

AthLEAN-X STRIPPED

Workouts WEEKS 1-3

“THE RULES OF THE GAME”

Be sure to follow the following rules when performing the workouts for WEEKS 1-3 of the AthLEAN-X Training System

- ★ When choosing how much weight to use, be sure to use an amount of weight that allows you to complete the prescribed number of reps in good form. You should find the last repetition of the set to require nearly maximum effort to complete.
- ★ If the last repetition is too easy and you find that you can complete at least 2 or 3 more, increase the load on all subsequent sets.
- ★ If you are unable to complete the prescribed number of reps on a set, lighten the load accordingly on all subsequent sets to prevent this from happening again.
- ★ Rest time between all sets in these 3 weeks of workouts is 60 seconds, except for core exercises, where you want to keep your rest to no more than 30 seconds between each
- ★ Repetition cadence should be 1-2 seconds on the concentric, slight pause, and then 3 seconds on the eccentric portion.
- ★ Perform all sets of each exercise before proceeding to the next exercise in the workout. This will set the stage for your foundation strength for later in the program.
- ★ Perform all conditioning drills with the best footwork, effort, and determination you can for best results.

AND LAST BUT NOT LEAST....

- ★ *Always remember, nothing worth having comes easy. Just when it feels like the workout is too hard...just remember how good you're going to look and push through!*

AthLEAN-X

WEEK 1 Workout - AthLEAN X-TREME

“There are only two options regarding commitment. You're either in or out. There's no such thing as a life in-between.” – Pat Riley

MONDAY: STRENGTH TRAINING WORKOUT I – Upper Body Push

Exercise	Sets	Reps	Comments
Spiderman Crawls (99)	2	10	10 crawls forward and backward each set
Alternate DB Press (neutral grip) (40)	3	10	Alternate 10 presses on each arm per set
Rotational DB Shoulder Press (78)	3	12	Alternate 6 reps on each arm per set
Shoulder “L” Raises (69)	3	12	6 raises forward and 6 to the side each arm each set.
Woodchopper Tubing Pushdowns (36)	4	10-12	2 sets from high right to low left and vice versa
Rotator Cuff Tubing ER (65)	3	15	3 sets each on right and left arm

TUESDAY: CONDITIONING WORKOUT 1

Quick Feet and Ripped Quick!			
1. QFL Lateral Run (121)	8 x through	3. QFL Icky Shuffle (119)	8 x through
2. QFL In In Out Out (118)	8 x through	4. QFL Ali Shuffle (120)	8 x through

WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body / Core

Exercise	Sets	Reps	Comments
Dumbbell Squat (1)	3-4	10-12	Use heavy enough weight to fail in 10-12 reps
Dumbbell Side Lunge (62)	3	12	Alternate 6 reps to right and left each set
DB Single Leg RDL (3)	3	10-12	3 sets of 10-12 on each leg
Hip Bucks (24)	4	10-12	Keep your heels on top of the bench and push down to lift your back and butt up.
Starfish Crunch (108)	2	/	Do as many reps as you can to failure
Heels to the Heavens (105)	2	/	Do as many reps as you can to failure

THURSDAY: CONDITIONING WORKOUT 2

SPR-Interval Intensity – Not your typical boring cardio!

Run either outside or on a treadmill. Perform the following 20 minute interval

5 minute warmup jog / Interval (20 second all out sprint / 40 second jog) x 10 / 5 minute cooldown jog

FRIDAY: STRENGTH TRAINING WORKOUT III – Upper Body Pull / Core

Exercise	Sets	Reps	Comments
Inverted Row (19)	4	12	Can do either with knees bent or straight for more challenge
Standing DB Row/Kickback (72)	3	10-12	Keep your lower back slightly arched throughout
Reverse Lunge Curls (41)	3	12	6 reps stepping back with right and 6 on left each set
DB Hammer Curls (9)	3	10-12	Slowly control the lowering of the dumbbells
V-Up Russian Twists (110)	4	/	4 sets to failure. Minimize rest between sets to 30 seconds.

