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).

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	Strength-Circuit A	Strength-Circuit B	Interval Cardio A	Strength-Circuit C	Strength-Circuit D	Interval Cardio B	Rest Day
Week 2	Strength-Circuit A	Strength-Circuit B	Interval Cardio C	Strength-Circuit C	Strength-Circuit D	Interval Cardio A	Rest Day
Week 3	Strength-Circuit A	Strength-Circuit B	Interval Cardio B	Strength-Circuit C	Strength-Circuit D	Interval Cardio C	Rest Day

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.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Sumo Deadlift High Pulls (Barbell or Dumbbells)	10	-	Men: 65-95 Women: 25-55
Inverted Rows	10	-	
Squat Jumps	10	-	

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.

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Plyo Push Ups	10	-	-
Squat Cleans (Barbell or Dumbbells)	10	-	Men: 65-115 Women: 25-65
1 minute of cardio at intensity level 8/10 (hard)	-	-	-
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!

EXERCISE	REPETITIONS	REST	LOAD (POUNDS)
Split Snatches (Barbell or Dumbbell)	8	-	Men: 55-115 Women: 25-45
Box Step-Ups (Go fast! Start off with right foot)	20	-	Box height: Men: 12-16" Women: 8-12"
Split Jerks Alternate Legs w/each rep (Barbell or Dumbbell)	8	-	Men: 55-115 Women: 25-45
Box Step-Ups (Go fast! Start off with right foot)	20	-	Box height: Men: 12-16" Women: 8-12"
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.

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

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

- 60 seconds: Intensity 5/10
- Repeat for 6 rounds

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

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 you knees

(continued on next page)