

WEEK 1 WORKOUT

RED: Walkthrough Videos / Instructions

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MONE	STRENGTH TRAINING			X-TENDED FAILURE WORKOU
EXER		SETS	REPS	COMMENTS
1A. X F	Plyo Pushups 1)	To Failure	No rest between A/B exercises
1B. Ste	p Through Pushups 2	3	To Failure	Rest 60 seconds between sets
2A. Th 2B. Re	umbs Up Pushups 3		To Failure	No rest between A/B exercises
2B. Re	verse Elbow Pushups (Back Widows	3	To Failure	Rest 60 seconds between sets
3A. Po 3B. Co	wer Plank Ups 5		To Failure	No rest between A/B exercises
3 B. Co	bra Push Ups 6	3	To Failure	Rest 60 seconds between sets
4A. Si	ngle Leg Heel Touch Squats ブ		To Failure*	*perform on each leg without resting then go into rolling scissor squats
4B. Ro	Illing Scissor Squats 8	3	To Failure	No rest between A/B exercises Rest 60 seconds between sets
	9)			No rest between A/B exercises
5A. Po	wer Pushaways 🤟	3	To Failure	Rest 60 seconds between sets
5B. Bo	dyweight Side Lateral Raise 10		To Failure*	*each arm without resting between arms
	untain Climbers for 60 – Superman (right leg	Plank for 60 - /left arm) REST (XEI Left for 30 -	Mountain C RO REST PRO 13 Rolling Plank	Superman Plank for 60 (lett leg/right arm) TOCOL) Side Scissor Plank Right for 30
2 Rol	untain Climbers for 60 – Superman (right leg I Planks for 60 – Side Scissor Plank ine Climbers for 60 – Cliffhanger Plank	Plank for 60 - /left arm) REST (XEI Left for 30 - REST (XEI anks for 15 -	Mountain C RO REST PRO Rolling Plank RO REST PRO Alpine Climb	ACK SHOCK limbers for 60 — Superman Plank for 60 (left leg/right arm) TOCOL) s for 60 — Side Scissor Plank Right for 30 TOCOL) ers for 60 — Cliffhanger Planks for 15
2 Rol	untain Climbers for 60 – Superman (right leg 13 I Planks for 60 – Side Scissor Plank 15 ine Climbers for 60 – Cliffhanger Plank REST (XERO RES	Plank for 60 - /left arm) REST (XEI Left for 30 - REST (XEI anks for 15 - T PROTOCOL	Mountain C RO REST PRO Rolling Plank RO REST PRO Alpine Climb A REPEAT	Imbers for 60 - Superman Plank for 60 (lett leg/right arm) TOCOL) S for 60 - Side Scissor Plank Right for 30 TOCOL) ers for 60 - Cliffhanger Planks for 15 FOR A TOTAL OF 2 ROUNDS
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3

3

To Failure

To Failure

5. Long Leg Plank Marches

6. Pike Pushups (Shoulders) 25

(Hamstrings/Glutes)



6 THE GRINDER

THE LOWDOWN

Before starting this workout, you will want to be adequately warmed up in terms of your core body temperature, but extremely fresh in terms of your muscle output. This can be achieved by performing 5-10 minutes of total body warmup activities like high knee running, jumping jacks, simulated jump rope, etc. Once you have broken a sweat...it's time to hit the deck and give your best pushup effort you've got. Begin this challenge by performing as many reps as you can of bodyweight pushups until failure. Upon reaching failure, take exactly 2 minutes rest and begin what we affectionately call..."THE GRINDER"! Your goal in the grinder is to perform one and a half times the number of max pushups you just completed...without ever coming up for a rest! In other words... once you start your first pushup you must continue to grind away (trying never to let your knees touch the ground again) until all reps are complete! You can "rest" by staying either in a pushup plank position or by getting in a downward dog position, just don't let those knees make contact with the ground again! Should you have to touch your knees to the ground at any point to formally rest...you are allowed exactly 10 seconds to do so...at which point you must reassume the pushup position and start cranking away again!

HERE IS THE CHALLENGE

BODYWEIGHT PUSHUPS (PERFORM TO FAILURE)

REST 2 MINUTES

BODYWEIGHT PUSHUPS (1.5 TIMES THE INITIAL NUMBER WITHOUT REST)

SCORING

Determine your score by the number of times that you need to touch your knees to the ground to get through this 1.5 times max set of pushups!

