take them will help you squeeze every ounce of results from your hard work. Let's focus in on the right supplement stack to deliver strength and power.

PRE-WORKOUT

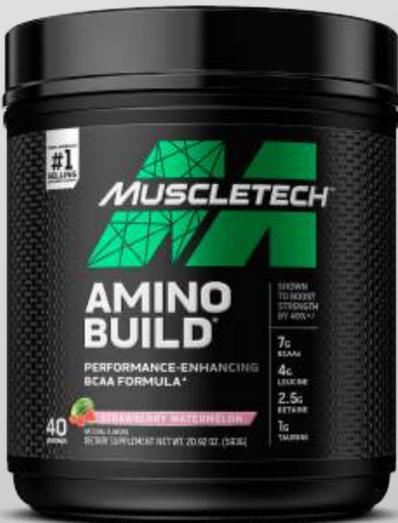


## SHATTER™

Stands out with scientifically studied doses of creatine, betaine and beta-alanine for real musclebuilding power.

🍹 1 SERVING

INTRA-WORKOUT



## AMINO BUILD®

Designed to supply your body with the critical BCAAs you need to boost your strength and shorten your recovery time.

🍹 1 SERVING ■ SIP THROUGHOUT

POST-WORKOUT



## PLATINUM WHEY + MUSCLE BUILDER

Platinum Whey + Muscle Builder combines the two top muscle and strength building ingredients into one convenient and delicious protein shake.

🍹 1 SERVING

DAILY



## CLEAR MUSCLE®

Increase protein synthesis and decrease muscle breakdown. Recover quickly and get back to the gym sooner.

💊 1 SERVING

# BUILD STRENGTH



## PHASE 1: (4 WEEKS)

Building muscle doesn't have to be overly complicated - which is why we're kicking off this 10-week program with three basic lifts — squats, deadlifts and bench presses.



## PROGRESSIVE OVERLOAD

This strength phase utilizes the principles of progressive overload — adding small increments of weight to each of your lifts over the 4 weeks or doing more reps with the same load you previously achieved. It may be adding only 5 to 10 lbs. to the bar for each workout or achieving just one more rep than you did last time. The key is logging your lifts and approaching each workout with the same goal — to break your strength record from your previous workout while maintaining good form.

# GUIDE TO STRENGTH:

Muscular strength refers to your ability to produce maximal force in a given movement plane for a single repetition. Powerlifters practice heavy, so they can lift heavy in competition. Their workouts consist primarily of multi-joint exercises like bench presses, squats and deadlifts. These exercises allow them to lift heavier loads and stimulate their natural muscle building hormones.

When training for strength, your focus is on the main lifts (bench press, squat, deadlift), as well as assistance exercises that help you improve them. Because the intensity is high, total volume is low compared to bodybuilding-style training. Rest periods between sets for the main lifts are fairly long (3 to 5 minutes) to allow for greater recovery — not just of the muscle fibers themselves, but of the central nervous system.

Secondary exercises in your workouts are geared toward building strength on your primary lift. On bench press day, for example, choose complementary exercises that help strengthen your bench press or techniques that focus on sticking points, such as dumbbell bench presses, incline presses or paused bench presses in a power rack — not to mention heavy, multi-joint triceps movements.

## STRENGTH TIPS:

- Do a 5 to 10-minute warm-up to elevate your heart rate and focus your mind. Progressively increase your warm-up intensity without overexerting.
- In the workouts below, warm-up sets are not included. Do as many as you need, but never take them to failure.
- Ask for a spotter on your very heavy sets, but avoid doing forced reps on the bench press, squat and deadlift, as they really amplify fatigue. With other exercises, you can do a few forced reps on your heaviest sets.
- From one week to the next, strive to complete an additional rep or two, or add weight (5% to upper body exercises, 10% to lower body).
- The final set of your primary lift is called a back-off set, which research indicates will boost strength and size gains.

