

MAPS

ANABOLIC

QUICKSTART GUIDE

1

Go to the drop down **Menu** (upper left hand corner of membership site page) and click on **MAPS Anabolic Training**. Watch the **Welcome to MAPS Anabolic!** video. Once you have watched the video click "Back to MAPS Anabolic Training" directly above the video.

2

Depending on your experience starting out, download your **MAPS Anabolic Pre-Phase** or **Phase I Workout Blueprint** PDF found under **MAPS Pre-Phase** or **MAPS Phase I** (Under MAPS Anabolic Training). Click "Back to MAPS Anabolic Training" when done.

3

Watch all the **MAPS Foundational Exercises** and **MAPS Anabolic Triggering Exercises** videos (Under MAPS Anabolic Training). (Reference the Pre-Phase or Phase I Workout Blueprint while watching the training videos)

4

Following the instructions on your **MAPS Pre-Phase** or **Phase I Workout Blueprint** complete you first MAPS Foundational Workout. Tomorrow you will complete your first **MAPS Anabolic Triggering Workout**.

5

Once you have completed **Pre-Phase** or **Phase I** (3 weeks) download the next **Blueprint** and begin the next **Phase**. Once you completed all Phases through **Phase III**, cycle back once again to **Phase I** and repeat the program.

6

SPECIAL NOTE: All pertinent training and support documentation, as well as **FAQs** are easily accessible from the drop down **Menu** in the upper left hand corner of the MAPS Anabolic Membership Portal. There is also a **Search** field at the top right of the page to quickly access specific training or training videos.

Please address your technical (not training) questions to support@mindpumpmedia.com. For help with your specific training questions it is highly recommended that you become a Mind Pump Private Facebook Forum Member.

Slim In 6 Quickstart Guide

Michael Hoelscher

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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