



2X PROJECT

MAXIMIZE YOUR PERFORMANCE POTENTIAL

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This program was created for those who are looking to maximize their performance potential, training **ONLY 2X per week**. There is enough science and studies to determine what works and what doesn't. This program applied the best in the scientific principles of exercise physiology to ensure your confidence in the program. The only factor that will determine whether or not success is achieved is YOU.

WHO WILL BENEFIT FROM 2X?

- ❖ High Level athletes who are either in-season or require time in their weekly schedule to focus on other aspects of their sport.
- ❖ Individuals who are busy and do not have a lot of time to commit to their training.
- ❖ Individuals who are looking to achieve maximum results in the most efficient way possible.
- ❖ Individuals who are serious about training and serious about results.

YOUR WHY WILL DICTATE YOUR SUCCESS

The principles, strategies, techniques and guidelines contained in this program are time proven. The only things stopping you from success is your own limitations and your willingness to put in the work.

What if you could take your athletic potential to its peak level within a year? What would that do for you in the sport you excel in?

What would adding more muscle while developing a chiselled body do for your confidence? Your career? Your ability to attract that special someone? Your attitude? How would looking your best within the next year completely change everything for you and help you crush your goals and dominate in all areas of your life?

The 2X Project gives you the roadmap to get to where you want to go. Your WHY is the fuel, the motivation that will get you on the road to realizing that potential. JUST 2X PER WEEK. THAT'S IT!

ARE YOU READY?

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AN INTRODUCTION TO THE PROGRAM

Building muscle and strength, increasing athletic performance, improving one's cardiovascular capabilities is a science. There are general principles in exercise physiology that prove to be true for all human beings. While we all differ genetically, we all have the same basic physiology. For example there is a principle in exercise physiology called SAID (Specific Adaptation to Imposed Demands). The body adapts in a very specific manner to specific demands imposed on it.

If your specific goal is to build strength and muscle, you must train specifically for that goal. This means high intensity activity, that being lifting weights. The intensity required to stimulate your muscles places such a demand on your body that training volume must be low. Think of a sprinter compared to a jogger. One competes in an explosive short duration activity before being exhausted at the finish line. The other can run for 2 hours before crossing the finish line at a relatively comfortable pace. The sprinter trains intensively and briefly to elicit adaptations. The runner trains at low intensity for long durations. The sprinter is usually heavily muscled and lean. The jogger has a long skinny frame. Which athlete and type of training is most similar to that of strength athletes? The answer is obvious.

If you want to put on muscle and gain strength, you must train both intensely and infrequently. Unfortunately, we were influenced in the 70's by the top bodybuilder of the time, who espoused training for hours a day, most every day to get into contest shape. This method was also promoted by the bodybuilding magazines, who tried to sell you supplements and powders to sustain those long workouts. The concept of more is better is a great economic principle but it doesn't apply well to building muscle.

If this is the case, then how is it possible for top bodybuilders to put on the level of muscle that you currently see? Do steroids have that significant an effect? The answer is emphatically, YES. Notice the athletes of today look considerably bigger than the competitors of decades ago? Again, with the introduction of HGH we have seen the human body go to grossly huge proportions.

That being said, it was one of the most successful competitors in bodybuilding history, Dorian Yates, who significantly reduced his training, down to one set per exercise to take his physique to the pinnacle of achievement. For those training without the use of PED's, training intensely, until momentary failure, through short duration only a few times per week is the only type of training that will produce significant results. Just as you can only stay in the hot summer sun for a short duration mid day before you burn, you cannot train with any sort of high intensity for a long time without burning out.

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THE SCIENCE

MAXIMIZE MUSCLE GROWTH

Whether you are a competitive athlete competing at the highest levels or a fitness enthusiast looking to put on muscle and feel better, the importance of building and maintaining lean muscle mass is of the highest priority.

THE ADAPTIVE TRIO

THE 2X PROJECT PROGRAM OPTIMIZES & MAXIMIZES THESE 3 PROCESSES.



