

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 1

How to Perform 3D-HD Workouts

Start your timer the moment you begin your very first rep and let it run until you've completed your final set of today's workout. You will work your way through each plane of motion in superset fashion for all prescribed sets as quickly as possible (moving on to the next plane only when all supersets are completed for the given plane you are in). Rest time should be kept to "transitional rest" only for this entire workout since the clock is continuously ticking. When all supersets of all planes of motion are completed your workout is over. Attempt to finish all prescribed sets within the HDTL (High Density Time Limit) for that day to ensure utmost intensity!

Example - Your sagittal plane work consists of performing a set of DB Bench, then Barbell Bent Rows, then back to the DB Bench, back to the rows, etc. for 4 total sets. When all sets of this combo are completed, immediately move on to the frontal plane and do the same for dips and pull ups. Finish up on the transverse plane by supersetting your 3D crossovers (do a set on each arm) with your rotational high rows (a set on each arm) for 4 sets. Attempt to complete all prescribed reps and sets within the HDTL (High Density Time Limit)!

Rest Time - Transitional rest only (This is HIGH DENSITY Training!)

Weight Selection - Use weights specific to you that cause you to reach failure in the stated rep range. You may adjust down as fatigue sets in or just keep using the same weight and simply perform fewer reps to failure as needed.

MONDAY CHEST / BACK

Today's HDTL (High Density Time Limit) - 28 Minutes

SAGITTAL (4 supersets)

CHEST - DB Bench Press x 10-12
BACK - Barbell Bent Rows x 10-12

FRONTAL (4 supersets)

CHEST - Dips x F
BACK - Pullups x F

TRANSVERSE (4 supersets)

CHEST - 3D Crossovers x 10-12 each arm
BACK - Rotational High Rows x 10-12 each arm

TUESDAY QUADS/HAMSTRINGS

Today's HDTL (High Density Time Limit) - 4 Rounds in 28 Minutes

SAGITTAL (4 sets)

QUADS - Squats x 10-12
HAMSTRINGS - Plate / DB / Barbell Hip Thrusts x 10-12

FRONTAL (4 sets)

QUADS - KB / DB Skier Hops x 10-12 jumps each side
HAMSTRINGS - DB Single Leg Heel Touch Squats x 10-12 each leg

TRANSVERSE (4 sets)

QUADS - Drop Step Lunges x 10-12 each leg
HAMSTRINGS - Angled Physioball Bench Glute / Ham Raise x 10-12 (move ball closer or further to adjust resistance)

WEDNESDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 1

THURSDAY BICEPS / TRICEPS

Today's HDTL (High Density Time Limit) - 4 Rounds in 28 Minutes

SAGITTAL (4 sets)

BICEPS - Inverted Chin Curls x F (legs straight or bent to adjust resistance)

TRICEPS - Standing DB Dual Kickbacks x 10-12

FRONTAL (4 sets)

BICEPS - Peak Drag Curls x 10-12

TRICEPS - Overhead DB Triceps Extension x 10-12

TRANSVERSE (4 sets)

BICEPS - DB Zottman Curls x 10-12

TRICEPS - Woodchopper Pushdowns x 10-12 (5-6 each direction)

FRIDAY 3RD DEGREE BURN! (SLOW BURN)

Instruxions: Perform the following 3-dimensional jump rope circuit for 4 total rounds. Each circuit consists of 3 exercises to be performed for 2 minutes each, with no rest in between. This circuit contains a single jump rope variation in each of the three primary planes of motion (frontal, sagittal and transverse). Rest 1 minute between each completed round. Should you need to stop due to fatigue or hitting the rope, regroup...and get that rope going again! If you don't have a rope you may either mimic the motions without one or perform one of the other 3rd degree burn workouts from later in this phase as a substitution.