ATHLEAN Beat The Boss	No Touches!	No Quit in the Boss!
ATHLEAN Xtreme	No Touches!	Grind Time Player
ATHLEAN Elite	1 Touch	True Grit
ATHLEAN Pro	2 Touches	Grind Over Matter
ATHLEAN Solid	3-4 Touches	Ground XERO
ATHLEAN Basix	5 or more Touches	Ground Beef



WEEK 2 WORKOUT

	MONDAY STRENGTH TRAINING I	1			X-TENDED FAILURE WORKOUT
94	EXERCISE		SETS	REPS	COMMENTS
CHEST	1A. Wide Slide Push Ups 27/		Novice.	To Failure	No rest between A/B exercises
퓽	1B. Push Ups 26		3	To Failure	Rest 60 seconds between sets
PS C	2A. Jamb Hammer Rows 22			To Failure	Perform to failure on one arm and immediately,
BACK/ BIGEPS	2B. Doorway Bicep Curls 28		3	To Failure	on the same arm. Repeat on the opposite arm.
EPS	3A. Cobra Push Ups 6		122	To Failure	No rest between A/B exercises
TRICEPS	3B. Hover Hold Push Ups 29		3	To Failure	Rest 60 seconds between sets
ess	4A. Single Leg Bulgarian Wall Squats 3	0		To Failure	Perform on each leg without resting then go into
S LEGS	4B. Lateral Frog Hops 31		3	To Failure	lateral frog hops. No rest between A/B exercises Rest 60 seconds between sets
LDER	5A. Power Pushaways 9		_	To Failure	No rest between A/B exercises
SHOULDERS	5B. Rear Delt Iron Cross 32		3	To Failure	Rest 60 seconds between sets

		7	3	3
TL	ESDAY "ATHLEAN BURST" -	KILLSWITCH	XERO REST PROTOCOL	
	IN ORDER FOR A MAC	HINE TO WORK PROPERL	Y IT CAN HAVE NO BROKEN PARTS!	BURS
1	LOWER BODY Reverse Lunges (R,	L) into Split Squats	NTIL "KILL" or Failure then SWITCH	
2	UPPER BODY Superman Pushups (R, L) into Clapping Plyo Pus	hups 3400 UNTIL "KILL" then SWITCH	
3	ABS: "21" Crunch – DO UNTIL "KIL	L" or Failure then SWITCH F	EST and repeat for 3-5 total circuits	

		8		
THURSDAY "ATHLEAN BU	JRST" – BUMPS, JU	MPS, AND JAX!	NO XERO REST PROTOCOL	
- 2 - 2			NG TO COMPLETE THE TASK	BUR
Single Leg Burpees – 10 per mi	inute (Alternate 5 on eacl	h leg) - Perform in m	inutes 1,4,7,10,13,16,19	
37 Broad Jumps – 10 per minute -				
38 Jack Pushups –20 per minute -	Perform in minutes 3,6,9	9,12,15,18,21		
	JTE IS DETERMINED BY	HOW QUICKLY YOU	COMPLETE YOUR GOAL REPS!	

	5							
FRIDAY STRENGTH TRAINING II "XERO SUM" PROGRESSION WORKOUT (Beat Last Week's Totals)								
EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL		
21 1. Wall Spiderman Pushups (Chest)	3	To Failure						
22 2. Jamb Hammer Rows (Back/Biceps)	3 each arm	To Failure						
3. Single Leg Heel Touch Squats (Quads/Hips)	3 each leg	To Failure						
23 4. Diamond Cutter Pushups (Triceps)	3	To Failure						
24 5. Long Leg Plank Marches (Hamstrings/Glutes)	3	To Failure						
25 6. Pike Pushups (Shoulders)	3	To Failure						





LACTIC ACID 9 TRIP

THE LOWDOWN

In this workout you are to perform a static isometric holding exercise for 1 minute prior to an explosive dynamic exercise to failure with the goal being to see how many reps you can achieve on the second of that pairing. Just when the lactic acid is at it's peak (from the static hold of the first part of the combo) you'll want to dig deep and knock out as many reps as you can...doing your best to ignore the intense burn in your muscles already! Your final score is determined by counting up the total number of reps that you achieve in the second half of the 4 exercise pairings across all 3 rounds! Want even more of a challenge? Take the "frequent flier" challenge and take another trip or two for one intense workout. Don't worry...the ticket is on us!

