

AthLEAN-X

Workouts WEEKS 9-11

“THE RULES OF THE GAME”

Be sure to follow the following rules when performing the workouts for WEEKS 9-11 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.
- ★ Perform 1 set of each exercise in the “pair” without resting in between. This is one set. Perform all sets for the pair before moving onto the next pair in the workout.
- ★ If a pair has exercise a and b, perform exercise a then b without resting in between. When complete...return to a then b again for the prescribed number of sets for that circuit.
- ★ Rest time between “pairs” in these 3 weeks of workouts is 60 seconds. Keep core exercises rest time to virtually zero. Perform all core exercises as one giant set and repeat.
- ★ Repetition cadence should be 1-2 seconds on the concentric, slight pause, and then 3 seconds on the eccentric portion.
- ★ Perform all conditioning drills with the best footwork, effort, and determination you can for best results.

AND LAST BUT NOT LEAST....

- ★ *As Bill Gates once said, “If I had some set idea of a finish line, don’t you think I would have crossed it years ago?” – Don’t let this be your finish line...just another step along the way to totally transforming your body to its ultimate potential!*

AthLEAN-X

WEEK 9 Workout - AthLEAN X-TREME

“Nobody's a natural. You work hard to get good and then work hard to get better.” – Paul Coffey

MONDAY: STRENGTH TRAINING WORKOUT I – Upper Body “Double Play”

Exercise	Sets	Reps	Comments
1a. Inchworms (98)	3	10	Cover distance as you walk into each rep
1b. BOSU Plyo Push Up (74)		12-15	Explode off the ground and clear the BOSU
2a. Tubing Tricep Kickbacks (27)	3	10-12	Squeeze at the end of each rep
2b. Lat Pulldowns (12)		10-12	Use a shoulder width grip or slightly narrower
3a. DB Fielder Curls (82)	3	10	Maintain a flat back throughout the exercise
3b. Rotational DB Shoulder Press (78)		12	Try to perform these one arm at a time

TUESDAY: CONDITIONING WORKOUT 1

“All Hands On Deck” – Break out the playing cards to break the boredom of cardio

Use only the 16 face cards and aces of a deck. The suit represent the number of reps, the card represents the exercise. Shuffle the deck and randomly draw for exercises to perform without rest. Use the following key:

Spades = 10 reps, Diamonds = 12 reps, Hearts = 15 reps, Clubs = 20 reps

Jacks = Jump Squats Queens = Mountain Climbers Kings = High Knees Aces = Heels to the Heavens

WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body “Double Play”

Exercise	Sets	Reps	Comments
1a. Drop Step Lunge and Lean (101)	3	12	Do 12 reps on each leg then, without resting, go to part b and do 12 reps on each leg
1b. Single Leg DB Squat (23)		12	
2a. DB Single Leg RDL (3)	3	10-12	Do 10-12 reps on each leg and then, without resting, proceed to part b and do 12 bridges
2b. Physioball High Bridges (11)		12	
3a. Step Up Thrusts (37)	3	12	Do 12 reps on each leg and then, without resting, proceed to part b and do 30 seconds of split squat jumps
3b. Split Squat Jumps (42)		30 sec	

THURSDAY: CONDITIONING WORKOUT 2

“Jump Rope Revisited” – Jumping out of your old body and into your new one!

Two Foot Hops x 100 jumps / Side to Side Hops (2 Feet) x 75 / Boxer Shuffle x 5min / Double Jumps x 25

FRIDAY: STRENGTH TRAINING WORKOUT III – Total Body “Fusion Confusion”

Exercise	Sets	Reps	Comments
1a. Dumbbell Deadlifts (66)	4	10-12	Keep your head up and back flat throughout
1b. Cable/Tubing Squat to Stand Rows (35)		10-12	Tie in the upper and lower body together
2a. Inverted Row (Inverted Chin Up) (19)	4	10-12	Definitely try and keep your legs out now
2b. Rotational Pushdowns (56)		12	Alternate 6 reps to right and left each set
3. Burpee Push Up Pyramid (81)	2	10	1,2,3,4,5,6,7,8,9,10 reps with burpees in between each round

AthLEAN-X

WEEK 10 Workout - AthLEAN X-TREME

“There are no traffic jams along the extra mile.” – Roger Staubach

MONDAY: STRENGTH TRAINING WORKOUT I – Upper Body “Double Play”

Exercise	Sets	Reps	Comments
1a. Woodchopper Pushdowns (36)	3	12	Alternate 6 reps to right and left and then proceed to pull up bar and do as many reps as you can until failure
1b. Pull Ups (76)		/	
2a. Alt. DB Incline Bench (83)	3	12	Alternate 12 presses on each arm and then proceed immediately to the renegade row where you will row 12 times on each arm
2b. Renegade Row (84)		12	
3a. Cable Rotational Push Press (33)	3	12	Perform a set on the right and left arms and then move to the high row and perform a set on the right and left arm
3b. Rotational High Row (26)		12	

TUESDAY: CONDITIONING WORKOUT 1

On the Ladder to Success...and a Ripped Body!

