

TRAINING CAMP - PHASE 1

THE RULES OF THE GAME

Be sure to follow the following rules when performing the workouts for weeks 1-3 of ATHLEAN-X™ Training Camp:

1. Warm ups should consist of a brief 3-5 minute jog, jump rope, high knee drill, etc. to simply elevate core body temp. Static stretching before a workout is not advised, as it will change muscle length tension relationships and is better saved for after a workout (ideally before bed).
2. When choosing how much weight to use, be sure to use an amount of weight that allows you to complete the prescribed number of reps in good form. You should find the last repetition of the set to require nearly maximum effort to complete.
3. If the last repetition is too easy and you find that you can complete at least 2 or 3 more, increase the load on all subsequent sets.
4. If you are unable to complete the prescribed number of reps on a set, lighten the load accordingly on all subsequent sets to prevent this from happening again.
5. Rest time between all sets in these 3 weeks of workouts is 60 seconds, except for core exercises, where you want to keep your rest to no more than 30 seconds between each or transition time only.
6. Rep cadence should be 1-2 seconds on the concentric, slight pause, and 3 seconds eccentric.
7. Perform all sets of each exercise before proceeding to the next exercise in the workout. This will set the stage for success and build your foundation strength for later in the program.
8. Perform all conditioning drills with the best footwork, and highest effort you can for best results. **ALSO – If you don't have access to equipment called for during a Tuesday or Thursday conditioning workout you can either repeat one of the earlier workouts or use my Ironman, 4 Minutes of Hell (3 rounds), Invictus, 300, X-pendables, Hurricane Headrush or other burst conditioning workout from YouTube in its place.

And last but not least...

Always remember, nothing worth having comes easy. Just when it feels like the workout is too hard...just remember how good you're going to look and push through!

ATHLEAN PUSH / PULL PERFORMANCE PHASE - FOUNDATION

“THERE ARE ONLY TWO OPTIONS REGARDING COMMITMENT. YOU’RE EITHER IN OR OUT. THERE’S NO SUCH THING AS A LIFE IN-BETWEEN.” — PAT RILEY

MONDAY Strength Training Workout I: Upper Body Push

EXERCISE	SETS	REPS	COMMENTS
Spiderman Crawls	3	10	Alternate 1 crawl forward and backward per rep
Alternate DB Press (neutral grip)	3	10	Alternate 10 presses on each arm per set
Rotational DB Shoulder Press	3	12	Alternate 6 reps on each arm per set
Shoulder “L” Raises	3	12	6 raises forward and 6 to the side each arm each set
Tricep Pushdowns	3	12 RM (F)	Use heavy enough weight to fail on your 12th rep
DB External Rotation	3	15	3 sets each arm. Focus on quality contraction and form

TUESDAY “ATHLEAN BURST TRAINING” Conditioning Workout

QUICK FEET AND RIPPED QUICK!—NO REST BETWEEN DRILLS		
1	QFL Lateral Run	8 times up and down the ladder
2	QFL In In Out Out	8 times up and down the ladder
3	QFL Icky Shuffle	8 times up and down the ladder
4	QFL Ali Shuffle	8 times up and down the ladder



WEDNESDAY Strength Training Workout II: Lower Body / Core

EXERCISE	SETS	REPS	COMMENTS
Barbell Squat	3–4	10–12 RM (F)	Use heavy enough weight to fail in 10–12 reps
Dumbbell Side Lunge	3	12	Alternate 12 reps to right and left each set
Stiff Legged Deadlifts	3	10–12 RM (F)	Use heavy enough weight to fail in 10–12 reps
Hip Bucks	4	10–12 RM (F)	Use heavy enough weight to fail in 10–12 reps
Starfish Crunch	3	Failure	Do as many reps as you can to failure
Heels to the Heavens	2	Failure	Do as many reps as you can to failure

THURSDAY “ATHLEAN BURST TRAINING” Conditioning Workout

SPR-INTERVAL INTENSITY—NOT YOUR TYPICAL BORING CARDIO!		
Run either outside or on a treadmill. Perform the following 20-minute interval:		
5-minute warmup jog / Interval (20 second all-out sprint + 40 second jog) x 10 / 5-minute cool down jog		



FRIDAY Strength Training Workout III: Upper Body Pull / Core

EXERCISE	SETS	REPS	COMMENTS
Inverted Row	4	12	Can do either with knees bent or straight for more challenge
Standing DB Row/Kickback	3	10–12	Keep your lower back slightly arched throughout
Reverse Lunge Curls	3	12	6 reps stepping back with right and 6 on left each set
DB Hammer Curls	3	10–12	Slowly control the lowering of the dumbbells
V-Up Russian Twists	4	Failure	4 sets to failure. Minimize rest between sets to 30 seconds

ATHLEAN PUSH / PULL PERFORMANCE PHASE - FOUNDATION

“HARD WORK SPOTLIGHTS THE CHARACTER OF PEOPLE: SOME TURN UP THEIR SLEEVES, SOME TURN UP THEIR NOSES, AND SOME DON’T TURN UP AT ALL.” — SAM EWING