HERE IS THE CHALLENGE

PERFORM 3 MANDATORY "TRIPS" OF THE FOLLOWING:

COMBO 1:39 DELT DOOR JAMMERS INTO PIKE PUSHUPS 25

COMBO 2:40WALL SITS INTO SPLIT SQUAT JUMPS 41

COMBO 329 HOVER HOLD PUSHUPS INTO CLAPPING PLYO PUSHUPS 42

COMBO 443 BACK WIDOW HOLDS INTO THUMBS UP PUSHUPS 3

HOLD FIRST EXERCISE FOR 1 MINUTE AND THEN COUNT HOW MANY REPS YOU GET ON SECOND EXERCISE TO FAILURE

REPEAT 2 MORE TIMES FOR A TOTAL OF 3 "LACTIC ACID TRIPS!"

SCORING

Determine your "Trip Total" by counting up all of your rep totals from the second exercise in each of the 4 combos across the 3 "trips!"

ATHLEAN Beat The Boss	119	Whipped the Trip!
ATHLEAN Xtreme	110 or Greater	Righteous!
ATHLEAN Elite	91-109	Outta Sight!
ATHLEAN Pro	71-90	Goovy!
ATHLEAN Solid	60-70	Cool!
ATHLEAN Basix	Less than 60	Bummer!



WEEK 3 WORKOUT

ONDAY STRENGTH TRAINING I	<u> </u>	F	X-TENDED FAILURE WORKOU	
EXERCISE	SETS	REPS	COMMENTS	
1A. Jack Pushups 38		To Failure		
1B. T-Stand Pushups 44	3	To Failure	No rest between A/B/C exercises	
1C. Rocking Horse Pushups 45		To Failure	Rest 60 seconds between sets	
2A. Reverse Elbow Pushups (Back Widows)	9	To Failure		
2B. Rear Delt Iron Cross 32	3	To Failure	No rest between A/B/C exercises	
2C. Jamb Hammer Rows 22		To Failure On Each Arm	Rest 60 seconds between sets	
3A. Triple Hover Plyo Pushups 46		To Failure		
3B. L-Sit Cage Escapes 47	3	To Failure	No rest between A/B/C exercises	
3C. Plank Walk Ups 48		To Failure	Rest 60 seconds between sets	
4A. Levitation Squats 49		To Failure On Each Leg	Perform each leg without resting then go into	
4B. Wall Sits 40	3	To Failure	wall sits. No rest between A/B/C exercises.	
4C. 3-Way Lunges 50		To Failure	Rest 60 seconds between sets	
5A. Pike Pushups 25		To Failure		
5B. Stingers 51	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets	
5C. Delt Door Jammers 39		Hold To Failure	Heat Of Seconds herween sers	

QUICKNESS, AGILITY, POWER, STRENGTH AND GUTS ARE ALL REQUIRED! CONDITIONING CORNER 1 Lateral Push Up to the right — Perform conditioning on right (determined by round) CORNER 2 Alligator Walk Forward — Perform conditioning on right (determined by round) CORNER 3 Lateral Push Up to the Left — Perform conditioning on right (determined by round) CORNER 4 Alligator Walk Backward — Perform conditioning on right (determined by round)

ROUND 1 - 5 Split Squat Jumps no switch (R, L, R, L) ROUND 2 - 7 Single Leg RDL reaches (R, L, R, L) **ROUND 3 - 10 Side Lunge** with Knee Ups (R, L, R, L) *REST BETWEEN ROUNDS / 3 ROUNDS

BURST

THURSDAY "ATHLEAN BURST" - THE OCTAGON

NO XERO REST PROTOCOL

REPEAT FOR 3 TOTAL ROUNDS - PUSH YOURSELF TO BE CHAMPIONSHIP STATUS FOR 5 TOTAL ROUNDS 1 Minute Shadow Boxing - 1 Minute Reverse Lunge Knee Drives - 1 Minute Sprawling Burpees 1 Minute Traveling Side Kickthroughs — 1 Minute L-Sit Cage Escapes 47

