

### X-1: ATHLEAN BREAK-IN PHASE

**“PERSONALLY, ADVERSITY MAKES ME HUNGRIER. I THRIVE ON BEING ABLE TO MAKE A WAY OUT OF NO WAY”**

—NFL ALL-PRO RUNNING BACK ADRIAN PETERSON

**IntroduXion:** You are now about to embark on your next challenge...ATHLEAN X-TREME, but before we jump in head first, it's time to look back ever so briefly to the program that got you physically ready to take on this newest test...AX-1! As the age old adage states, “we must look back in order to go forward” as doing so provides us with the ability to learn from our failures, build upon our successes and by all means...never stand still! Well, in this 5 day blitz, action will be the dominant theme, as you rapidly take your body through all three phases of AX-1 in order to “prime” your body for the 11 weeks of X-TREME that await you. That said, from the very first workout to even the return of an old “favorite” burst training conditioning session, you're going to see that even these familiar phases contain some new unique twists and turns to keep you guessing (and your results coming) from the first set to the last, 12 weeks from now! It's time to get nostalgic, but only for 1 week, as the journey to X-TREME is underway. Good luck my friend...you're going to need it!

**InstruXions:** With this week's workouts being a recall of each of the 3 phases from the original AX-1 program, the rules and instructions will vary from workout to workout. In Monday's “Push/Pull Upper Body Performance Primer” you're going to attack each of the exercises with a “straight sets” approach to failure, choosing weights that get you there in the specified rep range. Rest time is kept to 60 seconds between each of these sets. In the “Aftershox 2-Play” Primer, exercise pairs are back and are to be performed without rest between each of the exercises in each pair...again training to failure using weights that challenge you to do so in the stated rep range. Finally, metabolic training makes its return with Friday's “Maximum Metabolic Overdrive” Primer. This total body test is designed to tax both your anaerobic and aerobic threshold with reduced rest periods (just 30-45 seconds max!) and compound movements.

#### MONDAY - PUSH/PULL PERFORMANCE PRIMER Upper Body

**REST TIME: 60 Seconds Between Sets**

EXERCISE	SETS	REPS	COMMENTS
Thumbs Up DB Incline Bench Press	3	12	Keep your thumbs higher than your pinkies throughout the set
Shoulder “L” Raises	3	10	10 raises to the front and 10 to the side for each arm on each set
Diamond Cutter Pushups	3	F	Keep elbows pointed back and held tightly to your side throughout
Chin Ups	3	F	Complete as many reps as you can here with good form. May use assisted band if needed
DB “No Money” Curls	3	12	Keep your elbows tucked into your sides as you rotate your hands behind you at the top of the move


### X-1: ATHLEAN BREAK-IN PHASE

#### TUESDAY - AFTERSHOX "2-PLAY" PRIMER Lower Body

No Rest Between A/B Pairs But Do Take 60 Seconds Rest After Each Round of Pairs

	EXERCISE	ROUNDS	REPS	COMMENTS
1A	Forward Step Up/Throughs	4	10	Wear a weighted vest or hold dumbbells at your side for an extra challenge
1B	DB / Kettlebell Swings		15	If you don't have a KB, simply hold one end of a dumbbell vertically with both hands
2A	Hip Bucks	3	10	Push through your heels as you power up with to activate the glutes and hamstrings
2B	Hip Buck Marches		12	Perform 12 reps on each leg. Don't let your hips drop at all until you finish the set
3A	Shuffle Shuffle Pickups	3	8	Keep your head and chest up when you drop into the squat
3B	Sprinter Lunge Leaps		8	Touch the ground with both hands in front of your foot on each landing

#### WEDNESDAY - ATHLEAN BURST TRAINING "Bumps...Jumps...and Jacks!"

EXERCISE	ROUNDS	REPS	BURST TRAINING BREAKDOWN
Burpees	7	10	<p> For this workout, you will be performing just three exercises...Burpees (chest to the floor), Box Jumps (onto an 18-24 inch box or step), and Jumping Jacks for a specified number of reps in 1 minute each. You will continue to rotate through this three minute circuit a total of 7 times (for a total workout time of 21 minutes), each time attempting to complete the target rep number in the the minute you are allotted. Along the way, the only rest you take is the rest you EARN by completing your exercise task as quickly as possible within the minute!</p>
Box Jumps		12	
Jumping Jacks		40	

#### MAXIMUM METABOLIC OVERDRIVE PRIMER Total Body

REST TIME: 30-45 Seconds Between Sets

EXERCISE	SETS	REPS	COMMENTS
DB Hang Cleans	3	10	Time the "catch" with a "foot stomp" to ensure the explosiveness of the exercise
Spiderman Crawl Pushups	3	10	If you don't have the space, repeatedly crawl one step forward and one step backward per rep
DB Curl and Pres	3	10	Turn the dumbbells away from you as you press the weights overhead
DB Bulgarian Split Woodchoppers	3	12	Hold a dumbbell with two hands and chop down in the direction of the forward knee
Squat to Stand Tubing / Band Rows	3	12	If you find yourself losing your balance at the end of each rep, stagger your stance a bit for more stability
Tubing Reverse "X" Flys	3	15	Be sure to turn your thumbs up as you reach the top of the "X" to engage the rotator cuff



## THE XT-400 CHALLENGE

### THE LOW DOWN

Just when you thought you mastered the “ATHLEAN 400 Challenge”...we just had to go and make it harder now didn't we? Introducing the “XT-400 Challenge”! With slight variations to all of the original exercises from the ATHLEAN “400” Challenge, the difficulty level has now been taken to the neXt level on each of the exercises themselves and the toll this total body workout will take on you!

### HERE IS THE WORKOUT

Using just a stopwatch, your bodyweight and dumbbells as the resistance you are to time yourself to see how long it takes you to perform 100 reps each of the following 4 exercises. You may do them in any order and for any amount at one time. Just get 400 total as fast as you can:

EXERCISE	REPS	COMMENTS
Cross Knee Plank Pushups	100	Alternate right and left knee crosses, performing a pushup with each one. Each pushup counts as 1 rep
DB Renegade Rows	100	Use a dumbbell that is approximately 25% of your bodyweight in each hand. Each right / left combo counts as 1 rep
Box Jumps	100	Use an 18-24 inch box, bench, or first couple of stairs in a staircase. No need for additional weight here
Opposite Elbow to Knee Planks	100	Alternate right and left knee to elbow touches. Each right / left combo counts as 1 rep

### SCORING

Note: If you test out at “Basix” time, no sweat! Simply repeat the first three weeks of the program and retest. We recommend that you only advance to X-2 if you score a “Solid” or above.

ATHLEAN Basix	OVER 25 MINUTES
ATHLEAN Solid	BETWEEN 22 AND 25 MINUTES
ATHLEAN Pro	BETWEEN 20 AND 22 MINUTES
ATHLEAN Elite	BETWEEN 18 AND 20 MINUTES
ATHLEAN Extreme	UNDER 18 MINUTES
<b>BEAT THE BOSS!</b>	<b>19:24 (USING 40LB DUMBBELLS)</b>

**BEAT THE BOSS:** See how you compare to Coach Cavaliere's score for each challenge!

#### QUALIFICATION FOR PROGRESSION TO X-2:

Score at a level **SOLID** or better

### X-2: ATHLEAN RETRO REP TRAINING PHASE

**“THE DANGER IS NOT TO SET YOUR GOAL TOO HIGH AND FAIL TO REACH IT. IT’S TO SET YOUR GOAL TOO LOW AND REACH IT.”**  
—UFC WELTERWEIGHT CHAMPION GEORGES ST-PIERRE

**IntroduXion:** Congratulations, you passed the XT-400 Challenge and there’s no turning back now...as you’re about to embark on the wildest, most effective and intense workout program you’ve ever done. It’s time to switch up the way you think about “traditional” training forever...and we’re going to start by switching up the way you traditionally perform your reps! Welcome to X-2...the “Backwards Reps” phase of ATHLEAN X-TREME! Right away you’ll notice a departure from AX-1 style training as we’re introducing you to split muscle group workouts. That said, we’re never compromising the main principles of athletic based training with ground based exercises ruling the day and functional, maximal muscle inter-aXion principles guiding your every workout. With ATHLEAN Retro Rep training you’re going to take the “time under tension” theme and effectively double the workload of the muscles being targeted by starting and finishing all reps from a position of constant tension! It’s all about perspective since even when some of the exercises themselves may closely resemble ones you’ve performed before (and as always some you’ve never seen!), the effect felt by the muscle will be anything but familiar! Adjust your weights accordingly, as you may need to leave your ego at the door to survive the burn of “Backwards Reps” training. You want to be X-TREME? It all starts here.

**InstruXions:** Though split muscle group training is introduced for the first time to ATHLEAN-X, your rest periods, intensity and set approach should not be unfamiliar for you. This week’s training will call for straight sets (perform all sets for a given exercise before moving onto the next exercise) done to failure (using weights that maximally challenge you to complete the final prescribed rep in good form) while limiting your rest to no more than 45 seconds between sets.

#### MONDAY - ATHLEAN RETRO REP TRAINING PHASE Chest / Triceps

**REST TIME: 45 Seconds Between Sets**

EXERCISE	SETS	REPS	COMMENTS
Backwards Alt. Incline DB Bench Press	3	12	Drop one arm down and back up, then repeat on the other side. This is one rep
Hover Plyo Pushups	3	F	Remember to hold the “hover” position for a 2 count then explode into a plyo pushup
Backwards “X” Hi / Low Crossovers	3	12	Remember to switch the hi/low arms midway during the set for chest balance
Backwards Lying DB Triceps X-Tensions	4	10	Keep your upper arm angled back slightly instead of vertical, even at the top of this exercise
Backwards Physioball DB Kickbacks	3	10	Keep your elbows tight to your side and behind your back to maximize triceps involvement

### X-2: ATHLEAN RETRO REP TRAINING PHASE

#### TUESDAY - ATHLEAN RETRO REP TRAINING PHASE Back / Biceps

REST TIME: 45 Seconds Between Sets

EXERCISE	SETS	REPS	COMMENTS
Backwards Alt. DB Rows	3	12	Maintain the slight arch in your lower back throughout and keep elbows close to your side. 12 reps on each arm.
Backwards Band/Tubing Alt. Pulldowns	3	12	Visualize pulling down with your elbows and not your hands to limit the forearm involvement. 12 reps on each arm.
Backwards Alt. Iron Cross Flys	3	15	When one arm comes forward, the other should remain straight out to your side with no forward movement
Backwards Alt. DB 1 1/2 Curls	4	10	Keep the wrists bent back slightly at the top to ensure that the biceps are doing the work
Reverse Lip Busters	3	12	Keep the movement going as one continuous "pedaling" motion with your arms. 12 curls with each arm.

#### THURSDAY - ATHLEAN RETRO REP TRAINING PHASE Legs

REST TIME: 45 Seconds Between Sets

EXERCISE	SETS	REPS	COMMENTS
DB Creeping Lunges (back and forth)	3	10 (2 steps forward / 2 steps backward per rep)	Stay as low as you can to the ground without rising up as you step forward or back
Step Up / Lunge Combo	3	10 (1 step up & 1 lunge per rep)	Keep a steady rhythm for continuous tension on both legs. 10 reps on each leg per set.
Lateral 2 Foot Skier Hop and Squat	3	45 SECONDS	Maintain an athletic squat position in the knees throughout the exercise
Physioball Bench Glute / Ham Raise	4	10	Use the ball for a self-spot, aiming to make the hamstrings eccentrically do the majority of the work here
Slick Floor Bridge Curls	3	12	Be sure to activate the glutes to prevent the hips from dropping at any point during the exercise

#### FRIDAY - ATHLEAN RETRO REP TRAINING PHASE Shoulders / RC

REST TIME: 45 Seconds Between Sets

EXERCISE	SETS	REPS	COMMENTS
Backwards DB Shoulder Press	3	12	Start with both dumbbells pressed overhead and alternately drop one down to shoulder height and press back up
Backwards DB Alt. Side Lateral Drops	3	8	Start with your arms held out in the "finish" position of a lateral raise and alternately drop arms
DB / Plate 8's	3	8	Try to keep your arms out straight while you draw a sideways laying "8". Each completed figure "8" counts as one rep
Backwards DB Alt. "W" Raises	3	8	Be sure to keep a slight bend in the elbow and your thumbs pointed backward at the top of the rep to maximize RC involvement
RC Tubing Step Outs	3	15	Keep your elbow tucked into your side and your knuckles pointed straight ahead throughout the set



## THE KING T.U.T. CHALLENGE

### THE LOW DOWN

Get ready for the ultimate test of time under tension! From muscle burning isometrics to the mercurial meltdown of our plyometric based movements...making it to the end of this challenge with a perfect score is going to be...well...inTENSE! Will you be "KING"?

### HERE IS THE WORKOUT

InstruXions: Using a stopwatch, your bodyweight and a set of dumbbells as the resistance you are to attempt to complete 30 seconds of each exercise task listed below WITHOUT resting. For each 30 second task that you complete you will earn 1 point. If you fail to complete any of the 30 second tasks for the ENTIRE 30 seconds due to either muscle fatigue or decreased stamina, you will receive a zero for that task. You must perform ALL 4 exercise pairs (4 minutes) before earning a 60 second rest. You will need to perform 4 complete rounds. When choosing your DB weights, select one weight for the entire circuit (as you will not have enough time to switch them out between exercises). Generally, it is recommended that you choose a weight that is 50-70% of what you would normally use for a set of 10 side lateral shoulder raises. This entire 4 minute circuit is to be completed a total of 4 times, with a perfect score of 32 achievable.

	EXERCISE	TIME	ROUNDS	COMMENTS
1A	Isometric RIGHT LEG Step Down Hold	:30	4	Remember...do NOT rest in between exercises. You will only rest 1 minute after each complete round. On the second and fourth times through the circuit, remember to switch exercises 1A and 1B to the LEFT LEG.
1B	RIGHT LEG Step Up Thrusts	:30		
2A	3 Point Hover	:30		
2B	Mountain Climbers	:30		
3A	Isometric Split Squat DB Side Lateral Hold	:30		
3B	DB Overhead Split Squat Jumps	:30		
4A	Cliffhanger Planks	:30		
4B	Cross Hop Planks	:30		

### SCORING

For each 30 second task that you complete you will earn 1 point. Failure to perform any of the 8 exercises in any of the 4 rounds for the entire 30 seconds will earn you a zero for that exercise. A total score of 32 maximum points is achievable.

