

# ATHLEAN-NXT

## ATHLEAN ANABOLIX PHASE

### WEEK 1

#### MONDAY "CORE 4" - DAY 1

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Deadlifts** (Triple X Set) to single rep failure x 3

**Weighted Dips** (Triple X Set) to single rep failure x 3

Single Arm Lateral Raises x 4 each side (Touch Up / Touch Up / 12RM / 12RM)

Barbell Bent Rows x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS AND NOTE THAT NUMBER HERE \_\_\_\_\_**

Note: "Core 4" exercises are bolded

#### TUESDAY ATHLEAN BURST TRAINING - "HANG 10"

**InstruXions:** Perform this 3 exercise circuit within 60 seconds for 10 consecutive rounds. Your rest is determined by how quickly you complete the circuit within the minute. Can you "hang" for all 10 minutes without failing to complete the circuit in any of the one minute periods?

Sprawling Burpees x 10

Twisting Pistons x 10 to each side

Divebomber Pushups x 10

#### WEDNESDAY ANABOLIX ARMS DAY

Rest time between "→" sets - No rest. Rest time between other exercise sets - 45-60 seconds.

Run the Rack DB Curls x 3 (Start with 3RM → Drop 5 lbs x F → Drop 5 lbs x F → Drop 5 lbs x F)

Inverted Chin Curls - 4 x Failure

Bodyweight Triceps Extensions x 3 (Straight Out x F → Walk In Half Way x F → Turn around into Dips x F)

Elbows Tucked DB Bench Press - 4 x Failure

#### THURSDAY OFF

#### FRIDAY "CORE 4" - DAY 2

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Clean and Press** (Triple X Set) to single rep failure x 3

**Weighted Pullups** (Triple X Set) to single rep failure x 3

Bench Press x 4 (Touch Up / Touch Up / 12RM / 12RM)

DB Bulgarian Split Squats x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS AND NOTE THAT NUMBER HERE \_\_\_\_\_**

Note: "Core 4" exercises are bolded

#### SATURDAY ATHLEAN BURST TRAINING - SHACKLED!

**InstruXions:** Once you pick up the bar (or dumbbells) you can't put them down until you've completed the entire 4 exercise complex. Rest 2 minutes between completed complexes and repeat for a total of 3 times through.

##### **SHACKLED COMPLEX**

- Front Squats x 20
- Push Press x 10
- Barbell Bent Rows x 20
- Barbell Curls x 10

Note: Use the heaviest weight you can handle for the 10-12 reps of barbell curls as the weight for the entire complex. If using a barbell quickly switch your grip from overhand to underhand between the rows and curls.

#### SUNDAY OFF

# ATHLEAN-NXT

## ATHLEAN ANABOLIX PHASE

### WEEK 2

#### MONDAY "CORE 4" - DAY 3

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Deadlifts** (Triple X Set) to single rep failure x 3

**Weighted Dips** (Triple X Set) to single rep failure x 3

Single Arm Lateral Raises x 4 each side (Touch Up / Touch Up / 12RM / 12RM)

Barbell Bent Rows x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS \_\_\_\_\_. DID YOU BEAT LAST WEEK?**

Note: "Core 4" exercises are bolded

#### TUESDAY ATHLEAN BURST TRAINING - "52 PICK-UP"

**InstruXions:** You are to complete the four exercises listed below for 52 reps each. Sounds easy enough until you also consider the fact that between each exercise you must perform the "Pick Up"! This is a dumbbell split squat curl and press (10 on each leg) using the weight you normally use for 12RM dumbbell curls. Good luck!

**52 Burpees Pick Up - DB Split Squat Curl / Stand / Press x 10 each leg**

**52 Shuffle Pushups Pick Up - DB Split Squat Curl / Stand / Press x 10 each leg**

**52 Box Jumps Pick Up - DB Split Squat Curl / Stand / Press x 10 each leg**

**52 Inverted Rows Pick Your Body Up Off The Floor (if you can!)**

#### WEDNESDAY ANABOLIX ARMS DAY

Rest time between "→" sets - No rest. Rest time between other exercise sets - 45-60 seconds.