57 **REST 1 MINUTE BETWEEN ROUNDS**

FRIDAY STRENGTH TRAINING II 5		"XERO SUM" PROGRESSION WORKOUT (Establish Totals)					
EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL	
1. Crucifix Pushups (Chest) 58	3	To Failure					
2. Reverse Elbow Pushups (Back Widows) (Back/Biceps) 4	3	To Failure					
3. Single Leg Landmines (Quads/Hips) 59	3 each leg	To Failure					
4. Power Plank Ups (Triceps) 5	3	To Failure					
5. Single Leg Hip Bucks (Hamstrings/Glutes) 60	3 each leg	To Failure					
6. Handstand Pushups (Shoulders) 61	3	To Failure					



HEMANAN

THE LOWDOWN

Each round of the "Man of Steel" consists of 5 alternating strength and conditioning exercises. There is no rest allowed between exercises. You are permitted to FAIL once and only once in each of these exercise categories. Once you have however, your challenge is over and the round you are currently in at the time of the second failure will determine your score. For instance, you may complete 3 complete rounds of all exercises without ever failing on any. If however, in round 4, you fail to complete 10 thumbs up pushups (strength exercise)...you would be half way to being counted out! If in round 5 you can simply not perform the full duration of 30 seconds on the mountain climbers (conditioning exercise) for example, then you would have failed ONE of the strength exercises and ONE of the conditioning exercises...and will be done. What's cool about this type of challenge is that it will surely reveal your weaknesses, or KRYPTONITE if you will! Are you a one trick pony? Think that you'll just muscle through this and suck wind (or just plain suck!) on the conditioning exercises (or vice versa)? Not so fast my friend. Accumulate 3 failures in any one category and you are also DONE! Note the round your third failure comes and determine your score. NOTE: Want a "Supreme" Superman of Steel goal to shoot for? Try completing the challenge using the same scoring system...except, this time...you're not allowed to fail on ANY of the exercises!

HERE IS THE CHALLENGE

621 MOUNTAIN MULES - 10 REPS

11 2. MOUNTATIN CLIMBERS - 30 SECS

64 4. ALTERNATING 3 POINT BURPEE - 30 SECS

3 5. THUMBS UP PUSH UPS - 10 REPS

48 6. PLANK WALK UPS - 30 SECS

657. CROSS KNEE PLANK PUSH UPS - 10 REPS

63 3 1-LEG DIVE BOMBER PUSH UPS - 5 EACH LEG 668. SIDE KICK THROUGHS - 30 SECS

499. LEVITATION SQUATS - 10 REPS EACH LEG

40 10. WALL SITS - 30 SECS

REST 30 SECONDS AND REPEAT

The round you are in at the time of the second category failure will determine your score. Accumulate 3 SCORING failures in any one category and you are also DONE!

ATHLEAN Beat The Boss	Round 9	Man of Titanium?
ATHLEAN Xtreme	Complete 10+ Rounds	Man of Steel!
ATHLEAN Elite	Fail in Rounds 8 OR 9	Superhuman
ATHLEAN Pro	Fail in Rounds 6 OR 7	"You da bomb!"
ATHLEAN Solid	Fail in Rounds 4 OR 5	"Sub-par" Man
ATHLEAN Basix	Fail in Rounds 1 TO 3	Paper Tiger



