

A close-up, profile view of a man with a dark beard and mustache, wearing a grey t-shirt. He is looking down and to the left. The background is blurred, suggesting an indoor setting like a gym. The text is overlaid in the center of the image.

MAVERICK SAMPLE MRT ROUTINES

NOTES

- ✓ Repetitions will vary based on the individual, and ideally testing should be done to set the right range.
- ✓ Use 2-4 sets depending on your fitness levels and where you're at in your current training program. For example, you could perform the following: Week 1 = 2 rounds, Week 2 = 3 rounds, Week 3 = 4 rounds, Week 4 = 2-3 rounds (de-load).
- ✓ Tempo refers to the speed of movement in seconds. I use a 4-number system. The 4 numbers are in order of Eccentric Phase, Bottom Position, Concentric Phase, Top Position. So for example 3120 would mean 3's eccentric, 1's pause, 2's concentric, 0's pause. 'X' means explosive speed.
- ✓ When going single-side/arm such as in the example kettlebell routine, I would suggest doing an even number of sets and alternating a set on the left and a set on the right. Another option would be to drop the reps a little and go both sides on each set.
- ✓ Click 'view video' to see the routine in action.

OPTION 1 – BARBELL

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Exercise	Sets x reps	weight	tempo	rest
A1) Barbell Power Clean	2-4 x 3-5	You could get 6-10 reps of the Clean comfortably	X	15's
A2) Barbell Front Squat	2-4 x 6-8	Same weight	2010	15's
A3) Barbell Push Press	2-4 x 4-6	Same weight	21X0	15's
A4) Barbell Bent-Over Row	2-4 x 3-5	Same weight	2010	15's
A5) Barbell Romanian Deadlift	2-4 x 6-8	Same weight	3010	3 minutes, repeat circuit

OPTION 2 – DUMBBELL

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Exercise	Sets x reps	weight	tempo	rest
A1) Dumbbell Alternate Reverse Lunge	2-4 x 6-8	You could get 12-16 reps of the Lunge	X	15's
A2) Dumbbell Row	2-4 x 6-8	Same weight	X	15's
A3) Dumbbell Skier Swing	2-4 x 6-8	Same weight	2010	15's
A4) DB Seesaw Press	2-4 x 6-8	Same weight	2010	15's
A5) Renegade Row	2-4 x 4-6	Same weight	1011	3 minutes, repeat circuit

OPTION 3 – KETTLEBELL

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Exercise	Sets x reps	weight	tempo	rest
A1) Kettlebell 1-Arm Clean	2-4 x 5-7	You could get 10-14 reps of the Clean	X	15's
A2) Kettlebell 1-Arm Push Press	2-4 x 5-7	Same weight	20X0	15's
A3) Offset Reverse Lunge	4 x 6-8	Same weight	2010	15's
A4) Kettlebell 1-Arm Row	4 x 4-6	Same weight	2010	15's
A5) Kettlebell Offset Squat	4 x 6-8	Same weight	3010	3 minutes, repeat circuit