



Newstrength **MELP**

GET MORE OUT OF YOUR TRAINING

By **Nathan Mandeno**

What Is MELP?

Newstrengths MELP or MAX EFFORT LINEAR PERIODIZATION program was designed to spice up the typical **3x12 3x10 4x8 5x5** reps schemes and offer a program that won't only make you the Strongest YOU have ever been.

But one that will also leave you looking like you can move some serious weights too! Newstrengths MELP was created using scientifically backed training approaches that have been used successfully on numerous clients of ours with greater success than we have could imagined.

Now We Offer It To You!

How and Why MELP Works!

As you will see in your program, MELP has you hitting maximal sets then repeating “back off” sets with the same loading to accumulate tonnage under a high intensity that is autoregulated to control fatigue and force adaptation!

Wait... What?

So obviously we have done the thinking and that's the beauty of this program. Its user friendly, well thought out, fresh, challenging and has been proven to work.

So why does it work?

Science shows that people who handle the heaviest weights and accumulate the most volume (tonnage) over time whilst managing fatigue, are the ones who get the biggest and strongest.

MELP Does Just This!

The Science Behind It

MELP has 4 “main lifts” and Over the course of the 8 weeks these will be your primary focus. In these 4 lifts you will notice your reps and sets changing every week. MELP requires you to Repeat maximal loading with submaximal reps in your back off sets to safely accumulate more tonnage at a heavier weight to force greater adaptation.

Let me show you.

Your average gym goers day may look like this -
3x10 squats @70% let's say their max is 100 kgs. That is 3x10@70kgs which = 2100kg total workload

MELP requires a 10 rep max with 4x5 “back off” sets. This Person would be able to hit an minimum 75-80kgs. That's 30 total reps @80kgs! = 2400 kgs total workload.

MELP does more and does it at a greater percentage to force more adaptation!

The Results!

During the testing phase of MELP I selected myself and 7 clients to run the program and to ensure its effectiveness in a larger population.

I was blown away with my clients and my own results.

Over the 8 weeks all 7 clients put over 10kg on their focused main lift and there were a lucky few that **achieved even greater gains!** I myself have hit over 10 personal bests over the 8 weeks. That's more than I have in a long time.

TRUST THE PROGRAM

My next point is trust.

In any program trust and belief **plays a huge role in determining your success.**

To place in quite simply, if you don't think it's going to work it won't.

Invest yourself completely and you'll make the progress you desire.

Using The Program

Throughout the following pages we're going to overview and explain MELP.

If you have any further questions you can contact us directly @ www.facebook.com/newstrengthhq

You'll also notice there is blank spaces for you to fill in the weights you have used for the day.

We highly suggest you do that so you can keep track of your progress and previous weights so you can continually aim for continual improvements.

The 4 “Main Lifts”

We chose to program these lifts with good reason and we advise to you to stick to the plan. In saying that, if you can not do some of these exercises for safety reasons we suggest you choose an exercise that is as close as possible to the exercise originally chosen.

[Here is an example of possible options.](#)

BB Seal ROW - Bent over row, pendlay row,

Back Squat - front Squat, zercher squat

Overhead Press - Seated DB shoulder press, Seated military press.

Romanian Deadlift - Good Mornings, sumo deadlifts,

The RPE Scale

The RPE scale is what will guide you and keep you moving well.

Its crucial that you stick to the planned RPE of your exercises to ensure continual progress and greater results

10 Maximal	No possibility of more reps completed. Not a faliure.
9	Last repetition is extremely difficult.
8	Bar speed decreases, several reps could be completed afterwards.
7	Weight moves quickly when maximal force is applied to the weight.
6	Light speed work. Moves quickly with moderate force.
5	Most warm-up weights.
4	Recovery.
< 4	Rarely used in training.

Your Warmup And Mobility Routine

If you want to hit bigger weights and progress effectively, you need to take care of your body and this mobility circuit does just that!

CLICK ME

<http://newstrengthperformance.com/melp-mobility/>

How To Reach Your Max For The Day

Because MELP is an auto regulated program, it's important that you reach your max correctly. You're not always going to be breaking Pr's every week (though some have for 8 weeks straight) So it is important to keep it regulated how we do this is to continually hit your rep target on your warm up sets until you reach your RPE max.