WEEK 4 WORKOUT

MONDAY STRENGTH TRAINING I			×	1000 TO 1000 T	DED FAILU		OU
EXERCISE	SETS	REPS	COMME	NTS			
1A. Divebomber Pushups 67		To Failu	No rest b	between A/B/C	exercises		
1B. Inchworm Plyos 68	3	To Failu	Rest 60 s	seconds betwe	een sets		
1C. Alligator Walks 53		To Failu	POJEA				
2A. Door Way Rows 69		To Failu	No rest h	o rest between A/B/C exercises			
2B. Sliding Knee Pulldowns 70	3	To Failu	Rest 60	seconds betwe			
2C. Superman Lifts 71		To Failu					
3A. Power Plank Ups 5		To Failu	No rest h	between A/B/C	exercises		
3B. Diamond Cutter Push Ups 23	3	To Failu	Rest 60 s	seconds betwe	en sets		
3C. Pounding Triceps Trunk Lifts 72		To Failu	25				
4A. Tuck Jumps 73		To Failu	1975 FACES	between A/B/C	exercises		
4B. Creeping Lunges 74	3	To Failu	Rest 60 s	seconds betwe	en sets		
4C. Bodyweight Squats 75		To Failu	re				
5A. Mountain Mules 62		To Failu	PE (PE)	between A/B/C	eyercises		
5B. Power Pushaways 9	3	To Failu	re	seconds betwe			
5C. Bodyweight Side Lateral Raises	0	To Failure each ar	P. 11 P. 1 P. 1 P. 1 P. 1 P. 1 P. 1 P.				
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P	UR HANDS (Prisoner Lung	CLASPED B	EHIND YOUR	HEAD AND Y	REST PROTOUR ELBOW	s out kier Hops	BU
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P	UR HANDS (Prisoner Lung	LASPED B es — 1 Mir	EHIND YOUR Prisoner Ninja	HEAD AND Y Jumps – 1 M	OUR ELBOW lin <mark>Prisoner S</mark>	s out kier Hops	BU
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P 76 THURSDAY "ATHLEAN BURST" -	UR HANDS (Prisoner Lung	LASPED B es — 1 Mir ND REPEAT	EHIND YOUR Prisoner Ninja 3-5 ROUNDS	HEAD AND Y Jumps – 1 M	OUR ELBOW lin <mark>Prisoner S</mark>	s out kier Hops	3
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P 76 THURSDAY "ATHLEAN BURST" - EXERCISE	Orisoner Lung REST A	LASPED B es – 1 Mir ND REPEAT COM	EHIND YOUR Prisoner Ninja 3-5 ROUNDS MENTS	HEAD AND Y Jumps – 1 M	OUR ELBOW	s out kier Hops OCOL	3
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P 76 HURSDAY "ATHLEAN BURST" - EXERCISE MINUTE 1: Mountain Climbers - 100 in	Prisoner Lung 777 REST A RAPID FI	LASPED B es — 1 Mir ND REPEAT COM Ever	EHIND YOUR Prisoner Ninja 3-5 ROUNDS MENTS y two equals	HEAD AND Y Jumps – 1 M 78	OUR ELBOW In Prisoner S REST PRO	S OUT kier Hops OCOL	3
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P 76 THURSDAY "ATHLEAN BURST" - EXERCISE MINUTE 1: Mountain Climbers - 100 in MINUTE 2: High Knees - 100 in a minuter.	risoner Lung 777 REST A RAPID FI	LASPED B es — 1 Mir ND REPEAT COM Ever	EHIND YOUR Prisoner Ninja 3-5 ROUNDS MENTS y two equals	HEAD AND Y Jumps - 1 M 78 NO XERO one rep - TRA	OUR ELBOW In Prisoner S REST PRO	S OUT kier Hops OCOL	3
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P 76 THURSDAY "ATHLEAN BURST" — EXERCISE MINUTE 1: Mountain Climbers — 100 in MINUTE 2: High Knees — 100 in a minu MINUTE 3: Crossfire Right — 100 in a	Prisoner Lung 777 REST A RAPID FI n a minute ute minute	LASPED B es — 1 Mir ND REPEAT COM Ever Ever	Prisoner Ninja 3-5 ROUNDS MENTS y two equals y two equals	HEAD AND Y Jumps - 1 M 78 NO XERO one rep - TRA one rep - TRA	OUR ELBOW In Prisoner S REST PRO	S OUT kier Hops OCOL	3
PERFORM EACH EXERCISE WITH YOU 1 Min Prisoner Squats — 1 Min P 76 HURSDAY "ATHLEAN BURST" - EXERCISE MINUTE 1: Mountain Climbers - 100 in MINUTE 2: High Knees - 100 in a minum MINUTE 3: Crossfire Right - 100 in a m MINUTE 4: Crossfire Left - 100 in a m	Prisoner Lung REST A RAPID FI In a minute ute minute ninute	LASPED B es — 1 Mir ND REPEAT COM Ever TRAI	Prisoner Ninja 3-5 ROUNDS MENTS y two equals y two equals NSITION RES	HEAD AND Y Jumps - 1 M 78 NO XERO one rep - TRA one rep - TRA	OUR ELBOW In Prisoner S REST PRO ANSITION RE	S OUT kier Hops OCOL ST	3
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15 XERO TOLERANCE