# WORKOUT SCHEDULE

MONDAY: UPPER		SETS/REPS – REST
■ Bench Press		1 x 8, 1 x 5, 1 x 3, 1 x 3, 1 x 15 (3-5 minutes)
■ Paused Bench Press (in Power Rack)		3 x 6 (2 minutes)
■ Reverse-Grip Barbell Row		3 x 6-8 (90 seconds)
■ Incline Dumbbell Press		3 x 6-8 (90 seconds)
■ Wide-Grip Front Pulldown		3 x 8-10 (90 seconds)
■ EZ-Bar Bicep Curls		3 x 8-10 (90 seconds)
■ Close-Grip Bench Press		3 x 6-8 (90 seconds)
TUESDAY: LOWER & CORE		SETS/REPS – REST
■ Deadlift		1 x 8, 1 x 5, 1 x 3, 1 x 3, 1 x 15 (3-5 minutes)
■ Rack Pull (in Power Rack)		3 x 6 (2 minutes)
■ Front Barbell Squat		3 x 8-10 (2 minutes)
■ Hanging Leg/Knee Raises		3 x to failure (60 seconds)
■ Lying Leg Curl		3 x 8-10 (60 seconds)
■ Cable Woodchop		3 x 12 (each side) (60 seconds)
■ Straight-Legged Calf Raise		3 x 15-20 (60 seconds)
THURSDAY: UPPER		SETS/REPS – REST
■ Incline Barbell Press		3 x 6-8, 1 x 15 (90 seconds)
■ Bent-Over Barbell Row		3 x 8-10 (90 seconds)
■ Flat-Bench Dumbbell Press		3 x 8-10 (90 seconds)
■ Wide-Grip Pulldown		3 x 8-10 (90 seconds)
■ Triceps Dip Machine		3 x 6-8 (90 seconds)
■ Straight Bar Curl		3 x 8-10 (90 seconds)
FRIDAY: LOWER & CORE		SETS/REPS – REST
■ Back Squat		1 x 10, 1 x 5, 1 x 3, 1 x 3, 1 x 15 (3-5 minutes)
■ Box Squat or Paused Squat		3 x 6 (2 minutes)
■ Walking Lunge		3 x 16 steps (90 seconds)
■ Romanian Deadlift		3 x 8-10 (90 seconds)
■ Hand-to-Feet Stability Ball Pass		3 x 20 (60 seconds)
■ Decline Oblique Twist		3 x to failure (60 seconds)
■ Straight-Legged Calf Raise		3 x 15-20 (60 seconds)



# HYPER GROWTH

## PHASE 2: (4 WEEKS)

When you lift to optimize strength as in the past 4 weeks, you do in fact get bigger, but the methods won't maximally increase muscle size. Instead, you'll want to use a slightly different approach — one that requires you to choose a weight which you can instead lift for 8 to 12 reps. Still, you must meet these two conditions.

**One, your form must be as clean as possible.** There are any number of ways to cheat a weight up, but those recruit outside muscle groups and oftentimes

momentum. Cheating effectively reduces the workload on the target musculature. That's why you must learn how to do each exercise properly and keep practicing over and over, until it becomes second nature.

**Two, it must be a true set of 8 to 12 reps.** Anyone can put a few pounds on a bar and simply stop a set at 12, even if they could do another 20. A true set is one where you very nearly reach muscle failure by your target rep. Adjust the load accordingly to reach it.

# GUIDE TO MUSCLEBUILDING:

As with strength training, musclebuilding primarily targets fast-twitch fibers. But here, the objective is to make them as large as possible. The workout changes to target muscle groups, and secondary exercises work the body part from different angles to maximize overall muscle development. While the intensity is lower than the strength trainer's, because relatively lighter loads are used, the volume is higher and rest times are shortened.

There's nothing inherently wrong with doing hypertrophy-based workouts for 3 sets of 8 to 12 reps. But, we've tweaked that formula to put a slightly greater focus on strength earlier in your workout when fatigue is lowest, use volume to enhance fatigue (by including exercises that target the muscle group from different angles) and finish off with higher-rep pump training, which also contributes to hypertrophy.