ATHLEAN Basix	UNDER 23 POINTS
ATHLEAN Solid	23-25 POINTS
ATHLEAN Pro	26-29 POINTS
ATHLEAN Elite	30-31 POINTS
ATHLEAN Xtreme	32 POINTS
BEAT THE BOSS!	30 POINTS

**QUALIFICATION FOR PROGRESSION TO X-3:**  
Score at a level **ATHLEAN SOLID** or better



### X-3: ATHLEAN ARX TRAINING PHASE

**“A LOT OF PEOPLE, ONCE THEY FEEL UNCOMFORTABLE, WILL SIMPLY STOP WHATEVER THEY’RE DOING. BUT I BELIEVE IN ORDER TO SUCCEED AT ANYTHING, YOU NEED TO BE COMFORTABLE BEING UNCOMFORTABLE.”**

—UFC LIGHT HEAVYWEIGHT CHAMPION JON “BONES” JONES”

**IntroduXion:** One of the most commonly debated arguments in strength training centers around the usefulness of resistance bands, especially in regards to their effectiveness in building new muscle. The knee jerk reaction is to denounce them as never being able to replace the resistance created by the plain old fashioned iron found in dumbbells and barbells...or even the challenge of your own bodyweight. The problem is, that type of thinking is exactly why results that SHOULD be possible are not being attained, since it flies in the face of science and the principles of muscle strength curves! In ATHLEAN-XTREME, instead of the debate centering around whether you should use bands OR dumbbells it shifts instead to the more appropriate question of how you can include BOTH and do so in a way that each is equally important! In fact, in X-3, by combining strength curves in a complimentary way and then applying them to the three distinct phases of a muscular contraction (the stretch, midrange, and contracted phases), you will quickly see how 1+1 does not equal 2...but rather 200! By attacking a muscle in each of it’s three primary rep zones in a specific order, we are able to train compound midrange exercises with heavier weights while the stabilizers and contributing secondary muscles are at their strongest and then quickly shift to a more isolated contracted / stretch combo that serves to essentially squeeze blood out of the working muscle (creating an occlusive effect) and then quickly reversing the process via a stretching exercise that bathes the entire muscle belly in nutrient rich blood that has been shown in research to increase strength in the second exercise and promote greater growth at the cellular level. The end result is a unique series of workouts that allow you to stay “ahead of the curve” with your training and reap the rewards that a scientific approach to working out can have on your journey to your “ATHLEAN” body!

**InstruXions:** Much like the third month of AX1 training, X-3 incorporates a superset, sandwiched between two straight set exercises for each muscle group being targeted in the workout. For instance, on Monday, you will perform all sets (3) of exercise one (DB Flat Bench Press) with 45 seconds rest between each before moving onto your A (contracted) / B (stretch) combo in which you will not earn your 45 second rest until a set of BOTH exercises are completed. You wrap up each muscle group with a third exercise that again is done in straight set fashion, pushing to failure in the prescribed rep range (or in this case...as a bodyweight movement...as many as you can until you can’t do a single additional rep in good form).

#### MONDAY - ATHLEAN ARX TRAINING PHASE Chest/Triceps

**REST TIME: 45 Seconds Between Sets / No Rest Between A/B Exercise Pairs**

	EXERCISE	REPS	SETS	COMMENTS
1	DB Flat Bench Press	12	3	Don't let your upper arms go any lower than parallel to the floor to protect your shoulder AC joints
2A	Tubing Sunrise / Sunset	10	3	Keep your fingers open (hook over the thumbs) to keep the chest muscles as the “driver” of the move
2B	Dips	F		Dig your chin into your chest for an extra stretch on your chest and maintain a forward lean to engage the chest more than the triceps
3	Band Resisted Pushups	F	3	Wrap the bands around your hands a few times if you need more tension
1	Elbows Tucked DB Bench Presses	10	3	Be sure to keep the elbows close to your sides, even as you extend the arms during the press
2A	Alt. Woodchopper Pushdowns	12	3	Be sure to hold and squeeze the contracted position for a count of 2 on each rep
2B	Overhead DB Triceps Extensions			Optional KB towel overhead extensions. Keep your elbows angled as vertically as your flexibility will allow for maximum triceps stretch
3	DB / Band Skullcrusher Combo	12	3	Always remember to keep your upper arms angled backwards from vertical to keep tension on the triceps

### X-3: ATHLEAN ARX TRAINING PHASE

#### TUESDAY - ATHLEAN ARX TRAINING PHASE Back / Biceps

	EXERCISE	REPS	SETS	COMMENTS
1	Pullups	F	3	Pull yourself up to the bar touching your upper chest to the bar at the top and don't forget the negative on the way down
2A	Straight Arm Pushdowns	12	3	Keep the elbows straight to minimize the contribution of the triceps
2B	DB Lat Pullovers			Initiate the contraction out of the stretched position with your lats and NOT your hands or triceps by keeping your arm as straight
3	1 Arm Row DB / Band Pull Combo	12	3	Make sure there is tension on the band at the start by starting far enough away
1	DB Biceps Curls	12	3	Keep a slight flex in your knees and your butt out (athletic position) for maximum stability and minimal cheat
2A	DB All Star Fielder Curls	12	3	Timing is everything here! Find the groove to execute the shuffle and then curl when you land
2B	Tubing Stretch Curls			Keep a forward trunk lean so you can extend your arms behind your body and prestretch the biceps
3	Biceps DB / Band Curl Combo	F	3	The added bands will make the basic version of the curl feel like pink three pounders! Adjust your weights accordingly!

#### WEDNESDAY - ATHLEAN ARX TRAINING PHASE Legs

	EXERCISE	REPS	SETS	COMMENTS
1	DB / Barbell Deadlifts	12	3	Get the added benefit of grip strength from this hip/quad dominant exercise
2A	Band Resisted Retro Farmer's Walk	10	3	Drive backward by pushing back onto the heels for max quad activation. 2-3 steps backward, walk in slow and repeat x 10)
2B	Slingshot Lunges			Activate the stretch reflex in the hip flexors with an exaggerated drop back lunge prior to executing the powerful knee drive!
3	TKE Split Squat Drops	10	3	With a band behind your knee, simultaneously rise out of a split squat and straighten the front knee for an X-tra quad activation
1	Physioball Hamstring Curls	15	3	If this becomes too easy for you, slow down the tempo to a 5 second cadence per rep to quickly make it a killer again!
2A	Physioball Bench Glute / Ham Raise	10	3	Use the ball for a self-spot and aim to make the hamstrings eccentrically do the work here
2B	DB RDL's	12		Do the Glute / Ham Raise and then perform 1 set on each leg for the DB RDL's. That is one complete round. Repeat two more times
3	DB / Band Resisted RDL's	12	3	Can substitute dual cables if you have access to one in the gym. Control the deceleration of the hamstrings on each rep!

#### FRIDAY - ATHLEAN ARX TRAINING PHASE Shoulders / RC

	EXERCISE	REPS	SETS	COMMENTS
1	Rotational DB Pivot Presses	12	3	Sync your pivot with your press. This will allow lower body and core power transfer to the arms for even greater strength!
2A	DB Side Lateral Raises	12	3	Ditch the "pour the pitcher of water" theory on these. Instead, keep your thumbs slightly higher than your pinkies at the top
2B	Tubing Sword Raises on each arm			Be sure to rotate your thumb towards the sky as you pull to the top to engage the rotator cuff
3	DB / Tubing Leaning Tower Laterals	10	3	Hit all strength curves of the medial deltoid! Hold a post at arms length with feet at the base and lean your body 45 degrees away
1	DB Scaptions	15	3	Make sure you move the arms up at a 45 degree angle from the front to ensure maximum RC involvement
2A	Tubing High Pull "L"s	15	3	Use lighter resistance tubing to accommodate the higher reps used when training the rotator cuff
2B	RC Stretch Aparts			Remember to REACH the arms out in front of your chest, especially on the eccentric return to the starting position
3	DB / Tubing Side Lying ER	3	12	Use a light enough DB and tubing resistance that you can still execute the motion with good form and control





## THE 3-POINT RANGE CHALLENGE

### THE LOW DOWN

This week's training has shown how incorporating exercises to specifically target not only the different phases of a muscle group's range of motion but also the complimentary strength curves that different training equipment provides can have a considerable impact on the effectiveness of your workout! The "3-Point Range" Challenge is no different. In this workout you will be performing 4 basic movements...an upper body pushing exercise (the pushup), lower body (squats), upper body pulling exercise (inverted rows), and an ab/core sequence. Through each rep you will hit the muscles involved within different points in their range...creating a killer triple combo that's sure to leave you gassed! Just as on the court, many will attempt a shot from "3-Point Range" but far fewer will make it! Will you?

### HERE IS THE WORKOUT

Using a stopwatch, your bodyweight and a straight bar in a squat rack (or shovel, broom, golf club supported over two chairs, couches, etc) you will attempt to complete 33 reps each of the following 4 exercise "triples". Each triple must be completed before you can move onto the next...and each must be completed within 3 minutes and 33 seconds! Your goal is to complete ALL 4 "triples" within their 3:33 range with just 1 minute rest allowed between "triples". If you must rest at any time be sure to keep the clock running.

EXERCISE	REPS	COMMENTS
1/2 Pushups → Full Pushups → Plyo Pushups	33	MUST REACH 33 "triples" in 3 Minutes and 33 Seconds to earn 1 point.
1/2 Squat → Full Squat → Jump Squat	33	MUST REACH 33 "triples" in 3 Minutes and 33 Seconds to earn 1 point.
1/2 Inverted Rows → Full Inverted Row	33	MUST REACH 33 "triples" in 3 Minutes and 33 Seconds to earn 1 point.
Heels to the Heavens → Jackknife Right/Left → "V" Up	33	MUST REACH 33 "triples" in 3 Minutes and 33 Seconds to earn 1 point.

**PLEASE NOTE:** Score a perfect "4" and want more? Press your luck and attempt a second round. Match the "4" again and add a (+) to your score. Fail to match and your 4 becomes a 3! Are you feeling lucky?

### SCORING

Scoring is determined by the number of successful 33 rep "triples" you complete in each of their allotted 3:33 time block. Scores will range from 0 if you complete none of these in the allowed time to 4 if you get them all! See the option below the chart for a way to earn the (+) distinction. Good luck!

ATHLEAN Basix	0 POINTS
ATHLEAN Solid	1 POINTS
ATHLEAN Pro	2 POINTS
ATHLEAN Elite	3 TO 4 POINTS
ATHLEAN Xtreme	4+ POINTS
BEAT THE BOSS!	4+

#### QUALIFICATION FOR PROGRESSION TO X-4:

Score at a level **ATHLEAN SOLID** or better

### X-4: ATHLEAN DENSITY TRAINING PHASE

**“THE ONLY DIFFERENCE BETWEEN THE “YOU” NOW AND THE “YOU” YOU ULTIMATELY WANT TO BE...IS WHAT YOU’RE WILLING TO SACRIFICE TO GET THERE.” - DALLAS MAVERICKS OWNER AND SUCCESSFUL ENTREPRENEUR MARK CUBAN**

**IntroduXion:** Welcome to X-4! You’ve powered your way through the first three weeks of the program and are poised to finish out your first full month strong! That said, the only thing that lies between you and your first milestone is something I call “ATHLEAN DENSITY” Training. If I wanted to I could have easily swapped out the word “density” for “intensity” as this will definitely be a unique challenge that your body will have no choice but to respond to! The rules are straight forward. The volume remains the same while the time you have to complete your work gets virtually slashed in half! That’s right...same amount of work in half the time. That’s DENSITY my friends. If that weren’t enough, now I put the power of selection in YOUR hands, with the ATHLEAN PLAYLISTS! With 9 exercises per muscle group at your disposal, your weapons of muscle destruction are up to you! Again, the key to surviving this week’s barrage of workouts is to get in, go hard, and go home! Skeptical? Just be sure to write in and let us know how sore you are the day after each of this week’s workouts!

**InstruXions:** For each of the days this week you will be dedicating 12 minutes to training a specific muscle group (of course with ATHLEAN-X training there’s never such a thing as total isolation, but you get the idea). You will be asked to choose any exercise from the LEVEL 1 Group (level 1 being the most difficult or demanding), followed by any exercise from the LEVEL 2 Group, then finally one from the “easiest” of the list...LEVEL 3. Your rest time will be just as long as it takes you to catch your breath and shake out that lactic acid burn in your muscles. Your goal is to complete 5 rounds of this 3 tiered Playlist before the clock ticks 12. That’s 15 sets in 12 Minutes! Now, I realize that this type of pacing may be totally unique to you and something you’re just not used to. No problem, do your best and aim to complete all 15 sets in no more than 15 minutes...3 extra minutes of built in wiggle room only if you find you need it. Deal? Remember, the exercise choice is up to you. You can pick the same exercise from each group on each of the 5 rounds or you may mix it up from one round to the next. The only requirement is that each complete round consists of 1 exercise from each of the three Group Levels. Finally, each exercise in the playlist has a rep number attached to it. This is to indicate the rep range that I want you to achieve failure in. For example...12 reps would require you to choose a weight that you would reach momentary muscle failure at by the 12th rep. “Failure” means that you cannot perform a single additional rep without compromising form greatly to do it. Got it? Got your stopwatch? Then go GET IT DONE!