Barbell Curls x 4 (Touch Up / Touch Up / 12 RM / 12 RM)

Bicep Chinup Curls to failure → Negative Hang x 1 for max time - 3 sets

DB Lying Triceps "X"tensions x 4 (Touch Up / Touch Up / 12RM / 12RM)

Upright Dips to failure → Assisted Upright Dips (w/ band or foot) to failure - 3 sets

#### THURSDAY OFF

#### FRIDAY "CORE 4" - DAY 4

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Clean and Press** (Triple X Set) to single rep failure x 3

**Weighted Pullups** (Triple X Set) to single rep failure x 3

Bench Press x 4 (Touch Up / Touch Up / 12RM / 12RM)

DB Bulgarian Split Squats x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS \_\_\_\_\_. DID YOU BEAT LAST WEEK?**

Note: "Core 4" exercises are bolded

#### SATURDAY ATHLEAN BURST TRAINING - "BURNIN' RUBBER"

**InstruXions:** Complete the following 6 exercise circuit using nothing but a resistance band and without resting between exercises. On your first time through, perform 40 reps of each exercise. Rest two minutes and then keep the burn coming by repeating the circuit...this time for 30 reps each. Rest two more minutes and wrap up the workout with one final non-stop round of 20 reps each.

##### Round 1:

Tubing High Pulls x 40

Tubing Burnout Curls x 40

Tubing Alternating Shoulder Press x 40

Tubing Squat with Static Front Raise x 40

Tubing Triceps Overhead Extensions x 40

Band Resisted Push Ups x 40

##### Round 2:

x 30 reps of each exercise

##### Round 3:

x 20 reps each exercise

#### SUNDAY OFF

# ATHLEAN-NXT

## ATHLEAN ANABOLIX PHASE WEEK 3

### MONDAY "CORE 4" - DAY 5

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Deadlifts** (Triple X Set) to single rep failure x 3

**Weighted Dips** (Triple X Set) to single rep failure x 3

Single Arm Lateral Raises x 4 each side (Touch Up / Touch Up / 12RM / 12RM)

Barbell Bent Rows x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS \_\_\_\_\_. DID YOU BEAT LAST WEEK?**

Note: "Core 4" exercises are bolded

### TUESDAY ATHLEAN BURST TRAINING - THE "NXT-360" WORKOUT

**InstruXions:** Three exercises, sixty reps apiece. Welcome to the NXT-360. Attempt to complete this circuit as quickly as possible using good form, with the catch being that you must complete all repetitions of an exercise before moving onto the next. Good luck, you'll need it!

**Taps x 60**

**Knee Up Chinups x 60**

**Lateral Two Foot Skiers (Hop and Squats) x 60**

### WEDNESDAY ANABOLIX ARMS DAY

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between "⇒" sets - No rest.

Barbell Curls (Triple X Set) to single rep failure x 3

Tubing/DB Combo Curls x 10-12 ⇒ Tubing Burnout Curls to failure x 4

Kneeling Triceps Pushdowns (Triple X Set) to single rep failure x 3

Power Plank Ups x 10-12 ⇒ Diamond Cutter Pushups x failure (burnout) x 4

### THURSDAY OFF

### FRIDAY "CORE 4" - DAY 6

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Clean and Press** (Triple X Set) to single rep failure x 3

**Weighted Pullups** (Triple X Set) to single rep failure x 3

Bench Press x 4 (Touch Up / Touch Up / 12RM / 12RM)

DB Bulgarian Split Squats x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS \_\_\_\_\_. DID YOU BEAT LAST WEEK?**

Note: "Core 4" exercises are bolded

### SATURDAY ATHLEAN BURST TRAINING - THE DUMBBELL DEATH MARCH

**InstruXions:** Grab a pair of dumbbells that represents the weight that you would use for a 12RM set of renegade rows. Begin by either performing the walking renegade row for 10 steps on each arm or in place if you're limited by space. Complete the bolded exercise, walk back to where you started and proceed to the next exercise until finished. No rest during the circuit. 2 minutes allowed between completed circuits. Complete 3 total circuits in this workout.

