

DAY 1 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

DB or BB Bench Press - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Lying DB/EZ Bar Tricep Extensions - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Squats - 4 x 10-12 RM*

Barbell Hip Thrust - 4 x 10-12 RM*

Single Arm Hi Pulley Rows - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

BEAST MODE & TOTAL BEAST MODE ONLY

Single Arm Straight Arm Pushdowns - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

DB or BB Bench Press - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Lying DB/EZ Bar Tricep Extensions - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 2 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 3 - TOTAL BODY WORKOUT II

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Weighted Chins - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB High Pulls - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell OHP - 4 x 10-12 RM*

Weighted Dips - 4 x 10-12 RM*

DB Step Ups - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

BEAST MODE & TOTAL BEAST MODE ONLY

DB Reverse Sprinter Lunges - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Weighted Chins - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB High Pulls - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 4 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 5 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Deadlifts - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Alt. Reverse Barbell Lunges - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Rows - 4 x 10-12 RM*

Barbell Curls - 4 x 10-12 RM*

3D Crossovers - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

BEAST MODE & TOTAL BEAST MODE ONLY

Alternating DB Bench Press - 15/10/5 Ladders using 20RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Deadlifts - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Alt. Reverse Barbell Lunges - 2 x 4-6 RM*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

WEEK 2 - STAGE 1: BEAST AWAKENING

DAY 8 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS BEAST SIZE SETS BEAST BURN SETS TOTAL BEAST LEVEL

Barbell OHP - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Weighted Dips - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Deadlifts - 4 x 10-12 RM*	
Alternating Reverse Barbell Lunges - 4 x 10-12 RM*	
Lat Pulldowns - Race to 100 (use 15-20RM to start) - Drop pin 2 spots when no more than 5 reps	
Straight Arm Pushdowns - Race to 100 (use 12-20RM to start)	
Barbell OHP - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Weighted Dips - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 9 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 10 - TOTAL BODY WORKOUT II

BEAST STRENGTH SETS BEAST SIZE SETS BEAST BURN SETS TOTAL BEAST LEVEL

Barbell Rows - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Barbell Curls - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
DB or BB Bench Press - 4 x 10-12 RM*	
Lying DB/EZ Bar Tricep Extensions - 4 x 10-12 RM*	
Low Pulley Goblet Squats - Race to 100 (use 12-20RM to start)	
Pullthroughs - Race to 100 (use 12-20RM to start)	
Barbell Rows - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Barbell Curls - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

DAY 11 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 12 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS BEAST SIZE SETS BEAST BURN SETS TOTAL BEAST LEVEL

Barbell Squats - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Barbell Hip Thrusts - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Weighted Chins - 4 x 10-12 RM*	
DB High Pulls - 4 x 10-12 RM*	
X Crossovers - Race to 100 (use 15-20RM to start)	
Pushup Progression - Race to 100 (decline => flat => flat kneeling => incline => incline kneeling)	
Barbell Squats - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps
Barbell Hip Thrusts - 2 x 4-6 RM*	TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

* Perform to failure using a weight that you can manage without a spotter

THE BAR CHALLENGE WITH SHEAMUS AND CESARO

HOW TO PERFORM THE BAR CHALLENGE: In today's workout you will be performing a barbell complex using a weight that is your 12 RM on Strict Standing Overhead Press. All components of the complex would make up one rep. Your task is to see how high you can climb up an ascending rep ladder before you tap out. For example, In round 1, you would complete 1 rep of the complex, in round 2 you would perform 2 reps of the complex in a row without resting between reps, continuing up the ladder in this fashion with an ultimate goal of hitting 10 straight reps of the complex without rest between reps. Whatever round you finish in is your final score! The Bar Complex and rest between rounds are listed below.

BAR COMPLEX - PERFORM REPS IN ASCENDING LADDER STYLE

Dead Row => Mid-Range RDL => Hang Clean => Reverse Lunge (Right and Left leg) => Push Press

REST TIME BETWEEN COMPLETED ROUNDS

Rounds 1-3 = 30 seconds

Rounds 4-6 = 60 seconds

Rounds 7-8 = 90 seconds

Rounds 9-10 = 120 seconds

How high can you raise the bar? Perform this complex in an ascending ladder and try to make it all 10 rounds. Whatever round you finish at is your final score!