COMPLETE 4 TIMES THROUGH (see rest protocol in instruxions)

FRONTAL - Jump Rope (side to side hops) x 2 minutes

SAGITTAL - Jump Rope (high knees) x 2 minutes

TRANSVERSE - Jump Rope (twists) x 2 minutes

SATURDAY SHOULDERS / CORE

Today's HDTL (High Density Time Limit) - 4 Rounds in 28 Minutes

SAGITTAL (4 sets)

SHOULDERS - Plate 8's x 10-12

CORE - Hanging "X" Raises x F

FRONTAL (4 sets)

SHOULDERS - Barbell Push Press x 10-12

CORE - Side Walk Planks x 45 seconds

TRANSVERSE (4 sets)

SHOULDERS - W Raises x 10-12

CORE - 3 Way Hanging Knee Raises x F

SUNDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 2

How to Perform 3D-HD Workouts

Start your timer the moment you begin your very first rep and let it run until you've completed your final set of today's workout. You will work your way through each plane of motion in superset fashion for all prescribed sets as quickly as possible (moving on to the next plane only when all supersets are completed for the given plane you are in). Rest time should be kept to "transitional rest" only for this entire workout since the clock is continuously ticking. When all supersets of all planes of motion are completed your workout is over. Attempt to finish all prescribed sets within the HDTL (High Density Time Limit) for that day to ensure utmost intensity!

Example - Your sagittal plane work consists of performing a set of DB Bench, then Barbell Bent Rows, then back to the DB Bench, back to the rows, etc. for 4 total sets. When all sets of this combo are completed, immediately move on to the frontal plane and do the same for dips and pull ups. Finish up on the transverse plane by supersetting your 3D crossovers (do a set on each arm) with your rotational high rows (a set on each arm) for 4 sets. Attempt to complete all prescribed reps and sets within the HDTL (High Density Time Limit)!

Rest Time - Transitional rest only (This is HIGH DENSITY Training!)

Weight Selection - Use weights specific to you that cause you to reach failure in the stated rep range. You may adjust down as fatigue sets in or just keep using the same weight and simply perform fewer reps to failure as needed.

MONDAY CHEST / BACK

Today's HDTL (High Density Time Limit) - 4 Rounds in 27 Minutes

SAGITTAL (4 sets)

CHEST - Hannibal Pushups x F
BACK - DB Pullovers x 10-12

FRONTAL (4 sets)

CHEST - X Crossovers x 10-12
BACK - Neutral Grip Lat Pulldowns x 10-12

TRANSVERSE (4 sets)

CHEST - 1 Arm Alternating DB Incline Bench Press x 10-12 each arm
BACK - Creeping Pullups x 10-12 (add weight if needed to adjust resistance)

TUESDAY QUADS/HAMSTRINGS

Today's HDTL (High Density Time Limit) - 4 Rounds in 35 Minutes

SAGITTAL (4 sets)

QUADS - DB Forward Step Ups x 10-12 each leg (one leg at a time)
HAMSTRINGS - KB / DB Swings x 10-12

FRONTAL (4 sets)

QUADS - Alt. DB Side Lunges x 10-12 each leg (both legs in one set)
HAMSTRINGS - Stiff Legged Deadlifts x 10-12

TRANSVERSE (4 sets)

QUADS - DB Bulgarian Split Woodchoppers x 10-12 each leg (one leg at a time)
HAMSTRINGS - 3-Way DB RDL's x 12 each leg (4 reps straight, left and right)

WEDNESDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 2

THURSDAY BICEPS / TRICEPS

Today's HDTL (High Density Time Limit) - 4 Rounds in 27 Minutes

SAGITTAL (4 sets)

BICEPS - Barbell Curls x 10-12

TRICEPS - Lying Triceps X-Tensions (DB or EZ Bar) x 10-12

FRONTAL (4 sets)

BICEPS - Front Double Biceps Curls x 10-12

TRICEPS - Pounding Triceps Trunk Lifts x 60 seconds (specific time)

TRANSVERSE (4 sets)

BICEPS - DB Jackknife Hammer Curls x 10-12 (change left/right sides each round)

TRICEPS - Clock Power Plank Ups x F

FRIDAY 3RD DEGREE BURN! (FLASH BURN)

Instruxions: Perform the following 3-dimensional circuit for 5 total rounds. Each circuit consists of 3 exercises to be performed for 30 seconds each, with no rest in between. This circuit contains a single exercise in each of the three primary planes of motion (frontal, sagittal and transverse). Rest 30 seconds between rounds 1 and 2, 45 seconds between rounds 2 and 3, 60 seconds between rounds 3 and 4, and 90 seconds between rounds 4 and 5!