For example, if i was squatting it would look like this -
Barbelx10 60x10 80x10 100x10 120x10 130x10 until I reach my RPE max.

Your Main Lifts Exercise Library!

Over the course of the next 8 weeks you may be introduced to some exercises you may have never done before. We're going to explain your 4 main lifts and what you should be looking for. As far as the assistance work goes, if you're unsure of anything you're welcome to message us directly

@ [facebook.com/newstrengthperformance/](https://www.facebook.com/newstrengthperformance/)

or simply youtube search the exercise.

BARBEL SEAL ROW

If you haven't done seal rows before you're in luck! Those of you that have know exactly what I'm talking about when I say it's one of the best back exercises you'll find.



BACK SQUAT

Anyone that wants to perform well and handle heavy weights, knows a stronger back squat will be the key lift! Squat heavier weights and watch all your other lifts go up with it!



STANDING OVERHEAD PRESS (OHP)

The OHP or Overhead Press is one of the greatest pressing exercises and shoulder developers out there. If you want bigger shoulders and more strength in all your pressing movements , look no further!



ROMANIAN DEADLIFT

Posterior chain strength is critical! So why not use one of the best posterior chain builders out! The Romanian Deadlift also allows us to hit maximal weights without the fatigue associated with your normal deadlift.



ASSISTANCE WORK

These are the lifts that come after your main lifts. These have been programmed to keep you moving well whilst ensuring all the muscles are growing to their full potential also! This stuff is just as important as your main lifts so make sure you get it all done!

You will notice that last two exercises are colored blue. This means it's time to superset. Don't get lazy here. Keep working hard and finish your session strong.



ABS!

You will notice there isn't specifically programmed ab exercises. Reason being we want you to enjoy the program and have some variability and enjoyment. So what we have done instead is give you our top 5 best abdominal exercises to choose from.

- Pallof Press
- Weighted planks
- Hanging leg raises
- Dragon flags
- Hollow Body Rocks



BONUS CARDIO & ARM WORKOUT

There is no set or programmed cardio/direct arm work. That doesn't mean it can't be done! Being an 4 day program MELP allows those who can handle the 4 days to incorporate “free days”.

The best time to do so would be on Wednesday or Saturday. These are both “free days” on melp where you can fill the gaps in with your favourite conditioning or arm sessions. We advise you keep them short, sweet and stick to isolation exercises. No more than 45 minute sessions. We don't want you to fatigued for your following sessions.

NUTRITION

Over the next 8 weeks your nutrition will be crucial. That's why we took it upon ourselves to give you a set calorie and macronutrient guideline that's unique to you and your goals.

We will be in contact via email so keep an eye out us in your emails!

MACROS MADE SIMPLE

Now that you have your personally balanced macronutrients and calories it's time to talk a little about them and what their role will be over the next 8 weeks. I wanted to make this as simple as possible and show why and when you need ALL of them.

Protein - building blocks to ensure recovery and muscular adaptation. Spread evenly across all your meals to ensure anabolism.

Carbs - fuel your workouts whilst assisting with your recovery! Majority consumed before and after training.

Fats - Hormone regulation and satiety. Spread evenly over your meals.

Calories - Total energy intake will dictate how much muscle you grow and fat you will lose! These are all of equal importance and that is why we recommend you consistently meet the recommended intakes we have given you.

BEFORE YOU START

If you have any pre existing injuries or are just unsure of your current capabilities, it's crucial that you contact your doctor before starting this exercise program or any other for that matter.

By engaging in this program you understand that physical exercise can be strenuous and subject to risk of serious injury, you are urged to obtain a physical examination from a doctor before participating in any exercise activity.

You agree that if you engage in any physical exercise or activity, you do so entirely at your own risk.

THE PROGRAM!

Now we're **proud to present to you MELP**. This is your chance to get some serious results over the next 8 weeks. Stick to the plan, stay consistent.

