



## OVERVIEW

The 8 Week MPOWER Program is not your typical trainer. This program combines a wide variety of plyometric exercises and power lifts to help you increase your power and strength over a period of 8 weeks.

**Each cycle spans 2 weeks** which will allow you to master the allotted sets and reps before boosting them up to the next level. The goal here is to improve overall body functionality while increasing explosive strength. Remember to select a weight that is challenging but also allows you to complete every rep and set listed.

## 4 CYCLES | 8 WEEKS

### 1 WORKOUT

Exercise	SETS X REPETITIONS			
	Cycle 1	Cycle 2	Cycle 3	Cycle 4
Squat Jumps	3 x 10	3 x 12	4 x 12	4 x 15
Single Dumbbell Sumo Squat	3 x 10	3 x 12	3 x 15	3 x 18
Box Jumps	3 x 10	3 x 12	4 x 10	4 x 12
Jumping Alternating Lunges	3 x 12	3 x 18	4 x 18	4 x 20
2 Minute Sprint on Treadmill w/ 1 Minute Rest	3 Rounds	3 Rounds	4 Rounds	4 Rounds

ALLOW 2-3 MINUTES FOR REST BETWEEN SETS.



### TIPS WHILE TRAINING

- Stay Hydrated.
- Make sure you are eating all your meals for optimized results and energy.
- Make sure you develop a good breathing pattern while performing these high intensity exercises.

### 2 WORKOUT

Exercise	SETS X REPETITIONS			
	Cycle 1	Cycle 2	Cycle 3	Cycle 4
Chin -Ups (Assisted)	2 x to failure	2 x to failure	2 x to failure	2 x to failure
Up/Down Plank	3 x 8	3 x 10	3 x 12	3 x 15
Mountain Climbers	3 x 30 seconds	3 x 45 seconds	3 x 1 minute	3 x 1 minute
Side Plank Raises (RIGHT)	4 x 10	4 x 12	4 x 14	4 x 16
Side Plank Raises (LEFT)	4 x 10	4 x 12	4 x 14	4 x 16
Burpee to Squat	3 x 10	3 x 12	3 x 14	3 x 16
1 Minute Sprint on Treadmill w/ 30 Second Rest	6 Rounds	6 Rounds	8 Rounds	8 Rounds

ALLOW 2-3 MINUTES FOR REST BETWEEN SETS.

## Nutrition:

While our primary goal in this program is to increase power and strength, the only way to truly make strength gains is to decrease body fat and increase lean muscle. This program will follow a 50% protein / 30 % carbs / 20% fat ratio for maximum body fat loss and muscle gains.

First, it's important to calculate your daily caloric intake so you know how much of each macronutrient that you need.

### **CURRENT WEIGHT (IN LBS) x 13 (MODERATELY ACTIVE PER THIS PROGRAM) = DAILY CALORIC INTAKE**

This formula alone is a "maintenance" formula. For additional weight loss, you may subtract anywhere from 200-500 calories to be in a "caloric deficit".

Here are the formulas for calculating your daily macros based off of the above 50/30/20 ratio:

PROTEIN:  $(.5) \times \text{DAILY CALORIC INTAKE FOR WEIGHT LOSS} / 4 = \text{DAILY PROTEIN INTAKE IN GRAMS}$

CARBS:  $(.3) \times \text{DAILY CALORIC INTAKE FOR WEIGHT LOSS} / 4 = \text{DAILY CARB INTAKE IN GRAMS}$

FATS:  $(.2) \times \text{DAILY CALORIC INTAKE FOR WEIGHT LOSS} / 9 = \text{DAILY FAT INTAKE IN GRAMS}$

This below SAMPLE MEAL PLAN is based off of a 1700 calorie diet (212 grams protein / 127.5 grams carbs / 38 grams fats).

### **Early Morning Snack (pre-workout):**

1 English muffin + 2 tbsp low sugar jam  
(170 calories / 4g / 31g / 1g)

### **Breakfast:**

4 egg whites + ¼ cup oats (dry measured) + cinnamon  
(250 calories / 25g / 27g / 3g)

### **Mid-Day Snack:**

1 scoop Whey HD™ + 1 banana  
(231 calories / 26g / 32g / 2g)

### **Lunch:**

5 oz. chicken breast (skinless, boneless) + 1 cup steamed broccoli  
(371 calories / 64g / 8g / 8g)

### **Late Afternoon Snack:**

1 cup plain non-fat Greek yogurt + 2 tbsp peanut butter  
(320 calories / 14g / 9g / 16g)