#### MONDAY - ATHLEAN DENSITY TRAINING PHASE Chest / Triceps

**REST TIME: Keep Rest To A Bare Mininum - Complete All 15 Sets In 12 Minutes**

MUSCLE	LEVEL	EXERCISE	REP TARGET
CHEST	ONE	Plyo Clock Pushups	FAILURE
		Spiderman X-Treme Pushups	FAILURE
		“X” Plyo Pushups	FAILURE
	TWO	DB Flat Bench Press	10-12
		Thumbs Up Incline DB Bench Press	10-12
		Underhand Grip DB Bench Presses	10-12
	THREE	Tubing Sunrise / Sunsets	10 EACH DIRECTION
		Tubing 1 Arm Crossovers	12 EACH ARM
		Tubing Overhand	CROSSOVERS X 12

MUSCLE	LEVEL	EXERCISE	REP TARGET
TRICEPS	ONE	Bodyweight Triceps Extensions	FAILURE
		Triceps Upright Dips	FAILURE
		Lying DB Triceps X-Tensions	10-12
	TWO	Elbows Tucked DB Bench Presses	10-12
		Bench Dips	10-12
		Woodchopper Pushdowns	8-10 EACH DIRECTION
	THREE	Diamond Cutter Pushups	FAILURE
		Tubing Overhead Squat Extensions	FAILURE
		Physioball DB Kickback and Hold	10-12

### TUESDAY - ATHLEAN DENSITY TRAINING PHASE Back / Biceps

MUSCLE	LEVEL	EXERCISE	REP TARGET
BACK	ONE	Knee Up Pullups	FAILURE
		DB Dead Rows	10
		"Thumbs Up" Pushups	10-12
	TWO	Inverted Rows (legs straight)	FAILURE
		DB Renegade Rows	10-12
		DB Lat Pullovers	10-12
	THREE	Band Row / Back Extension Combo	10-12
		Straight Arm Pushdowns	12
		Tube Reverse Iron Cross Flys	FAILURE

### X-4: ATHLEAN DENSITY TRAINING PHASE

MUSCLE	LEVEL	EXERCISE	REP TARGET
BICEPS	ONE	Bicep Chin Ups	FAILURE
		DB "Straight Bar" Curls	10
		DB Hammer Curls	10-12
	TWO	DB "No Money" Curls	10-12
		DB Shovel Curls	10-12
		DB Fielder Curls	10-12
	THREE	Lip Busters	12
		Tube Burnout Curls	FAILURE
		Bicep Chin Up Holds	FAILURE

### THURSDAY - ATHLEAN BURST TRAINING "The Top 20 Meltdown"

EXERCISE	REP TARGET PER ROUND	COMMENTS
Drunken Mountain Climbers	50 / 50 / 47 / 45	<p>You've heard of the Top 20 Countdown...well we have our own version, and just like the one you listen to on the radio...ours is filled with H.I.I.T after H.I.I.T as well! The only difference is you may not find any "favorites" in this grueling race against the clock! Perform the 4 exercises for 1 minute each with no more than 20 seconds rest in between. Complete one round and earn a 1 minute rest. You will repeat this 4 minute circuit / 1 minute rest three more times for a total of 20 minutes in this workout. You must perform AT LEAST the minimum number of reps stated next to each exercise in each of the four rounds. The rep target numbers for each round are presented in descending order such as round 1 target / round 2 target / round 3 target / round 4 target. While there is no penalty for missing, your pride and ego are! Good luck!</p>
Rocket Jumps	40 / 40 / 37 / 35	
Ice Skaters (R+L = 1 rep)	30 / 30 / 27 / 25	
Shuffle Shuffle Pickups	25 / 25 / 22 / 20	



### FRIDAY - ATHLEAN DENSITY TRAINING PHASE Legs / Shoulders

MUSCLE	LEVEL	EXERCISE	REP TARGET
LEGS	ONE	Box Jumps (20+ INCH BOX)	:30
		Prisoner Jump Squats	:30
		Split Squat Jumps	:30
	TWO	DB / Kettlebell Swings	10-12 EACH LEG
		DB Bulgarian Split Squats	10-12 EACH LEG
		DB Bench Bottom Pistol Squats	10 EACH LEG
	THREE	Marching Long Leg Bridges	12 EACH LEG
		Physioball Hamstring Circle Curls	15
		Physioball Feet Flat Marching Bridges	12 EACH LEG

MUSCLE	LEVEL	EXERCISE	REP TARGET
SHOULDERS	ONE	DB / Barbell Push Press	10-12
		DB Hang Clean and Press	10-12
		DB ER Rollouts and Press	10-12
	TWO	DB / Plate 8's	8
		DB "L" Raises	10-12
		DB / Plate Cauldrons	10-12
	THREE	Tube "Elbows Down" High Pulls	FAILURE
		Tube Dual Stretch Front Raises	FAILURE
		Tube "Upper Limit" Laterals	FAILURE



### THE SURVIVE FOR 5 CHALLENGE

#### THE LOW DOWN

The name of this challenge says it all! Your task is simple. You will be asked to perform a classic “muscle group-targeting” bodyweight or tubing exercise 10 times and then rest for 10 seconds. Sounds easy right? Well, there is another small detail that I left out. You’re going to attempt to repeat this “10 on 10 off” cycle for 5 minutes straight! Should you make it all the way to the end you will have earned a full “5 Minutes” to your total score. If on the other hand you reach failure before the 5 minutes elapses... simply make note of the time that you stopped and log that as your score for that muscle group. Oh yeah, you’re still not done. As soon as you either complete the 5 minutes or fail at some point in the time frame, you will rest for 60 seconds and then move onto the next of the 6 total muscle groups that you will be attempting this for. In total you are trying to achieve 30 complete minutes of exercise (6 muscle groups / 5 minutes each) without fail. Is it easy? Not at all, but then again....I did warn you that this challenge got its name for a reason! Good luck!

#### HERE IS THE WORKOUT

Using just a stopwatch, a resistance band and a set up to perform inverted rows you will aim to complete each of the following exercises in a 10 rep / 10 second rest continuous fashion for 5 minutes. Continue to complete as many rounds of this until you either “survive for 5” or reach failure on the exercise and can no longer complete a single rep in good form. Note the time that this occurs at and mark it down. You will rest 60 seconds after each exercise. Complete your final “score” at the end by totaling up all 6 individual exercise times.

GROUP	EXERCISE	REPS / REST	COMMENT
CHEST	Pushups	10 / :10 Repeat up to 5 min.	Rest 60 seconds after either failure or the 5 minute mark is reached
BICEPS	Tubing Curls	10 / :10 Repeat up to 5 min.	Rest 60 seconds after either failure or the 5 minute mark is reached
TRICEPS	Tubing Overhead Push Aways	10 / :10 Repeat up to 5 min.	Rest 60 seconds after either failure or the 5 minute mark is reached
LEGS	Bodyweight Squats	10 / :10 Repeat up to 5 min.	Rest 60 seconds after either failure or the 5 minute mark is reached
BACK	Inverted Rows	10 / :10 Repeat up to 5 min.	Rest 60 seconds after either failure or the 5 minute mark is reached
SHOULDERS	Tubing Shoulder Presses	10 / :10 Repeat up to 5 min.	Rest 60 seconds after either failure or the 5 minute mark is reached

#### SCORING

Your score is determined by the total time you were able to last across all 6 exercises. For instance, if you made it through 2 minutes of pushups before failure, and 3 minutes of the other 5 exercises...your total time accrued would be 17 minutes. Unfortunately, this would earn you a Basix score. But that’s not going to happen now is it? Aim for all 30! Be X-Treme!

ATHLEAN Basix	UNDER 25 MINUTES
ATHLEAN Solid	25:00 AND 26:59 MINUTES
ATHLEAN Pro	27:00 AND 27:59 MINUTES
ATHLEAN Elite	28:00 AND 29:59 MINUTES
ATHLEAN Xtreme	30 MINUTES
BEAT THE BOSS!	29:41 MINUTES

#### QUALIFICATION FOR PROGRESSION TO X-5:

Score at a level **ATHLEAN SOLID** or better

### X-5: ATHLEAN COMPLEX TRAINING PHASE

**“PAIN IS TEMPORARY. IT MAY LAST A MINUTE, OR AN HOUR, OR A DAY, OR A YEAR, BUT EVENTUALLY IT WILL SUBSIDE AND SOMETHING ELSE WILL TAKE ITS PLACE. IF I QUIT, HOWEVER, IT LASTS FOREVER.”**

—SEVEN TIME TOUR DE FRANCE CYCLING CHAMPION LANCE ARMSTRONG

**IntroduXion:** Recovered yet? No doubt “ATHLEAN DENSITY” Training is quite a challenge, but more lie ahead...and your transformation into an “ATHLEAN Supreme Athlete” kicks into high gear this week as you begin ATHLEAN COMPLEX Training. The foundation of an elite athlete’s workouts are not only the functional movements you’ve been doing up to this point (in both AX-1 and now into X-5 of AX-2) but the integration of these into flowing movement patterns that mimic the actions and reactions of the body in competition and performance. Even if athletic competition is nowhere in your future, it’s the benefits reaped from training like an athlete that have the most noticeable impact on your physique. ATHLEAN COMPLEX Training reintroduces total body workouts that truly work you from your toes to your fingertips. Through a series of 3-4 continuous exercises, X-5 will not only help you to build total body strength and power, but more importantly the coordination needed to turn what may start out as combos that are truly “complex” to execute, to something much more automatic and explosive! In a nutshell, you’ll be using complexes to make complex movements less complex! Make sense? Then let’s move onto the instructions for the workouts.

**InstruXions:** This week’s training consists of two total body workouts and two ATHLEAN Burst Workouts. Your performance on the StaX Challenge will determine your passage into X-6 or not (in which you’d have to repeat this week of training until you did achieve a passing score). In each total body workout you are to perform a complex for 3 sets before moving onto the next of the 4 total complexes. Each rep is to be performed in a continuous flow from the first exercise in the complex to the last. For example, in the compound complex on Monday, you will perform a tubing squat to row, immediately followed by a squat to straight arm pushdown, immediately into a reverse lunge with pulldown. This three movement sequence is one repetition. You would do this 7 more times to round out your set. Rest times will be kept very short in this phase, just 30-45 seconds, to keep the workout moving at a quick pace and discourage rhythm-breaking delays. The weight chosen for each complex should be determined by the limiting exercise. For instance, on Monday’s upper body complex, if the most weight you could use on your DB Triceps “X”tension for 8 reps was 30lbs in each hand, then that would be the weight you would use for ALL of the exercises in your complex.

#### MONDAY - ATHLEAN COMPLEX TRAINING Total Body Complex Workout ONE

**REST TIME: 30-45 Seconds Between Complexes**


COMPLEX	EXERCISE	REPS	SETS
COMPOUND	Tubing Squat to Row → Squat to Straight Arm Pushdown → Reverse Lunge w/ Pulldown	8	3
UPPER BODY	DB Pullover → DB Bench Press → DB Triceps “X”tension → DB Pike Crunch	8	3
LOWER BODY	Forward Lunge w/ DB Press → Side Lunge w/ Biceps Curl → Drop Step Lunge w/ Diagonal Reverse Chop	8	3
CORE	21 Crunch → Heels to the Heavens → V-Up → Hands Free Tuck	8	3



### X-5: ATHLEAN COMPLEX TRAINING PHASE

#### TUESDAY - ATHLEAN BURST TRAINING "The Goal Line Stand Workout"

**REST TIME: 20 seconds between downs. Rest 2 minutes after completion of all 4 downs and repeat 2 more times**


DOWN	EXERCISE / COMPLEX	TIME	
1st Down	Box Jumps	:20	 <p>Your task is to complete 4 rounds or "downs" of exercises for the prescribed length of time...resting just 20 seconds between each. You will notice that with each down, the base exercise will increase in complexity by adding another exercise to the complex. Remember, just as in this week's strength training workouts, the complex is to be performed in which each rep consists of each of the listed exercises. For example, on 3rd Down, each rep will contain a box jump, followed immediately by an incline burpee, followed immediately by a jumping jack squat. This "triple" would be repeated for 45 seconds. After a 20 second rest you would move onto 4th down, performing it in much the same sequence, except this time with the addition of the dreaded split squat jump (on both the right and left legs). Your reward for completing the 4 downs is a 2 minute rest...and another two rounds of the "Goal Line Stand"! Make it through all 3 rounds you will have earned yourself some true "down" time...away from the gym...with your day off tomorrow.</p>
2nd Down	Box Jumps → Incline Burpee	:30	
3rd Down	Box Jumps → Incline Burpee	:45	
4th Down	Box Jumps → Incline Burpee → Jumping Jack Squats → Split Squat Jump (right and left)	:60	

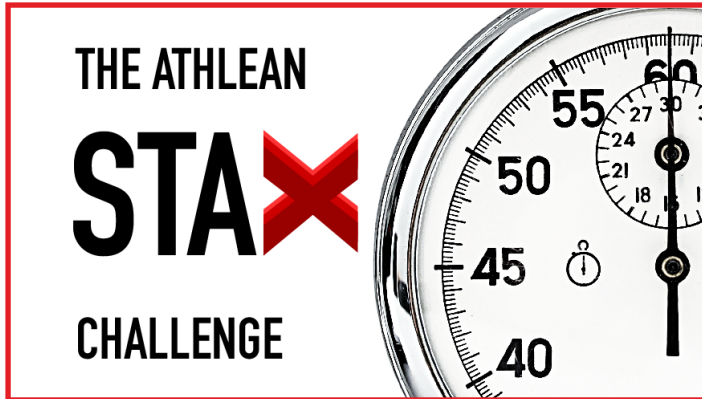
#### THURSDAY - ATHLEAN COMPLEX TRAINING Total Body Complex Workout TWO

COMPLEX	EXERCISE	REPS	SET
COMPOUND	DB Deadlifts → DB Bent Row → DB Hang Clean and Press	3 EACH	3
UPPER BODY	Forward Step Up w/ DB Overhead Press → Step Down into Reverse Lunge w/ DB Push Out → DB Single Leg RDL w/ DB Curl	3 EACH	3 EACH LEG
LOWER BODY	Split Squat Jumps → Ice Skaters → Drop Step Lunges → Jump Squat	3 EACH	3 EACH LEG
CORE	Cross Hop Planks → Power Plank Up → Twisting "T" Stand Plank Right → Twisting "T" Stand Plank Left	3 EACH	3

#### FRIDAY - ATHLEAN BURST TRAINING "Stairway To Hell Workout"

**REST TIME: Complete Entire Circuit As Written, Rest 1 Minute, Repeat 2 More Times**

EXERCISE	TIME	
Run Up → Walk Down	:60	 <p>Put away the thoughts of Led Zeppelin...as you'll quickly see...this stairway is heading in the opposite direction! The Stairway to Hell workout is another Burst Training tester that produces some serious lactic acid "burn" in those legs that even the devil himself would be envious of! With next to no equipment required to pull this off (just a stopwatch or something to keep time with and a staircase) this stairway workout is one of those "do-anywhere" workouts that make A-X as popular as it is. As always, remember there are no x-cuses with ATHLEAN-X training. If you don't have a staircase, find one...or choose one of the other burst training workouts at your disposal. As with many of the AX-2 workouts...easier said than done! The Stairway to Hell is no exception. Armed with just a stopwatch or something to keep time with, your task is to simply choose a stairway that you have access to in your house, apartment, park, local library (think Rocky!), etc. and start climbing your way to the top! ATHLEAN SuXXess awaits you! Perform the entire sequence for a total of 3 Rounds.</p>
Walk Up (2 steps at a time) → Walk Down	:60	
<b>REST 1 MINUTE</b>		
Hop Up (2 steps at a time) → Walk Down	:60	
Walk Up (2 steps at a time) → Walk Down	:60	
<b>REST 1 MINUTE</b>		
Lunge Up → Walk Down	:60	
Walk Up (2 steps at a time) → Walk Down	:60	



### THE ATHLEAN STAX CHALLENGE

#### THE LOW DOWN

Just when you thought the odds were beginning to stack in your favor to mastering the Complex Training phase of AX-2, along comes “The ATHLEAN StaX” Challenge to stand in the way of you and Week 6. Building off of the phase theme of layered exercise combos, the StaX Challenge adds a new element of speed to make your task today that much tougher. Remembering of course that speed is a reflection of your explosiveness, ignoring the importance of it would be the equivalent of aspiring to be “just good” when the possibility of “great” is well within reach. Instead, take this test of stamina, coordination and power...own it...and you will not only pass onto X-6 of AX-2, but you will have proven once again that achieving “athlean” status is no longer enough for you. With the finish line beginning to come into view as you near the program’s midway point, you have your sights clearly set on something else, you are aiming to be “X-TREME”!