COMPLETE 5 TIMES THROUGH (see rest protocol in instruxions)

FRONTAL - Shuffle Burpees x 30 seconds

SAGITTAL - Scissor Squat Jax x 30 seconds

TRANSVERSE - Tornado Jump Squats x 30 seconds

SATURDAY SHOULDERS / CORE

Today's HDTL (High Density Time Limit) - 4 Rounds in 33 Minutes

SAGITTAL (4 sets)

SHOULDERS - Standing Plate / DB Press x 10-12

CORE - "21" Crunches x F

FRONTAL (4 sets)

SHOULDERS - DB Shoulder Wide Arc Presses x 10-12

CORE - Side Plank Lifts x 15 each side

TRANSVERSE (4 sets)

SHOULDERS - Bodyweight Side Lateral Raise x 10-12 each arm (on toes or knees to adjust resistance)

CORE - Hanging Cyclone Twists x F

SUNDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 3

How to Perform 3D-HD Workouts

Start your timer the moment you begin your very first rep and let it run until you've completed your final set of today's workout. You will work your way through each plane of motion in superset fashion for all prescribed sets as quickly as possible (moving on to the next plane only when all supersets are completed for the given plane you are in). Rest time should be kept to "transitional rest" only for this entire workout since the clock is continuously ticking. When all supersets of all planes of motion are completed your workout is over. Attempt to finish all prescribed sets within the HDTL (High Density Time Limit) for that day to ensure utmost intensity!

Example - Your sagittal plane work consists of performing a set of DB Bench, then Barbell Bent Rows, then back to the DB Bench, back to the rows, etc. for 4 total sets. When all sets of this combo are completed, immediately move on to the frontal plane and do the same for dips and pull ups. Finish up on the transverse plane by supersetting your 3D crossovers (do a set on each arm) with your rotational high rows (a set on each arm) for 4 sets. Attempt to complete all prescribed reps and sets within the HDTL (High Density Time Limit)!

Rest Time - Transitional rest only (This is HIGH DENSITY Training!)

Weight Selection - Use weights specific to you that cause you to reach failure in the stated rep range. You may adjust down as fatigue sets in or just keep using the same weight and simply perform fewer reps to failure as needed.

MONDAY CHEST / BACK

Today's HDTL (High Density Time Limit) - 4 Rounds in 37 Minutes

SAGITTAL (4 sets)

CHEST - Incline Underhand DB Bench Press x 10-12

BACK - DB Renegade Rows x 10-12 each arm

FRONTAL (4 sets)

CHEST - DB Chest Shrugs x 10-12 each arm

BACK - Chin Ups x F

TRANSVERSE (4 sets)

CHEST - Tornado Pushups x F

BACK - 1 Arm Inverted Rows x 10-12 each arm (legs straight or bent to adjust resistance)

TUESDAY QUADS/HAMSTRINGS

Today's HDTL (High Density Time Limit) - 4 Rounds in 35 Minutes

SAGITTAL (4 sets)

QUADS - DB Levitation Squats x 10-12 each leg

HAMSTRINGS - Alt. DB Sprinter Lunges x 10-12 each leg

FRONTAL (4 sets)

QUADS - Side Step Deadlifts x 10-12

HAMSTRINGS - Long Leg Plank Clock Marches x F

TRANSVERSE (4 sets)

QUADS - Tornado Jump Squats x F

HAMSTRINGS - Physioball Hamstring Circle Curls x F

WEDNESDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 3

THURSDAY BICEPS / TRICEPS

Today's HDTL (High Density Time Limit) - 4 Rounds in 29 Minutes

SAGITTAL (4 sets)