If you have a workout partner, don't be afraid to do a forced rep or two on your heaviest sets of any given exercise, especially toward the end of your workout to emphasize the pump.

## STRENGTH TIPS:

- Do a 5 to 10-minute warm-up to elevate your heart rate and focus your mind. Progressively increase your warm-up intensity without overexerting.

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- In the workouts below, warm-up sets are not included. Do as many as you need, but never take them to failure.

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- From one week to the next, strive to complete an additional rep or two, so long as you stay near the target rep or add weight (5% to upper body exercises, 10% to lower body).

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- Ask for a spotter on your heaviest sets and take your heaviest or final 1 or 2 sets of your main multi-joint exercises to failure, even doing a forced rep or two.

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# WORKOUT SCHEDULE

MONDAY: BACK		SETS/REPS – REST
■ Barbell Row		4 x 6-8 (90 seconds)
■ T-Bar Row		4 x 8-10 (90 seconds)
■ Weighted Pull-Up or Pulldown		4 x 8-10 (90 seconds)
■ One-Arm Dumbbell Row		4 x 10-12 (90 seconds)
■ Straight-Arm Pulldown		4 x 12-15 (60 seconds)
TUESDAY: CHEST		SETS/REPS – REST
■ Low-Incline Dumbbell Press		4 x 6-8 (90 seconds)
■ Flat Bench Dumbbell Press		4 x 8-10 (90 seconds)
■ Machine Decline Press		4 x 10 (90 seconds)
■ Incline Cable Fly		4 x 12-15 (60 seconds)
WEDNESDAY: CORE & CALVES		SETS/REPS – REST
■ Lying Leg/Knee Raise		4 x 12 (60 seconds)
■ Weighted Cable Crunch		4 x 12 (60 seconds)
■ Plank		4 x 60 seconds (30 seconds)
■ Back Extension		4 x 12 (60 seconds)
■ Straight-Legged Calf Raise		4 x 12 (60 seconds)
THURSDAY: DELTS & UPPER TRAPS		SETS/REPS – REST
■ Seated Overhead Dumbbell Press*		4 x 6-8 (90 seconds)
■ Dumbbell Lateral Raise*		4 x 8-10 (60 seconds)
■ Bent-Over Lateral Raise*		4 x 10 (60 seconds)
■ Cable Front Raise (with Rope)*		4 x 10-12 (60 seconds)
■ Barbell Shrug		2 x 8, 2 x 12 (60 seconds)

\*On the single-joint exercises, rotate which delt head gets hit first (after multi-joint presses) from one workout to the next, using a relatively heavier load (8-10RM) initially and proceeding to a relatively lighter load by the third exercise (10-12RM).

# WORKOUT SCHEDULE

FRIDAY: LEGS	SETS/REPS – REST
■ Back Squat	4 x 6-8 (90 seconds)
■ Leg Press	4 x 8-10 (90 seconds)
■ Bulgarian Squat	4 x 10 (each leg) (90 seconds)
■ Leg Extension	3 x 12-15 (60 seconds)
■ Romanian Deadlift	3 x 10 (60 seconds)
■ Straight-Legged Calf Raise	4 x 20 (60 seconds)
SATURDAY: ARMS & CORE	SETS/REPS – REST
■ Close-Grip Bench Press	4 x 6-8 (90 seconds)
■ Weighted Chin-Up	4 x 8-10 (90 seconds)
■ Seated Overhead Dumbbell Extension	4 x 10 (90 seconds)
■ Barbell or EZ-Bar Curl	4 x 12-15 (60 seconds)
■ Skull Crusher	4 x 12 (60 seconds)
■ Dumbbell Hammer Curl	4 x 12 (60 seconds)
■ Lying Hip Thrust	4 x 60 seconds (30 seconds)
■ Palloff Press*	4 x 12 (60 seconds)

\*The Palloff Press is an anti-rotation exercise. You increase strength by fighting to prevent rotation of the waist.