#### HERE IS THE WORKOUT

This challenge is performed for a total of 3 rounds, with each round consisting of a single exercise or an exercise combo that needs to be completed for a target number of reps in under a specific amount of time. Each round is separated by a 90 second rest with no rest allowed between exercise/exercise combos. Using just a stopwatch and your own bodyweight, you will begin by performing 12 mountain climbers (done on the forearms, with each right/left combo counting as 1 rep) within 10 seconds. From there you will immediately move into a combo where you must once again perform a single mountain climber, but this time you will add a second part to the rep...a pushup. 12 of these right/left mountain climber + pushup reps must be performed in 30 seconds. From there you will once again continue to layer on the difficulty to the exercise by adding a third exercise to the rep...a burpee. So now, you must complete 12 reps of a right/left mountain climber, into a single pushup, into a single burpee...all within 60 seconds. Finally, you must complete a final round where you now add a single rep of a right/left split squat jump to the end of the building exercise combo and perform 12 of these in 2 minutes. Along the way, the only rest you are entitled to take is that which you earn by completing the 12 reps in the stated amount of time. Once all 4 parts of this circuit are complete you can take a 90 second rest and then repeat for 2 additional rounds.

STAX	EXERCISE	STAX GOAL
STAX ONE	Mountain Climber	Complete 12 reps in <u>10 seconds or less</u>
STAX TWO	Mountain Climber → Pushup	Complete 12 reps in <u>30 seconds or less</u>
STAX THREE	Mountain Climber → Pushup → Burpee	Complete 12 reps in <u>60 seconds or less</u>
STAX FOUR	Mountain Climber → Pushup → Burpee → Split Squat Jump	Complete 12 reps in <u>2 minutes or less</u>

**REST 90 SECONDS and REPEAT 2 MORE TIMES**

#### SCORING

Your total score is determined by the number of successful STAX you can complete through the 3 rounds (each time completing them within the deadline time). A perfect score of 12 is possible (4 complete STAX on each of the 3 rounds).

ATHLEAN Basix	LESS THAN 8 STAX
ATHLEAN Solid	8-9 STAX
ATHLEAN Pro	10 STAX
ATHLEAN Elite	11 STAX
ATHLEAN X-Treme	12 STAX
BEAT THE BOSS!	12 STAX

#### QUALIFICATION FOR PROGRESSION TO X-6:

Score at a level **ATHLEAN SOLID** or better



### X-6: ATHLEAN X-PANSION TRAINING PHASE

**“I LEARNED THAT IF YOU WANT TO MAKE IT BAD ENOUGH, NO MATTER HOW BAD IT IS, YOU CAN MAKE IT.”**

—NFL ALL TIME GREAT RUNNING BACK - GALE SAYERS

**IntroduXion:** Congratulations! You will have reached the half way mark of ATHLEAN X-TREME by the time you complete the X-6 workouts this week. That means two things. The first is that your muscles have earned a much needed active recovery (which we’re going to accomplish with a focus on stretching DURING our exercises and throughout the “rest” times between sets...as well as some well timed “muscle flushing” conditioning). The second is that by ensuring your muscles are properly healed and fresh from this week’s workouts...your body is ready to begin an incredibly intense second half of the program...beginning with an XT-400 Challenge Retest at the end of the week and leading right into an incredible test of wills with the ATHLEAN-XTINCTION Training Phase coming up next week! But that’s next week. For now...enjoy your well earned active recovery.

**InstruXions:** The idea behind the X-6 workouts is to enable your body to gain some additional recovery (beyond that that is vitally scripted in throughout the program via our OFF days) in the form of what is called “active” recovery. This means that you will STILL be working this week, but your training intensity will take a back seat to the primary goal of muscle flushing, fascia stretching, and other recuperative principles integrated right into each exercise, each set, and each workout. You’ll notice that each exercise this week incorporates a stretch of the target muscle or muscles right into the exercise itself. For instance, DB Lat Pullovers are one of the choices in Upper Body Pull workout due to their ability to apply a deep stretch to the lats and ribcage on every rep. Also, you may notice the absence of a true “rest” time. In X-6, your entire 45 second period between sets will be occupied with a stretch (often times replicating functional positions from within the exercise itself that you just performed) to stretch muscle and connective tissue and encourage blood delivery to the area. Finally, rep counts themselves will be higher to discourage the use of heavy weights. That said you will still be training to failure as always, but this time with higher rep ranges required to get there you will naturally have to adjust your weights downward to ensure that you’re making your mark of 12-15 reps.

#### MONDAY - ATHLEAN X-PANSION TRAINING PHASE Upper Body Pull

**REST TIME: Substitute With The 45 Second Stretch Listed Below Each Exercise**

EXERCISE	REPS	SETS	COMMENTS
Twisting Pullups	F	3	Use a slightly wider than shoulder width grip on the bar and perform a slight trunk twist right, then left, then pullup as normal to the bar
STRETCH: Simply hang from the bar, stretching your right lat by placing your feet to the left, grabbing the bar towards the left side and pushing your right hip out...and vice versa.			
DB 1 Arm Rows	12-15	2	Aim for a deep stretch on the lats on every rep by reaching down and forward slightly on the bottom part of the rep
STRETCH: Grab a sturdy bar at chest height. Sit back, lean and turn away to perform the stretch. Perform the right arm stretch immediately following the right arm set and vice versa.			
DB Lat Pullovers	12-15	3	Increase the stretch on the exercise here by dropping your hips lower than the bench
STRETCH: Choose a DB that is approximately half as much as the one you used for the work set and perform a static hold in the same Pullover position of the exercise.			
Incline DB Curls	12-15	3	Do not BOUNCE the weights at the bottom of the exercise but do try to transition quickly out of the stretch
STRETCH: Simply allow the dumbbells to hang in the incline curl position and slowly “spin” your wrists into pronation and supination to stretch the biceps.			
Tubing Stretch Curls	F	3	You may want to stagger your feet for more balance during this exercise
STRETCH: Turn and face away while still holding the bands, take a few steps out and turn your hands up towards the sky. This will extend your arms behind your body and stretch the biceps.			

### X-6: ATHLEAN X-PANSION TRAINING

#### TUESDAY - ATHLEAN X-PANSION TRAINING PHASE Legs

EXERCISE	REPS	SETS	COMMENTS
Alt. Surrender Lunges	12	3	Take an exaggerated lunge step to emphasize the stretch on the hip flexors. Keep the hands high and lean back a bit to intensify this.
STRETCH: Drop down into a lunge stretch and hold for a count of 20-30 seconds on each leg in between sets of alternating Surrender Lunges.			
Bulgarian Split Squats	15	3	Hop out a bit more at the start to intensify the stretch on the quads and hip flexors
STRETCH: Sink down into a hip flexor stretch on the working leg and then lean back slightly to increase the knee flexion and intensify the quad stretch at the same time.			
Alt. High Box Step Ups	F	3	If you can't find a high enough box, simply drop down more into a stretch to bring the knee higher up the chest
STRETCH: Perform a standing alternating knee to chest "leg hug" for the duration of the rest time for a great active / dynamic stretch.			
DB RDL's	15	3	Keep a slight arch in your lower back during this exercise to maximize the stretch on the hamstrings and protect your back at the same time
STRETCH: Stretch each hamstring for half of the "between set" rest time by placing your heel up on a bench, set a slight arch in your lower back, and slowly reach out over the toe.			

#### MONDAY - ATHLEAN BURST TRAINING: "SPRINT-erval Ladders"

STAGE	INTERVALS	COMMENTS
<b>5 MINUTE WARM UP JOG</b>		
1	(20 seconds all-out sprint + 40 seconds jog) x 2	<p>What better of a time than now for one of the most popular H.I.I.T Burst workouts from AX-1 to make a return, in our active recovery week. That said, you didn't think it would be exactly the same as last time now did you? This time, the SPRINT-erval workout adopts a "ladder" format in which you will build up, maintain, and then drop down the intensity of the sprints by changing their duration. The end result is that at the end of this 22 minute workout you will have effectively provided your legs, lungs and mind with a conditioning "flush" that will serve to prep your body for the challenges that lay ahead in X-7 and beyond. Trust me...this will feel like a piece of cake compared to what's waiting on the other side of this week's training! For this workout, you will need only somewhere to run! This could be your favorite trail, around the neighborhood, or on the cold hard concrete of the busy urban streets (you can also take it indoors by using a treadmill). Regardless of WHERE you do this workout it's HOW you do it that matters the most! As we say, you can either train hard or long...not both...the Sprint-ervals illustrates once again just how true this really is!</p>
2	(30 seconds all-out sprint + 30 seconds jog) x 2	
3	(40 seconds all-out sprint + 20 seconds jog) x 4	
4	(30 seconds all-out sprint + 30 seconds jog) x 2	
5	(20 seconds all-out sprint + 40 seconds jog) x 2	
<b>5 MINUTE COOL DOWN JOG</b>		



#### MONDAY - ATHLEAN X-PANSION TRAINING PHASE Upper Push

EXERCISE	REPS	SETS	COMMENTS
Wide Slide Pushups	F	3	Be sure to position your hands out wide enough to allow you to "slide" out to each side
STRETCH: Reach out one arm to grasp a sturdy post, pole, squat rack etc and slightly rotate your torso away to stretch the chest and anterior shoulder capsule. Be sure to stretch both arms.			
1 1/2 Dips	F	3	Dig your chin into your chest for an extra stretch. Don't go lower than 90 degrees at your elbow to protect your shoulders
STRETCH: Support your bodyweight by keeping your toes in contact with the floor and sink into a deep but comfortable stretch on your chest at the bottom of the dip.			
Tubing Sword Raises	15	3	Rotate your thumb towards the sky as you pull to the top to engage the rotator cuff as well
STRETCH: Maintain hold of the band and take a few extra steps away to add an additional stretch to the side delts and rotator cuff as there was in the starting position.			
Tubing Dual Stretch Front Raises	15	3	Start with a prestretch on the front delts by keeping your arms at your sides and stepping forward
STRETCH: Take a few additional steps forward which will pull your arms into extension behind your body and place a good stretch on the front delts.			
Lying DB Triceps X-Tensions	12-15	3	Never extend the dumbbells to a completely vertical position. Keep the upper arm angled back at the top to keep the focus on the triceps
STRETCH: As soon as your set is complete, maintain hold of the dumbbells, bend your elbows and reach back over your head...moving the db's towards the floor, for a great triceps stretch.			



# THE XT-400 CHALLENGE

## THE LOW DOWN

Just when you thought you mastered the “ATHLEAN 400 Challenge”...we just had to go and make it harder now didn't we? Introducing the “XT-400 Challenge”! With slight variations to all of the original exercises from the ATHLEAN “400” Challenge, the difficulty level has now been taken to the neXt level on each of the exercises themselves and the toll this total body workout will take on you!

## RETEST

## HERE IS THE WORKOUT

Using just a stopwatch, your bodyweight and dumbbells as the resistance you are to time yourself to see how long it takes you to perform 100 reps each of the following 4 exercises. You may do them in any order and for any amount at one time. Just get 400 total as fast as you can:

EXERCISE	REPS	COMMENTS
Cross Knee Plank Pushups	100	Alternate right and left knee crosses, performing a pushup with each one. Each pushup counts as 1 rep
DB Renegade Rows	100	Use a dumbbell that is approximately 25% of your bodyweight in each hand. Each right / left combo counts as 1 rep
Box Jumps	100	Use an 18-24 inch box, bench, or first couple of stairs in a staircase. No need for additional weight here
Opposite Elbow to Knee Planks	100	Alternate right and left knee to elbow touches. Each right / left combo counts as 1 rep

## SCORING

Note: If you test out at “Basix” or “Solid” time, no sweat! Simply repeat the first three weeks of the program and retest. We recommend that you only advance to X-7 if you score a “Pro” or above.

ATHLEAN Basix	OVER 25 MINUTES
ATHLEAN Solid	BETWEEN 22 AND 25 MINUTES
ATHLEAN Pro	BETWEEN 20 AND 22 MINUTES
ATHLEAN Elite	BETWEEN 18 AND 20 MINUTES
ATHLEAN Extreme	UNDER 18 MINUTES
BEAT THE BOSS!	19:24 (USING 40LB DUMBBELLS)

### QUALIFICATION FOR PROGRESSION TO X-7:

Score at a level **PRO** or better

### X-7: ATHLEAN X-TINCTION TRAINING PHASE

**“THE KEY IS NOT THE “WILL TO WIN” - EVERYBODY HAS THAT. IT IS THE WILL TO PREPARE TO WIN THAT IS IMPORTANT.”**

— FORMER INDIANA UNIVERSITY NATIONAL CHAMPION BASKETBALL COACH BOBBY KNIGHT

**IntroduXion:** After a brief midway active recovery week, your body has never been more ready to experience some of the most intense workouts in the program so far! It's time to push yourself beyond your own limits with ATHLEAN X-TINCTION Training! As with all A-X training, you can once again expect to be training harder and NOT longer, since with the proper intensity, it becomes nearly impossible to do both! X-TINCTION Training is all about not just working out TO failure but THROUGH it in order to ensure that you've reached every possible muscle fiber and given your body a reason to adapt and respond to the stimulus you provided. With the type of effort put forth in your workouts this week (combined with all important recovery between workouts), you should expect to return for each new workout as a bigger, stronger, more explosive version of the person you were when you completed your last rep last workout. Utilizing not just drop sets but also exercise de-loading progressions (to allow a fatigued muscle to continue to perform beyond what you even dreamed you were capable), X-TINCTION Training provides a whole new level of intensity to your typical “extended sets” technique and takes you one step closer to your ATHLEAN SUPREME ATHLETE physique.

