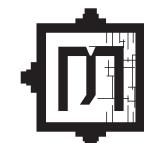


8 WEEK PERIODIZATION TRAINING PROGRAMME



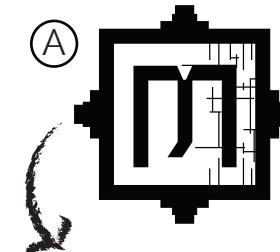
Training



ΜΕΙΝ ΧΑΥΣ
AUTHENTIC ATHLETIC



Mein Haus is a clothing line, specializing in making limited graphical handprinted apparel for the gym going audience. Our goal is to usher in a more fun, exciting, highfalutin, yet quality products and content that suits our strength and powerlifting crowd.



The Mein Haus Logo is a Citadel - a fortress - representing one's mind, body, and spirit; and it can be built for better, or worse, depending on the individual. Choose for better.



The word "Mein Haus" is German in origin, meaning "My House". This goes further to align itself with the idea that your being - mind, body, and spirit - is yours to make prosperous and abundant.

Mein Haus represents any, and all, strength enthusiasts and heavylifters constructing their lives - mentally, physically, spiritually, and financially - into their ultimate vision. IRON WILL. IRON MIND. SURVIVE. THRIVE. These are just a few short phrases and words that sums up the Mein Haus mentality in its approach to weightlifting, setting and surpassing goals. This is not a T-Shirt, this is a promise, and a reminder, to leave it all in the lab - the blood, the sweat, the tears, the over-analyzing, and past wins and losses. Mein Haus is here for the Authentic, Mein Haus is here for the Athletic.

LET EACH WORKOUT HAVE A PURPOSE.



8 WEEK PERIODIZATION TRAINING PROGRAMME

P U R P O S E

Miura: 8 Week Periodization Training Programme is guaranteed to build strength and lean out your physique. I created this programme shortly upon healing from a broken humerus, with nerve damage. I needed to rebuild my strength, muscular endurance, and size that resulted from the atrophy that occurred, and this programme was the programme that not only gotten me to my previous strength levels, but allowed me to surpass them. Don't be afraid to push yourself a little further when it comes to reps, at the time of my writing of this program, these were the amount of reps I was capable of. You are capable of much more than you know, and think.

IRON WILL. IRON MIND. SURVIVE. THRIVE.

Mirra

CHEST

FLAT BENCH PRESS	4	3-8
INCLINE BENCH PRESS	4	8-12
CABLE CROSSOVERS	4	12-15
PRESS MACHINE	3	8-12

 NOTE: Roll with the tempo of 4-0-4-1. Week 1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

REAR DELT FLYES	4	8-12
SIDE LATERAL RAISES	4	10-12
SHOULDER PRESS	4	10-12
UPRIGHT ROW	3	10-12

 NOTE: Roll with the tempo of 4-0-4-1. Week 1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

TRICEP PUSHDOWN	4	12-15
TRICEP EXTENSION	4	12-15
BICEP CURL	4	12-15
FRENCH CURL	4	12-15
WRIST CURLS	3	12-15
REVERSE WRIST CURL	3	12-15

 NOTE: Roll with the tempo of 4-0-4-1. Week 1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

LEGS

LEG EXTENSION	4	20
SQUAT	4	5-10
LEG PRESS	4	40.30.20.10
CALF PRESS	4	10.20.30.40
LYING LEG CURL	4	12-15
CALF RAISES	4	15-20
DEADLIFT	3	3-5

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

FLAT BENCH	4	3-8
INCLINE BENCH PRESS	4	8-12
CABLE CROSSOVER UNILATERAL	4	12-20

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

BARBELL ROW

4 6-8

DUMBBELL ROW

4 8-10

PULLUP

4 FAILURE

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

SHOULDER PRESS	4	15
REAR DELT FLYES	4	15
LATERAL RAISES	4	12-15

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

BICEP CURLS	4	12-15
TRICEP EXTENSION	4	12-15
PREACHER CURL	4	12-15
TRICEP OVERHEAD EXTENSION	4	12-15
CURL/EXTENSION		RUN STACK

 NOTE: Roll with the tempo of 4-0-4-1. Superset every movement with its opposite bodypart.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

LEGS

LEG EXTENSION	4	25
SQUAT	4	3-5
SEATED LEG CURL	4	12
LYING LEG CURL	4	12
CALF PRESS	4	20
CALF RAISES	4	15-20
DEADLIFT	3	2-5
LEG PRESS	7	50.40.30.30.20.10.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

FLAT BENCH	4	4-10
INCLINE BENCH	4	10-12
PEC DEC FLYES	4	12-15
CABLE CROSSOVERS	7	10-12

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

DEADLIFT

4 2-5

BARBELL ROW

4 6-10

DUMBBELL ROW

4 6-12

PULLDOWN

7 10-12

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

SHOULDER PRESS	4	8-12
LATERAL RAISE	4	12-15
REAR DELT FLY	4	12-15
UPRIGHT ROWS	7	10-12

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

BICEP CURL	4	10-12
PREACHER CURL	4	10-12
CURL UNILATERAL	3	10
TRICEP PUSHDOWN	4	10-12
TRICEP EXTENSION	4	10-12
TRICEP EXTENSION UNILATERAL	3	10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

