



THE AMPT STARTER TOOLKIT

A Free Taste of the Full Ebook Collection

6 real coaching cards. 1 recipe. The exact training philosophy behind every AMPT program.
Free — no catch.

AMPT TRAINING

Welcome to AMPT

This toolkit is a genuine sample of the full AMPT ebook collection — not a teaser with the good parts missing. Every exercise card on the following pages is pulled directly from a full guide, formatted exactly as it appears in the paid product, so you know precisely what you'd be getting before you buy anything.

The Philosophy Behind Every AMPT Program

- **Progressive overload, every session.** Every AMPT program is built around a simple double-progression rule: add reps to the top of the prescribed range first, then add load and drop back to the bottom of the range. No guessing what to do differently this week — it's always written down.
- **2 warm-up sets, maximum 3 working sets.** No junk volume, no 90-minute sessions. Every program is built to be run efficiently without sacrificing results.
- **Barbells, dumbbells and cables.** Every exercise is built around equipment available in any standard gym — nothing here requires a specialist setup.
- **Coaching detail most programs skip.** Set-up, execution, advanced coaching cues, the most common mistake, and — in the advanced guides — a partial-rep back-off set protocol most PDFs never touch.

The 6 pages that follow are pulled from the 6 training guides in the full collection — one exercise from each, so you can see the coaching depth for yourself. After that, one full recipe from the nutrition side of the collection. A full list of everything available closes out this toolkit.

From: 12-Week Glute & Hamstring Development Program**Barbell Hip Thrust****SET-UP**

Upper back braced against a bench, bar padded and rolled over the hips, feet planted flat roughly shoulder width, shins vertical at the top of the rep.

EXECUTION

Drive through the heels and extend the hips to full lockout, squeezing the glutes hard for 1-2 seconds at the top before lowering under control.

ADVANCED COACHING CUES

- “Tuck the ribs down, chin tucked” at the top — hyperextending the lower back to get higher steals the squeeze away from the glutes.
- Drive through the heels, not the toes, to keep the load glute-dominant.
- Pause and squeeze at full lockout every rep — this is where most of the growth signal on this exercise actually comes from.

COMMON MISTAKE

Using a short, bouncy range of motion to move more weight — the pause at lockout is not optional, it's the point of the exercise.

From: 12-Week Delts & Arms Development Program

Cable Lateral Raise

SET-UP

Cable set low, standing side-on to the machine, slight forward lean at the torso, arm relaxed at the side to start.

EXECUTION

Raise the arm out to the side leading with the elbow (not the hand) to roughly shoulder height, then control the descent back to the start.

ADVANCED COACHING CUES

- The slight forward lean changes the resistance curve so the delt is loaded hard at the very start of the rep, not just at the top — a real advantage over a dumbbell raise.
- Lead with the elbow, not the hand — thinking “pour a jug of water” with a leading pinky just adds unwanted rotation.
- Control the eccentric fully — the negative on this exercise is doing as much work as the raise itself.

COMMON MISTAKE

Using momentum or shrugging the trap up to help move the weight — both pull load away from the side delt, which is the entire point of the exercise.

From: Wide Back & Thick Lats — Advanced Coaching Guide

Weighted Pull-Up (Wide Pronated Grip)**SET-UP**

Grip slightly wider than shoulder width. Start from a full dead hang, shoulders packed down before initiating each rep.

EXECUTION

Initiate by depressing and retracting the scapula before bending the elbows. Drive the elbows down and back — not just down — leading with the chest toward the bar.

ADVANCED COACHING CUES

- “Screw your hands into the bar” at the top of the hang to lock in lat tension before you pull.
- Think “elbows to hip pockets,” not “chin over bar” — this biases lats over upper traps and biceps.
- Pause 1 full second at the bottom of every rep to maximize time in the lengthened position.

COMMON MISTAKE

Kipping or using body momentum, and shrugging the shoulders up toward the ears at the top — both shift load off the lats and onto the traps/delts.

From: 12-Week Chest Development Program (Advanced Coaching Edition)

Barbell Incline Press (30-45°)

SET-UP

Bench at 30-45° — any steeper and you're training front delts, not upper chest. Grip just outside shoulder width, shoulder blades pinned down and back before unracking.

EXECUTION

Lower the bar under control to the upper chest/collarbone area, elbows at roughly 45-60° from the torso. Drive up and slightly back toward your face, finishing with a hard flex at lockout.