**InstruXions:** Your task is quite simple...survive! To ensure that you do, be sure to follow the rules of “X-TINCTION” Training. You will be presented with a series of 4 exercises per muscle group in descending order of difficulty, each with a rest time and an “X-TINCTION NUMBER”. Your job is to complete the specified number of reps using a weight that would cause you to reach failure in that given rep range (starting with exercise 1), rest the specified time and repeat. You will repeat this until you are no longer able to complete the number of reps equal to or greater than the X-TINCTION NUMBER”. When this happens you then rest 1 minute and move onto the next exercise in the list and repeat for as many rounds as you can until you can no longer perform as many reps or greater as noted for the “X-TINCTION NUMBER. You continue to move down the list until you are at your final exercise and reach extinction. At this point the workout will end and you will have reached an intense muscle failure capable of sparking all new gains! This is to be followed by the second muscle group in the day in the exact same manner. You may rest up to 3-5 minutes between muscle groups.

#### MONDAY - ATHLEAN X-TINCTION TRAINING PHASE Chest / Triceps

**REST TIME: Variable Depending On The Individual Workout**

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
CHEST	“X” Plyo Pushups	FAILURE	:30	5
	Incline DB Bench Press	10-12	:30	5
	Hovers	FAILURE	:20	20 SECONDS
	Incline Push Up Plus	FAILURE	:20	10

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
TRICEPS	Power Plank-Ups	FAILURE	:30	3
	Bodyweight Tricep Extensions	FAILURE	:30	5
	Bench Dips	FAILURE	:20	5
	Alt. Woodchopper Pushdowns	10-12	:20	6 EACH SIDE

### X-7: ATHLEAN X-TINCTION TRAINING PHASE

#### TUESDAY - ATHLEAN X-TINCTION TRAINING PHASE Back / Biceps

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
BACK	Knee Up Pullups	FAILURE	:30	3
	DB Bent Over Rows	10-12	:30	5
	DB Lat Pullovers	10-12	:20	5
	Tubing Reverse "X" Flys	FAILURE	:20	3

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
BICEPS	DB "Straight Bar" Curls	10-12	:30	3
	DB "No Money" Curls	10-12	:30	3
	Bicep Chin Up Holds	FAILURE	:30	10 SECONDS
	Tubing Burnout Curls	FAILURE	:20	5

#### THURSDAY - ATHLEAN X-TINCTION TRAINING PHASE Legs

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
QUADS/ HIPS	DB Bench Bottom Pistol Squats	FAILURE	:30	5 EACH LEG
	Prisoner Jump Squats	FAILURE	:30	3
	Alternating Forward Lunges	FAILURE	:30	3 EACH LEG
	ISO Squat Holds	FAILURE	:30	15 SECONDS

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
HAMSTRING/ GLUTES	Physioball Bench Glute / Ham Raise	FAILURE	:30	3
	Physioball Hamstring Curls	FAILURE	:30	5
	Hip Bucks	FAILURE	:30	5
	Physioball High Bridge Holds	FAILURE	:20	20 SECONDS

#### FRIDAY - ATHLEAN X-TINCTION TRAINING PHASE Shoulders / RC

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
SHOULDERS	Divebomber Pushups	FAILURE	:30	3
	Mule Kicks	FAILURE	:30	5
	DB / Plate 8's	10-12	:30	3
	ISO Lateral Holds	FAILURE	:30	10 SECONDS

MUSCLE	EXERCISE	REP TARGET	REST	X-TINCTION NUMBER
ROTATOR CUFF	Flyaway DB Rows	15	:20	7
	Tubing RC Jumpouts	FAILURE EACH ARM	:20	5
	Tubing External Rotation	FAILURE EACH ARM	:20	7
	RC Tubing Stepouts	FAILURE EACH ARM	:20	7

Note: For Rotator Cuff exercises 2, 3, and 4, focus on reaching X-tinction on ONE ARM AT A TIME. For example, perform the right arm...rest the 20 seconds and repeat with the right arm until X-tinction. Then move to the left.



### THE LAST ONE STANDING CHALLENGE

#### THE LOW DOWN

You've survived "X"-tinction...at least up until today, but do you have what it takes to be the "last one standing" to be able to ace this challenge and march through to the 8th week of "X-TREME"? With a challenge unlike any you've experienced to date training with A-X...the "Last One Standing" will demand BOTH strength and stamina in a unique way (with equal parts determination and drive to reach the finish line without giving up). This is competition...you against you! Nobody to blame but yourself if you can't rise to meet the challenge OR nobody but yourself to pat on the back as you relish in the accomplishment of suXXess. The choice is yours. The only way you'd like it. Will you be the Last One Standing?

#### HERE IS THE WORKOUT

Below you will find a series of 5 exercises. You are to perform the specified number of reps or time for each of the five with only enough rest allowed as is required to transition between exercises. The goal is to complete as many rounds as you can before you can no longer complete a certain exercise for the specified number of reps. When this occurs, the exercise falls off the circuit. You will continue to perform the circuit as many times through as you can (earning just 30 seconds rest after every completed circuit) until only 1 of the original 5 exercises can still be done for their specified total. This becomes your "Last One Standing" and is a strong indicator of your relative strengths and weaknesses. Use this as feedback as to what you may need to work on a bit more. Your final score is determined by how many rounds you can complete before you are left with just one exercise that you are able to complete.

EXERCISE	REPS	COMMENTS
Chin Ups	10	Sub in 12 Underhand Inverted Rows if you can't do 10 Chin Ups at least once.
Split Squat	:30	Don't cheat the depth on these! Go down to 90 degrees!
"Elbow Up" Planks	10	Try not to rotate your entire body when doing these.
Lateral Frog Hops	:30	Squat all the way down to parallel on every jump.
Pendulum Pushups	7	Make sure you push to one side or the other and don't just hang out in the middle as you fatigue.

Note: Your 30 seconds rest occurs after completion of however many exercises remain in the circuit. For instance, if only Frog Hops and Pendulum Pushups remain, you would complete 30 seconds of Frog Hops and 7 Pendulum Pushups then rest 30 seconds and repeat until one of the two drops off and only one remains

#### SCORING

Note: Your score is determined by the number of rounds it takes you to determine your "last exercise standing". You will continue to cycle through the 5 exercises, dropping off exercises that you can no longer reach the goal rep or time total along the way. When only one exercise remains, make note of the round you're in as well as the exercise. Compare to the scoring chart below.

ATHLEAN BasiX	LESS THAN 6 ROUNDS
ATHLEAN Solid	6-9 ROUNDS
ATHLEAN Pro	10-15 ROUNDS
ATHLEAN Elite	16-20 ROUNDS
ATHLEAN Xtreme	MORE THAN 20 ROUNDS
BEAT THE BOSS!	17 ROUNDS (CHIN UPS)

#### QUALIFICATION FOR PROGRESSION TO X-8:

Score at a level **PRO** or better



## X-8: ATHLEAN PROTRAXION TRAINING PHASE

**“I DON’T CARE WHO YOU ARE, WHAT YOU DO, OR WHAT YOU’VE DONE UP UNTIL NOW...IT DOESN’T MEAN ANYTHING UNLESS YOU CAN CLOSE IT OUT AND FINISH THE JOB.”** —NBA PHENOM AND 2010 ROOKIE OF THE YEAR BLAKE GRIFFIN

**IntroduXion:** As we move into the final month of the ATHLEAN X-TREME program, the focus shifts significantly towards preparing your body to not only LOOK like an athlete’s but to FUNCTION like one as well. That said, no athlete can perform at high levels without precise control of muscle contraction. Regardless of what activity needs to be accomplished, the elite athlete has an innate ability to meet the demands of the task at hand by recruiting the muscles and strength that are required to get the job done...while eliminating contributions from muscles that need not participate. It is this mind-muscle connection that ultimately makes the athlete more efficient with the least amount of wasted effort. That said, this quality can be trained by incorporating super slow training to achieve what I call “Muscle Syncing”. Seems strange. Train slow to ultimately move fast with strength and precision...but it’s true. Workouts will follow a split training approach for the last time in AX-2 as this allows you to focus on gaining complete control and awareness of each...leaving no weak links in the kinetic chain, and ultimately leaving you in the best position possible to ace the “For Whom The Bell Tolls” Challenge determining your passage into X-9!

**InstruXions:** You are to perform just 2-3 sets of 5-6 repetitions per exercise using weights (when called for) that are heavy enough to allow you to complete the 5 reps without allowing much more than that to be accomplished. This weight is usually 50-75% of what you normally use for a set of 12 reps. The instructions are to perform each repetition through it’s complete range of motion without locking out or disrupting the flow of the exercise. You will follow a cadence of 8 seconds up and 8 seconds down (thus the label “Crazy 8’s”) on each rep and keep the rest time to as little is needed to be ready to perform the next set in good form. Finally, remember to hone your breathing here. Take short but steady breathes throughout the set to consciously avoid holding your breath. Get ready for one of the most intense contractions you’ve ever had and get ready to start developing a control of muscle recruitment like you’ve never experienced before. Go “Crazy”!

### MONDAY - ATHLEAN PROTRAXION TRAINING PHASE Chest / Triceps

**REST TIME: Mininum Needed to be Ready to Perform Next Set in Good Form**

EXERCISE	SETS	REPS	COMMENTS
Decline Spiderman Pushups	3	6	Prop your feet up on a bench, stairs or anything sturdy and higher. Perform 3 times on each leg for 6 total reps per set
Thumbs Up DB Incline Bench Press	2	5	Remember to keep your thumbs pointed upward as you reach the top of the press to maximally hit the upper chest
Tubing Overhand “X” Crossovers	2	5	If you can’t find anchor points for your tubing...simply use the front two legs of your bedframe or couch. There’s always somewhere!
Diamond Cutter Pushups	3	5	Keep the elbows tucked into the sides and pointing behind you. Focus on doing the pushing with the triceps and not the chest!
Triceps Upright Dips	3	5	Make sure to look up to the sky when doing these dips to help your trunk remain upright and keep the focus on the triceps



### X-8: ATHLEAN PROTRAXION TRAINING PHASE

#### TUESDAY - ATHLEAN PROTRAXION TRAINING PHASE Back / Biceps

EXERCISE	SETS	REPS	COMMENTS
Inverted Rows	3	5	Aim to make every rep a challenge, so you may want to start with the legs straight and then bend them to put your feet flat as you fatigue
Incline DB Rows	2	5	Start with your DB's hanging straight down, and then squeeze up to a count of "8" and lower to the same count of "8"
DB T's	2	5	Leave your ego at the door with this one. It may not take much weight to fatigue out on this exercise. Don't sacrifice form for weight
DB "No Money" Curls	3	5	Keep those elbows tucked into your sides and try to get your hands rotated out on the curl as much as your flexibility allows
DB Shovel Curls	2	6	The focus shifts to the brachialis and brachioradialis muscles with this killer hammer curl variation. Alternate 3 reps to the right and 3 to the left

#### THURSDAY - ATHLEAN PROTRAXION TRAINING PHASE Legs

EXERCISE	SETS	REPS	COMMENTS
DB Split Squat Drops	3	6	Sink straight down. Avoid leaning forward into your knee for maximum quad activation and knee protection. 3 reps with the right leg in front and vice versa
Forward Step Ups	2	5	Perform all reps on one leg first before proceeding to the other leg. Rise up to a count of "8" and down to the same
DB / Kettlebell Drop Squats	2	5	Hold either the DB or Kettlebell comfortably in front of you and drop it STRAIGHT DOWN through your center of gravity
Physioball Bench Glute / Ham Raise	3	5	Use the ball as a self-spot and aim to make the hamstrings eccentrically do the majority of the work as you lower and contract to a count of "8"
DB RDL's	2	5	Perform all reps on one leg first before proceeding to the other leg

#### FRIDAY - ATHLEAN PROTRAXION TRAINING PHASE Shoulders / RC

EXERCISE	SETS	REPS	COMMENTS
DB Thrusters	2	5	Try to touch the elbows to the tops of the knees at the bottom of the squat. Rise out of the squat and press the DB's overhead to full extension to a count of "8"
DB "L" Raises	3	5	Raise the DB's up simultaneously to a count of "8"...one to the front and one to the side. Lower under the same control and to the same count of "8"
DB "Y" Presses	3	5	Resist the temptation for the dumbbells to want to "fall" to the sides at the top of the "Y". Fight it!
Incline Bench "W" Raises	2	5	Be sure to rotate the thumbs back behind you (they start pointing at each other) during this exercise
Tubing Reverse Iron Cross Flys	2	5	Rotate your thumbs up on the way back to activate the Rear Delts and RC. Use a band that allows for complete range of motion



### FOR WHOM THE BELL TOLLS CHALLENGE

#### THE LOW DOWN

We have drilled home the importance of muscle control this week as it relates to elite performance, and this challenge is only going to further embed this in your mind...perhaps literally, as you may find yourself laying awake at night...kept up by the ticking of your alarm clock and getting flashbacks of the 18 minutes I'm about to describe! It's "time" for yet another ATHLEAN CHALLENGE that's sure to push you to the limits of your physical abilities (and mental sanity)!

#### HERE IS THE WORKOUT

You will need only a foolproof way to track tempo (easy and convenient metronome options listed in the NOTE section below) and a patient determination to complete this challenge. The task at hand is to perform each of the following six exercises at a 15 beats per minute tempo (4 seconds up and 4 seconds down per rep) for 90 seconds. The rest time between exercises is only long enough to allow you to transition from one exercise to the next, earning your one and only 60 second break between the two rounds of this challenge. For each exercise, your goal is to be able to complete the entire 90 seconds WHILE MAINTAINING THE TEMPO at all times. Each tick of the clock will be your guide for either the starting or finishing portion of the rep. For example, with pushups, on the first tick you will begin descending from the starting plank position and on the second tick you will begin returning from the bottom position. On exercises requiring dumbbells, determine the weight to use by estimating 50% of what you normally use to reach failure for a set of 12 reps.

EXERCISE	TIME / TEMPO	COMMENTS
Inverted Underhand Rows	:90 / 15 BPM	4 seconds Up and 4 seconds Down per rep
Pushups	:90 / 15 BPM	4 seconds Up and 4 seconds Down per rep
DB Squats	:90 / 15 BPM	4 seconds Up and 4 seconds Down per rep
Cross Knee Planks	:90 / 15 BPM	4 seconds Up and 4 seconds Down per rep
Bicep Curl	:90 / 15 BPM	4 seconds Up and 4 seconds Down per rep
Bench Dip	:90 / 15 BPM	4 seconds Up and 4 seconds Down per rep.
Rest 60 seconds and repeat entire workout 1 more round		

#### SCORING

Your score is determined by the total time you are able to keep the tempo without breaking form or failing to complete reps for the entire 90 seconds. Make a note of your time for each and add them together for your "Toll Total". A perfect score would be 18 minutes.