# EXPLOSIVE POWER

## PHASE 3: ( 2 WEEKS )

Thus far, we've focused on 4 weeks of increasing strength on the three main power lifts and 4 weeks on increasing overall muscle size. Now, we'll turn our attention to developing explosive power.

Moving an object (or your body), the load, is one thing. But, doing it quickly is another. That's where speed training comes in.

Speed strength is commonly referred to as power. Here, the focus is on getting the neuromuscular system to generate force as quickly as possible. It requires a higher degree of skill and strength. In general, faster rep speeds with a light weight do a superior job of building power compared to using a heavy weight, so long as just a few repetitions are done. So, you won't find very heavy loads in this kind of training, nor training to failure.

# GUIDE TO POWER TRAINING:

Power training isn't as simple as following a given workout, because it includes many elements and many different types of exercises. You should choose exercises that match your goals. Start off modestly and increase volume and difficulty over time. In fact, such workouts can remain an integral part of your training throughout the year.

Be sure not to turn your workouts into conditioning drills, because your focus is on explosive power! Conditioning exercises are designed to make you tired, which is the opposite of what you want to be when completing your plyos. You want to be fresh. You must be fully recovered between sets, so your recovery period should be 3 to 5 times longer than the duration of your set, or about 30 to 60 seconds. Don't start the next set unless you feel fully recovered. There should be no carryover fatigue here as there is in bodybuilding training.

## POWER TIPS:

- Because core, hip and leg strength are essential in just about every athletic endeavor, the exercises listed here should complement those ideally suited for your sport.
- Do a 5 to 10-minute warm-up to elevate your heart rate and focus your mind or follow a dynamic warm-up that includes such movements as high kicks and arm circles.
- Do 3 to 6 sets of 3 to 8 reps using an explosive but clean motion. Stop before reaching muscle failure.
- Limit your total reps, which are called *touches*, for the entire workout. Limit your total touches to 75 to 150, for more optimal improvements in speed and explosiveness.
- For recovery purposes, don't train every day, but rather every 2 to 3 days or three times a week.

# EXERCISES TO BUILD EXPLOSIVE POWER

## **LATERAL PLANK UP DOWNS**

In the plank position, go down onto your elbows and then back up again on your hands. Then, walk on your hands and toes vertically three paces in one direction. Repeat, then go back the other way.

## **MEDICINE BALL PUSH-UPS**

With one hand on a medicine ball and the other on the floor, do push-ups for a predetermined time. Then, do the other side for the same amount of time.

## **PLANK CIRCLE WALKS**

In the plank position with a ball just forward of your hands, walk your hands around the ball, keeping your feet movement aligned with your hands and maintaining the straight body position.

Walk all the way around in several steps for a predetermined time, then reverse direction for the same amount of time.

## **LATERAL PLANK WALKS**

In the plank position with the ball to the left of your hands, walk your hands over it by moving your body to the left. Then, repeat to the right. Repeat for a predetermined time.



# EXERCISES TO BUILD EXPLOSIVE POWER

## **LATERAL PLANK WALKS WITH PUSH-UP**

In the plank position with your left hand on the ball (right on the ground), complete a push-up. Then, walk to the left, so that your right hand is on the ball and your left is on the ground. Complete another push-up. Go back in the opposite direction, repeating for a predetermined time.

## **BALL PLANK HOLDS**

In the plank position with both hands on the ball, complete push-ups for a predetermined time. This should resemble a diamond push-up.

## **SQUAT JUMPS**

Standing erect with your feet shoulder-width apart, go into a deep knee bend and jump off the floor as high as possible, getting your feet off the floor and pumping your arms to assist. Reset quickly and go into the next rep.

## **BOX JUMPS**

Choose a box height suitable for your ability. Standing behind the box, go into a deep knee bend and jump forward and up onto the box while pumping your arms. Reset for balance and jump back to the start position, but immediately go into another knee bend and hop back on the box.