METABOLIC STRESS

- ❖ HIGHER REPS
- ❖ PUMP
- ❖ MUSCLE BURN
- ❖ SHORTER REST PERIODS

MECHANICAL TENSION

- ❖ FULL RANGE OF MOTION
- ❖ HEAVIER RESISTANCE
- ❖ NEGATIVES

MUSCLE BREAKDOWN

- ❖ TIME UNDER TENSION
- ❖ MIND MUSCLE CONNECTION

SOURCE

MORE EFFICIENT WORKOUTS



THE TRAINING & ADAPTATION SEQUENCE:

1. PROVIDE WORKOUT STIMULUS
2. ALLOW FOR 24-48 HR MUSCLE RECOVERY
3. PROVIDE TIME FOR SYSTEM RECOVERY & MUSCLE ADAPTATION

The same muscular strength and endurance adaptations can be attained by performing a single set of ~8-12 repetitions to momentary muscular failure, at a repetition duration that maintains muscular tension throughout the entire range of motion, for most major muscle groups one or two times per week..

SOURCE

INCREASED CARDIOVASCULAR CAPACITY

Higher intensity exercise through the 2X PROJECT is more effective for improving cardio than conventional lower intensity steady state exercise.

SOURCE

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WEEKLY SEQUENCE

WARM UP

With both Strength Training Sessions, keep the warm up to a minimum, warming up the body and limbering up the muscles prior to proceeding with your first set. For the biggest muscle groups, the chest, the back and the quads, do a brief set with moderate weight in a slow manner prior to your working set to get blood flow going to that muscle group. You need not go heavy or do any lengthy amount of repetitions for this set. Stop well short of failure.

Remember that the rep ranges you are performing are higher than 5 reps and the controlled contraction of the muscle through the full range of motion at the proper speed will eliminate any risk of unnecessary injury. After a few reps in each exercise, that muscle is adequately warmed up.

TRAINING SESSIONS

Training Sessions are to be completed 2X per Cycle, a cycle usually being every 7 days (For those who need longer to recover, the cycle will vary) Allow adequate days of recovery prior to training again. (This being 2-3 days at the minimum)

When completed properly, these sessions should provide optimal muscle strength and growth AND adequate cardiovascular benefits.

CARDIOVASCULAR TRAINING

For those in competitive sports, sports related activities on non-training session days will provide adequate cardiovascular opportunities.

For those who desire to optimize their cardiovascular system, perform no more than 1-2 Days of BRIEF high intensity training sessions throughout the week. These may include 1-2 Tabata Rounds, 4-5 Rounds of 30 second intervals on a Bike or 2-3 Three Minute Circuit Rounds.

FAT BURNING ACTIVITY

Daily walks are highly recommended, particularly after dinner to help facilitate digesting after eating. These walks can be 10-45 minutes in Duration.

For fat loss purposes, the goal is to increase muscle mass to stimulate a more active metabolism. The primary method of fat loss, however will be through proper dietary practices, adjusting calories as appropriate to meet your specific goals.

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THE GUIDELINES

The guidelines provided are to ensure that you get the maximum benefits from The 2X Project.

TRACKING

1. Record your workout detailing the exercise, the weights you lifted and number of reps
2. Your goal is to progress over time. Seek to beat your previous day's best.

EXERCISE EXECUTION

1. Use controlled form at all times when possible.
2. Choose the heaviest weight that can be handled for the rep and cadence/speed outlined
3. Squeeze and contract the muscles with time under tension being paramount
4. Do not use momentum in any way to lift the weight
5. Perform through the full range of motion of the exercise
6. Persevere through to momentary failure

EXERCISE SEQUENCING

1. Do NOT do any more than what's written in the training session
2. Where it says SS (Superset) jump into the second exercise as quickly as you can
3. For other sets give yourself adequate rest to function well prior to next exercise (30s-120s)
4. Mental Readiness for each set is Paramount

Since you will only be training 2X per training cycle, you are to make the most of each and every set. Selecting the right equipment, performing the exercise through the full range of motion, with the proper speed (No jerking or swinging of the weight) through the concentric phase of the lift, then contracting the muscle hard before descending in a controlled motion while maintaining time under tension is **CRITICAL**.

