



QUICKSTART GUIDE

1

Watch the **Welcome to MAPS SPLIT!** video.

2

Under **MAPS SPLIT TRAINING** watch the **MAPS SPLIT PHASE I INTRO** and download the **Phase I Blueprint**.

3

Under **MAPS SPLIT TRAINING** watch the **NEAT INTRO** video.

4

Under **MAPS SPLIT WORKOUTS** watch the **PHASE I EXERCISES** videos that correspond to your first workout.

5

Complete your Phase I, Day 1 Workout and NEAT and follow the workouts as outlined in the **Phase I Blueprint** for days 2 - 6.

6

On day 7, under **MAPS SPLIT MOBILITY MOVEMENTS** watch the **MOBILITY MOVEMENT INTRO & MOBILITY MOVEMENT** videos. Perform the mobility movements as outlined in the **Phase I Blueprint**.

7

Repeat **Phase I** Workouts, NEAT and Mobility Movements for a total of four weeks then move to **Phase II**.

My Quickstart Guide Workout Calendar

Thomas Griffiths



My Quickstart Guide Workout Calendar:

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