BICEPS - Lip Busters x 10-12 reps each arm
TRICEPS - Cobra Pushups x F

FRONTAL (4 sets)

BICEPS - Behind the Neck Chin Ups x F
TRICEPS - Upright Dips x 10-12 (add weight if needed to adjust resistance)

TRANSVERSE (4 sets)

BICEPS - DB No Money Curls x 10-12
TRICEPS - Diamond Cutter T Stand Pushups x F

FRIDAY 3RD DEGREE BURN! (RUG BURN)

Instruxions: Perform the following 3-dimensional circuit for 5 total rounds. Each circuit consists of 3 exercises to be performed for 45 seconds each, with 15 seconds rest in between. This circuit contains a single ground based exercise in each of the three primary planes of motion (frontal, sagittal and transverse). Rest time is 1 minute between each completed round.

COMPLETE 5 TIMES THROUGH (see rest protocol in instruxions)

FRONTAL - Plank Jax x 45 seconds
SAGITTAL - Alternating 3 Point Burpees x 45 seconds
TRANSVERSE - Alt. Side Kickthroughs x 45 seconds

SATURDAY SHOULDERS / CORE

Today's HDTL (High Density Time Limit) - 4 Rounds in 33 Minutes

SAGITTAL (4 sets)

SHOULDERS - Relay Raises x 10-12 each arm
CORE - Scissor Kick "V" Ups x F

FRONTAL (4 sets)

SHOULDERS - DB Side Lateral Raises x 10-12
CORE - Physioball Side Trunk Crunch x 15 each side

TRANSVERSE (4 sets)

SHOULDERS - DB Rotational Shoulder Press x 10-12
CORE - Tubing Sledge Hammer Swings x 15 each side

SUNDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 4

How to Perform 3D-HD Workouts

Having gutted your way through three weeks of 3D-HD training, I'm going to give you a little reward here (sort of!). In this week's workouts, you'll be given the power of choice! Similar to the original version of density training from AX-2, you'll now get to choose which exercise you want to do for each plane and muscle. Beyond that, you'll be able to swap them up if you so choose, with each subsequent round. That being said, in exchange for my kindness, I'm looking for and demanding your best effort yet! No specific high density time will be defined (as I don't have an ability to accurately predict a suitable workout time not knowing what exercises you will pick) but that shouldn't stop you from trying to complete this workout in half the time than it normally would take you had you performed this workload as straight sets. You'll still be progressing through the workout in the same manner (alternating muscle groups, one plane after the other) until you have completed your rounds. Total rounds for the day will be posted. Again, aim to complete all prescribed rounds with highest intensity, optimal form, and an eye on the clock! Good luck and finish up strong!

Example - Your sagittal plane work consists of performing a set of DB Bench, then Barbell Bent Rows, then back to the DB Bench, back to the rows, etc. for 4 total sets. When all sets of this combo are completed, immediately move on to the frontal plane and do the same for dips and pull ups. Finish up on the transverse plane by supersetting your 3D crossovers (do a set on each arm) with your rotational high rows (a set on each arm) for 4 sets. Attempt to complete all prescribed reps and sets within the HDTL (High Density Time Limit)!

Rest Time - Transitional rest only (This is HIGH DENSITY Training!)

Weight Selection - Use weights specific to you that cause you to reach failure in the stated rep range. You may adjust down as fatigue sets in or just keep using the same weight and simply perform fewer reps to failure as needed.

CHEST / BACK

Today's HDTL (High Density Time Limit) - No specific time due to variable exercise path. Complete 4 Rounds as quickly as possible!

