



















































MAX™



# MAX™

	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
WEEK 1	<b>1</b> <b>MAX program day 1</b>  The most 'well known' compounds to start!	<b>2</b> <b>MAX program day 2</b>  A higher rep output!	<b>3</b> <b>MAX program day 3</b>  Start & end with shortened hammies!	<b>Rest/active rest day</b>	<b>4</b> <b>MAX program day 4</b>  It will have been those sumos!	<b>5</b> <b>MAX program day 5</b>  Our 'fun' day of the week!	<b>Rest/active rest day</b>	<b>6</b> <b>MAX program day 6</b>  New found love for banded RDLs!	<b>7</b> <b>MAX program day 7</b>  Higher reps with 'constant' tension flies	<b>8</b> <b>MAX program day 8</b>  Playing with different foot positions in bridges!	<b>Rest/active rest day</b>	<b>9</b> <b>MAX program day 9</b>  Less about lifting, more about lowering!	<b>10</b> <b>MAX program day 10</b>  Only 1 quad movement...but it's highly isolating!	<b>Rest/active rest day</b>	WEEK 2
WEEK 3	<b>11</b> <b>MAX program day 11</b>  Lighter loading for greater ROM!	<b>12</b> <b>MAX program day 12</b>  Higher reps are just alot of fun!	<b>13</b> <b>MAX program day 13</b>  Just 2 movements for the lower body!	<b>Rest/active rest day</b>	<b>14</b> <b>MAX program day 14</b>  Seeking lower reps, focus on quality here!	<b>15</b> <b>MAX program day 15</b>  Bi's, tri's, abs, glutes & delts!	<b>Rest/active rest day</b>	<b>16</b> <b>MAX program day 16</b>  Finish with single arm rows for a change!	<b>17</b> <b>MAX program day 17</b>  Plenty of knee flexion for the hammies!	<b>18</b> <b>MAX program day 18</b>  Fresh for the banded hip thrusts!	<b>Rest/active rest day</b>	<b>19</b> <b>MAX program day 19</b>  8-12 rep range if you follow my tempo!	<b>20</b> <b>MAX program day 20</b>  Our weekly isolation/accessory session!	<b>Rest/active rest day</b>	WEEK 4
WEEK 5	<b>21</b> <b>MAX program day 21</b>  One isolation amid the compounds!	<b>22</b> <b>MAX program day 22</b>  Let's not turn these isolations to compounds!	<b>23</b> <b>MAX program day 23</b>  Banded bridges after the fwd tilting lunges...fire!	<b>Rest/active rest day</b>	<b>24</b> <b>MAX program day 24</b>  Clusters of hip thrusts to finish!	<b>25</b> <b>MAX program day 25</b>  Weight abs, Sissy's and arms!	<b>Rest/active rest day</b>	<b>26</b> <b>MAX program day 26</b>  Slow to lower & exploding to lift	<b>27</b> <b>MAX program day 27</b>  Bodyweight unilateral supersets for the glutes!	<b>28</b> <b>MAX program day 28</b>  Lateral lunges with cossack squat optional at the end!	<b>Rest/active rest day</b>	<b>29</b> <b>MAX program day 29</b>  It's a lat movement...not a tricep isolation!	<b>30</b> <b>MAX program day 30</b>  Stabilising our core while limbs moving...deadbugs!	<b>Rest/active rest day</b>	WEEK 6
WEEK 7	<b>31</b> <b>MAX program day 31</b>  Just 2 movements for the lower body today!	<b>32</b> <b>MAX program day 32</b>  Iso delt abduction in the finisher...fire!	<b>33</b> <b>MAX program day 33</b>  Getting into the rear delts!	<b>Rest/active rest day</b>	<b>34</b> <b>MAX program day 34</b>  Push ups to push us to a deadstop literally!	<b>35</b> <b>MAX program day 35</b>  Triceps will be brought to failure!	<b>Rest/active rest day</b>	<b>36</b> <b>MAX program day 36</b>  Let's lift heavy things!	<b>37</b> <b>MAX program day 37</b>  3 movements all at the shoulder joint!	<b>38</b> <b>MAX program day 38</b>  Sumo deadlift squats at slightly higher reps!	<b>Rest/active rest day</b>	<b>39</b> <b>MAX program day 39</b>  Deadstop bridges but constant tension??	<b>40</b> <b>MAX program day 40</b>  SO much isolation!	<b>Rest/active rest day</b>	WEEK 8
WEEK 9	<b>41</b> <b>MAX program day 41</b>  Tempo can directly impact no. of reps performed!	<b>42</b> <b>MAX program day 42</b>  Lengthened...straight into shortened!	<b>43</b> <b>MAX program day 43</b>  Extra attention to the quads!	<b>Rest/active rest day</b>	<b>44</b> <b>MAX program day 44</b>  The upper biased towards the front delts!	<b>45</b> <b>MAX program day 45</b>  That time of the week for lots of isolating!	<b>Rest/active rest day</b>	<b>46</b> <b>MAX program day 46</b>  Deadstops, deadlifts and 1 1/2 reps ahead!	<b>47</b> <b>MAX program day 47</b>  A lunge superset for the quads!	<b>48</b> <b>MAX program day 48</b>  Playing with tempo!	<b>Rest/active rest day</b>	<b>49</b> <b>MAX program day 49</b>  5 compounds and 1 isolation!	<b>50</b> <b>MAX program day 50</b>  The finale!	<b>Rest/active rest day</b>	WEEK 10



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