### **Dinner:**

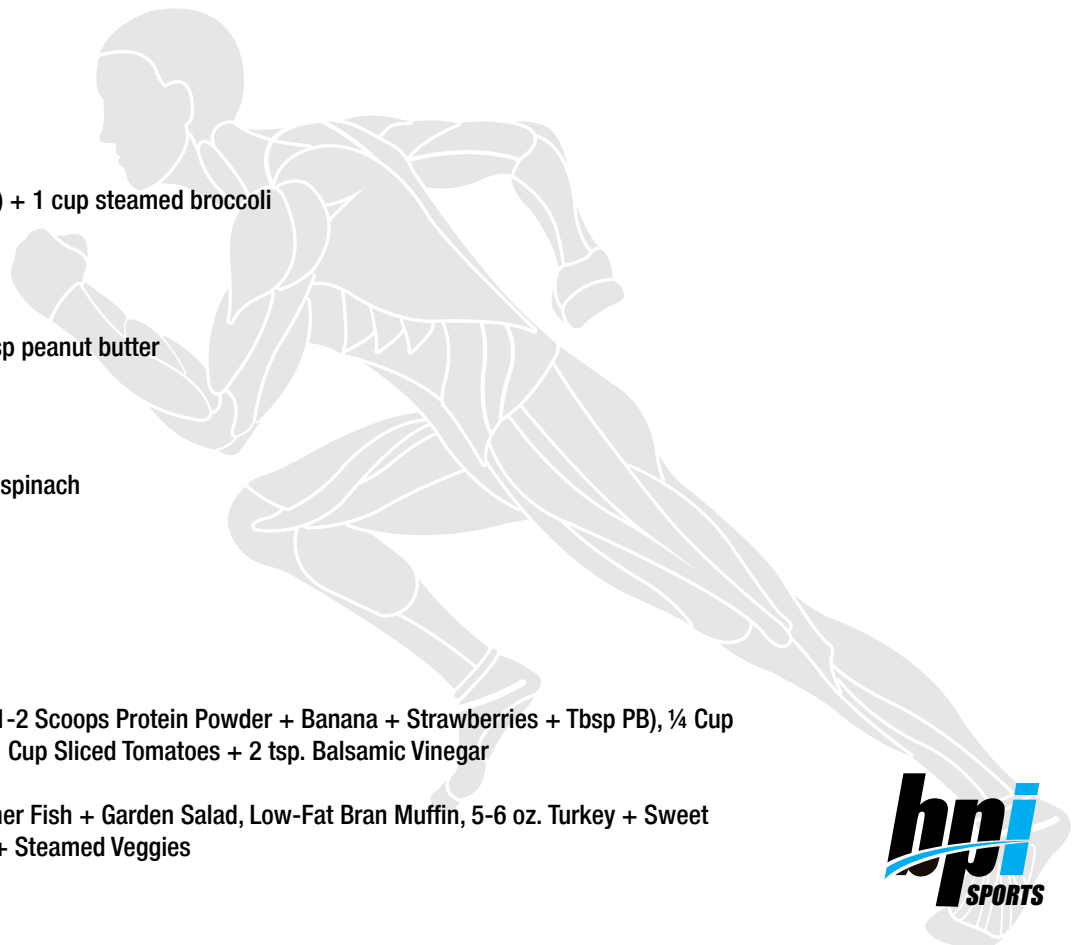
4 oz. extra lean ground turkey + 2 cups spinach  
(190 calories / 31g / 8g / 1.5g)

### **Night Snack:**

1 scoop Whey HD™ + 2 rice cakes  
(146 calories / 26g / 11g / 2g)

Snack Alternatives: Protein Smoothies (1-2 Scoops Protein Powder + Banana + Strawberries + Tbsp PB), ¼ Cup Unsalted Almonds, 1 Cup Raw Carrots, 1 Cup Sliced Tomatoes + 2 tsp. Balsamic Vinegar

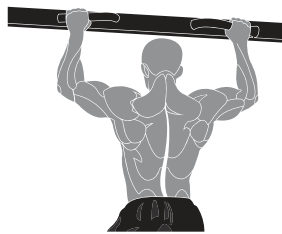
Meal Alternatives: 6-9 oz. Salmon or Other Fish + Garden Salad, Low-Fat Bran Muffin, 5-6 oz. Turkey + Sweet Potato + ½ Cup Brown Rice, 6 oz. Beef + Steamed Veggies



### 3 WORKOUT

Exercise	SETS X REPETITIONS			
	Cycle 1	Cycle 2	Cycle 3	Cycle 4
Bodyweight Squats	5 x 10	5 x 12	5 x 15	5 x 20
Deadlifts (RDL)	3 x 6	3 x 8	3 x 10	3 x 12
Lateral Hops	4 x 12	4 x 12	4 x 15	4 x 20
Speed Skaters	4 x 12	4 x 12	4 x 15	4 x 20
3.6 MPH Speed Walk on 10.0 Incline	15 Minutes	15 Minutes	15 Minutes	15 Minutes

**ALLOW 2-3 MINUTES FOR REST BETWEEN SETS.**



#### TIPS WHILE TRAINING

- Make sure you do the necessary warmup routines before your workout.
- Stretch before and after your workouts.

### 4 WORKOUT

Exercise	SETS X REPETITIONS			
	Cycle 1	Cycle 2	Cycle 3	Cycle 4
Tuck Jumps	3 x 10	3 x 12	3 x 15	3 x 18
100 Meter Sprint	-	-	-	-
Push - Presses	3 x 6	3 x 8	3 x 10	3 x 12
100 Meter Sprint	-	-	-	-
Supermans	3 x 10	3 x 12	3 x 15	3 x 18
100 Meter Sprint	-	-	-	-
Walking Lunges	3 x 20	3 x 20	3 x 20	3 x 20
100 Meter Sprint	-	-	-	-

**ALLOW 2-3 MINUTES FOR REST BETWEEN SETS.**