MAX Workouts 3-Week Power Program

This 3 week high-intensity program is designed to boost your work capacity, increase your strength endurance and take your fitness to the next level. Using my 3 intensity variables (time, speed and weight), you'll skyrocket your intensity and burn off fat while increasing your overall strength and power. For more short, high-intensity workouts, visit www.maxworkouts.com.

By Shin Ohtake
Author, MAX Workouts

Workout Schedule

The workout schedule below should be repeated for 3 consecutive weeks. Each week you should progress by increasing your intensity as described in each workout (on pages to follow).

<table>
<thead>
<tr>
<th></th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 1</td>
<td>Strength-Circuit A</td>
<td>Strength-Circuit B</td>
<td>Interval Cardio A</td>
<td>Strength-Circuit C</td>
<td>Strength-Circuit D</td>
<td>Interval Cardio B</td>
<td>Rest Day</td>
</tr>
<tr>
<td>Week 2</td>
<td>Strength-Circuit A</td>
<td>Strength-Circuit B</td>
<td>Interval Cardio C</td>
<td>Strength-Circuit C</td>
<td>Strength-Circuit D</td>
<td>Interval Cardio A</td>
<td>Rest Day</td>
</tr>
<tr>
<td>Week 3</td>
<td>Strength-Circuit A</td>
<td>Strength-Circuit B</td>
<td>Interval Cardio B</td>
<td>Strength-Circuit C</td>
<td>Strength-Circuit D</td>
<td>Interval Cardio C</td>
<td>Rest Day</td>
</tr>
</tbody>
</table>
**Strength-Circuit A**

**Instructions**
Perform these 3 exercises in a row. Repeat for a total of 6-8 rounds. This workout is for time, so minimize rest between exercises and rounds.

**Weekly Progression**
Try and improve your time from week to week.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>REPETITIONS</th>
<th>REST</th>
<th>LOAD (POUNDS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sumo Deadlift High Pulls</td>
<td>10</td>
<td>-</td>
<td>Men: 65-95</td>
</tr>
<tr>
<td>(Barbell or Dumbbells)</td>
<td></td>
<td></td>
<td>Women: 25-55</td>
</tr>
<tr>
<td>Inverted Rows</td>
<td>10</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Squat Jumps</td>
<td>10</td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

**Strength-Circuit B**

**Instructions**
Perform these 2 exercises in a row followed by 1 minute of cardio (your choice) at an intensity level of 8/10. That means on a scale of 1 to 10, your effort level should be an 8 (hard). Rest 1 minute after each round. Repeat for a total of 6-8 rounds.

**Weekly Progression**
Try to decrease your rest periods or increase the load (or both) from week to week.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>REPETITIONS</th>
<th>REST</th>
<th>LOAD (POUNDS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plyo Push Ups</td>
<td>10</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Squat Cleans (Barbell or Dumbbells)</td>
<td>10</td>
<td>-</td>
<td>Men: 65-115</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 25-65</td>
</tr>
<tr>
<td>1 minute of cardio</td>
<td></td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>at intensity level 8/10 (hard)</td>
<td></td>
<td>-</td>
<td></td>
</tr>
</tbody>
</table>

Rest 1 minute after each round. Repeat for a total of 6-8 rounds.
Strength-Circuit C

Instructions
Perform all 4 exercises in a row. Rest 30 seconds after each round. Repeat for a total of 6-8 rounds.

Weekly Progression
Try to increase your loads for the Split Snatches & Split Jerks from week to week. Aim to make the moves “explosive” - fast and with lots of power!

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>REPETITIONS</th>
<th>REST</th>
<th>LOAD (POUNDS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Split Snatches (Barbell or Dumbbell)</td>
<td>8</td>
<td>-</td>
<td>Men: 55-115</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 25-45</td>
</tr>
<tr>
<td>Box Step-Ups (Go fast! Start off with right foot)</td>
<td>20</td>
<td>-</td>
<td>Box height:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Men: 12-16”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 8-12”</td>
</tr>
<tr>
<td>Split Jerks Alternate Legs w/each rep (Barbell or Dumbbell)</td>
<td>8</td>
<td>-</td>
<td>Men: 55-115</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 25-45</td>
</tr>
<tr>
<td>Box Step-Ups (Go fast! Start off with right foot)</td>
<td>20</td>
<td>-</td>
<td>Box height:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Men: 12-16”</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 8-12”</td>
</tr>
</tbody>
</table>

Rest 30 seconds after each round. Repeat for a total of 6-8 rounds.
Strength-Circuit D

Instructions
Perform these 4 exercises in a row. Repeat 5-6 rounds for time. No rest (or minimize rest) between rounds.

Weekly Progression
Try and beat your time from the previous week.

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>REPETITIONS</th>
<th>REST</th>
<th>LOAD (POUNDS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunges w/ Dumbbell Curls (Alternate Legs)</td>
<td>10</td>
<td>None</td>
<td>Men: 25-55 per DB</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 10-35 per DB</td>
</tr>
<tr>
<td>Bench Dips</td>
<td>20-30</td>
<td>None</td>
<td>-</td>
</tr>
<tr>
<td>Box Step-Ups w/Dumbbell Press-Ups (Alternate Legs)</td>
<td>10</td>
<td>None</td>
<td>Men: 25-55 per DB</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Women: 10-35 per DB</td>
</tr>
<tr>
<td>Pull-Ups</td>
<td>10</td>
<td>None</td>
<td></td>
</tr>
</tbody>
</table>

Interval Cardio A

Instructions
Warm up as needed before starting the cardio interval workout. Each workout is divided up into sets. Take a small break (2-5 minutes) between each set to recover. You can use any cardio equipment of your choice. I recommend running outside if you have access to a track. If you’re inside, use the treadmill or the spinning bike. Other cardio options are: Rowing machine, versa climber, etc.