Equally critical is selecting the proper weight to stimulate the muscle. You should select heaviest weight you can handle with excellent form for the reps outlined in the exercises. Once you exceed the number outlined, you are to increase the weight the next workout. You are to go until **MOMENTARY MUSCULAR FAILURE** on the exercise. Most do NOT get results because they are not willing to take it that far. Your ability to do so is paramount to your success. You **MUST** go beyond your existing capacity to perform the exercise so that you stimulate your muscle to adapt and increase in size and strength.

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TRAINING SESSION ONE

CHEST	Cable Flyes, Dumbbell Flyes or Pec Deck Supersetted with Chest Press (Incline or Flat)	Fly 8-10 reps Press 4-6 reps
BACK	Pullovers Supersetted with Close Grip Supine Pulldowns	Pullover 10 reps Pulldowns 8-10
BACK	Rows (Seated Cable, Machine or Bent Over Barbell)	8-10 reps
DELTOIDS	Lateral Raises Supersetted with Shoulder Press (Machine or Dumbbells)	Raises 10-12 reps Press 6-8 reps
REAR DELTS	Bent Over Barbell Laterals (or Rear Delt Machine)	8-10 reps
TRICEPS	Tricep Pressdown (or Overhead Tricep Extension or Machine Extension) Supersetted with Dips	Triceps 10 reps Dips 6-10 reps
BICEPS	Barbell Curls or Machine Curls	8-10 reps
QUADS	Leg Extensions Supersetted with Leg Press (or Squats)	Ext. 10-12 reps Press 8-10 reps
HAMSTRING	Leg Curls (Lying or Seated)	8-10 reps
CALVES	Calf Raises	8-10 reps
ABS	Crunches or Machine Crunches	12-15 reps

NOTES: This is the First of two workouts in the Cycle. Give 2-3 Days Rest Prior to Completing Training Session 2

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TRAINING SESSION TWO

QUADS	Leg Extensions Supersetted with Leg Press (or Squats)	Ext. 10-12 reps Press 8-10 reps
HAMSTRING	Leg Curls (Lying or Seated)	8-10 reps
CALVES	Calf Raises	8-10 reps
CHEST	Cable Flyes, Dumbbell Flyes or Pec Deck Supersetted with Chest Press (Incline or Flat)	Fly 8-10 reps Press 4-6 reps
BACK	Pullovers Supersetted with Close Grip Supine Pulldowns	Pullover 10 reps Pulldowns 8-10
BACK	Rows (Seated Cable, Machine or Bent Over Barbell)	8-10 reps
DELTOIDS	Lateral Raises Supersetted with Shoulder Press (Machine or Dumbbells)	Raises 10-12 reps Press 6-8 reps
REAR DELTS	Bent Over Barbell Laterals (or Rear Delt Machine)	8-10 reps
TRICEPS	Tricep Pressdown (or Overhead Tricep Extension or Machine Extension) Supersetted with Dips	Triceps 10 reps Dips 6-10 reps
BICEPS	Barbell Curls or Machine Curls	8-10 reps
ABS	Crunches or Machine Crunches	12-15 reps

NOTES: This is the Second of two workouts in the Cycle. Give 2-3 Days Rest Prior to Completing Training Session 1

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NUTRITION

HOW MANY CALORIES DO I NEED?



The MIFFLIN ST JEOR equation is gaining popularity amongst nutrition pro's for accurately calculating caloric needs.

Once one has figured out his Basic Metabolic Needs, that number is multiplied by an energy factor to determine estimated caloric needs.

1.2 Sedentary
1.3 Moderately Active
1.4 for Active People

A daily deficit of 250 to 750 calories is sufficient for weight loss.

However, to build muscle mass, we do not recommend a caloric deficit.

[CALCULATE CALORIES](#)

PROTEIN NEEDS?