## **LATERAL BOX JUMPS**

Stand next to a box of the appropriate height. Bend your knees and jump sideways onto the box while pumping your arms, ensuring both feet land facing forward and are stable. Go right into a knee bend and jump off the box to the other side, again feet facing apart. Reverse direction.

## **BUTT KICKS**

Running in place, alternate bringing your foot as high as possible behind you, quickly alternating sides. Land on your toes to maintain quickness.

## **ICE SKATERS**

While standing on one leg, bend your knee slightly and jump horizontally to the other leg. On the other leg, jump back to the original leg and repeat as quickly as possible.

## **SINGLE-LEG POWER STEP-UPS**

With one foot already on a box just in front of you and the alternate arm extended in front in an L shape, do a shallow knee bend and quickly hop up while pumping your arm, putting the opposite foot on the box while removing the original foot, so you're alternating feet. Go back and forth.

## **MEDICINE BALL THROWS**

With your feet shoulder-width apart, use a medicine ball that provides ample resistance (8 lbs. or more). Squat down and thrust the ball up against the wall with maximum force. Catch it, reset and repeat for a predetermined time.

## **FROG JUMPS**

With your legs wide, squat down and jump as far forward as possible. Regain balance and repeat for a predetermined time.

## **HIGH JUMPS**

With your feet shoulder-width apart, squat down and explode off the ground, jumping as high as possible. Reset quickly and repeat for a predetermined time.



# FUNCTIONAL SPORTS TRAINING

Depending on your sport or activity, your need for strength, size and speed may be even more pronounced, or decidedly less so. We'd hate to suggest that there's a one-size-fits-all training solution to meet your needs. But, for the sake of giving you variety, here are some sport-specific workouts from MuscleTech® athlete Michael Dean Johnson. They focus on other skills and requirements that can be incorporated into our 10-Week Transformation System.



# PERIODIZED SPORTS TRAINING

Exercise researchers test and strength coaches create training cycles for their athletes, like the one we've created here for 10 weeks. They're defined by what's called periodization.

Periodization can simply be thought of as, "everything works, but nothing works forever." In that sense, a long-term training cycle is broken into smaller components. The intended purpose is that once you finish the training cycle, you'll be able to step up to the next level, because of accrued gains in strength, size and speed.

# BOOST

## YOUR AGILITY

### BONUS WORKOUT #1

Agility is the ability to change your position, speed or direction quickly and effectively. Whether you're a top-tier athlete or just starting out, agility training will help to improve your stability, mobility, balance, strength and speed. It's a physical skill that also requires mental effort, and these specific drills will make you a better athlete all around.

