

# MAPS FITNESS PRODUCTS

## PROGRAM OVERVIEW

	ANABOLIC	PERFORMANCE	AESTHETIC	ANYWHERE	PRIME	PRIME PRO	HIIT	SPLIT	STRONG
What is your goal?	Build muscle Increase strength Boost metabolism	Improved athleticism Functional strength Increased power production Conditioning MobilityStrong healthy joints	Build muscle Sculpt body Balance Symmetry Aesthetics Bring up lagging body parts	Overall fitness Fat loss Strength for people with limited access to equipment & limited time	Maximize the results of any workout Prevent injury maximize performance before any athletic event	Improve function overcome pain and correct bad habits	Shed body fat Increase stamina Workout in half the time Build a larger gas tank	Build muscle Shed fat Boost metabolism Sculpt the body	Build maximal muscle Increase total body strength Increase work capacity
What is your level of experience?	Beginner Intermediate Advanced	Intermediate Advanced	Intermediate Advanced	Beginner Intermediate Advanced	Beginner Intermediate Advanced	Beginner Intermediate Advanced	Advanced	Advanced	Advanced
What equipment do I need?	Squat rack Barbells Dumbbells Adjustable bench Resistance bands	Squat rack Barbells Dumbbells Adjustable bench Resistance bands (Kettlebells optional)	Full Gym Access	Resistance bands Stick (broomstick, dowel, pvc pipe) Pull-up bar (optional)	No equipment needed	No equipment (5-6 Ft stick suggested)	Barbell Plates Dumbbells	Barbells Dumbbells Machines *Recommend a gym membership	Barbells, Dumbbells, Squat Rack *Suggested: Speed Ladder, Hex Bar, & Sandbag
How many workouts per week?	2-3 days a week (gym/home gym)	3 days a week (gym/home gym)	5 days a week	2-5 days a week	1-7 days a week (use as needed)	Every day as needed frequently as possible	3 HIIT Workouts 2 Flow Sessions 2 NEAT Sessions per week	6 Days a week 1 Mobility day	3 Foundational Workouts 2 Work Sessions per week
How long are the workouts?	30-60 min/workout  Trigger session days (optional): 10-30 min	60-75 min in gym 15-30 min at home	30-75 min	30-60 min	10-20 min	20-30 min	20-30 min	1 hour	1 hour
How long is the entire program?	9-11 Weeks 4 Phases	11-12 Weeks 4 Phases	10 Weeks 3 Phases	4 Weeks 2 Phases	Ongoing	Ongoing	2-6 Weeks 3 Phases	12 Weeks 3 Phases	12 Weeks 3 Phases