To determine your estimated protein needs in grams, take your bodyweight and multiply it by one of the following numbers:

- ❖ 0.8 x weight (Moderately active)
- ❖ 1.0 x weight (Vigorously active)
- ❖ 1.1 x weight (Competitive Strength Athlete)

THE CORE FIVE

The following are integral to the success of your program. Any weakness in one will be the weak link that pulls progress down.

- ❖ SLEEP - 7 to 8 hours nightly for full recuperation (Regular bedtime and waking time including weekends)
- ❖ NUTRITION - Calories and Protein totals to meet your needs with an emphasis on QUALITY NUTRIENTS.
- ❖ HYDRATION - 10 to 12 glasses of Water daily throughout the day
- ❖ EXERCISE - High Intensity Training where Scheduled and Daily walks or light activities on off days.
- ❖ MINDSET - Avoid negative inputs and read or listen to something motivating and positive for 15 min daily

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SAMPLE MEAL PLAN

DAY 1

MEAL ONE

Omelette
4 Eggs
2 oz Lean Ham
1 Cup Veggies
½ Cup Cheese

MEAL TWO

8 oz Chicken Breast
2 Cup Potato
1 Large Side Salad

MEAL THREE

PROTEIN SHAKE
1.5 Scoops Whey Powder
1 Banana
1tbsp Peanut Butter

MEAL FOUR

8 oz Striploin
1.5 Cup Rice
1 Large Side Salad

DAY 2

4 Eggs
4 Slices Turkey Bacon
1 Slice Rye Bread

8 oz Salmon
1.5 Cup Rice
1 Large Side Salad

PROTEIN SHAKE
1.5 Scoops Whey Powder
1 Cup Berries
¼ Cup Yogurt

8 oz Porkloin
2 Cup Potato
1 Large Side Salad

NOTE: Sample Plan is for Case Study: Male 25, 6', 185, 2X Training + Light Cardio Daily **CALORIES: 2900 PROTEIN: 202g**

GUIDELINES

- ❖ Plan your meals ahead of time and place your template on the fridge
- ❖ Shop from your list Sunday Night to be prepared for the week ahead
- ❖ Your template should not have a lot of options, but not be so rigid with minimal choices that you don't comply
- ❖ Have the Mindset that food is fuel and that you are feeding your body
- ❖ If you choose to have a refuel meal, make sure it is scheduled as part of your plan
- ❖ For refuels, take your daily calorie total (eg 2500 cals) multiply by 7 (17500 cals) then subtract 200-300 calories daily to make up on your Refuel day. (Do NOT surpass your weekly desired total)
- ❖ Avoid processed food where possible
- ❖ Start your morning with a good source of protein
- ❖ Make sure you hit your protein totals for the day

MEAL PLAN SUBSTITUTIONS

PROTEINS

Chicken
Steak
Ground Beef
PorkLoIn
Eggs
Cheese
Salmon
Tilapia
Tuna
Bison
Protein Powder
Greek Yogurt

CARBS

White Rice
Potatoes
Yams
Fruits
Nuts
Carrots
Veggies
(That are easy to digest)
Oats

MINIMIZE

Bread
Pasta
Brown Rice
Lentils
Beans
Alcohol
Broccoli
Cabbage
Onions
Hard to Digest
Veggies

2X PROJECT

2X PROJECT Q&A

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IMPORTANT:

It is important that you listen to the full length of the podcast and follow the book to properly perform the program and maximize your results. Any step of the program that is not adhered to will result in less than your best possible results.

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The advice and tips given in this manual are meant for healthy adults only. You should immediately consult your physician to certify that the advice provided in this course is appropriate for your individual circumstances.

If you have any health issues, or pre-existing conditions, please consult with your physician before applying ANY of the information provided within this manual.

This product is for informational purposes only. The author of this manual does not accept any responsibilities for any liabilities or damages real or perceived, resulting from the use of this information.

This is a performance and use based program. All results are individualized and vary depending on the absolute and precise reproduction of the exercises/plan presented.