THE LOWDOWN

Your mission in the "Xero Tolerance" Challenge...if you choose to obey it, is simply stated but not so easily executed. You must perform 300 total reps of the 5 exercises in the challenge (seen to the left) as quickly as you can. The number of minutes it takes you to complete it will determine the number of "Xero Tolerance" sets you must perform at the end of the workout! Finish your total reps quicker and face a lesser penalty. For instance, if it takes you 7 minutes to complete the 300 reps in the first half of the challenge then you will have to navigate your way through 7 rounds of "Xero Tolerance" at the end. Require 10, 12, 15 or even more minutes to complete part one and you're going to need either know a great attorney or have one hell of an alibi! The order in which you do the exercises of the challenge and the number of reps you do at one time are up to you. Just get it done, or pay the price at the end.

HERE IS THE CHALLENGE

COMPLETE THE FOLLOWING 300 REPS IN ANY ORDER AND ANY NUMBER AT ONE TIME AS QUICKLY AS POSSIBLE:

80 FINGERTIP PUSH UPS 82
50 TRIPLE SKYFALLS 83
60 POWER PUSHAWAYS 9
60 HEELS TO THE HEAVENS 84
50 PLANK WALK UPS 48

XERO TOLERANCE SET
30 SECONDS OF SKIER HOPS 85
5 BURPEES 86

NOTES: Rest time between rounds of Xero Tolerance is to be kept to a bare minimum! If you finish under the 30 second mark of any minute...round down to determine the number of xero tolerance circuits you need to perform. If you finish over the 30 second mark of any minute round up.

SCORING

Determine your score by how long it takes you to complete the 300 reps.

ATHLEAN Beat The Boss	14 Min 44 Sec	X-Ecuted This Challenge!		
ATHLEAN Xtreme	Less than 15 Min.	Proven Innocent!		
ATHLEAN Elite	Between 15 & 17 Min.	Out For Good Behavior		
ATHLEAN Pro	Between 17 & 20 Min.	Community Service		
ATHLEAN Solid	Between 20 & 22 Min.	5-10 Years		
ATHLEAN Basix	Greater than 22 Min.	Life Without Parole		