AthLEAN-X

WEEK 2 Workout - AthLEAN X-TREME

“Hard work spotlights the character of people: some turn up their sleeves, some turn up their noses, and some don't turn up at all.” – Sam Ewing

MONDAY: STRENGTH TRAINING WORKOUT I – Upper Body Push

Exercise	Sets	Reps	Comments
Burpee Push Up Pyramid (81)	3	8,6,4,2	Work your way down from 8 to 6 to 4 to 2 reps
Standing Tubing Chest Press (14)	4	12	Use heavy enough tubing to make this challenging
Side Laterals (64)	3	10-12	Keep slight bend in your elbows throughout
Standing DB Row and Kickback (72)	3	10-12	Keep your lower back flat for support
Tubing Tricep Push Aways (15)	3	12	Use fairly thick tubing if you don't have cable column

TUESDAY: CONDITIONING WORKOUT 1

Crunches and Punches Circuit	
1. V-Up Russian Twist (to failure) (110)	4. 3 Minutes of nonstop shadow/heavybag boxing
2. 3 Minutes of nonstop shadow/heavybag boxing	5. Heels to the Heavens (to failure) (105)
3. Ball Passes (to failure) (106)	6. 3 Minutes of nonstop shadow/heavybag boxing

WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body / Core

Exercise	Sets	Reps	Comments
Single Leg Squat w/ Rot. (58)	3	10-12	3 sets of 10-12 reps on each leg with weight
Step Up Thrusts (37)	3	10-12	3 sets of 10-12 on each leg. Explosiveness is key!
DB Swing (38)	4	15	Explode through the hips and glutes, don't lift with the back
Slick Floor Bridge Curls (60)	3	15	Place heels on a slick floor (wear socks) and bridge/curl
Canoes (113)	3	/	Perform 3 sets to failure

THURSDAY: CONDITIONING WORKOUT 2

The Starting “LINE” Up – Line Drills for conditioning and footwork	
1. Line Drill – Crossovers (122) 4 x 60 seconds	3. Line Drill – Side to Side Double Hops (125) 4 x 30 sec
2. Line Drill – X Jump Turns (124) 6 x 30 seconds	4. Line Drill – Crossovers (122) 4 x 60 seconds

FRIDAY: STRENGTH TRAINING WORKOUT III – Upper Body Pull / Core

Exercise	Sets	Reps	Comments
Pullups (76)	4	failure	Do as many as you can. Don't worry if you can't do many at this point. You will improve!
DB Renegade Row (84)	3	12	Each set consists of 12 rows on each arm
DB Fielder Curls (82)	4	10-12	Maintain your solid lower back positioning
Standing Tubing Biceps Curls (16)	3	30	Perform these reps rather quickly but through full range of motion
Starfish Crunches (108)	3	/	Perform 3 sets to failure resting < 30 seconds between

AthLEAN-X

WEEK 3 Workout - AthLEAN X-TREME

“You learn you can do your best when it's hard, even when you're tired and maybe hurting a little bit. It feels good to show some courage.” – Joe Namath

MONDAY: STRENGTH TRAINING WORKOUT I – Upper Body Push

Exercise	Sets	Reps	Comments
Burpee Push Up Pyramid (81)	3	8P	8,7,6,5,4,3,2,1 reps with burpees in between
Tubing Rotational Chest Press (33)	4	12	2 sets each with the right and left arm
Plate Squeeze Stances (70)	3	10-12	Use 5-10 lb plates for this exercise
Eccentric Triceps (The Big Catch) (94)	3	10	Wrap thick tubing around middle of foot for this
Rotator Cuff Tubing ER (65)	3	15	3 sets each on right and left arm

TUESDAY: CONDITIONING WORKOUT 1

The CONE ZONE Workout	
1. Cone Drill - 5-10-5 right and left x 5 each (129)	3. Cone Drill – 4 Corners x 5 (127)
2. Cone Drill – Star Drill x 5 (126)	4. Cone Drill – Agility Wheel x 5 (128)

WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body / Core

Exercise	Sets	Reps	Comments
3 Way Lunge Reach (73)	3	7	Do 1 set of 7 for straight, side, and pivot lunges in a row without rest. Do other leg. Perform 3 sets
Skier (Skater) Hops (77)	3	45 sec	Land softly into squat position and explode out!
Crossover Step Ups (86)	3	10-12	3 sets of 10-12 on each leg
Hip Bucks (24)	3	15	Keep your heels into the bench and power your hips and lower back off the ground
Windshield Wipers (109)	3	/	Perform 3 sets to failure

THURSDAY: CONDITIONING WORKOUT 2

On your mark, get set....sprint...to get ripped!	
1. Sprint/Walk/Jog x 6 (141)	3. Half Gassers x 4 (136)
2. Full Gassers x 6 (138)	4. 30 Yard Jumps x 4 (137)

