

The
mythos.

S E M I D E U S M A X I M U S



ΜΕΙΝ ΉΑΥΣ
AUTHENTIC ATHLETIC

P O W E R P R O G R A M M E



The
mythos.
S E M I D E U S M A X I M U S
7 WEEK TRAINING REGIMENT

PURPOSE

The Mythos is strictly a power programme. In this you will find seven weeks of workouts meant to get you strength gains. This programme leaves it to you to decide your active rest and rest days.

IRON WILL. IRON MIND. SURVIVE. THRIVE.



MEIN HAUS
AUTHENTIC ATHLETIC

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

CHEST

FLAT BENCH PRESS	5 2-5
INCLINE BENCH PRESS	5 5-8
CABLE CROSSOVER	5 8-12
PRESS MACHINE	5 12-15



 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

LEGS

LEG EXTENSION	4 15-25
SQUAT	5 5-8
LEG PRESS	5 12-20
LYING LEG CURL	5 8-12
CALF PRESS	5 12-15
CALF RAISES	5 12-15

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

BACK

BARBELL ROW	5 6-10
GOOD MORNINGS	2 6-10
DUMBBELL ROW (UNILATERAL)	5 6-10
PULLDOWN (TRADITIONAL)	5 10-12
SEATED ROW	5 12-18



 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

SHOULDER

SHOULDER PRESS

5 | 5-10

LATERAL RAISES

5 | 8-12

REAR DELT FLYES

5 | 8-15



 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

ARMS

TRICEP EXTENSION	3 15
BICEP CURL	3 15
OVERHEAD EXTENSION	5 15-20
PREACHER CURL	5 15-20
SEATED TRICEP EXTENSION	4 12
SEATED BICEP CURL	4 12

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

LEGS

LEG EXTENSION

4 | 20

SQUAT

5 | 2-3

LEG CURL

3 | 15-20

CALF PRESS

5 | 20-25

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

CHEST

FLAT BENCH

5 | 2-3

INCLINE BENCH PRESS

4 | 8-10

CABLE CROSSOVER

3 | 15-20

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

BACK

BARBELL ROW

5 | 2-3

DUMBBELL ROW

4 | 6-8

MACHINE ROW (UNILATERAL)

3 | 15-20

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

SHOULDER

REAR DELT ROW

5 | 3-10

SIDE LATERAL RAISES

5 | 3-10

SHOULDER PRESS

5 | 3-10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

ARMS

PREACHER CURL

5 | 10

OVERHEAD EXTENSION

5 | 10

BICEP CURL

3 | 15-20

TRICEP PUSHDOWN

3 | 15-20

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

LEGS

LEG EXTENSION

3 | 25,15,10

SQUAT

4 | 8,6,4,2

LEG PRESS

5 | 30,25,20,15,10

CALF PRESS

5 | 30,25,20,15,10

CALF RAISES

5 | 30,25,20,15,10

LEG CURL (LYING)

5 | 30,25,20,15,10

LEG CURL (SEATED)

5 | 30,25,20,15,10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

CHEST

FLAT BENCH PRESS

5 | 25,20,15,10,5

INCLINE BENCH PRESS

5 | 25,20,15,10,5

CABLE CROSSOVER

5 | 30,25,20,15,10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

BACK

BARBELL ROW

PULLDOWN (UNILATERAL)

DUMBBELL ROW

5 | 25,20,15,10,5

5 | 25,20,15,10,5

5 | 10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

SHOULDER

SHOULDER PRESS (UNILATERAL)

5 | 25,20,15,10,5

SIDE LATERAL RAISES

5 | 25,20,15,10,5

REAR DELT FLYES

5 | 25,20,15,10,5

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

ARMS

PREACHER CURL

5 | 25,20,15,10,5

OVERHEAD EXTENSION

5 | 25,20,15,10,5

CURLS

3 | 25,15,10

TRICEP PULLDOWN

3 | 25,15,10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

LEGS

LEG EXTENSION

3 | 30,15,5

LEG CURL

3 | 30,15,5

SQUAT

3 | 30,15,5

CALF PRESS

3 | 30,15,5

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

CHEST

FLAT BENCH PRESS

3 | 25,12,6

INCLINE BENCH PRESS

3 | 25,15,10

CABLE CROSSOVER

3 | 20,20,15

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

BACK

BARBELL ROW

3 | 25,15,5

GOOD MORNINGS

3 | 10,8,6

SEATED ROW

3 | 25,15,10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

SHOULDER

SHOULDER PRESS

3 | 30,15,5

SIDE LATERAL RAISES

3 | 30,15,5

REAR DELT FLYES

3 | 20,12,8

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

ARMS

PREACHER CURL

3 | 30,15,5

SKULLCRASHER

3 | 30,15,5

CURLS (CABLE)