ADVANCED COACHING CUES

- Set your upper back tight and keep it pinned to the bench for the entire set — a loose upper back leaks tension out of the chest.
- Touch point matters: bar path should land on the upper chest, not the neck or the sternum — that's what keeps this an upper-chest-dominant press.
- Think “push the bench away,” not “push the bar up” — it keeps the drive coming from the chest instead of the front delts.

COMMON MISTAKE

Flaring the elbows to 90° (shoulder strain and shifts load to front delts), or bouncing the bar off the chest to use momentum.

From: Quad Sweep & Leg Mass — Advanced Coaching Guide

Dumbbell Bulgarian Split Squat

SET-UP

Rear foot elevated on a bench, dumbbells at the sides, front foot far enough forward that the front shin stays close to vertical at the bottom.

EXECUTION

Lower straight down until the rear knee nearly grazes the floor, keeping weight through the front mid-foot/heel. Drive up through the front leg only.

ADVANCED COACHING CUES

- Unilateral loading with a long, controlled eccentric is one of the most effective tools available for the outer sweep — don't rush the descent.
- Keep the front shin close to vertical, not angled forward — that shift is what biases quads over glutes on this exercise.
- Think “tall spine, straight down” rather than leaning into the movement.

COMMON MISTAKE

Placing the front foot too close to the bench, which forces excessive forward knee travel and shifts the exercise toward the knee joint rather than the muscle.

From: Core & Abs — Advanced Coaching Guide

Cable Pallof Press**SET-UP**

Standing side-on to a cable set at chest height, handle held at the sternum with both hands, feet shoulder width.

EXECUTION

Press the handle straight out in front of the chest and hold, actively resisting the cable's pull toward rotation. Return under control to the chest and repeat.

ADVANCED COACHING CUES

- This is an anti-rotation exercise — the goal is resisting the cable's pull to rotate you, not generating movement of your own.
- Brace the core hard through the press-out and hold — think “rigid torso” rather than “strong arms.”
- The further you stand from the anchor point, the harder the anti-rotation demand — adjust distance rather than just adding weight.

COMMON MISTAKE

Allowing the hips or shoulders to rotate toward the cable during the hold — this defeats the entire purpose of an anti-rotation exercise.

Bonus: A Sample Recipe

Both nutrition ebooks in the collection include recipes exactly like this one — full macros, ingredients and method, all built to be quick enough for a genuinely busy schedule.

From: [The Busy Dad's 10-Week Fat Loss Plan](#)

Protein Pancakes			Serves 1 (3 pancakes)
380 kcal	32g protein	34g carbs	10g fat
INGREDIENTS • 1/2 cup rolled oats, blended to flour • 1 scoop (25g) vanilla protein powder • 1 egg • 1/2 cup milk of choice • 1/2 tsp baking powder • Cooking spray		METHOD 1. Blend all ingredients until smooth. 2. Heat a non-stick pan over medium heat with cooking spray. 3. Pour 3 small pancakes and cook 2 minutes per side until golden. 4. Serve with a small handful of berries if desired.	

The Full AMPT Collection

Every product below follows the same coaching standard you just saw a sample of — full detail, real progression, and nothing generic. Mix and match individual guides, or get the complete collection as a bundle.

12-Week Glute & Hamstring Development Program

Lower-body progressive overload for the intermediate/advanced female athlete.

12-Week Delts & Arms Development Program

Progressive overload for shoulders, biceps and triceps, for male and female lifters.

Wide Back & Thick Lats — Advanced Coaching Guide

Advanced technique and coaching manual for back width, thickness and rear delts.

12-Week Chest Development Program (Advanced Coaching Edition)

Full periodized chest programming combined with exercise-breakdown coaching cards.

Quad Sweep & Leg Mass — Advanced Coaching Guide

The companion guide to the Glute & Hamstring Program — complete front-of-leg and calf development.

Core & Abs — Advanced Coaching Guide

Loaded ab, oblique and anti-rotation training — a strong, visible, injury-resistant core.

The Ultimate 12-Week Shred Plan

A complete fat-loss system: calorie/macro periodization, training, recipes and a free macro calculator.

The Busy Dad's 10-Week Fat Loss Plan

A complete fat-loss system for time-poor dads — training, nutrition, mindset and family balance.

Ready for more?

Visit ashleymunnpt.com to browse the full collection, or follow along on Instagram [@ashleymunn_ampt](https://www.instagram.com/ashleymunn_ampt) for free training tips, form breakdowns and client results. If you'd like coaching tailored specifically to you, 1:1 online coaching is also available through the website.