FRIDAY: STRENGTH TRAINING WORKOUT III – Upper Body Pull / Core

Exercise	Sets	Reps	Comments
Pull Ups (76)	3	/	Perform 3 sets to positive and negative failure
Standing DB Rows (63)	3	10-12	Make sure to keep your lower back arched and supported
Rotational High Row (26)	4	12	Do 2 sets each with the right and left arms using tubing here
Incline DB Curls (79)	4	10-12	Be sure to get a full stretch on the biceps at the bottom of the rep
ISO Crunches (111)	3	/	Perform 3 sets to failure

AthLEAN-X STRIPPED

WEEK 4

AthLEAN CHALLENGE

Here are the rules for the first AthLEAN Challenge in Week 4

Using just a stopwatch and your own bodyweight, you are to time yourself and see how long it takes you to complete the following:

100 Pushups

100 Inverted Pull Ups

100 Bodyweight Squats

100 Full Sit Ups

Perform this on Monday and Friday and take your best time. Compare your time to the following to see where you rank on your pursuit of the **AthLEAN** body!

AthLEAN Elite – Under 8 Minutes

AthLEAN Xtreme – Between 8 minutes and 11 minutes

AthLEAN Pro – Between 11 minutes and 14 minutes

AthLEAN Solid – Between 14 minutes and 17 minutes

AthLEAN Rookie – Over 17 minutes

Note: If you test out at “Rookie” time. No sweat! Simply repeat the first three weeks of the program and retest. We recommend that you only advance to weeks 5-7 if you are “Solid” or above.

AthLEAN-X

WEEK 4 Workout - Circuit Breaker I – What’s your time?

“The principle is competing against yourself. It’s about self improvement, about being better than you were the day before.” – Steve Young

MONDAY: STRENGTH TRAINING WORKOUT I – ATHLEAN CHALLENGE I

Exercise	Sets	Reps	Comments
Pushups	?	100	<i>The manner in which you complete your 100 reps of each is totally up to you! You can do 5 sets of 20 each, 10 sets of 10, whatever! Just get it done in good form and in your fastest time possible!</i>
Inverted Pull Ups	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TUESDAY: STRENGTH TRAINING WORKOUT II – Core I

Exercise	Sets	Reps	Comments
Rollups (103)	2	12	<i>Lower yourself down very slowly</i>
Heels to the Heavens (105)	2	15	<i>Clear your whole tailbone off the mat</i>
Ball Pass (106)	2	12	<i>6 passes each to the legs and arms</i>
Jackknives (104)	2	15	<i>15 reps with right leg high and 15 with the left leg high each set. No rest in between</i>
Physioball Reverse Hyperext. (32)	2	10	<i>Keep your feet together and squeeze glutes / lower back to lift</i>

WEDNESDAY: CONDITIONING WORKOUT

Jumping Into Your NEW AthLEAN Body

1. Jump Rope – Two Foot Hops – 50 jumps (130)	4. Jump Rope – Side to Side Hops (1 Foot) – x 50 (133)
2. Jump Rope – Side to Side Hops (2 Feet) – x 50 (132)	5. Jump Rope – Side to Side Hops (2 Feet) – x 50 (132)
3. Jump Rope – Single Leg Jumps – 50 jumps ea. (131)	6. Jump Rope – Two Foot Hops – 50 jumps (130)

THURSDAY: STRENGTH TRAINING WORKOUT II – Core II

Exercise	Sets	Reps	Comments
Plank Straight Leg March (107)	3	30	<i>Alternate 15 reps on each leg per set</i>
Plank Opposite Knee to Elbow (112)	2	30	<i>15 reps right elbow to left knee and 15 reps left elbow to right knee each set</i>
Plank Same Side Knee to Elbow (116)	2	15	<i>Right elbow to right knee 15 times and left elbow to left knee 15 times two sets each</i>

FRIDAY: STRENGTH TRAINING WORKOUT III – ATHLEAN CHALLENGE RETEST

Exercise	Sets	Reps	Comments
Pushups	?	100	<i>The manner in which you complete your 100 reps of each is totally up to you! You can do 5 sets of 20 each, 10 sets of 10, whatever! Just get it done in good form and in your fastest time possible! Try to beat your time from Monday.</i>
Inverted Pull Ups	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	