We Guarantee You Will See The Results



NEWSTRENGTH
Performance

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 1

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	12	8..	
BB seal row	4	6	Same weight used above	
Arnold Press	3	10	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	12	Rep max	
Back squat	4	6	Same wieght used above	
Snatch Grip Deadlift	3	10	9	
Dumbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 1

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	12	8..	
OHP	4	6	Same weight used above	
DB bench press	3	10	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	12	8..	
Romanian Deadlift	4	6	Same wieght used above	
BB reverse lunge	3	10	9	
Single leg deadlifts	3	10	9	
Abs	3	10	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 2

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	10	8..	
BB seal row	4	5	Same weight used above	
Arnold press	3	10	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	10	Rep max	
Back squat	4	5	Same wieght used above	
Snatch grip deadlift	3	10	9	
Dumbbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 2

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	10	8..	
OHP	4	5	Same weight used above	
DB bench press	3	10	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	10	8...	
Romanian Deadlift	4	5	Same wieght used above	
BB reverse lunge	3	10	9	
Single leg deadlifts	3	10	9	
Abs	3	10	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 3

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	8	8..	
BB seal row	6	4	Same weight used above	
Arnold press	3	10	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	8	Rep max	
Back squat	6	4	Same wieght used above	
Snatch grip deadlift	3	10	9	
Dumbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 3

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	8	8..	
OHP	6	4	Same weight used above	
DB bench press	3	10	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	8	8...	
Romanian Deadlift	6	4	Same wieght used above	
BB reverse lunge	3	10	9	
Single leg deadlifts	3	10	9	
Abs	3	10	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 4

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	6	8..	
BB seal row	6	3	Same weight used above	
Arnold press	4	8	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	6	Rep max	
Back squat	6	3	Same wieght used above	
Snatch grip deadlift	4	8	9	
Dumbbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 4

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	6	8..	
OHP	6	3	Same weight used above	
DB bench press	4	8	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	6	8...	
Romanian Deadlift	6	3	Same wieght used above	
BB reverse lunge	4	8	9	
Single leg deadlifts	3	10	9	
Abs	3	10	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 5

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	5	8.5	
BB seal row	5	2	Same weight used above	
Arnold press	4	8	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	5	8.5	
Back squat	5	2	Same wieght used above	
Snatch grip deadlift	4	8	9	
Dumbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 5

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	5	8.5	
OHP	5	2	Same weight used above	
DB bench press	4	8	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	5	8.5	
Romanian Deadlift	5	2	Same wieght used above	
BB reverse lunge	4	8	9	
Single leg deadlifts	3	10	9	
Abs	3	10	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 6

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	3	9	
BB seal row	6	1	Same weight used above	
Arnold press	4	8	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	3	9	
Back squat	6	1	Same wieght used above	
Snatch grip deadlift	4	8	9	
Dumbbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 6

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	3	9	
OHP	6	1	Same weight used above	
DB bench press	4	8	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	3	9	
Romanian Deadlift	6	1	Same wieght used above	
BB reverse lunge	4	8	9	
Single leg deadlifts	3	10	9	
Abs	3	10	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 7 (Deload week)

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	1	7	
BB seal row	0	0	Same weight used above	
Arnold press	5	5	9	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Paused Back squat	Rep max	1	7	
Back squat	0	0		
Snatch grip deadlift	5	5	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 7 (Deload week)

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	1	7	
OHP	0	0		
Supinated lat pulldown	5	5	9	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Romanian Deadlift	Rep max	1	7	
Romanian Deadlift	0	0		
BB reverse lunge	5	5	9	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 8

MONDAY	SETS	REPS	RPE	WEIGHT USED(KG)
BB seal row	Rep max	1	10	
BB seal row	0	0	Same weight used above	
Arnold press	5	5	9	
Dips	3	15	9	
Facepulls	3	12 to 15	10	

TUESDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Back squat	Rep max	1	10	
Back squat	0	0		
Snatch grip deadlift	5	5	9	
Dumbbell RDL	2	10	8	
Abs	2	15	10	

NEWSTRENGTH MAX EFFORT LINEAR PROGRAM

Week 8

THURSDAY	SETS	REPS	RPE	WEIGHT USED(KG)
OHP	Rep max	1	10	
OHP	0	0		
DB bench press	5	5	9	
Lat pulldown	3	15	10	
Reverse flies	3	15	10	

FRIDAY	SETS	REPS	RPE	WEIGHT USED(KG)
Deadlift	Rep max	1	10	
Deadlift	0	0		
BB reverse lunge	5	5	9	
Single leg deadlifts	2	10	9	
Abs	2	10	9	

Thank you for downloading MELP.

Please tag us in your lifts that
you post on **Instagram and
Facebook! Enjoy**