



**iMPower  
ATHLETICS**



Are you ready to discover a version of yourself you've never met? Max Beast is more than a workout phase—it's an awakening. To complete Max Beast and achieve the incredible results waiting on the other side, you must awaken the beast inside—that powerful, determined force that rises when you need it most. This phase will take you places you've never been in training, building not just physical power, but unshakeable confidence and resilience. You have everything you need already inside you—Max Beast shows you how to bring it to life. Get ready to become the strongest, most capable version of yourself yet.

## THE GAME PLAN!

This phase is all about HYPERTROPHY (building of lean muscle. Make sure to follow the points below and the Max Beast structure to get the most out of this training Phase. This 4-week training phase utilizes cutting-edge science and techniques.



**WARM UP.** Do some light activity to get the blood flowing and body warm. That could be on a cardio machine, jumping jacks, or step-ups. Also, do some light sets of weights to work the muscles you will be working that day.



**WEIGHT.** X50 REP DAY - Start with a weight that would be difficult to finish a set of 12-15 reps. X25 REP DAY – Start with a weight that would be difficult to finish a set of 8 reps.



**BACK TO BACK!** You will have to work the same muscles back-to-back on different days. Ex. On Monday, you would do the PUSH Concentric X50. Then, on Tuesday, you would do the PUSH Eccentric x25.



**REPS.** On the days for PUSH Concentric and PULL Concentric, you will have to complete 50 reps for each exercise. But as you go along, you should be using a weight that makes the reps harder. But they all have to add up to 50. Ex. You may do 10 reps on the first set, but by the end, it should look like this for reps to equal 50 (10, 8, 8, 8, 7, 5, 4). Push and Pull Eccentric: do a total of 25 reps for each exercise, using five reps per set (5,5,5,5,5).



**TEMPO.** This is the KEY to this phase. On the Push and Pull Concentric days (x50), you are using a 1:5 tempo. Meaning in the contraction (shortening/squeezing) part of exercises, you take 5 seconds. On the Push and Pull Eccentric days (x25), you are using a 5:1 tempo. Meaning in the eccentric (lengthening of the muscle), you take 5 seconds.



**REST TIME.** 1 to 1½ minutes in between each set..



**EXCHANGES.** If you don't have access to a particular exercise, then substitute it with something you have that targets the same muscle.

**AWAKEN THE BEAST INSIDE—THAT POWERFUL,  
DETERMINED FORCE THAT RISES WHEN YOU NEED IT MOST**



## WEEK 1

### DAY 1 - PUSH (CONCENTRIC) 1:5 TEMPO

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
DB Incline Chest Press (UP)	7x *=50		Take 5 seconds during the concentric part of the lift. Use a weight around 12-15 rep max. Each exercise would look simliar to this to complete total of 50 reps. <i>*7 sets to get 50 reps - 10, 8, 8, 8, 7, 5, 4</i>
Band or Machine Tricep Ext. (DOWN)	7x *=50		
DB Shoulder Lateral Raise (UP)	7x *=50		
DB Suitcase Squats or Leg Ext. (UP)	7x *=50		

### DAY 2 - PUSH (ECCENTRIC) 5:1 TEMP

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
Barbell Bench Press (DOWN)	5x5		Take 5 seconds during the eccentric part of the lift. Use a weight around 8 rep max. Use this format for sets to reps - 5,5,5,5,5 to equal 25 total reps.
EZ Bar Lying Tricep Ext. (DOWN)	5x5		
DB Seated Shoulder Press (DOWN)	5x5		
Barbell Squats (DOWN)	5x5		

### Day 3 - OFF

CORE, STRETCH or CARDIO if desired/needed

### DAY 4 - PULL (CONCENTRIC) 1:5 TEMPO

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
Cable or Band Lat Pulldowns (DOWN)	7x *=50		Take 5 seconds during the concentric part of the lift. Use a weight around 12-15 rep max. Each exercise would look simliar to this to complete total of 50 reps. <i>*7 sets to get 50 reps - 10, 8, 8, 8, 7, 5, 4</i>
DB Incline Curls (UP)	7x *=50		
DB Reverse Flys (UP)	7x *=50		
Ball Curls w/Hip Ext. (IN)	7x *=50		

### DAY 5 - PULL (ECCENTRIC) 5:1 TEMPO

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
Pull ups - assisted if needed (DOWN)	5x5		Take 5 seconds during the eccentric part of the lift. Use a weight around 8 rep max. Use this format for sets to reps - 5,5,5,5,5 to equal 25 total reps.
Barbell Curl (DOWN)	5x5		
Barbell Shrug (DOWN)	5x5		
Bar or DB Deadlift (DOWN)	5x5		



## WEEK 2

### DAY 1 - PUSH (CONCENTRIC) 1:5 TEMPO

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
DB Incline Chest Press (UP)	7x *=50		Take 5 seconds during the concentric part of the lift. Use a weight around 12-15 rep max. Each exercise would look simliar to this to complete total of 50 reps. <i>*7 sets to get 50 reps - 10, 8, 8, 8, 7, 5, 4</i>
Band or Machine Tricep Ext. (DOWN)	7x *=50		
DB Shoulder Lateral Raise (UP)	7x *=50		
DB Suitcase Squats or Leg Ext. (UP)	7x *=50		

### DAY 2 - PUSH (ECCENTRIC) 5:1 TEMP

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
Barbell Bench Press (DOWN)	5x5		Take 5 seconds during the eccentric part of the lift. Use a weight around 8 rep max. Use this format for sets to reps - 5,5,5,5,5 to equal 25 total reps.
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Barbell Curl (DOWN)	5x5		
Barbell Shrug (DOWN)	5x5		
Bar or DB Deadlift (DOWN)	5x5		



## WEEK 3

### DAY 1 - PUSH (CONCENTRIC) 1:5 TEMPO

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
DB Incline Chest Press (UP)	7x *=50		Take 5 seconds during the concentric part of the lift. Use a weight around 12-15 rep max. Each exercise would look simliar to this to complete total of 50 reps. <i>*7 sets to get 50 reps - 10, 8, 8, 8, 7, 5, 4</i>
Band or Machine Tricep Ext. (DOWN)	7x *=50		
DB Shoulder Lateral Raise (UP)	7x *=50		
DB Suitcase Squats or Leg Ext. (UP)	7x *=50		

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Barbell Shrug (DOWN)	5x5		
Bar or DB Deadlift (DOWN)	5x5		



## WEEK 4

### DAY 1 - PUSH (CONCENTRIC) 1:5 TEMPO

The Up & Down indicates part of lift for the 5 second duration

Exercise	Sets/Reps	Performed	Comments
DB Incline Chest Press (UP)	7x *=50		Take 5 seconds during the concentric part of the lift. Use a weight around 12-15 rep max. Each exercise would look simliar to this to complete total of 50 reps. <i>*7 sets to get 50 reps - 10, 8, 8, 8, 7, 5, 4</i>
Band or Machine Tricep Ext. (DOWN)	7x *=50		
DB Shoulder Lateral Raise (UP)	7x *=50		
DB Suitcase Squats or Leg Ext. (UP)	7x *=50		

### DAY 2 - PUSH (ECCENTRIC) 5:1 TEMP

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Exercise	Sets/Reps	Performed	Comments
Barbell Bench Press (DOWN)	5x5		Take 5 seconds during the eccentric part of the lift. Use a weight around 8 rep max. Use this format for sets to reps - 5,5,5,5,5 to equal 25 total reps.
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