ATHLEAN Basik	LESS THAN 14 MINUTES
ATHLEAN Solid	14:00 - 15:29 MINUTES
ATHLEAN Pro	15:30 - 16:59 MINUTES
ATHLEAN Elite	17:00 17:59 MINUTES
ATHLEAN X-Treme	18 MINUTES
BEAT THE BOSS!	17:12 MINUTES

#### QUALIFICATION FOR PROGRESSION TO X-9:

Score at a level **PRO** or better

### X-9: ATHLEAN ASYMETRIX TRAINING PHASE

**“DON’T MEASURE YOURSELF BY WHAT YOU HAVE ACCOMPLISHED, BUT BY WHAT YOU SHOULD HAVE ACCOMPLISHED WITH YOUR ABILITY** —LEGENDARY COLLEGIATE BASKETBALL COACH JOHN WOODEN

**IntroduXion:** On the heels of your previous week of super slow motion training to establish muscle activation precision and control comes the next step in your transition to the Supreme ATHLEAN Athlete...Joint Syncing! Not only must an athlete be aware and in control of individual muscle contraction but they must also be able to precisely operate the joints that these muscles cross if the end result is to resemble an efficient but explosive athletic movement. With ATHLEAN “X”TREME and “Joint Syncing” we are able to train you for this outcome by requiring you to lift varying weighted loads together at the same speed! Not only must your joints make the “on the fly” adaptations to provide more or less assistance in order to perform the lift (in the form of additional muscle recruitment or stabilizer involvement) but they must also be able to ensure that whatever motion does occur at that joint...does so with no wasted movement! Remember, if nothing else...athletic muscle represents the ultimate in explosive efficiency!

**InstruXions:** Your task in X-9 is straight forward. You will be asked to complete just three strength training workouts this week...each grouped by the actions your joints prefer to perform together; upper body pulling (involving the biceps and back muscles), upper body pushing (involving the chest, shoulders and triceps muscle groups), and lower body. Just 4 exercises will comprise each workout with 4 sets required for each (two with the unequal weights favoring the right side and two favoring the left side). The weights used are determined by first establishing the heavier of the two. As always, use a weight that causes you to reach failure in the stated rep range. The lighter of the two weights is then determined by taking approximately 20% less than the heavier weight. In some cases, no counter DB will be used...which will place an incredible challenge on the core muscles to keep your trunk stable and level, but if anyone’s been trained to handle it...it’s you! It’s time to “think SYNC” and take yet another step closer to achieving ATHLEAN SUPREME status!


#### MONDAY - ATHLEAN ASYMETRIX TRAINING PHASE Upper Pull

**REST TIME: 60 Seconds Between Sets**

EXERCISE	SETS	REPS	COMMENTS
Angled Pullups	4	10-12	As you pull your body up to the bar, alternate pulling toward your right hand or left hand on each rep
DB Bent Over Rows	4	10-12	Keep your lower back slightly arched throughout the set for proper stabilization
DB “No Money” Curls	4	10-12	Remember, don’t let the elbows flare away from the body as you perform this curl. Keep them tucked close but let your thumbs/hands drift
DB Fielder Curls (w/ Side Lunge)	4	10-12	Be sure to time your lunge with your curl so the entire movement becomes smooth and fluid and not broken down into two parts

### X-9: ATHLEAN ASYMETRIX TRAINING PHASE

#### TUESDAY - ATHLEAN BURST TRAINING "The Lean Mile Workout"

EXERCISE	DISTANCE COVERED	THE LOWDOWN
Sprint 25 sec. → 12 Divebomber Pushups	200 Meters	 <p>For this ATHLEAN Burst Training Workout, once again, all you'll need is somewhere to run! This could be your favorite trail, around the neighborhood, or at the track of your local high school (you can also take it indoors by using a treadmill). Regardless of WHERE you do this workout it's HOW you do it that matters the most! You're in the last month of X-TREME training, bringing anything less than your best at this point isn't going to get the job done. So lace up those cross trainers and put on your game face. Being short on energy or effort can make the "Lean Mile" seem oh so long! Your task is straight forward. After a brief warmup period your goal is to complete a mile of sprinting (don't worry...not all at once). With 1600 meters in 1 mile, and the knowledge that the average runner can sprint 100 meters in 12-13 seconds, we are going to break our "LEAN" Mile into 200 meter blocks that you will cover without ever measuring by simply sprinting for 25 seconds if you aren't doing this at a measured track! However, by week 9 of ATHLEAN X-TREME you have probably figured out that sprinting is not ALL you will be doing! At each "rest stop" along the "LEAN MILE" you will perform an exercise (nice rest huh?). Bang out your reps and immediately start your next sprint. Once you've completed your entire mile you may call it a day knowing yet another high intensity burst training session is in the books and start resting up for tomorrow OR you can attempt to go the extra mile and knock out one more round! Whichever you decide you should feel proud in knowing that while others make lists of excuses a mile high for NOT doing what it takes to look the way they want, you're running miles to prove your different! You're ATHLEAN!</p>
Sprint 25 sec. → 30 Cross Knee Planks	400 Meters	
Sprint 25 sec. → 12 Mule Kicks	600 Meters	
Sprint 25 sec. → 30 Brock Shuffles	800 Meters (1/2 Mile)	
Sprint 25 sec. → 12 Diamond Cutter Pushups	1000 Meters	
Sprint 25 sec. → 30 Twisting Pistons	1200 Meters	
Sprint 25 sec. → 12 "Elbow Up" Planks	1400 Meters	
Sprint 25 sec.	1600 Meters (1 Mile)	
<p><b>REPEAT ONE MORE TIME IF YOU WANT TO ATTEMPT TO GO THE X-TRA MILE!</b></p>		

#### WEDNESDAY - ATHLEAN ASYMETRIX TRAINING PHASE Upper Push

EXERCISE	SETS	REPS	COMMENTS
1 Arm Incline DB Bench Press	4	10-12	Resist the urge to let the weight twist and rotate your upper body as the weight is lowered. Keep a tight core at all times to prevent this
DB UCV Raises	4	10-12	The Upper Chest "V" or UCV Raise will target the tie-in between the chest and front delts. Uneven weights will help sync the shoulder joint movement that lies beneath
DB Hang Clean and Press	4	10-12	Nothing places a greater demand on the proprioceptors than an explosive power movement like the Hang Clean and Press!
Lying DB Triceps X-Tensions	4	10-12	Never allow the elbows to travel past the point of vertical as this will take tension off of the triceps. Keep the upper arm angled back throughout

#### THURSDAY - ATHLEAN ASYMETRIX TRAINING PHASE Legs

EXERCISE	SETS	REPS	COMMENTS
DB Single Sided Lunges	4	10-12	As you pull your body up to the bar, alternate pulling toward your right hand or left hand on each rep
1 Arm Swing (DB) w/ Reverse Lunge	4	10-12	Control the left/right imbalance and the front/back opposing momentum generated from the forward swing and reverse lunge
3 Way RDL's	4	10-12	Keep your lower back slightly arched at the bottom of each rep. No need to lower the dumbbell beyond a point just below the knee
DB ISO-Lateral Step Up Thrusts	4	10-12	Keep your shoulders level and your balance throughout. Engage the core to prevent either and to keep the jump precise and powerful



## THE WIZARD OF X CHALLENGE

### THE LOW DOWN

There's no yellow brick road on this challenge, but you may feel as though you were hit with a ton of bricks by the time you're done! It's the "Wizard of X" Challenge, and it's what stands between you and your march towards the final 3 weeks of ATHLEAN X-TREME! The Tin Man, Lion, and Scarecrow would be proud as you'll need to demonstrate equal parts heart, courage and brains (at least the portion responsible for balance!) in order to conquer this one. As in every other workout you faced this week, you'll be presented with the challenge of managing unequal weights by relying on your joint proprioceptive capabilities and the level of control you can generate with your core. As for that yellow brick road...while Dorothy went skipping merrily down hers, you'll be doing the opposite. Your success or failure will be determined by the number of times you touch the ground. One too many touches and you could be off to see the beginning of X-9 again where you'll work more on honing the skills and strengths you'll need to ultimately become an ATHLEAN SUPREME athlete!

### HERE IS THE WORKOUT

You will be performing two rounds of the "Wizard of X" Challenge, one time through with each leg serving as the focus of balance. On the first round, you'll choose either leg to start (we'll choose right for this example) and you'll begin with the Overhead Palof Press. When we refer to the "working leg" here we're referring to the one that is going to be on the ground, doing all the work to maintain your balance. You will feel the burn from the bottom of your feet to your hips! You'll move from one exercise to the next with only enough rest time needed to transition to the next exercise and grab appropriate weights if needed. When determining the amount of weight to use, the best estimator is to use a weight that you are sure you can execute your reps in good form with while still providing a challenge. If you feel that using 20lbs for instance on a side lateral raise will require you to swing the weight, then you should know that with balance being such a major requirement of this challenge...swinging may be a bad idea and downsizing the weights slightly would be a better move. Continue to progress all the way to The Wizard, attempting to never have to place your foot or hands down on the ground to either rest, remove the burn or regain your balance! You may rest 2 minutes between right and left sided circuits.

EXERCISE	REPS	COMMENTS
tubing Single Leg Overhead Palof Press	10	Stand On Right Leg (Furthest from Post)
The Rusted Man (Unequal Step Ups)	20	Weight In Left Hand, Step Up With Right Leg
DB 3-Way RDL	10	Heavier DB In Left Hand, Stand On Right Leg
The Coward (Alt. 1 Arm Overhead Lunge)	20	DB In Left Hand Held Overhead
2 Point 1-Arm Pushups	10	Right Arm Pushup, Right Leg Extended Behind
The Straw Man (1 Leg Side Lateral Raise)	20	Heavier DB In Left Hand, Stand On Right Leg
Unequal Renegade Row	10	Heavier DB In Left Hand
The Wizard (Side Plank 1 Arm Pull)	20	Lay On The Right Side With The Right Leg Underneath, Left Arm Pulls

### SCORING

Count up the number of times you touch the ground or bench with either a hand or foot to regain stability or balance. Hopping to resist touching is allowed as long as the foot doesn't touch! Perform on BOTH legs to determine your TOTAL TOUCHES! Good luck!

<b>ATHLEAN Basix</b>	<b>MORE THAN 15 TOUCHES</b>
<b>ATHLEAN Solid</b>	<b>11-15 TOUCHES</b>
<b>ATHLEAN Pro</b>	<b>6-10 TOUCHES</b>
<b>ATHLEAN Elite</b>	<b>1-5 TOUCHES</b>
<b>ATHLEAN Xtreme</b>	<b>0 TOTAL TOUCHES</b>
<b>BEAT THE BOSS!</b>	<b>4 TOTAL TOUCHES</b> Right Leg: 1/0/1/0/1/0/0/0 Left Leg: 0/0/1/0/0/0/0/0

#### QUALIFICATION FOR PROGRESSION TO X-10:

Score at a level **PRO** or better

### X-10: ATHLEAN X-CELERATIVE TRAINING PHASE

**“EXCELLENCE IS NOT A SINGULAR ACT BUT A HABIT. YOU ARE WHAT YOU DO...REPEATEDLY”**

—FUTURE NBA HALL OF FAMER SHAQUILLE O’NEAL

**IntroduXion:** Muscle control...check. Joint awareness...check. You’re well on your way to becoming the next ATHLEAN SUPREME athlete...inside and out! That said, you can’t bridge this gap from where you are now to where you want to be without one more ability...power generation! Power is defined as force times velocity. What this means is that if two athletes are bench pressing for instance, each with 200lbs, the one that is able to complete their rep faster (in good form and through the proper range of motion of course) will be the more powerful person. That said, in all my years of training and coaching it’s rarely the force generation capacity that holds people’s ultimate power potential back but rather their lack of explosiveness and ability to accelerate the force they’ve generated. The compromise is usually that the weights (or force) must be decreased dramatically in order to achieve the velocity needed to be powerful. Not a great tradeoff, since each factor contributes equally to power development...so robbing Peter to pay Paul as the old saying goes, is not going to get it done! Enter ATHLEAN X-CELERATIVE TRAINING! Finally, with athletic muscle and function in your sights...you’ll be focusing on muscle actions instead of individual muscle groups once again.

**InstruXions:** Recent evidence has shown that the “sweet spot” for achieving significant gains in explosive power comes from taking a weight that normally causes failure at ten reps (your 10RM) and performing it for 6-8 reps...concentrating intently on accelerating the weight through the positive portion of the rep and slowly controlling the negative as always. The weights being used are still heavy and challenging (again your 10RM) while the acceleration of the weights is still achievable. Remember, even if the weights are not actually moving as fast as you’d like them to (especially as you begin to fatigue) the important thing is to ATTEMPT to move them as quickly as possible to maintain your relentless attack on the fast twitch muscle fibers. That said, your goal is to perform each set with the goal of reaching 8 reps. If you notice that you are unable to complete 6 reps then you would adjust the weight down on subsequent sets. Rest time is kept to 45 seconds to mirror the natural breaks in explosive action during most sports (ie. points in tennis, downs in football, pitches in baseball, rounds in MMA or boxing, etc). It’s time to X-celerate to the finish line. You’re only weeks away now from finishing what you started. Whether you make it depends on your will to be more than just “average”...your will to be “ATHLEAN”!