Intensity
Intensity is measured on a scale from 1 to 10, 10 being maximum effort (e.g. an all-out sprint).

Set 1
• 30 seconds: Intensity 8/10
• 30 seconds: Intensity 3/10
• Repeat for 10 rounds

Set 2
• 60 seconds: Intensity 7/10
Interval Cardio B

Instructions
Warm up as needed before starting the cardio interval workout. Each workout is divided up into sets. Take a small break (2-5 minutes) between each set to recover. You can use any cardio equipment of your choice. I recommend running outside if you have access to a track. If you're inside, use the treadmill or the spinning bike. Other cardio options are: Rowing machine, versa climber, etc.

Intensity
Intensity is measured on a scale from 1 to 10, 10 being maximum effort (e.g. an all-out sprint).

Set 1
- 1:00 min: Intensity 7/10
- 30 seconds: Intensity 3/10
- 1:00 min: Intensity 8/10
- 30 seconds: Intensity 3/10
- Repeat for 3 rounds

Set 2
- 20 seconds: Intensity 6/10
- 20 seconds: Intensity 7/10
- 20 seconds: Intensity 8/10
- 20 seconds: Intensity 9/10
- 1:00 min: Intensity 3/10
- Repeat for 6 rounds

Interval Cardio C

Instructions
Warm up as needed before starting the cardio interval workout. Each workout is divided up into sets. Take a small break (2-5 minutes) between each set to recover. You can use any cardio equipment of your choice. I recommend running outside if you have
access to a track. If you’re inside, use the treadmill or the spinning bike. Other cardio options are: Rowing machine, versa climber, etc.

**Intensity**
Intensity is measured on a scale from 1 to 10, 10 being maximum effort (e.g. an all-out sprint).

Set 1
- 40 seconds: Intensity 7/10
- 20 seconds: Intensity 3/10
- 5 rounds

Set 2
- 3:00 min: Intensity 8/10

Set 3
- 30 seconds: Intensity 7/10
- 30 seconds: Intensity 4/10
- 5 rounds

Set 4
- 3:00 min: Intensity 8/10

Set 5
- 20 seconds: Intensity 7/10
- 40 seconds: Intensity 5/10
- 5 rounds

Set 6
- 3:00 min: Intensity 8/10
Exercise Descriptions

Bench Dips

Box Step-Ups

- Using a box (or any type of sturdy platform, even stairs), step up with your right foot first
- Bring your left foot up onto the box
- Step down with your right foot, then the left. Repeat.
- Go as FAST as possible!
Box Step-Ups w/Dumbbell Press-Ups

- Step onto the box with the dumbbells racked by your shoulders
- Once both feet are on the box, press the dumbbells overhead
- Step down with the same foot and repeat (alternate legs)
Inverted Rows

• Start by hanging from a bar
• The body should be straight with hips in alignment with the chest
• The hands should be about shoulder width apart
• Pull the chest up towards the bar while keeping the body as straight as possible
• Keep your hips up high as you perform this exercise
• Bring your body down until arms full extended
Lunges with Dumbbell Curls

- Star in a standing position
- Lunge with the dumbbells by your sides
- Perform a curl while in the lunge position
- Come back to standing position and repeat (alternate legs)

Plyo Push-Ups

- Start in plank position with arms fully extended
- Your head, chest, back and legs should be in alignment
- Lower your body down to the floor until the chest is about 1” off the floor
- Explode up off the floor and bring your hands up off the floor
- Bring your hands back down onto the floor and continue into the next push-up
Pull-Ups

- Start from a dead hanging position
- Grasp the bar approximately shoulder width apart with an overhand grip
- Pull the body up until the chin clears the bar
- Descend until the elbows are fully extended
Split Jerks

• Start with the barbell in the “rack” position (on the front of your shoulders).
• Slowly dip down (bend your knees about 20 degrees).
• With speed and power, propel the barbell up overhead, catching it in a split stance position.
Split Snatches

- Start with the barbell in the “hang” position (by your waist).
- Slowly lower the barbell to just above knee height
- With speed and power, propel the barbell up overhead, catching it in a split stance position.
Squat Cleans

• Start in a standing position with the barbell by your waist
• Slightly dip down by bending the knees and hip, bringing the barbell down to the top of the knees
• Come out of the dip by exploding into full extension of the hips and knees
• At the same time, vigorously shrug the shoulders up and pull the weight up as fast as possible with elbows high
• Dip down to get under the weight as quickly as possible and catch the weights on the front part your shoulders in a full squat position
Squat Jumps

- Start from a standing position
- Squat down as low as possible
- Keep your chest up and low back straight
- After reaching the bottom position of the squat, jump up as high as possible and land back down into a squat position again
- Repeat as prescribed
- Make sure when you land that the weight is shifted back towards the glutes to take as much pressure off the knees as possible

![Squat Jumps Images]
Sumo Deadlift High-Pulls (Dumbbells)

- Start in a Sumo Deadlift position, with feet wide apart
- Grab the weight with both hands and lower yourself down until the weight hits the floor
- Vigorously pull the weight off the floor
- Keep your elbows high as you pull the weight up to chest height
- Keep the low back straight all the time
- Bring the weight down along the same path until it touches the floor and repeat
Sumo Deadlift High-Pulls (Barbell)

- Follow the instructions above for the Sumo Deadlift High Pull with Dumbbell
- Make sure that your feet are positioned wide enough with your toes flared out so that the barbell doesn't hit your knees

(continued on next page)