LEGS

LEG EXTENSION	3	30.25.15
SQUAT	3	15
LEG PRESS	6	30.15.10.10.15.30
CALF PRESS	3	10.15.30
LEG CURL	4	30.15.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

FLAT BENCH PRESS
INCLINE BENCH PRESS
CROSSES

3 5-10
6 30.10.10.10.15.30
3 10.15.30

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

DEADLIFT

3 2-3

BARBELL ROW

6 30.10.10.10.15.30

CABLE PULLDOWN

3 10.15.30

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

SHOULDER PRESS
LATERAL RAISES
REAR DELT FLYES

6 30.15.10.10.15.30
3 10.15.30
3 30.15.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

LEGS

LEG EXTENSION	3	30.15.10
SQUAT	3	10
LEG PRESS	3	30.15.10
CALF PRESS	3	30.15.10
CALF RAISES	3	30.15.10
LEG CURL	3	30.15.10
DEADLIFT	3	2-5

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

FLAT BENCH PRESS
INCLINE BENCH PRESS
CROSSEOVERS

3 5-15
3 30.15.10
3 30.15.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

DEADLIFT	3	2-5
BARBELL ROW	3	30.15.10
DUMBBELL ROW UNILATERAL	3	6-10
PULLDOWN UNILATERAL	3	30.15.10
MACHINE ROW	3	30.15.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

SHOULDER PRESS	3	30.15.10
UPRIGHT ROW	3	30.15.10
LATERAL RAISE	3	30.15.10
REAR DELT FLYES	3	30.15.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

BICEP CURL	3	30.15.10
TRICEP PUSHDOWN	3	30.15.10
OVERHEAD EXTENSION	3	30.15.10
HIGH CABLE CURLS	3	30.15.10
FOREARM CURLS	3	30.15.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Munro

LEGS

LEG EXTENSION	4	25
LEG PRESS	6	30.20.10.10.20.30
LEG CURL SEATED	3	10.20.30
LYING LEG CURL	3	30.20.10
CALF PRESS	3	30.20.10
CALF RAISES	3	10.20.30

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

INCLINE BENCH PRESS
FLAT BENCH PRESS
CABLE CROSSOVERS

6 30.20.10.10.20.30
3 30.20.10
3 10.20.30

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

DEADLIFT	3	2-5
BARBELL ROW	6	30.20.10.10.20.30
SEATED CABLE ROW	3	30.20.10
MACHINE ROW	3	10.20.30

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

SHOULDER PRESS	6	30.20.10.10.20.30
LATERAL RAISES	3	30.20.10
REAR DELT FLYES	3	10.20.30
UPRIGHT ROW	3	30.20.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

OVERHEAD EXTENSION
PULLDOWN
BICEP CURL
CURL UNILATERAL

6	30.20.10.10.20.30
3	30.20.10
6	30.20.10.10.20.30
3	30.20.10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

LEGS

LEG EXTENSION	4	25
SQUAT	3	8-10
LEG PRESS	7	25.15.10.5.5.10.25
LYING LEG CURL	3	25.25.25
LEG CURL SEATED	3	25.25.25
CALF PRESS	4	15-20
CALF RAISE	4	15-20
DEADLIFT	4	2

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

FLAT BENCH	4	3-6
INCLINE BENCH PRESS	3	6-10
CABLE CROSSOVER	3	12-15
PEC DEC FLYES	3	12-15

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

BARBELL ROW	4	8-12
DUMBBELL ROW UNILATERAL	4	6
STRAIGHT-ARM ROW	3	12-15
PULLDOWN	3	10-12
DEADLIFT	3	2-6

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

LATERAL RAISES	4	8-12
REAR DELT FLYES	4	8-12
FRONT RAISES	4	8-12

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

BICEP CURL	4	15
TRICEP EXTENSION	4	15
PREACHER CURL	3	10
TRICEP EXTENSION	3	10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

CHEST

FLAT BENCH PRESS
CABLE CROSSOVER
INCLINE BENCH

4 1-5
4 12-15
4 6-10

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

BACK

BARBELL ROW	4	6-8
DUMBBELL ROW UNILATERAL	4	6-8
MACHINE ROW	4	12
SEATED ROW	4	12
DEADLIFT	4	3-4

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

ARMS

CURL	4	10
EXTENSION	4	10
PREACHER CURL	4	15
PULLDOWN	4	15

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

SHOULDER

REAR DELT FLYES	4	12-15
FRONT RAISES	3	12
LATERAL RAISES	4	12-15
SHOULDER PRESS	4	12-15

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

Mirra

LEGS

LEG EXTENSION	4	20
SQUAT	4	8
LEG PRESS	4	25.15.15.25
LEG CURL	4	8-12
CALF PRESS	4	12-15

 NOTE: Roll with the tempo of 4-0-4-1.

 TIP: Don't hold back in strength and reps, with the upcoming weeks.

Unmatched
BEAUTY
IN
STRENGTH

8 WEEK PERIODIZATION TRAINING PROGRAMME



Chinups

FOR MORE PROGRAMS AND APPAREL



MEIN HAUS
AUTHENTIC ATHLETIC