#### MONDAY -ATHLEAN X-CELERATIVE TRAINING PHASE Upper Pull

**REST TIME: 45 Seconds Between Sets**


EXERCISE	SETS	REPS	COMMENTS
DB Dead Rows	3	6-8	Keep the motion smooth and continuous and don’t stand upright at any point. With the lower back kept slightly arched, accelerate the weights up but in control
Inverted Plyo Rows (knees bent)	3	F	Accelerate your body “through” the bar by releasing the grip as you power up towards the bar! Don’t forget to regrip though, to avoid a crash landing
Tubing Jackhammer Pulls	3	6-8	Start in a slight squat position and explosively extend through the hips to a standing position as you pull the band overhead
Plyo Chin Ups	3	F	Pull yourself up to the bar explosively, let go as you aim to clear your chin over the bar, then regrip and eccentrically control the descent
DB Shovel Curls	3	6-8	Be sure to keep your elbows in tight to your sides and thumbs pointed up to keep the focus on the forearms and underlying brachialis more than the biceps



### X-10: ATHLEAN X-CELERATIVE TRAINING PHASE

#### TUESDAY - ATHLEAN BURST TRAINING "A-X Zero Gravity"

**REST TIME: Complete Entire 5 Exercise Circuit, Rest 2 Minutes and Repeat 2 More Times**

EXERCISE	TIME	
1. Jumping DB / KB Swings	:60	 <p>If the weights in your hands weren't enough to contend with now you've got to overcome a force even stronger...gravity...in order to power through today's "A-X Zero Gravity" Burst Training Workout! Your goal within this 21 minute workout is not just preventing it from running you into the ground, but seeing how much time you can spend off of it! With a minute each of 5 plyometric based exercises standing in your way, you'll need to activate lift-off and tap into your Type-II fast twitch muscle fibers to excel. With every plane of motion challenged, this 3-D total body blitz is athletic, explosive, and exactly what you need to keep you on the path to 'ATHLEAN'! Now the only question left for you is...can you hang? This workout consists of three high intensity, fast paced rounds of ATHLEAN AXTION! Your task is to complete each of the following 5 exercises for 60 seconds without rest. After all 5 exercises in this circuit are complete, you will have earned a brief two minute rest before repeating the 5 minute circuit again. A third and final round will wrap up this 21 minute killer, starting of course with one final 2 minute rest. You better savor every second of that one as you'll need every ounce of energy you have to get through that last round! Good luck!</p>
2. Lunge Meditations	:60	
3. Ice Skaters	:60	
4. In"Zanity" Leaps	:60	
5. Plyo Clock Pushups	:60	

#### WEDNESDAY -ATHLEAN X-CELERATIVE TRAINING PHASE Upper Push

EXERCISE	SETS	REPS	COMMENTS
Thumbs Up Incline DB Bench Press	3	6-8	Remember to imagine accelerating the weight up even if you aren't actually moving the dumbbells that quickly
DB / Barbell Push Press	3	6-8	Go as heavy as you can here using either dumbbells or a barbell and be sure to keep the weight no lower than your shoulders at all times
Plyo Dips	3	F	Don't go lower than 90 degrees at the elbows here and be sure to stop just before you can no longer smoothly control the catch and descent
Power Plank Ups	3	F	If you can't explode from the forearms to the hands in one move then "walk" them up one hand at time as quickly as possible
Tubing RC Jumpouts	3	6-8	Maintain the elbow at 90 degrees and keep it tucked into the side throughout the exercise. The jump will want to pull you into internal rotation...don't let it!

#### THURSDAY -ATHLEAN X-CELERATIVE TRAINING PHASE Legs

EXERCISE	SETS	REPS	COMMENTS
Bulgarian Split Squat Hops	3	6-8	Be sure to land softly on the ball of your foot each time. If you land flat footed you won't be able to explosively rebound into your next jump
Step Up Thrusts	3	6-8	Don't forget to use your arms to help you drive up and lift off...they are a major driver of lower body power and explosiveness
DB / Band Resisted RDL's	3	6-8	Don't stand up using just your lower back here...use your glutes and hamstrings to drive your hips forward instead
Jumping DB / KB Swings	3	6-8	Avoid "pulling" the KB or DB up with the arms...as Wilson does a bit too much in the video demo...and instead, drive it up with explosive hip extension





## THE GROUND ZERO CHALLENGE

### THE LOW DOWN

You're sitting on the doorstep to the Supreme Athlete Phase of ATHLEAN X-Treme and all that stands between you and Week 11 is this "Ground Zero" Challenge! This Challenge is unlike any other you've faced to date and is sure to test your will as well as your muscle explosiveness. If we've seen anything in the last week of training it's that even the strongest man can be rendered "POWER-LESS" if they lack the ability to exert their strength in a short explosive burst of effort and to a maximal degree. The master of the one inch punch, Bruce Lee, said it best... "There are no limits. There are only plateaus, and you must not stay there, you must go beyond them!". Well, this challenge is about pushing THROUGH perceived limitations by becoming consciously aware of what slows us down or holds us back...and then destroy ng those limitations!

### HERE IS THE WORKOUT

The rules to this challenge are simple. You will be presented with a series of exercises that you must complete in order. Each one will be performed at a cadence of no more than 1 SECOND on the concentric or positive portion of the rep and a controlled time of 3 SECONDS on the eccentric or negative portion of the rep. The instant you cannot complete a rep EXPLOSIVELY to a count of 1 second or less (or find you must rest between reps) you have maxed out that exercise and must move onto the next. "Ground Zero" refers to the time you are to spend on the "ground" or in the bottom position of your rep. Again, the second you have reached the end range of your rep range you MUST explosively accelerate your way out of the hole and to the top without a moment delay. Mounting muscle fatigue will make your job that much more difficult, but then again...I never said it would be easy. Your rest time between exercises should only be as long as it takes for you to select appropriate weights (when required) and transition to the next exercise. Exercises using DB's should be performed using a weight that would typically be used to reach failure in the 10-12 rep range. Bodyweight exercises should be performed as just bodyweight for as many reps as you can (using the same cadence as on all other exercises in the challenge).

EXERCISE	REPS	COMMENTS
DB Flat Bench Press	To Ground Zero	Stop when you can't lift dumbbells off chest in 1 second or less
Pushups	To Ground Zero	Stop when you can't push your body up in 1 second or less
Pullups	To Ground Zero	Stop when you can't lift your chest to the bar in 1 second or less
DB Push Press	To Ground Zero	Stop when you press to full extension overhead in 1 second or less
Right Forward Step Ups	To Ground Zero	Stop when you can't reach a full step up in 1 second or less
Left Forward Step Ups	To Ground Zero	Stop when you can't reach a full step up in 1 second or less
DB Biceps Curls	To Ground Zero	Stop when you can't complete the curl in 1 second or less
Bench Dips	To Ground Zero	Stop when you can't fully extend the elbows in 1 second or less

### SCORING

Your final score is determined by the total rep score you get for all 8 exercises combined. Refer to the "Beat the Boss Score for Jeff Cavaliere below for a sample of the workout and scoring breakdown.

<b>ATHLEAN Basix</b>	<b>LESS THAN 110 REPS</b>
<b>ATHLEAN Solid</b>	<b>110 - 124 REPS</b>
<b>ATHLEAN Pro</b>	<b>110 - 124 REPS</b>
<b>ATHLEAN Elite</b>	<b>125 - 139 REPS</b>
<b>ATHLEAN Xtreme</b>	<b>140 - 149 REPS</b>
<b>BEAT THE BOSS!</b>	<b>146 REPS</b>

DB Bench (70's) x 13 / Pushups (BW) x 24 / Pullups (BW) x 17 / DB Push Press (40's) x 14 / Bench Dips (BW) x 27 / Forward Step Ups Right Leg (30's) x 17 / Forward Step Ups Left Leg (30's) x 18 / DB Biceps Curl (40's) x 13

#### QUALIFICATION FOR PROGRESSION TO X-11:

Score at a level **PRO** or better

### X-11: SUPREME ATHLETE TRAINING PHASE

**“I GUESS THAT’S THE BEAUTY OF THIS GAME, THAT THERE’S SO MUCH ROOM FOR IMPROVEMENT IN EVERY PLAYER ... UNLESS YOU CAN SAY YOU’LL GO OUT THERE AND HIT 1.000 ALL YEAR, THERE’S ROOM FOR IMPROVEMENT.”**

—ALL STAR 3RD BASEMAN DAVID WRIGHT

**IntroDuXion:** Congratulations! You’ve made it to the “big leagues” of training...the ATHLEAN SUPREME ATHLETE Phase of AX-2. That said, if you are to achieve legend status and make it into the AX Hall of Fame you’re going to have to rely on everything you’ve been working hard to develop in the last 10 weeks...strength, power, balance, coordination, agility, stability, endurance, proprioception, and mental toughness to not only get through this week of training, but to pass your biggest challenge yet waiting for you on Friday...”The Final Four” Challenge. Look...you know the saying by now...”If you want to look like and athlete you’ve got to train like an athlete”, well there’s no better time than now to show you can! Your ATHLEAN body is within your grasp now. Will you rise to the challenge and take it? Will you reign “SUPREME”?

**InstruXions:** This week’s workouts will be performed in circuit fashion. Each Supreme Athlete Circuit (SAC) consists of 3-4 exercises that are to be performed in continuous fashion, resting only as long as it takes you to transition from one exercise to the next. To minimize transition time, try to set up each of the exercises/equipment prior to starting the circuit. Once again, with pro athlete training fully in focus at this point in AX-2, you’ll find the workouts grouped again into functional movement patterns of upper body pulling, lower body and upper body pushing. Circuits will consist of at least one base compound movement, one explosive plyometric movement, and at every opportunity...ground based movements that incorporate what we call “maximum muscle interaXion”, involving multiple muscle groups together and filtering everything to and through the core! Each SAC is to be performed 3 times through, resting 90 seconds after each completed round. Each exercise is to be taken to failure within the stated rep range by selecting weights that make the last rep nearly impossible to complete without sacrificing good form. Each SAC (all 3 rounds) should take approximately 15 minutes or so to complete.

#### MONDAY - ATHLEAN SUPREME ATHLETE TRAINING PHASE Upper Pull

**REST TIME: No Rest Between Exercises in SAC’s - 90 Seconds Between Circuits**

CIRCUIT	EXERCISE	REPS	SET	COMMENTS
Supreme Athlete Circuit #1	Pullups	F	3	Be sure to pull down with your “elbows” instead of pulling up with your forearms and biceps to keep the major focus where it should be...on the back
	DB Dead Rows	10-12		Keep the motion smooth and continuous and don’t stand upright at any point. Instead, keep the lower back slightly arched and tilted forward throughout
	DB Hang Cleans	10-12		Time the “catch” with a “foot stomp” to ensure the explosiveness of the exercise
	Straight Arm Pushdowns	12		Be sure NOT to allow the elbows to bend or you’ll start incorporating too much triceps instead of the lats
Supreme Athlete Circuit #2	Straight Bar Curls	10	3	You can stagger your feet slightly for better balance and a more natural athletic stance to minimize momentum and swing
	Bicep Chin Up Holds	F		Keep the 90 degree bend in the elbows on this exercise to ensure the biceps are doing the work instead of the lats
	DB All Star Fielder Curls	10		While maintaining a slight arch in your lower back to protect it, shuffle or shuffle hop to one side and curl. Repeat back to the other side and continue in this fashion
	Tubing Burnout Curls	F		Keep the elbows tucked at your sides and your palms facing up as you rep out these biceps scorchers!


### X-11: SUPREME ATHLETE PHASE

#### TUESDAY - ATHLEAN SUPREME ATHLETE TRAINING PHASE Legs

CIRCUIT	EXERCISE	REPS	SET	COMMENTS
Supreme Athlete Circuit #1	DB Deadlifts	10-12	3	You may use a bar to perform these as a classic deadlift if you have access to one. Keep your head and eyes looking forward and up slightly and sit back into the hips
	Box Jumps	:30		The key here is to land "softly" by absorbing the impact of landing on either the box / stair or back on the floor through your quads and glutes
	Walking Lunges	10 steps each leg		Keep your head and shoulders held high and upright to put the majority of the focus on the quads. Step far enough out to keep the knees behind the toes
	Split Squat Jumps	:30		Keep the hands on the hips and not pushing down on the quads...as you once again focus on landing "softly" by decelerating the landing through your quads
Supreme Athlete Circuit #2	Physioball Feet Flat Bridges	12-15	3	Don't limit your range of motion here. Push all the way through any hip flexor tightness to get your hips as high as you can
	Physioball Hamstring Curls	12		Put the top of the ball under your calves to give you enough "traction" to be able to pull the ball in. Keep the low back and glutes fired throughout
	Sprinter Lunge Leaps	:30		The key here is to lean forward as this will preferentially activate the glutes instead of the quads. Start and finish as if you were in a sprinters starting blocks position
	DB / Kettlebell Swings	12		Let the DB or KB drop your hips into the correct position and then explosively fire your glutes and hamstrings to lift the DB/KB NOT your arms!

#### WEDNESDAY - ATHLEAN BURST TRAINING "Frozen Rope Workout"

REST TIME: 2 Minutes After Each Round

ROUND 1	REPS	ROUND 2	REPS	ROUND 3	REPS	COMMENTS
Two Foot Hops	50	Two Foot Hops	50	Double Unders	50	 <p>The rules for this workout are simple. You must keep the rope in motion! Perform a series of jumps in succession (with built in brief rest time to switch rope positions) and DON'T step on the rope, stumble or miss. If rope stops (freezes) then you must drop down and perform 10 Plyo Pushups for a penalty. Every time your task is interrupted by a misstep, it's back to the ground. So I guess you've got two choices....improve your conditioning and quicken up those feet or get a helluva upper body workout. Seems like a no-lose proposition to me! Complete up to three times for a serious conditioning workout! Remember, if at any point during this workout, other than when scripted, the rope stops moving due to trips, slips or fatigue... you've got to drop and do 10 Plyo Pushups as a penalty!</p>
Single Leg Hops (Right)	50	Single Leg Side to Side Hops (Right)	50	Boxer Shuffle	50	
Single Leg Hops (Left)	50	Single Leg Side to Side Hops (Left)	50	Double Unders	50	
Two Foot Hops Side to Side	50	High Knees	50	Boxer Shuffle	50	

### X-11: SUPREME ATHLETE TRAINING PHASE

#### THURSDAY - ATHLEAN SUPREME ATHLETE TRAINING PHASE Upper Push

REST TIME: 90 Seconds Between Circuits

CIRCUIT	EXERCISE	REPS	SET	COMMENTS
Supreme Athlete Circuit #1	DB Thrusters	10-12	3	This push press variation relies on the timing of the quads and shoulders working together to drive the weights up overhead
	DB / Plate 8's	8		Keep the arms outstretched in front of you to maximize the delta recruitment in this exercise
	Single Leg DB Side Laterals	12		Same benefits of the classic side lateral DB raise with the added athletic requirement of balance and stability. Do 6 reps on one leg then switch midset for 6 on the other
	DB Punches	:30		Keep the DB's at shoulder level even as you fight fatigue to truly burn out the front delts
Supreme Athlete Circuit #2	DB Incline Bench Press	10	3	Don't lower the DB's beyond a point where your elbows are bent 90 degrees and your upper arms are parallel to the floor in order to protect your shoulders
	Plyo Pushups	F		You can either perform a clapping pushup here or just explosively clear your body off the ground for a slightly less difficult version
	Tubing 1 Arm Crossover	12 each arm		Be sure to activate the abs to keep your body from twisting back in the direction of the anchor point of the tubing
	Shuffle Pushups	10		Keep your shuffle quick and precise as this will help you to improve your upper body agility and quickness as you simultaneously work your strength with the pushups
Supreme Athlete Circuit #3	Bodyweight Triceps Extensions	F	3	You can do these anywhere...on a kitchen counter, a bar, the side of a bench, etc
	Alt. Woodchopper Pushdowns	12 each side		Alternate reps to the right and left and be sure to involve the hips by pivoting off the back leg as you press down to the opposite side
	Stepping Band Push Aways	F		Engage the abs right away by stepping out far enough to feel the abs begin working. From here simultaneously step out and extend your arms to burn out those triceps



## THE FINAL FOUR CHALLENGE

### THE LOW DOWN

You've trained your a\*\* off over the last 11 weeks and have pushed through every challenge on your way to achieving the ripped, lean muscle of an athlete while learning how to move and function like one at the same time. That said, you didn't think you could earn the title of "ATHLEAN SUPREME ATHLETE" without being put to one final test did you? Just as with any great athletic achievement you're going to have to "P.A.S.S" a significant hurdle and defeat a opponent is your own self doubt and desire to be crowned "supreme"!