Walking Renegade Row x 10 on each arm ⇒ **Burpee Press x 15**

Walking Renegade Row x 10 on each arm ⇒ **Cliffhanger Walkouts x 10**

Walking Renegade Row x 10 on each arm ⇒ **Jack Pushups x 15**

Walking Renegade Row x 10 on each arm

**Repeat for 3 rounds!**

### SUNDAY OFF

# ATHLEAN-NXT

## ATHLEAN ANABOLIX PHASE

### WEEK 4

#### MONDAY "CORE 4" - DAY 7

Rest time within Triple X Sets - The balance of the 30 seconds that remain after completing your reps. Rest time between completed Triple X Sets - 90 seconds. Rest time between other exercise sets - 45-60 seconds.

**Deadlifts** (Triple X Set) to single rep failure x 3

**Weighted Dips** (Triple X Set) to single rep failure x 3

Single Arm Lateral Raises x 4 each side (Touch Up / Touch Up / 12RM / 12RM)

Barbell Bent Rows x 4 (Touch Up / Touch Up / 12RM / 12RM)

**TOTAL UP YOUR "CORE 4" REPS \_\_\_\_\_. DID YOU BEAT LAST WEEK?**

Note: "Core 4" exercises are bolded

#### TUESDAY ATHLEAN BURST TRAINING - THREE UP THREE DOWN

**InstruXions:** In this workout you will alternate bodyweight exercises that are performed while hanging with ones performed on the ground (thus, three up three down!) Take each exercise to failure and proceed to the next without rest. Rest the least time needed to recover and attempt another 1-2 rounds. Take on the bonus challenge listed below if you're ambitious!

No rest between exercises. Complete 2-3 complete circuits (and the optional bonus challenge at the end!)

Spiderman Pullups x F

Spiderman Extreme Pushups x F

Hanging Corkscrews x F

Twisting Pistons x F

Over Unders x F

Mule Kicks x F

Repeat 1-2 more rounds

**Workout BONUS Challenge** - At the conclusion of the workout...see if you can hang straight armed from the bar for 2 Minutes and 30 Seconds without dropping! (it's a lot harder than it looks!)

#### WEDNESDAY ANABOLIX ARMS DAY

Rest time between "⇒" sets - No rest. Rest time between other exercise sets - 45-60 seconds.

Dumbbell "21" Curls (Seated x 7 ⇒ Incline x 7 ⇒ Inverted x 7) x 3

DB Shovel Curls - 4 sets (1 Touch Up Set to left / 1 Touch Up Set to right / 12RM left / 12RM right)

Lying DB Triceps "X"tensions x 12 ⇒ DB Close Grip Bench to failure x 3

Rotational Triceps Pushdowns - 4 sets (Touch Up / Touch Up / 12RM / 12RM)

#### THURSDAY OFF

#### FRIDAY "CORE 4" - ATHLEAN CHALLENGE - "15 MINUTES OF FAME"

**InstruXions:** To conquer this challenge you will need to perform all four of the "Core 4" exercises in one giant "triples" circuit...15 times! As soon as you are no longer able to perform at least 3 reps on any of the four exercises, your challenge is over. Be sure to use the new 90% 1RM weight that you built up to on these exercises over the last 4 weeks. Rest time between exercises is "transition only" or just as long as it takes to set up and/or move to the next movement. Will you claim your 15 minutes?

**Deadlifts** x 3RM

**Clean and Press** x 3RM

**Weighted Dips** x 3RM

**Weighted Pullups** x 3RM

**SCORING:**

**ATHLEAN BASIX** - Complete less than 6 rounds (All Show...No Go)

**ATHLEAN SOLID** - Complete between 6 and 9 rounds (One Hit Wonder)

**ATHLEAN PRO** - Complete between 10 and 12 rounds (ATH-LEGIT!)

**ATHLEAN ELITE** - Complete between 12 and 15 rounds (Household Name)

**ATHLEAN XTREME** - Complete all 15 rounds (Hall of Famer)

**BEAT THE BOSS!** - Completed all 15 rounds

#### SATURDAY OFF

#### SUNDAY OFF