WEEK 5 WORKOUT

ı	MONDAY STRENGTH TRAINING I		X-TENDE	ED FAILURE WOF	ROUT		
	EXERCISE	REPS		REPS	SETS		
ST	1A. X Plyo Pushups 1	To Failure	1C. Super Spiderman Pushups 88	To Failure			
CHEST	1B. Lizard Walk Pushups 87/	To Failure	1D. Floating X Planks 89	To Failure	3		
	COMMENTS	No rest between A/B/C/D exercises. Rest 60 seconds between sets					
3ACK/BICEPS	2A. One Arm Counter Top Rows 90	To Failure On Each Arm	2C. Doorway Biceps Curls 28	To Failure On Each Arm	3		
SE SE	2B. Thumbs Up Pushups 3	To Failure	2D. Back Widow Holds 43	To Failure	•		
2	COMMENTS	No rest be	tween A/B/C/D exercises. Rest 60 sec	onds between sets			
EPS	3A. Triple Hover Plyo Pushups 46	To Failure	3C. Retro Dip Walking 91	To Failure			
TRICEPS	3B. Plank Walk Ups 48	To Failure	3D. Hover Hold 92	To Failure	3		
	COMMENTS	No rest bet	tween A/B/C/D exercises. Rest 60 sec	onds between sets			
S	4A. Levitation Squats 49	To Failure	4C. Cyclone Squats 94	To Failure	_		
LEGS	4B. Rocket Jumps 93	To Failure	4D. Wall Sits 40	To Failure	3		
ľ	COMMENTS	No rest be	tween A/B/C/D exercises. Rest 60 sec	onds between sets			
DERS	5A. Handstand Pushups 61	To Failure	5C. Rear Delt Iron Cross 32	To Failure	100		
_	5B. Jacked Rabbits 95	To Failure	5D. Planche Frog Holds 96	To Failure	3		
SHOU	COMMENTS	No rest bet		onds between sets			
72 -{f6-							
7	TUESDAY "ATHLEAN BURST" — TH	E ATOMIC	C CLOCK XERO F	REST PROTOCOL			
7			POWER THAT IS DOWNRIGHT VOL	ATILE!	BUR:		
7		GENERATE	POWER THAT IS DOWNRIGHT VOL	ATILE! 59			
	YOU'LL NEED TO O	ENERATE – Burpee	POWER THAT IS DOWNRIGHT VOL	ATILE! 59 ne Squats Right leg :			
	YOU'LL NEED TO O	ENERATE - Burpee ock Positio	POWER THAT IS DOWNRIGHT VOL Up to standing — Single Leg Landmin n — Burpee Up to standing Rolling	ATILE! 59 ne Squats Right leg 2 Squats x 12	12		
	97 Clock Push Up to 3 O'Clock Position 97 Clock Push Up to 6 O'Clock Position 97 Clock Push Up to 9 O'Clock Position	ENERATE - Burpee ock Positio - Burpee	POWER THAT IS DOWNRIGHT VOLUP to standing — Single Leg Landmin Rolling Rolling Rolling Out to standing — Single Leg Landmin Rolling Out to standing — Single Leg Landmin Rolling Out to standing — Rolling Standing Standi	ATILE! 10 Squats Right leg 2 10 Squats x 12 10 Squats Left leg x 10 Squats x 122	12		
	97 Clock Push Up to 3 O'Clock Position 97 Clock Push Up to 6 O'Clock Position 97 Clock Push Up to 9 O'Clock Position	EINERATE - Burpee - Ck Positio - Burpee - Ck Positio	POWER THAT IS DOWNRIGHT VOLUP to standing — Single Leg Landmin Rolling Rolling Rolling Out to standing — Single Leg Landmin Rolling Out to standing — Single Leg Landmin Rolling Out to standing — Rolling Standing Standi	ATILE! 10	12		
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**THE THER

THE LOWDOWN

In this workout challenge, your task is to complete a certain number of goal reps for a given exercise. Every time you reach failure on your way to your goal, you receive a "punishment" (don't worry...they'll make you stronger so it's not all bad!). If you receive a "punishment", you will need to perform the predetermined "punishment" set for that exercise and then immediately resume reps of the original exercise as you make your way to your goal. On the final exercise, instead of stopping to perform your punishment DURING the path to the goal reps for that exercise you will simply add up the number of times you fail and perform 30 seconds of Wall Sits for each. For instance, if in performing the 25 total reps of "21" Crunches you need to stop 5 times, you would end your workout with a 2 minute and 30 second wall sit (5 x 30 seconds)! On this last exercise and all others, whenever you must take a break you will do so for 30 seconds. In a sense, your "punishment" is your salvation, as they are intentionally chosen to tax other muscle groups than those being taxed by your original exercise...so you can think of them as a form of active rest if that makes it easier for you to accept them!

HERE IS THE CHALLENGE

REST: 30 SECONDS EACH TIME YOU HIT FAILURE (AFTER COMPLETING PUNISHMENT) ON YOUR WAY TO YOUR GOAL

100 ALTERNATING SPRINTER LUNGES (50 each leg)

PUNISHMENT: ALTERNATING SIDE KICKTHROUGHS 10 on each leg)

75 PENDULUM PUSHUPS (right = 1 rep, left = 1 rep)

PUNISHMENT: 10 CROSS HOP PLANKS 106

50 MIII F KICKS 107

PUNISHMENT: 10 SPLIT SQUAT JACKS 108

25 "21" CRUNCHES 35
PUNISHMENT: TIMED WALL SIT 40

SCORING

Your score is determined by the number of rounds of "punishment" you receive to get through the ENTIRE 4 exercise workout. The fewer times you're "punished" the higher your ranking!