# ATTRIBUTES OF AGILITY:

## **MIND-BODY CONNECTION**

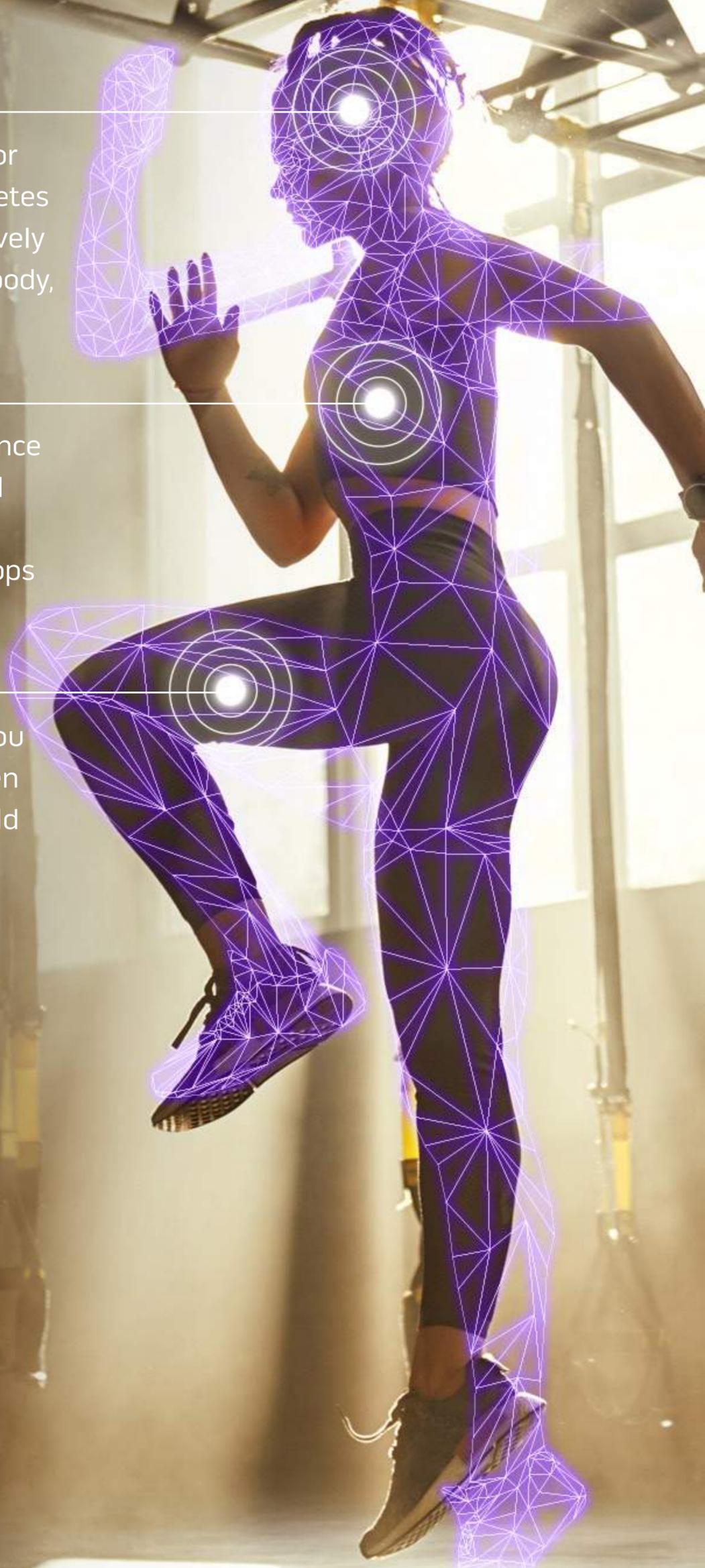
A good athlete knows when to react or when to hold back. But, the best athletes have trained their bodies to instinctively do the thinking for them. Train your body, so this becomes second nature.

## **BALANCE & COORDINATION**

On the field, the court or the ice, balance and coordination are key for powerful performance. Practicing hand-eye coordination and quick starts and stops will improve your agility.

## **LEG STRENGTH**

Strengthening your legs will allow you to have more control and speed when changing direction. Every step should be utilized 100% if you're going to outmaneuver your opponent.



# WORKOUT #1: EXPLOSIVITY

## DRILLS FOR INCREASING POWER

REST TIME: 2 Minutes After Each Exercise.

### RUNNING WARM-UP (COMPLETE 2 TIMES)

30-Second Jog

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15-Second Sprint

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30-Second Jog

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30-Second Sprint

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10-Second Jog

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10-Second Sprint

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EXERCISE	SETS	REPS
Dead Lift	5	8
Box Jump	5	10
Walking Lunge (Weighted)	4	20
Medicine Ball Throw	4	10
Frog Jump	4	10

## NOTES:

**MEDICINE BALL THROWS** – With feet shoulder-width apart, use a medicine ball that provides ample resistance (8 lbs. or more). Squat down and thrust the ball forward with maximum force. Walk to pick up the ball and repeat.

**FROG JUMPS** – With legs wide, squat down and jump as far forward as possible. Regain balance and repeat.

# WORKOUT #2: SPEED & COORDINATION

## DRILLS FOR INCREASING POWER

REST TIME: 2 Minutes After Each Exercise.