1. QFL Lateral Run (121)	10 x through	3. QFL Icky Shuffle (119)	10 x through
2. QFL In In Out Out (118)	10 x through	4. QFL Ali Shuffle (120)	10 x through

WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body “Double Play”

Exercise	Sets	Reps	Comments
1a. Forward Step Ups (10)	3	10-12	Perform 10-12 reps on each leg and then proceed immediately into 15 reps of swings. Repeat 2 more times
1b. Kettlebell / DB Swings (38)		15	
2a. Lunge Rotation Hip Press (100)	3	12	Perform 6 reps lunging with each leg and then proceed immediately into 15 reps of drop squats
2b. Kettlebell / DB Drop Squats (29)		15	
3a. Skier (Skater) Hops (77)	3	30 sec	Perform 30 seconds of Skater Hops and then proceed immediately into a round trip of side steps 10 steps up and back
3b. Hip Miniband Side Steps (4)		10	

THURSDAY: CONDITIONING WORKOUT 2

“Back on Track” – Slight variation on the classic track fat burning workout

1 lap warmup jog / next 4-5 laps – SPRINT the CURVES and JOG the STRAIGHT AWAYS / 1 lap cooldown jog

FRIDAY: STRENGTH TRAINING WORKOUT III – Total Body “Fusion Confusion”

Exercise	Sets	Reps	Comments
1a. DB Curl and Press (71)	4	10-12	Perform 10-12 reps of curl-presses and then proceed to row-kickbacks each set.
1b. Standing DB Row and Kickback (72)		10-12	
2a. Pull Ups (76)	3	/	Perform as many reps as you can of a pullup and then a physioball pushup. Rest 60 seconds and then repeat for 2 more sets
2b. Physioball Push Up Plus (25)		/	
3. 3-Way Lunge Reach (73)	3	7	Perform 7 reps of lunges in all 3 directions on one leg and then immediately on the other

AthLEAN-X

WEEK 11 Workout - AthLEAN X-TREME

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” – Michael Jordan

MONDAY: STRENGTH TRAINING WORKOUT I – Upper Body “Double Play”

Exercise	Sets	Reps	Comments
1a. Spiderman Push Ups (99)	3	12	Descend into pushup with each crawl step
1b. Shoulder “L” Raises (69)		12	Alternate arm forward and arm side every other rep.
2a. Pull Ups (76)	3	/	Do as many reps as you can until failure
2b. Incline DB Curls (79)		10-12	Take advantage of the stretch reflex each rep
3a. Tubing/Cable Tricep Push Aways (15)	3	12-15	Keep your elbows tucked against your ears
3b. Plate Squeeze Stances (70)		10-12	Try the two 10lb plates if you can handle it!

TUESDAY: CONDITIONING WORKOUT 1

Crunches and Punches (oh, and some jumps too) Circuit Volume 2

1. 3 Minutes of nonstop shadow/heavybag boxing	4. Heel to the Heavens (to failure) (105)
2. Scissor Kick V-Up (to failure) (114)	5. 3 Minutes of nonstop shadow/heavybag boxing
3. 3 Minutes of nonstop shadow/heavybag boxing	6. Jump Rope – Boxer Shuffle x 2 minutes (134)

WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body “Double Play”

Exercise	Sets	Reps	Comments
1a. Dumbbell Side Lunge (62)	3	10	Do 10 reps each to the right and left and then immediately do 12 reps on each leg of crossover step ups
1b. Crossover Step Ups (86)		12	
2a. Split Squat Jumps (42)	3	30 sec	Do 30 seconds of split squat jumps and proceed immediately into box jumps where you jump on and off a 16-24” box
2b. Box Jumps (no listing)		30 sec	
3a. Physioball High Bridges (11)	3	15	Do 15 reps of high bridges with your feet flat on a physioball and proceed immediately into the ball curls
3b. Physioball Leg Curls (67)		15	

THURSDAY: CONDITIONING WORKOUT 2

Last Free Pass

Another well timed off day as you prepare for your biggest AthLEAN Challenge yet!