ATHLEAN XTREME	9 OR MORE ROUNDS	You ARE The Bar
ATHLEAN ELITE	8 ROUNDS	Above The Bar
ATHLEAN PRO	7 ROUNDS	Set The Bar
ATHLEAN SOLID	6 ROUNDS	Reach The Bar
ATHLEAN BASIX	5 ROUNDS OR LESS	Crushed Under The Bar

DAY 15 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Deadlift - 4 x 6-8 RM*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Reverse Iron Cross ISO - 2 x 6 reps (6 seconds) | DB or BB Bench Press - 3 sets of 10-12 reps (30 seconds rest between sets) **BEAST MODE & TOTAL BEAST MODE ONLY**

DB or BB Bench Press 4 x 6-8 RM*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Floor Pin Press ISO - 2 x 6 reps (6 seconds) | DB or BB Bench Press - 3 sets of 10-12 reps (30 seconds rest between sets) **BEAST MODE & TOTAL BEAST MODE ONLY**

Weighted Chins 4 x 6-8 RM*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Biceps Bar Breaker ISO - 2 x 6 reps (6 seconds) | DB or BB Bench Press - 3 sets of 10-12 reps (30 seconds rest between sets) **BEAST MODE & TOTAL BEAST MODE ONLY**

Alternating Reverse Barbell Lunges - 3 x 10-12 RM*

EZ Bar Tricep Extensions - 3 x 10-12 RM*

DB High Pulls - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

DAY 16 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 17 - POWER DAY I

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 3 sets of 30 seconds each (rest 60 seconds between)

2. Barbell Hang Clean and Press - 3 x 8 (use 60% of 1RM) (rest 60 seconds between sets) | Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set

3. BB Dead Rows - 3 x 8 (use 60% of 1RM) (rest 60 seconds between sets)

POWER LADDER 1 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, **TOTAL BEAST = 4 at 2/4/6/8 reps each**) Rest twice as long as it takes to complete each rep tier explosively

4A. Plyo Pullups (Base Mode - Plyo Inverted Rows)

4B. Plyo Pushups

4C. Split Squat Jumps

DAY 18 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 19 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Squats - 4 x 6-8 RM*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Squat Pin Press ISO - 2 x 6 reps (6 seconds) | DB or BB Bench Press - 3 sets of 10-12 reps (30 seconds rest between sets) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell OHP - 4 x 6-8 RM*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Leaning Pushout ISO - 2 x 6 reps (6 seconds) | DB or BB Bench Press - 3 sets of 10-12 reps (30 seconds rest between sets) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell Rows - 4 x 6-8 RM*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Bent Row Pin Pull ISO - 2 x 6 reps (6 seconds) | DB or BB Bench Press - 3 sets of 10-12 reps (30 seconds rest between sets) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell Hip Thrusts - 3 x 10-12 RM*

Weighted Dips - 3 x 10-12 RM*

Barbell Curls - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

DAY 22 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Alternating Reverse Barbell Lunges - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Leg Lockout ISO - 2 x 6 reps (6 second max hold) **BEAST MODE & TOTAL BEAST MODE ONLY**

EZ Bar Tricep Extensions - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Triceps Groundbreaker ISO - 2 x 6 reps (6 second max hold) **BEAST MODE & TOTAL BEAST MODE ONLY**

DB High Pulls - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Cable High Pull ISO - 2 x 6 reps (6 second max hold) **BEAST MODE & TOTAL BEAST MODE ONLY**

Deadlift - 3 x 10-12 RM*

DB or BB Bench Press - 3 x 10-12 RM*

Weighted Chins - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

DAY 23 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 24 - POWER DAY II

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 3 sets of 45 seconds each (rest 60 seconds between)

2. Barbell Hang Clean and Press - 4 x 6 (use 70% of 1RM) (rest 60 seconds between sets) | Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set

3. BB Dead Rows - 4 x 6 (use 70% of 1RM) (rest 60 seconds between sets)

POWER LADDER 2 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, **TOTAL BEAST = 4 at 2/4/6/8 reps each**) Rest twice as long as it takes to complete each rep tier explosively

4A. Plyo KB Gorilla Rows

4B. KB Speed Press

4C. KB Swings

DAY 25 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 26 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Hip Thrusts - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Hip Thrust Pin Press ISO - 2 x 6 reps (6 second max hold) **BEAST MODE & TOTAL BEAST MODE ONLY**

Weighted Dips - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Dip Crossover ISO - 2 x 6 reps (6 second max hold) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell Curls - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Biceps Breakout ISO - 2 x 6 reps (6 second max hold) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell Squats - 3 x 10-12 RM*

Barbell OHP - 3 x 10-12 RM*

Barbell Rows - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

GROUP A OPTIONS

BEAST REGENERATION FLUSH CONDITIONING OPTIONS

1. SLED WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns x 15
Sled Push x 20 yards (45lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 2 + 25lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 4 on sled)
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Sled Push x 20 yards (45lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 2 + 25lbs x 2 on sled)	Explosive Sled Pushaway x 30 yards (45lbs x 4 on sled)
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