EXERCISE	SETS	REPS
High Jump	4	10
Speed Skater	4	20
Sprint	4	40 Yards
Quick Feet	3	30 Seconds
L-Run	3	3
Toe Tap	3	30
Tire Flip	4	10
Jump Rope	4	100

## NOTES:

**HIGH JUMP** – With feet shoulder-width apart, squat down and explode off the ground, jumping as high as possible.

**SPEED SKATERS** – While standing on one leg, bend your knee slightly and jump horizontally to the other leg. While remaining on one leg, jump back to the other leg and repeat as quickly as possible.

**L-RUN** – Set cones in an L-shape (e.g., 30 yards in one direction and an additional 15 yards in another direction, making a 90-degree angle). Sprint the long distance first, then make a sharp turn, completing the L.

**TOE TAPS** – Place one foot on the edge of a box or chair. Jump and switch feet as quickly as possible, alternating which foot is on the ground and which foot is touching the box. Pump arms while moving legs for max speed.

# INCREASE

## MUSCULAR ENDURANCE

### BONUS WORKOUT #2

Endurance is not easy. By definition, it's an unpleasant process. Rightly so, as increasing endurance takes equal parts physical and mental stamina. You need to be able to mentally push yourself to physically go further. This program will show you techniques and tactics to help you persevere.



# ENDURANCE TIPS:

## **TO FAILURE AND BEYOND**

Though our goal may be to take our reps to failure during training, we often hold back from pushing ourselves too far. Sure, you completed your workout, but chances are your endurance hasn't budged. Failure works like this: when you train to failure, the brain sends a wave of neurons to the body, collecting information as to why it couldn't continue. The brain then makes improvements in the body based on this information, resulting in improved endurance.

## **SET YOUR SIGHTS WHILE RUNNING**

For every run, set your sights on a physical object in the distance and aim to reach it. Each time, choose an object that's further than the last. Using a treadmill? Set distance markers and use the same strategy.

## **STICK TO THE PLAN**

Always make a plan for every workout. The prep work will make it easier to stick to. Each time, challenge yourself by making it slightly more difficult.



# WORKOUT #1: FULL BODY RUN

## CARDIO & STRENGTH ENDURANCE

### WORKOUT ROUTINE

.25-Mile Run

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10 Push-Ups

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.5-Mile Run

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20 Full Sit-Ups

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.75-Mile Run

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10 Push-Ups

---

1-Mile Run

---

20 Full Sit-Ups

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**WORKOUT PROGRESSION:** Each time you do this workout, increase each section by small increments. Increase each run distance by an additional .1 mile, increase each round of push-ups by 2 push-ups, and increase each round of sit-ups by 5 sit-ups.

### EXAMPLE OF WORKOUT 1 REPEATED WITH INCREASED ENDURANCE

.35-Mile Run

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12 Push-Ups

---

.6-Mile Run

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25 Full Sit-Ups

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.85-Mile Run

---

12 Push-Ups

---

1.1-Mile Run

---

25 Full Sit-Ups

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# WORKOUT #2: FULL BODY GYM WORKOUT

## CARDIO & STRENGTH ENDURANCE

EXERCISE	SETS	REPS
Bench Press	2	1-Minute Max Reps
Barbell Squat	2	1-Minute Max Reps
Lat Pulldown	2	1-Minute Max Reps
Standing Military Press	2	1-Minute Max Reps
Forward Lunge (Bodyweight)	2	1-Minute Max Reps
Barbell Curl	2	1-Minute Max Reps
Tricep Extension	2	1-Minute Max Reps
Russian Twist (Bodyweight)	2	1-Minute Max Reps
Leg Lift	2	1-Minute Max Reps
Jump Squat	2	1-Minute Max Reps

**NOTES:** This workout should take anywhere from 45 minutes to 60 minutes. Repeat this workout once or twice per week for the best endurance gains. Record the number of reps that you're able to complete in 1 minute, then try to increase the number of reps each time you do this workout.