CHEST:

SAGITTAL

1. DB Bench Press x 10-12
2. Hannibal Pushups x F
3. Incline Underhand DB Bench Press x 10-12

FRONTAL

1. Dips x F
2. X Crossovers x 10-12
3. DB Chest Shrugs x 10-12 each arm

TRANSVERSE

1. 3D Crossovers x 10-12 each arm
2. Tornado Pushups x F
3. 1 Arm Alternating DB Incline Bench Press x 10-12 each arm

BACK:

SAGITTAL

1. DB Renegade Rows x 10-12 each arm
2. Barbell Bent Rows x 10-12
3. DB Pullovers x 10-12

FRONTAL

1. Pullups x F
2. Neutral Grip Lat Pulldowns x 10-12
3. Chin Ups x F

TRANSVERSE

1. 1 Arm Inverted Rows x 10-12 each arm (legs straight or bent to adjust resistance)
2. Rotational High Rows x 10-12 each arm
3. Creeping Pullups x 10-12 (add weight if needed to adjust resistance)

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3D-HD TRAINING PHASE

WEEK 4

TUESDAY QUADS / HAMSTRINGS

Today's HDTL (High Density Time Limit) - No specific time due to variable exercise path. Complete 4 Rounds as quickly as possible!

QUADS:

SAGITTAL

1. Squats x 10-12
2. DB Forward Step Ups x 10-12 each leg (one leg at a time)
3. DB Levitation Squats x 10-12 each leg

FRONTAL

1. Alt. DB Side Lunges x 10-12 each leg (both legs in one set)
2. KB / DB Skier Hops x 10-12 jumps each side
3. Side Step Deadlifts x 10-12

TRANSVERSE

1. DB Bulgarian Split Woodchoppers x 10-12 each leg (one leg at a time)
2. Drop Step Lunges x 10-12 each leg
3. Tornado Jump Squats x F

HAMSTRINGS:

SAGITTAL

1. KB / DB Swings x 10-12
2. Alt. DB Sprinter Lunges x 10-12 each leg
3. Plate / DB / Barbell Hip Thrusts x 10-12

FRONTAL

1. Stiff Legged Deadlifts x 10-12
2. Long Leg Plank Clock Marches x F
3. DB Single Leg Heel Touch Squats x 10-12 each leg

TRANSVERSE

1. 3 Way DB RDL's x 12 each leg (4 reps straight, left and right)
2. Physioball Hamstring Circle Curls x F
3. Angled Physioball Bench Glute / Ham Raise x 10-12 (move ball closer or further to adjust resistance)

WEDNESDAY OFF

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 4

THURSDAY BICEPS / TRICEPS

Today's HDTL (High Density Time Limit) - No specific time due to variable exercise path. Complete 4 Rounds as quickly as possible!

BICEPS:

SAGITTAL

1. Barbell Curls x 10-12
2. Inverted Chin Curls x F (legs straight or bent to adjust resistance)
3. Lip Busters x 10-12 reps each arm

FRONTAL

1. Behind the Neck Chin Ups x F
2. Front Double Biceps Curls x 10-12
3. Peak Drag Curls x 10-12

TRANSVERSE

1. DB No Money Curls x 10-12
2. DB Jackknife Hammer Curls x 10-12 (change left/right sides each round)
3. DB Zottman Curls x 10-12

TRICEPS:

SAGITTAL

1. Lying Triceps X-Tensions (DB or EZ Bar) x 10-12
2. Standing DB Dual Kickbacks x 10-12
3. Cobra Pushups x F

FRONTAL

1. Overhead DB Triceps Extension x 10-12
2. Upright Dips x 10-12 (add weight if needed to adjust resistance)
3. Pounding Triceps Trunk Lifts x 60 seconds (specific time)

TRANSVERSE

1. Woodchopper Pushdowns x 10-12 (5-6 each direction)
2. Clock Power Plank Ups x F
3. Diamond Cutter T Stand Pushups x F

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 4

FRIDAY SHOULDERS / CORE

Today's HDTL (High Density Time Limit) - No specific time due to variable exercise path. Complete 4 Rounds as quickly as possible!