2. JUMP ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns x 15
Two Foot Hops x 60	Two Foot Hops x 150	Double Unders x 60
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Two Foot Hops x 60	Two Foot Hops x 150	Double Unders x 60
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

3. BATTLE ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns x 15
Alternating Waves x 20 seconds	Alternating Waves x 40 seconds	Alternating Waves x 60 seconds
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Alternating Waves x 20 seconds	Alternating Waves x 40 seconds	Rope Slams x 60 seconds
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

4. BOX DRILL WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns 3 x 15
Round Trips x 3 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Round Trips x 6 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Hyper Y's 3 x 15
Hyper Y's x 15	Hyper Y's x 15	Clamshells 3 x 15 each leg
Round Trips x 3 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Round Trips x 6 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Horrible Hundred
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

5. SHOCK THERAPY

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT
Face Pulldowns x 15
Hyper Y's x 15
Clamshells x 15 each leg
SHOCK THERAPY: LOWER BODY
Crossover Pretzel Stretch x 1 min each leg
90/90 Hip Stretch x 1 min each leg
Rollover V-Sits x 1 min each leg
The Immovable Squat x 1 min
Walking Alpine Climbers x 1 min alternating legs
Lunge Opens x 1 min each leg
SHOCK THERAPY: UPPER BODY
RC Wand Stretch x 1 min each arm
Prone Ab Stretch On Elbows (With Elbow Tucks) x 1 min
T-Spine Bridge x 1 min each arm
Physioball Rolling Y's x 1 min
No rest time between exercises.

6. ZEN TEN WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT
Face Pulldowns x 15
Hyper Y's x 15
Clamshells x 15 each leg
ZEN TEN WORKOUT
Inchworm – 10 reps
90/90 Stretches x 5 each leg
Rolling Crucifix x 5 each side alternating sides
Table Twists x 5 each side alternating sides
3-Way Lunge & Reach x 5 each side
Hamstring Pulses x 10 each leg
Hamstring Reaches x 10 each side
Can Openers x 10 each side
Dead Shoulder Circles x 10 each side
Ankle Breakers – 10 each side
No rest time between exercises.

1. LADDER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Ali Shuffle x 2 round trips	Ali Shuffle x 3 round trips	Ali Shuffle x 5 round trips
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Icky Shuffle x 2 round trips	Icky Shuffle x 3 round trips	Icky Shuffle x 5 round trips
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
High Knees x 2 round trips	High Knees x 3 round trips	High Knees x 5 round trips
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

2. BAR COMPLEX WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Clean/Thruster/Row Complex with Bar Only x 6	Clean/Thruster/Row Complex with Bar + 20lbs x 6	Clean/Thruster/Row Complex with Bar + 50lbs x 6
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Clean/Thruster/Row Complex with Bar Only x 6	Clean/Thruster/Row Complex with Bar + 20lbs x 6	Clean/Thruster/Row Complex with Bar + 50lbs x 6
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

3. MOUNTAIN CLIMBER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Mules x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Mules x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

4. KB SWING WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing Kickthroughs x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing Kickthroughs x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

5. SHOCK THERAPY

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT
Band Pull Aparts x 15
Hip Band Ladder x Ladder to 10
Rotator Cuff ER x 15 each arm
SHOCK THERAPY: LOWER BODY
Crossover Pretzel Stretch x 1 min each leg
90/90 Hip Stretch x 1 min each leg
Rollover V-Sits x 1 min each leg
The Immovable Squat x 1 min
Walking Alpine Climbers x 1 min alternating legs
Lunge Opens x 1 min each leg
SHOCK THERAPY: UPPER BODY
RC Wand Stretch x 1 min each arm
Prone Ab Stretch On Elbows (With Elbow Tucks) x 1 min
T-Spine Bridge x 1 min each arm
Physioball Rolling Y's x 1 min
No rest time between exercises.

6. ZEN TEN WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT
Band Pull Aparts x 15
Hip Band Ladder x Ladder to 10
Rotator Cuff ER x 15 each arm
ZEN TEN WORKOUT
Inchworm – 10 reps
90/90 Stretches x 5 each leg
Rolling Crucifix x 5 each side alternating sides
Table Twists x 5 each side alternating sides
3-Way Lunge & Reach x 5 each side
Hamstring Pulses x 10 each leg
Hamstring Reaches x 10 each side
Can Openers x 10 each side
Dead Shoulder Circles x 10 each side
Ankle Breakers – 10 each side
No rest time between exercises.