ATHLEAN Beat The Boss	3 "Punishments"	Got Kicked by the Mule!
ATHLEAN Xtreme	2 "Punishments" or Less	Skull Crusher
ATHLEAN Elite	3-4 "Punishments"	Mad Skulls
ATHLEAN Pro	5-6 "Punishments"	A Skull with Skills
ATHLEAN Solid	7-9 "Punishments"	Back to Skull
ATHLEAN Basix	10 or More "Punishments"	Numb Skull



WEEK 6 WORKOUT

MONDAY STRENGT	H TRA	ININ	GIJ	- 177				ATENE	ED FAILURE V		
EXERCISE	200	~			REPS				REPS	SETS	
1A. Spiderman Plyo Pus	hups 10	9			To Failur	e 1C. Fir	ıgertip Pushul	s 82	To Failure	3	
1B. Pendulum Pushups	05				To Failur	e 1D. Flo	ating X Plank	s 89	To Failure		
OMMENTS					No rest between A/B/C/D exercises. Rest 60 seconds between sets						
2A. Doorway Pullups 11	0				To Failur	e 2C. Sie	de Lying Bicep	s Curls 111	To Failure On Each Arm	3	
2B. Doorway Rows 69					To Failur	e 2D. Ba	ck Widow Hol	ds 43	To Failure	3	
COMMENTS				ı	No rest between A/B/C/D exercises. Rest 60 seconds between sets						
3A. Power Plank Ups 5				To Failur	e 3C. Po	unding Tricep	s Trunk Lifts	72 To Failure			
3B. Diamond Cutter Pus	h Ups 2	23			To Failur	e 3D. Ho	ver Holds 92		To Failure	3	
COMMENTS				ı	No rest b	etween A/	B/C/D exercise	es. Rest 60 s	econds between	sets	
4A. Ninja Tuck Jumps	12				To Failur	e 4C. Si	ngle Leg Hip	Bucks 60	To Failure On Each Leg	3	
4B. Single Bulgarian W		ats 3	0		To Failur On Each L		ng Leg Plank	Marches 2	4 To Failure	, - :	
COMMENTS				ı	No rest b	etween A/	B/C/D exercise	s. Rest 60 s	econds between	sets	
5A. Mountain Mules 62	2			38	To Failur	e 5C. Ja	cked Rabbits	95	To Failure		
5B. Pike Push Ups 25					To Failur	e 5D. De	elt Door Jamr	ners 39	Hold To Failure	3	
									10 railure		
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THE LOWDOWN

In this challenge you will need to complete a designated number of reps of a certain exercise as a way of pre-fatiguing the muscle groups involved in performing it. As soon as you reach this number you then, without rest, have to switch to the "dark" or harder more explosive version of the same exercise and perform 13 reps! This is a timed challenge, meaning that you will have to see how quickly you can reach "Xero dark" status on all 5 of the exercise pairings. Should you need to rest either during the initial exercises or during the dark exercises...just note, that this rest time is counting against you and ultimately determining your score. That said, never sacrifice form for speed. Execute each rep with precision and purpose. It's time to see what you're made of. Will you see the light of day or have your lights knocked out by the "XERO DARK 13"? It's go time!

HERE IS THE CHALLENGE

YOUR GOAL IS TO COMPLETE THE ENTIRE CHALLENGE AS QUICKLY AS POSSIBLE WITHOUT SACRIFICING FORM

30 CROSS KNEE PUSHUPS •

DARK 13 SPIDERMAN PLYO PUSH

(1 REP = COMPLETE BOTH RIGHT AND LEFT KNEES)

30 COBRA PUSHUPS DARK 13 POWER PLANK UPS 5

30 REVERSE ELBOW PUSHUPS (BACK WIDOWS) • DARK 13 THUMBS UP PUSHUPS

GLE LEG HEEL TOUCH SQUATS • DARK 13 NINJA TUCK JUMPS 112

30 BURPEES • DARK 13 SKIER SINGLE LEG BURPEES 117

SCORING

Your score is determined by how long it takes you to complete "XERO DARK 13." Should you need to rest either during the initial exercises or during the dark exercises...just note, that this rest time is counting against you and ultimately determining your score.

ATHLEAN Beat The Boss	9:41	Not Afraid of the Dark!
ATHLEAN Xtreme	Complete In 9:30 or Less	The Dark Destroyer!
ATHLEAN Elite	Between 9:31 & 11:00	The Dark Knight
ATHLEAN Pro	Between 11:00 & 13:00	"Dark" Vader
ATHLEAN Solid	Between 13:00 & 15:00	Dark Done Good
ATHLEAN Basix	Complete in Over 15 Mins.	Your Darkest Hour