SHOULDERS:

SAGITTAL

1. Standing Plate / DB Press x 10-12
2. Plate 8's x 10-12
3. Relay Raises x 10-12 each arm

FRONTAL

1. DB Side Lateral Raises x 10-12
2. DB Shoulder Wide Arc Presses x 10-12
3. Barbell Push Press x 10-12

TRANSVERSE

1. W Raises x 10-12
2. DB Rotational Shoulder Press x 10-12
3. Bodyweight Side Lateral Raise x 10-12 each arm (on toes or knees to adjust resistance)

CORE:

SAGITTAL

1. "21" Crunches x F
2. Scissor Kick "V" Ups x F
3. Hanging "X" Raises x F

FRONTAL

1. Side Plank Lifts x 15 each side
2. Side Walk Planks x 45 seconds
3. Physioball Side Trunk Crunch x 15 each side

TRANSVERSE

1. Hanging Cyclone Twists x F
2. 3 Way Hanging Knee Raises x F
3. Tubing Sledge Hammer Swings x 15 each side

ATHLEAN-NXT

3D-HD TRAINING PHASE

WEEK 4

SATURDAY THE "AXIS" CHALLENGE

IntroDuction: Welcome gentlemen, if you're made it this far congratulations, but don't get too comfortable. As if 3DHD wasn't hard enough you still have to make it through one of the most grueling challenges in ATHLEAN-X. As you know you've been tested in every plan of motion, well for this challenge we're going to take that to the next level, or the next dimension, by putting you through a challenge for each plane. Read that again if you need to, the Axis Challenge is 3 challenges wrapped into one little evil package...you're welcome! If you want to continue to improve you need to challenge yourself more and more and this challenge does just that!

InstruXions: As you know by now we are focusing on the 3 planes of motion, the frontal, sagittal, and transverse. Each plane's challenge is comprised of 5 exercises. You must perform all the reps for each exercise before you can move to the next plane. Like the 400 Challenge from AX-1 you can jump around from exercise to exercise as needed, however, unlike the 400 challenge you have to complete the work in each plane in 5 min or less, after all this is density training! To keep some of you crazy beasts you from killing yourselves we are building in mandatory rest period. You MUST rest for a minimum of 2 min (trust me you'll need it) but not longer than 5 min before you have to get after the next plane. This is tough guys, but as I've said before, my NXT guys are the best of the best on TEAM ATHLEAN so if anyone can handle it...it's you!

Complete the following "axis task" in 5 minutes (perform reps in any order, as in the AX-400 challenge):

X AXIS: SAGITTAL

25 Squat Burpees
35 Inverted Rows
50 Diamond Cutter Pushups
25 Box Jumps
15 Hanging Clocks
REST 2-5 MINUTES

Y AXIS: FRONTAL

35 Chinups (use assisted band if you can't do more than 5-10 at any one time)
20 Alt. Side Lunges (right/left = 1 rep)
30 Hanging Side to Side Knee Tucks (right/left = 1 rep)
20 Skier Single Leg Burpees
35 Bodyweight Dips (use assisted band if you can't do more than 5)
REST 2-5 MINUTES

Z AXIS: TRANSVERSE

20 T-Stand Pushups (right/left = 1 rep)
25 Tornado Jump Squats
30 One Arm Inverted Rows (right arm)
30 One Arm Inverted Rows (left arm)
25 Twisting Pistons (right/left = 1 rep)

SCORING:

ATHLEAN BASIX - FAIL TO COMPLETE ANY OF THE X, Y OR Z AXIS TASKS (AX-IS TOO HARD)

ATHLEAN SOLID - COMPLETE ANY ONE OF THE AXIS TASKS (ARE YOU RELAXISING?)

ATHLEAN PRO - COMPLETE ANY TWO OF THE AXIS TASKS (DUAL AXIS)

ATHLEAN ELITE - COMPLETE ALL THREE AXIS TASKS (TRIPLE AXIS)

ATHLEAN XTREME - COMPLETE ALL THREE AXIS TASKS IN LESS THAN 14 MINUTES (AXIS MAXIMUS!)

SUNDAY OFF