3 | 25,15,8

PUSHDOWN (CABLE)

3 | 25,15,8

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

CHEST

FLAT BENCH PRESS

4 | 8,8,8/16,8/16/25

INCLINE BENCH PRESS

3 | 8,8,8/16,8/16/25

PUSH UP

3 | FAILURE

CABLE CROSSOVER

4 | 25,15,10,5

PRESS MACHINE

4 | 5,10,15,25

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

BACK

DEADLIFT

4 | 8,6,4,2

Straight-arm pulls

3 | 8-FAILURE

BARBELL ROW

4 | 25,15,10,5

DUMBBELL ROW

4 | FAILURE

SEATED ROW

3 | 6-8

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

LEGS

LEG EXTENSION

4 | 25

SQUAT

4 | 8

LEG PRESS

4 | 25,15,10,5

CALF PRESS

4 | 25,15,10,5

LEG CURL (LYING)

4 | 5,10,15,25

LEG CURL (SEATED)

2 | 15/10

TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
We utilize Giant Sets on the first two movements. Then in later movement we use triple dropsets.

SHOULDER/ARMS

SHOULDER PRESS LATERAL RAISE REAR DELT PULLBACK	4 25,15,10,5
SHOULDER PRESS RAISE REAR DELT FLYES (UNILATERAL)	4 25,15,10,5
HAMMER CURLS	3 10/20/30
TRICEP OVERHEAD EXTENSION	3 10/20/30
TRICEP PUSHDOWN	3 30/20/10
CABLE CURLS	3 30/20/10

💡 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
We will utilize dropsets on all movements.

CHEST

FLAT BENCH PRESS

INCLINE BENCH PRESS

CABLE CROSSOVERS

3 | 10,8,8/6/4

3 | 10,8,8/6/4

3 | 10/15,5/10,10/15



TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
We will utilize dropsets on specific movements.

BACK

DEADLIFT

3 | 8,6,4

BARBELL ROW

3 | 12,10,8/6/4

SEATED CABLE ROW

3 | 12/20,10/12,12/20

TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
We will utilize dropsets on specific movements.

LEGS

LEG EXTENSION

3 | 25/15/10

SQUAT

3 | 8-15

HACK SQUAT

3 | 15/10,5/10,15/10

TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
We will utilize dropsets on specific movements.

SHOULDER

SHOULDER PRESS

3 | 10,8,8/6/4

SIDE LATERAL RAISE

3 | 20,15,15/10/10

REAR DELT FLYES

3 | 15,15,15/10/15

TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
We will utilize dropsets on specific movements. All movements are Supersets.

ARMS

BICEPS CURL/TRICEP EXTENSION

3 | 15,12,10/12/15

PREACHER CURL/ TRICEP OVERHEAD EXTENSION

3 | 12,10,8/10/12

HIGH CURL/TRICEP PUSHDOWN

3 | 25/15/10

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

LEGS

LEG EXTENSION	3 10-15
HACK SQUAT	3 8-12
LEG PRESS	3 10-15
HAMSTRING CURL (LYING)	3 10-15
SEATED HAMSTRING CURL	3 8-12
CALF PRESS	3 15-20
CALF RAISES	3 10-15

 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

CHEST

FLAT BENCH PRESS	3 10-15
INCLINE BENCH PRESS	3 8-12
CABLE CROSSOVER	3 8-10
PRESS MACHINE	3 8-10

 NOTE: Tempo of 4-0-4-1.



 TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.

BACK

BARBELL ROW	3 10-12
SEATED CABLE ROW	3 10-15
LAT PULLDOWN (UNILATERAL) CABLE	3 15-20
SEATED MACHINE ROW	3 8-12
DEADLIFT	3 8-10

TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
Superset each movement with its opposite bodypart.

ARMS

CABLE CURL (HIGH CABLE)	3 15
TRICEP PUSHDOWN (UNILATERAL)	3 15
PREACHER CURL	3 10-15
TRICEP EXTENSION	3 10-15
HAMMER CURL	3 8-12
TRICEP PUSHDOWN	3 8-12

TIP: The reasoning and purpose of this system is build, and generate, more strength and power to your lifts.
Superset each movement with its Unilateral equivalent.

SHOULDER

SHOULDER PRESS (UNILATERAL)	3 15
SHOULDER PRESS	3 8-12
SIDE LATERAL RAISE	3 15-20
SIDE LATERAL RAISE (UNILATERAL)	3 10-12
REAR DELT FLYES	3 10-15
REAR DELT FLYES (UNILATERAL)	3 10-15

MYTHOS FULFILLED



FOR APPAREL AND MORE PROGRAMMES VISIT



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