



Welcome to the world of CrossFit and the extraordinary journey of Mat Fraser. In this eBook, we'll delve into Mat's remarkable path to becoming the fittest man on Earth. Discover the secrets behind his success, from rigorous training to balanced nutrition.

Get started on this inspiring journey with the help of Total Shape!



The Core of Fraser's Training Regimen

Daily Workout Structure

Fraser's training is characterized by its variety and intensity, typically involving two 3-hour sessions per day. Each session is carefully designed to cover different aspects of fitness, from strength to endurance and flexibility.

A Glimpse into a Typical Week

- Monday:
 - Track Session: 5x400m sprints with 2 minutes rest between each sprint.
 - Strength Training: Deadlifts (5 sets of 5 reps), Squat Cleans (4 sets of 3 reps).
 - Cardio: 30 minutes of steady-state cycling.
- Tuesday:
 - Swim Session: 20 laps of freestyle, focusing on technique.
 - Technique Training: Snatch balance drills, 5 sets of 3 reps.
 - Cardio: 20 minutes of rowing at a moderate pace.
- Wednesday:
 - Track Session: Interval running, 10x200m with 1-minute rest intervals.
 - EMOM Session (Every Minute on the Minute): 10 minutes of 10 burpees at the start of each minute.
 - Cardio: 30 minutes of HIIT on the assault bike.

Specialized Workouts

- CrossFit Sandwich:
 - Start with an 800m run at a moderate pace
 - Middle Section: 5 rounds of 10 pull-ups, 15 push-ups, and 20 air squats.
 - Finish with an 800m high-intensity run.
 - EMOM Workouts:
 - Example: 15 minutes EMOM of 5 heavy kettlebell swings and 10 box jumps.
 - The goal is to complete the set within a minute and rest for the remaining time before the next minute starts.

Mat Fraser's Diet Plan: Fueling a Champion

The Transformation

Fraser's diet is as disciplined as his training. Post-2015, he made significant changes, focusing on nutrient-dense foods to support his rigorous training.

Daily Meal Plan

- Breakfast:
 - First phase: Yogurt with granola and berries.
 - Second phase: Scrambled eggs (3 eggs), oatmeal (1 cup), and bacon (2 strips).
- Lunch:
 - Light and balanced: Turkey sandwich on whole grain bread, apple slices, and a side of quinoa salad.
- Dinner:
 - High in protein and carbs: Grilled chicken breast (200g), sweet potatoes (1 cup), and steamed broccoli.

Importance of Snacks and Cheat Meals

- Snacks: Protein bars, almonds, and Greek yogurt.
- Cheat Meals: Occasional pizza or burger, emphasizing moderation.

Supplements for Peak Performance

- Whey Protein: Post-workout recovery.
- BCAA: During workouts for endurance.
- CBD: For inflammation and recovery.
- Pre-Workout Formula: For an energy boost before intense sessions.

Building Mat Fraser's Home Gym

Essential Equipment

- Cardio Machines: Treadmill, rowing machine, and assault bike.
- Strength Equipment: Barbells, bumper plates, kettlebells, and dumbbells.
- Rig Setup: Customized for pull-ups, squats, and rope climbs.

Conclusion: Emulating a Champion

Mat Fraser's training program, provided by the team at [Total Shape](#), is a comprehensive blend of discipline, hard work, and smart planning. It's not just about the hours put in the gym but also about the attention to diet, recovery, and mental toughness. By understanding the depth of his regimen, athletes can gain insights into what it takes to reach the pinnacle of fitness and performance.