Dear MVP+ Member &mdash;

The other day I sent you a rundown of several new updates on MVP+ and mentioned a forthcoming update on the next phase of your workouts.

Well here’s your workout update:

Click Here to Check Out New Workouts In Your Dashboard

When you first built your workouts, you instantly received the first four weeks of the program.

Starting today, the next four weeks of your workouts will start to appear in your workout library.

New four-week phases will continue to be released monthly as you approach the end of your current four-week phase.

This process will continue until the phases run out. At that point, it’s time to repeat a phase from your current workout or build a new workout with our workout builder.

Click Here to Check Out New Workouts In Your Dashboard

For many workouts, there are several additional four-week phases. But not all. And there are a few workouts that only have the current four-week phase and no additional progressions. If that’s the case for one of your workouts, DON’T PANIC.

We’re working hard to add more progressions for every workout in our system. But it takes time.

With literally hundreds of possible workout combinations based on sport, position, goal, season and training experience, it takes a while to build in all that workout logic.

The good news is we already have loads of workouts covered so go check out the latest updates to your workouts now. And if there’s not a next phase for your workout, simply build a new one and keep training hard!

Click Here to Check Out New Workouts In Your Dashboard

I hope you like the new four-week phases for your workouts and your performance continues to reach new heights!

Happy Training,

Brian Sabin

Executive Editor, STACK

P.S. Did you miss my previous email with a rundown on MVP+ updates? If so, don't sweat it. Here’s a quick recap of the important updates and links:

Access the BIG BENCH PRESS Method in our Guides section HERE

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

Download Sport-Specific Regen Guides HERE