FRIDAY: STRENGTH TRAINING WORKOUT III – Total Body “Fusion Confusion”

Exercise	Sets	Reps	Comments
1a. BOSU Plyo Push Ups (74)	4	/	Do as many reps as you can on the BOSU Plyo push up and then move immediately to your barbell row for 10 reps
1b. Standing Barbell Row (63)		10	
2a. DB Clean and Press (75)	4	12	Do 12 reps of DB Clean and Presses and then move immediately to Inverted Rows for as many reps as you can until failure
2b. Inverted Row (legs straight) (19)		/	
3. Single Leg Squat w/ Med Ball Press (43)	3	10-12	Do 3 sets of 10-12 reps on each leg

AthLEAN-X

WEEK 12

AthLEAN CHALLENGE

Here are the rules for the first AthLEAN Challenge in Week 12

Using just a stopwatch, perform 12 rounds of the following 4 exercises:

10 Burpee Pushups

10 Kettlebell Swings

10 Inverted Pullups

10 Physioball Knee Tucks

Begin on Monday by performing the original Week 4 Challenge to make sure your time has improved since the last time. Conclude the Athlean-X program by performing this Week 12 Challenge on Friday. If you pass this test at a grade of Pro or above...you have graduated to the next level of the program – AthLEAN PRO! Your next step closer to the ULTIMATE **AthLEAN** BODY! Grade yourself on the Week 12 Challenge as follows:

AthLEAN Elite – Make it through 12 rounds in <15 minutes

AthLEAN Xtreme – Make it through 12 rounds in 15-20 minutes

AthLEAN Pro – Make it through 12 rounds in 20-25 minutes

AthLEAN Solid – Make it through 12 rounds in 25-30 minutes

AthLEAN Rookie – Make it through 12 rounds in >30 minutes

Note: If you don't do this in Pro or higher, repeat weeks 9-11 and retest.

AthLEAN-X

WEEK 12 Workout - Circuit Breaker III –Are you ready for the next level?

“Don't measure yourself by what you have accomplished, but by what you should accomplish with your god given ability and work ethic.” – John Wooden

MONDAY: STRENGTH TRAINING I – AthLEAN Challenge Circuit II 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 get your ultimate time this time!</i>
Inverted Pull Ups	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TUESDAY: STRENGTH TRAINING WORKOUT II – Core I

Exercise	Sets	Reps	Comments
Jackknives (104)	2	15	<i>Do 15 reps with right leg high and 15 with left leg high each set</i>
ISO Crunches (111)	2	15	<i>Isolate the movement to use just your lower abs and obliques</i>
Scissor Kick V-Up (114)	2	15	<i>Scissor your legs nonstop and get 15 V-Ups simultaneously</i>
Physioball Around The Worlds (117)	2	20	<i>Perform 10 reps clockwise and 10 counterclockwise</i>

WEDNESDAY: CONDITIONING WORKOUT

The Final Tuneup – Taking it easy to get ready for the big test!

Perform the following light “flush” treadmill or outdoor running interval. Designed to flush out the muscles and peak your strength just in time for your third AthLEAN Challenge to see if you’ re ready for more!

5 minute warmup jog / 5 cycles of 20 second walk, 20 second jog, and 20 second run / 5 minute cooldown jog

THURSDAY: STRENGTH TRAINING WORKOUT III – Core II

Exercise	Sets	Reps	Comments
Rollups (103)	2	12	<i>Be sure to lower yourself to mat in control</i>
Ball Passes (106)	2	20	<i>Perform 10 passes each to legs and hands</i>
Plank Opposite Knee to Elbow (112)	2	30	<i>Perform 15 reps each side combo each set</i>
V-Up Russian Twists (110)	2	/	<i>Perform 2 sets of as many reps possible</i>

FRIDAY: STRENGTH TRAINING WORKOUT IV – AthLEAN Challenge Circuit III

Exercise	Sets	Reps	Comments
Burpee Pushups (no pyramid here) (81)	12	10	<i>This is your test to see if you’re ready for the next level....AthLEAN All-Star! You have to not only complete 12 rounds...you need to do it as fast as you can! Do you measure up?!? Are you truly AthLEAN?</i>
Kettlebell Swings (38)	12	10	
Inverted Rows (Inverted Pullups) (19)	12	10	
Physioball Knee Tucks (no circles) (117)	12	10	