Dear MVP+ Member -

Hello! Brian from STACK here. I’m reaching out to let you know about all of the awesome stuff we recently added to STACK MVP+. As a member, you get immediate access to all of these updates. Log in today and check out:

* Our complete guide to improving Bench Press form, **the BIG BENCH PRESS Method**. Try the technique yourself and you’ll see why. We watched one athlete use the form cues in the program to **up his Bench max by 30 pounds in 20 minutes**. It’s available now in the Guides section.
* New in the Workshops area, you’ll find a replay of part one of our **Master Athletic Program Planning** (**MAPP**) series, **Making In-Season Training More Effective**. In it, Director of Performance Brandon McGill shares his techniques for helping athletes not just stave off injury during the season, but also increase their strength and power. Watch the replay here.
* And while we’re on the subject, during his workshop Brandon mentioned that he’ll be putting together **In-Season Regen Guides**, specific by sport and position, that help fend off common trouble spots. Well, they’re here. Check out his guides for Baseball, Basketball, Football, Lacrosse and Track & Field now—and stay tuned for more.

Lastly, we wanted to thank everyone who’s reached out during the past week or so and asked the very logical question, “*When do we get the next phase of our workouts?*” After all, we’re nearing the end of the first four-week phase for many of you. We’re going to be sending out details on that next phase in the coming days.

Hang tight, train hard, and we’ll have more for you soon!

Best,

Brian Sabin

Executive Editor, STACK

P.S. – With all of those updates, it’s easy to get mixed up. Here’s a recap of the new stuff, with links to each:

Access The BIG BENCH PRESS Method in our Guides section HERE

Check out Brandon’s awesome webinar on in-season training HERE

Download Sport-Specific Regen Guides HERE