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PRESENTS

BY POPULAR DEMAND...RELEASED FOR THE VERY FIRST TIME...

THE WOLVERINE WORKOUT

X-PRESS VERSION

-- BONUS REPORT --

WOLVERINE “ANIMAL STRENGTH” PHASE – Express Version (3 x per week for 1 week)

Instructions: Lift as heavy a weight as you can handle with good form for 4-6 reps per set. Rest time is approximately 2 minutes between each set.

- **Knee Up Pullup** – 3 sets of 4-6 reps (place dumbbell between feet for added resistance if needed)
- **Bench Press** – 3 sets of 4-6 reps (can perform on Smith Machine if desired for more stability)
- **Morphing Push Up** – 3 sets of 6 reps (each rep contains a jump clap and dive bomber pushup)
- **Barbell Lunge** – 3 sets of 6 reps (alternate right and left leg lunges each set)
- **DB Squat Clean and Press** – 3 sets of 4-6 reps (squat to parallel on the descent)
- **Medicine Ball “21” Crunch** – 3 set of 21 (7 rounds of right leg, left leg, both leg med ball toe tap)

WOLVERINE STALKING PHASE – Express Version (4 x per week for 1 week)

Instructions: Lighten weight to allow for much slower rep tempo (4 seconds up and 4 seconds down) 8 to 10 reps with 30-60 seconds rest in between sets.

- **Physioball Alternate DB Press** – 2-3 sets of 8-10 reps (alternate reps on each arm throughout)
- **Commando Pushup** – 2-3 sets of 8-10 reps (4-5 descending knee tuck pushups on each leg)
- **Recliner Shoulder Press** – 2-3 sets of 8-10 reps (control the trunk by tightening the core)
- **Inverted Pullups** – 2-3 sets of 8-10 reps (keep your back and legs in one line throughout)
- **Tempo Step Ups** – 2-3 sets of 8-10 reps (work all reps on one leg before proceeding to the other)
- **Physiocrunch** – 2-3 sets of 8-10 reps (don't let your back sag at any point in this exercise)

**GET RIPPED!
GET SHREDDED!
GET MORE MUSCLE!**

WOLVERINE AGGRESSION PHASE – Express Version (3 x per week for 1 week)

Instructions: Maximize explosiveness on each rep while aiming for 10-12 reps to failure. 2-3 sets of each exercise with rest time limited to a maximum of 60 second between sets.

- **Power Air/Ground Attack** – 2-3 sets of 10-12 reps (alternate pushup/pullup throughout)
- **Plyo Barbell Curls** – 2-3 sets of 10-12 reps (keep your elbows at around 90 degrees throughout)
- **Land Mine Plyo Squats** – 2-3 sets of 10-12 reps (perform all reps on one leg before proceeding)
- **3-Way Kettlebell Swing** – 2-3 sets of 30 reps (alternate 10 swings each to right, left, and middle)
- **Twisting Pistons** – 2-3 sets of 10-12 reps (alternate 10-12 knee tuck jumps to right and left)

Now it's time to show off your new "**ATHLEAN**" physique

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Get the "GEAR" that Jeff wears.....

