

# The New Power Program: Protocols for Maximum Strength

**MI40-Xtreme Increases Lean Body Mass, Muscle Hypertrophy, Power and Strength in Resistance Trained Athletes**

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**Introduction**  
Many professional athletes put out programs that they feel are optimal for their clients goals. To date, however no research has directly looked at the effects of program involving a resistance training and nutrition intervention. Therefore, the purpose of this study was to investigate the effects of MI40-Xtreme (MI40X) on skeletal muscle hypertrophy, lean body mass, strength and power in resistance trained athletes.

**Materials & Methods**  
20 middle-aged, resistance trained males (age 28.3 ± 1.6 years, mass 86.06 ± 5.6 kg and height 177.8 ± 12.3 cm) were recruited for this study. Subjects were randomly and equally divided into two groups, either performing their own traditional workouts or following the MI40X program. Subjects trained 3 days per week for 40 days as a part of a daily undulating periodized resistance training program. The training volume was matched. Ultrasonography determined muscle thickness, dual emission x-ray absorptiometry, and bench press and leg press strength were recorded during days 0 and 40.

**Results**  
An ANCOVA model was used to measure group, time, and group by time interactions. If any main effects were observed, a Tukey post-hoc was employed to locate where differences occurred. Significant condition by time effects were observed in which lean body mass, muscle mass, strength and power all increased and fat mass decreased.

**Changes in Strength**

Group	Change in Leg Press (Pounds)	Change in Bench Press (Pounds)
Traditional	~40	~10
MI40X	~130	~40

**Changes in Muscle Mass and Fat Mass**

Group	Change in Muscle Mass (Pounds)	Change in Fat Mass (Pounds)
Traditional	~2	~1
MI40X	~11	~-3

**Conclusions**  
The MI40X program decreases fat-mass and increases lean body mass, skeletal muscle hypertrophy, power and strength compared to traditional, volume matched training protocols. Overall, the MI40X program seems

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