

# MAPS FITNESS PRODUCTS

## PROGRAM OVERVIEW

	What is your goal?	What is your level of experience?	What equipment do I need?	How many workouts per week?	How long are the workouts?	How long is the entire program?
ANABOLIC	Build muscle, Increase strength, Boost metabolism	Beginner Intermediate Advanced	Squat rack, Barbells Dumbbells, Adjustable bench, Resistance bands	2-3 days a week (gym/home gym)	30-60 min/workout  Trigger session days (optional): 10-30 min	9-11 Weeks 4 Phases
PERFORMANCE	Improved athleticism, Functional strength, Increased power production, Conditioning, Mobility, Strong healthy joints	Intermediate Advanced	Squat rack, Barbells Dumbbells, Adjustable bench, Resistance bands, (Kettlebells optional)	3 days a week (gym/home gym)	60-75 min in gym 15-30 min at home	11-12 Weeks 4 Phases
AESTHETIC	Build muscle, Sculpt body, Balance, Symmetry, Aesthetics, Bring up lagging body parts	Intermediate Advanced	Full Gym Access	5 days a week	30-75 min	10 Weeks 3 Phases
ANYWHERE	Overall fitness, Fat loss, Strength for people with limited access to equipment & limited time	Beginner Intermediate Advanced	Resistance bands, Stick (broomstick, dowel, pvc pipe) Pull-up bar (optional)	2-5 days a week	30-60 min	4 Weeks 2 Phases
PRIME	Maximize the results of any workout, Prevent injury maximize performance before any athletic event	Beginner Intermediate Advanced	No equipment needed	1-7 days a week (use as needed)	10-20 min	Ongoing
PRIME PRO	Improve function overcome pain and correct bad habits	Beginner Intermediate Advanced	No equipment, (5-6 Ft stick suggested)	Every day as needed frequently as possible	20-30 min	Ongoing
HIIT	Shed body fat, Increase stamina Workout in half the time, Build a larger gas tank	Advanced	Barbell, Plates, Dumbbells	3 HIIT Workouts 2 Flow Sessions 2 NEAT Sessions per week	20-30 min	2-6 Weeks 3 Phases
SPLIT	Build muscle, Shed fat, Boost metabolism, Sculpt the body	Advanced	Barbells, Dumbbells, Machines *Recommend a gym membership	6 Days a week 1 Mobility day	1 hour	12 Weeks 3 Phases
STRONG	Build maximal muscle, Increase total body strength, Increase work capacity	Advanced	Barbells, Dumbbells, Squat Rack *Suggested: Speed Ladder, Hex Bar, & Sandbag	3 Foundational Workouts 2 Work Sessions per week	1 hour	12 Weeks 3 Phases
STARTER	Build Foundational Strength and Stability	Beginner	Dumbbells and a Physio Ball	4 Workouts Per Week	30-40 min	12 Weeks
P.E.D.	Build the Most Impressive, Competitive Physique	Most Advanced	An entire gym with machines and free weights	Extreme: 3 Days On One Day Off 2 workouts a Day Advanced: 2 Days On One Day Off 2 Workouts a Day	2-45 minute workouts/day	Extreme: 18 Weeks Advanced: 23 Weeks
OCR	Designed for obstacle course race preparedness. Attain a stronger, more durable grip and greater cardiovascular endurance	Intermediate	Full gym access or if at home Dumbbells or Kettle Bells, a pull up bar, and a rice bucket	4-5 Workouts Per Week	1 hour	15 Weeks 4 Phases