### HERE IS THE WORKOUT

The task is straight forward. At the root of all elite professional athletes are four above average qualities that dictate high level performance. These are ( P ) Power Endurance, ( A ) Agility, ( S ) Strength and ( S ) Stability. The "Final Four" will test you n each of these areas and demand that you demonstrate an excellence in every one! You will perform a continuous c rcuit of the follow ng four tasks (resting only 30 seconds between each). You MUST achieve each of the scores associated with each task. After you've completed one round however...you're work will still yet to be complete. As there is one final quality that an elite athlete must demonstrate and that is ( S ) Stamina! The "four" in the "Final Four" Challenge refers not only to the qualities but also the number of times that you must "Pass" this c rcuit in a row n order to be deemed Supreme! Complete each circuit and rest 60 seconds between rounds. The goal is to be able to run through all 4 rounds without failing to accomplish a single task. Can you last? Will you advance to the final week n your body transformation, the ATHLEAN BURST TRAINING BLITZ? It's time to find out f you "P.A.S.S."...or well....I don't even want to say the word!

SKILL	EXERCISE	GOAL	REST	COMMENTS
(P)ower Endurance	30 Second Cone Test	30 TOUCHES	:30	Using either a 12" cone or a stack of books, dumbbell placed on it's end, etc...jump side to side over the cone as many times as you can in 30 seconds
(A)gility	The Side Step Test	50 TOUCHES	:30	Place something flat on the ground and hop to left, chop your feet, hop backto the right, chop your feet and continue as many times in 60 seconds
(S)trength	Bench Press Bodyweight	2:00	:30	If using DB's, the total weight in both hands should be equal to approx. 80% of your bodyweight
(S)tability	2 Minute Plank Test	2:00	:60	You must be able to hold a plank for two minutes on your elbows without breaking form or falling to the knees

### SCORING

Scoring is determined first by your ability to complete all of the tasks in ONE round and then if you are able to repeat this performance for all FOUR rounds! Top Score of 4 for each round is possible with a total score of 16 possible!

ATHLEAN Basix	LESS THAN 10
ATHLEAN Solid	10- 11
ATHLEAN Pro	12 - 13
ATHLEAN Elite	14 - 15
ATHLEAN Xtreme	16
BEAT THE BOSS!	16

(30 Second Cone Test - 62/61/61/60  
Side Step Test - 50 Touches in all attempts  
Bench Your BW (85lb Dumbbells) x 10 in all attempts  
2 Minute Plank Test x 2 m nutes in all attempts

QUALIFICATION FOR PROGRESSION TO X-12:  
Score at a level **PRO** or better

### X-12: ATHLEAN BURST TRAINING BLITZ

**“SOMETHING DEEP IN MY CHARACTER ALLOWS ME NO OTHER OPTION BUT TO TAKE THE HITS, GET UP, AND THEN GET ON WITH TRYING TO WIN.”** —FC BARCELONA STRIKER LIONEL MESSI

**IntroduXion:** What’s that? You’ve made it to ATHLEAN SUPREME ATHLETE status and didn’t think there was anything more to achieve? Are you kidding? As any professional athlete (or even top executive) could tell you...GETTING to the top is only half the battle; STAYING there is often times even harder! Relying on that philosophy, we’re going to see if you are truly an athlean warrior ready to stand the test of time or an overnight sensation with no staying power by putting you to one final test...our Burst Training Blitz week! With a series of workouts waiting for you this week that are going to force you to be at the absolute peak of your game (physically and mentally), the Burst Training Blitz is going to determine whether you’ll be “X”TREME...or just X-tinguished!

**InstruXions:** With each of this week’s Burst Training workouts different from each other, the rules and instructions will vary from workout to workout. In Monday’s “MMAYhem” Workout, you’ll need to unleash the animal inside to survive three rounds of this extreme fighting workout. Next up, Tuesday’s ominous sounding “Pushups, Pullups, and Planks...Oh S%\*T!” workout takes your body through three of the most basic movements with anything BUT a basic impact on your body! Just when you thought you could use a rest, the much heralded “Olympic Bar Blitz” workout from youtube makes it’s intense encore as The “Olympic Bar Blitz X-TREME Edition” on Wednesday, to put the finishing touches on your explosive, powerful, high performance physique you spent the last 11 weeks carving out. Finally, following a much needed day away from the gym, you’ll need to return on Friday to face the physically demanding beast that is the “ATHLEAN MATRIX”...and appropriately, there is only one place where that can happen, back in the “X”BOX...where your whole journey to “ATHLEAN” began!

#### MONDAY - ATHLEAN BURST TRAINING BLITZ “MMAYhem Burst Training” Workout

**REST TIME: Variable Depending On The Individual Workout. See Workout For Specific Times.**

ROUND 1	TIME	INSTRUXIONS
Shadow Boxing Combo	:30	<p>Before you can “Reign” Supreme as an Athlean “X-Treme” warrior, you first must prove you can be king...as in the king of the cage, with this full contact, no holds barred MMAYhem Burst Training Workout! Joining forces with Jeff Cavaliere is a World Champion Brazilian Jiu Jitsu fighter and trainer to the French National Full Contact Fighting Team...bringing the authenticity you’ve come to expect, as well as the heart racing, sweat pouring effectiveness you’ve come to hate from every Burst Training ATHLEAN-X Workout. With power and quickness ruling every movement (and even quicker transitions needed to do this explosively), the MMAYhem will serve as your first test to determine your progress through Burst Training Blitz week. Will you win this 3 round battle or will you tap out? The rules on this one are straight forward. Perform each of the exercises or combos for 30 seconds at the highest intensity level you can. Proceed from one to the next without resting, making great efforts to minimize the transition time to near zero. It will help to have your X-treme band already set up for the final two exercises. Once you’ve completed one complete round of the exercises you will earn a 1 minute rest. For an additional challenge, try to decrease this rest period to as short as you can, while still able to complete all 3 rounds in good form. Repeat the circuit for a total of 3 rounds without “tapping out” and you will have survived your first test in this week’s Burst Training Blitz! Using just a stopwatch, and the above listed equipment you will look to accomplish 3 complete rounds of the following circuit. REPEAT 2 More Times = 13:30 Seconds Total</p>
Alternating Step Through Pushups	:30	
Roll into Sit Up Elbow Thrusts	:30	
Alternating Step Through Pushups	:30	
Roll into Sit Up Punches	:30	
X-treme Band Shoot Lunges	:30	
X-treme Band Knee Thrust Scrambles	:30	
<b>REST 1 MINUTE / REPEAT 2 MORE ROUNDS</b>		





### X-12: ATHLEAN BURST TRAINING BLITZ

**TUESDAY - ATHLEAN BURST TRAINING BLITZ** “Pushups, Pullups, and Planks....Oh SH\*T” Workout

**REST TIME: No Rest...Your Rest Is Your Plank Time! Complete 5 Straight Rounds!**

EXERCISE	REPS	INSTRUXIONS
Pushups	40	<p>Dorothy had Lions and Tigers and Bears to worry about...if only it was so easy for you! Welcome to the ominously sounding second test in your Burst Training Blitz week, Pushups, Pullups, and Planks...Oh SH*T (otherwise known as the “PPP”). Who knew that three simple bodyweight exercises could be so difficult? In fact, by this point in the program you’ve done too many of these exercises to count. So then why should this be any tougher? It’s all in the cumulative effect. Even the most novice of athletes can shine for a single moment...make one incredible play, score a single goal, or block a game winning shot. The true standout is the one that can do it over and over again...each time appearing to have the same energy and intensity as they did on the first (or at least doing a great job of faking it if they don’t). Your challenge today will be very much the same. Will you be able to deliver the consistency of effort needed to complete the 5 “rest-free” rounds of the “PPP”? Did I just say, REST FREE? Yes. OH SH*T!!!! This seemingly simply bodyweight challenge is made to be anything but by the fact that you are required to complete 5 rounds of this without taking a single rest. Well, that is unless you consider 1 minute of planks a rest period! With a stopwatch and a pullup bar at your disposal, perform 40 consecutive pushups in good form, then immediately transition to 12 pullups and finally end with 1 minute of a plank performed on your forearms. To maximize the difficulty of this challenge, it is best to minimize the exercise transition distance between the three movements. To do this, simply perform your pushups and planks directly beneath the pullup bar you’re using and you’re good to go! Attempt to complete 5 consecutive rounds with no rest other than the time you’ll be statically holding your plank. I know, that’s not really a rest, but then again...this workout is part of the Burst Training Blitz NOT the Burst Training Blitzzzzzzzzz!! Losers snooze and winners finish! What will you be?</p>
Pullups	12	
Plank	:60	



**WEDNESDAY - ATHLEAN BURST TRAINING BLITZ** “The Olympic Bar Blitz X-TREME Edition” Workout

**REST TIME: No Rest Time Between Exercises...C’mon This is X-TREME!**

EXERCISE	REPS	INSTRUXIONS
Thrusters	8	<p>As we continue to run you through a battery of grueling physical tests here in Burst Training Blitz week...it seems fitting that our version of the “Bar Exam” sits between you and your final workout. Welcome to the Olympic Bar Blitz...X-TREME Edition! As those of you know that attempted the original OBB from youtube, it is quite possible to deliver a killer total body workout with nothing more than an Olympic Bar and a single weight plate! But that was then...and this is X-TREME, so it’s now time to “raise the bar” even further. With even more explosiveness, strength, core stability, and sheer power demanded of you on every move in this workout you’ll once again prove to yourself that where there’s a bar (and a corner of the room), there’s a workout...and and one incredible test of your “meddle” and guts. Will you be taking home the “gold” in this Olympic Challenge? Much like the original Olympic Bar Blitz workout from youtube, all you’ll need is an Olympic Bar, a towel, a single weight plate (10, 25, 35 or 45lbs depending on your strength), and the corner of a room. You’ll begin by anchoring the bar in the corner by placing the unweighted end into the towel that is bunched up to provide padding and protection of the walls of the corner you’re doing this in (especially if you’re doing this at home!). From there you’ll attempt to complete 8 reps of each of the 4 exercises in the circuit (remembering to perform both the right and left sides when applicable) as quickly as you can while always making sure to maintain proper form. Make it through the entire circuit without failing and your reward is...two more times through the circuit!!</p>
Landmines (each side)	8	
Jump Twist Thrusts (each side)	8	
One Arm Snatch Split Squat Jumps (each side)	8	
<p><b>COMPLETE ENTIRE CIRCUIT, REST TO CATCH YOUR BREATH AND REPEAT FOR 2 MORE ROUNDS</b></p>		







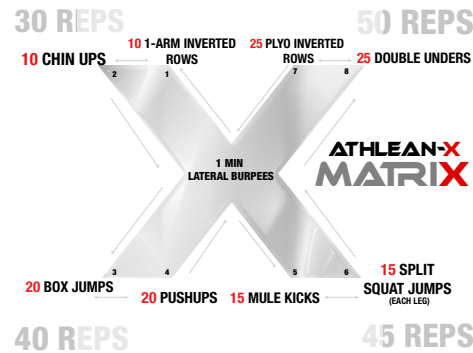
### THE ATHLEAN MATRIX CHALLENGE

#### THE LOW DOWN

And then there was one, one last challenge standing between you and ATHLEAN Immortality...the MATRIX! As you would have guessed, with a program as difficult as this so far, its parting challenge is designed to be anything but a walk in the park. In fact, it is more likely to remind you of a nonstop action sequence from the popular 90's movie bearing the same name (without a single second of slow motion to interrupt this heart pounding final test)! To prevail you're going to have to weave your way through the "X" Shaped Matrix as you race against the clock to complete a series of progressively more difficult exercise combos, each time for more reps than the last. The time limit for each leg of the "X" will remain the same however (60 seconds) so your determination to overcome the MATRIX will greatly factor into your ability to do so, as the lactic acid accumulates, your lungs burn, and fatigue firmly settles in. You're at the finish line now. Are you going to run to it...or through it?

#### HERE IS THE WORKOUT

"X" marks the spot...literally. You are going to rely on the pattern or matrix within the shape of the letter "X" to dictate your progression (or regression) through this test. You will start in the center of the "X" and be returning here after either a successful trip through one of the 4 arms of the letter as you move your way around to the finish line, or as a redo after not being able to complete the prescribed number of reps in 1 minute for that specific combo. If you return on a redo then you get one final crack at the arm that sent you back in the first place. Fail again and it's over for the day. Make it through and keep moving through the "X" to the finish!



#### SCORING

Scoring is determined first by your ability to weave your way through the arms of the "X". See how many you can successfully conquer in the given time allotment. Yes, it's hard...but you are "X"-treme aren't you? Good luck!

EXERCISE	GOAL
1 Minute Lateral Burpees → 10 1-Arm Inverted Rows (each arm) → 10 Chinups	All 30 reps need to be completed in :60
1 Minute Lateral Burpees → 20 Box Jumps → 20 Pushups	All 30 reps need to be completed in :60
1 Minute Lateral Burpees → 15 Single Leg Bulgarian → Split Squat Jumps (each leg) → 15 Mule Kicks	All 45 reps need to be completed in :60
1 Minute Lateral Burpees → 25 Jump Rope Double Unders → 25 Plyo Inverted Rows	All 50 reps need to be completed in :60

ATHLEAN Basix	FAIL TO COMPLETE THE 1ST ARM
ATHLEAN Solid	FAIL TO COMPLETE THE 2ND ARM
ATHLEAN Pro	FAIL TO COMPLETE THE 3RD ARM
ATHLEAN Elite	FAIL TO COMPLETE THE 4TH ARM
ATHLEAN Xtreme	COMPLETE THE MATRIX
BEAT THE BOSS!	MASTERED THE MATRIX

QUALIFICATION FOR PROGRESSION TO ?:  
TO BE CONTINUED