# BOOST

SPEED &  
STRENGTH

## BONUS WORKOUT #3

On the field, it's the combination of speed and power that makes you stand out. Both come from the ability to become explosive on command. We hope that you're up for it, because the drills in this program will take your performance to the next level.

# HOW TO: FIELD DRILLS

## **QUICK FEET**

In short bursts, move your hands and feet as quickly as possible.

## **BURPEE**

From a standing position, drop down to a push-up position. Complete 1 push-up, then quickly jump back to your feet and jump as high as possible with your hands over your head.

## **SPRINT**

Run forward as fast as possible, digging your toes into the ground and looking forward the entire time.

## **PUSH-UP**

With a tight core, bring your body down toward the ground until your chest and chin touch it at the same time.

## **SKIER JUMP**

Standing on 1 leg, jump as far as you can horizontally to the other leg. Remain on 1 leg for the duration of this exercise.

## **SQUAT HOLD TO EXPLOSIVE JUMP**

Get into a squat and hold for 3 seconds (knees at a 90-degree angle), then jump as high as possible while bringing your hands backward.

## **BEAR CRAWL SPRINT**

On your hands and feet, crawl forward as fast possible.



# WORKOUT #1: EXPLOSIVE SPEED

## FIELD DRILLS

WARM-UP DRILL: COMPLETE 3X

REST TIME: 60 SECONDS AFTER EACH ROUND.

REPS/TIME	EXERCISE
10 Seconds	Quick Feet
2	Burpees
20 Seconds	Quick Feet
4	Burpees

Before moving on to the next drill, make sure that you're completely recovered. We recommend 3 minutes. Your heart rate should be back to resting heart rate.

## DRILL 1: COMPLETE 2X

**REST TIME:** The time it takes you to walk back to the start line.

Start with a 20-yard sprint, then walk back to the start line, complete 10 push-ups and immediately go into a 30-yard sprint.

REPS/TIME	EXERCISE
20 Yards	Sprint
10	Push-Ups
30 Yards	Sprint
10	Push-Ups
50 Yards	Sprint

## DRILL 2: COMPLETE 2X

**REST TIME:** 60 seconds after each round.

REPS/TIME	EXERCISE
20	Skier Jumps
10	Squat Hold to Explosive Jump
10 Yards	Bear Crawl Sprint
20	Skier Jumps
10	Squat Hold to Explosive Jump
20 Yards	Bear Crawl Sprint

# WORKOUT #2: PURE POWER

## WEIGHT ROOM WORKOUT

When it comes to increasing your power, there are three classic moves that have stood the test of time – the DEADLIFT, SQUAT and BENCH PRESS. Follow this progressive training scale to increase your strength and unleash your INNER BEAST!

**FOR EACH EXERCISE, YOU'LL NEED TO FIGURE OUT YOUR 1-REP MAX WEIGHT.**

EXERCISE	1-REP MAX
Deadlift	
Squat	
Bench Press	

**DEADLIFT:**  
**REST TIME:**  
2 Minutes  
Between  
Each Set

PERCENTAGE OF 1-REP MAX	REPS
85% Max Weight	3
60% Max Weight	7
50% Max Weight	10
75% Max Weight	5
100% Max Weight	1

**SQUAT:**  
**REST TIME:**  
2 Minutes  
Between  
Each Set

PERCENTAGE OF 1-REP MAX	REPS
85% Max Weight	3
60% Max Weight	7
50% Max Weight	10
75% Max Weight	5
100% Max Weight	1

**BENCH PRESS:**  
**REST TIME:**  
2 Minutes  
Between  
Each Set

PERCENTAGE OF 1-REP MAX	REPS
85% Max Weight	3
60% Max Weight	7
50% Max Weight	10
75% Max Weight	5
100% Max Weight	1



STRENGTH REDEFINED

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