MONDAY Strength Training Workout I: Upper Body Push

EXERCISE	SETS	REPS	COMMENTS
Burpee Push Up Pyramid	3	8,6,4,2	Work your way down from 8 to 6 to 4 to 2 reps
Incline Bench Press	4	12 RM (F)	Use heavy enough weight to fail on your 12th rep
Side Laterals	3	10-12	Keep slight bend in your elbows throughout
Dumbbell Kickbacks	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Tricep Push Aways	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps

TUESDAY “ATHLEAN BURST TRAINING” Conditioning Workout

CRUNCHES AND PUNCHES CIRCUIT - PERFORM 2 TIMES			
1	V-Up Russian Twist (to failure)	4	3 Minutes of nonstop shadow/heavybag boxing
2	3 Minutes of nonstop shadow/heavybag boxing	5	Heels to the Heavens (to failure)
3	Ball Passes (to failure)	6	3 Minutes of nonstop shadow/heavybag boxing



WEDNESDAY Strength Training Workout II: Lower Body / Core

EXERCISE	SETS	REPS	COMMENTS
DB Bulgarian Split Squat	3	10-12 RM (F)	Keep majority of your weight on the front leg. Use heavy enough weight to fail in 10-12 reps
Step Up Thrusts	3	10-12	3 sets of 10-12 on each leg. Explosiveness is key!
DB Swing	4	15	Explode through the hips and glutes, don't lift with the back
Physioball Hamstring Curls	3	Failure	For a greater challenge, move the ball closer to your heels
Canoes	3	Failure	Perform 3 sets to failure



THURSDAY “ATHLEAN BURST TRAINING” Conditioning Workout

THE STARTING “LINE”UP - QUICK FOOT / AGILITY WORKOUT (Minimal rest time)			
1	Line Drill—Crossovers 4 x 60 seconds	3	Line Drill—Side to Side Double Hops 4 x 30 sec
2	Line Drill—X Jump Turns 6 x 30 seconds	4	Line Drill—Crossovers 4 x 60 seconds

FRIDAY Strength Training Workout III: Upper Body Pull / Core

EXERCISE	SETS	REPS	COMMENTS
Lat Pulldowns	4	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
DB Renegade Row	3	12	Each set consists of 12 rows on each arm
Spider Curls	4	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Low Cable Bicep Curls	3	10-12 RM (F)	Perform these reps rather quickly but through full range of motion. Be sure to heavy enough weight that you fail in 10-12 reps
Starfish Crunches	3	Failure	Perform 3 sets to failure resting < 30 seconds between

ATHLEAN PUSH / PULL PERFORMANCE PHASE - FOUNDATION

"YOU LEARN YOU CAN DO YOUR BEST WHEN IT'S HARD, EVEN WHEN YOU'RE TIRED AND MAYBE HURTING A LITTLE BIT. IT FEELS GOOD TO SHOW SOME COURAGE." — JOE NAMATH

MONDAY Strength Training Workout I: Upper Body Push

EXERCISE	SETS	REPS	COMMENTS
Burpee Push Up Pyramid	3	8P	8, 7, 6, 5, 4, 3, 2, 1 reps with burpees in between
Cable 3D Crossovers	4	10 RM (F)	2 sets each arm. Use heavy enough weight to fail in 10-12 reps
Plate Squeeze Stances	3	10-12	Use 5-10 lb plates for this exercise
Triceps Pushdowns	3	10 RM (F)	Use heavy enough weight to fail on your 10th rep
DB External Rotation	3	15	3 sets each arm. Focus on quality contraction and form

TUESDAY "ATHLEAN BURST TRAINING" Conditioning Workout

THE CONE ZONE WORKOUT - Killer Agility/Conditioning Combo (Keep rest time to minimum)

1	Cone Drill—5-10-5 right and left x 5 each	3	Cone Drill—4 Corners x 5
2	Cone Drill—Star Drill x 5	4	Cone Drill—Agility Wheel x 5



WEDNESDAY Strength Training Workout II: Lower Body / Core

EXERCISE	SETS	REPS	COMMENTS
3 Way Lunge Reach	3	7	Do 1 set of 7 for straight, side, and pivot lunges in a row without rest. Do other leg. Perform 3 sets
Skier (Skater) Hops	3	45 sec	Land softly into squat position and explode out!
Front Squat	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Barbell Hip Thrusts	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Windshield Wipers	3	Failure	Perform 3 sets to failure

THURSDAY "ATHLEAN BURST TRAINING" Conditioning Workout

ON YOUR MARK, GET SET...SPRINT! - Acceleration, Change of Direction...ATHLETICISM!

1	Sprint/Walk/Jog x 6	3	Half Gassers x 4
2	Full Gassers x 6	4	30 Yard Jumps x 4



FRIDAY Strength Training Workout III: Upper Body Pull / Core

EXERCISE	SETS	REPS	COMMENTS
Lat Pulldowns	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Barbell Rows	3	10-12 RM (F)	Make sure to keep your lower back arched and supported. Use heavy enough weight to fail in 10-12 reps
Rotational High Row	4	12 RM (F)	Do 2 sets each with the right and left arms. Use heavy enough weight that u to fail on your 12th rep
Incline DB Curls	4	10-12	Be sure to get a full stretch on the biceps at the bottom of the rep
DB Hammer Curls Pronation	3	10	Make sure to control the eccentric lowering of the dumbbells
ISO Crunches	3	Failure	Perform 3 sets to failure

400 THE ATHLEAN CHALLENGE

HERE ARE THE RULES

Using just a stopwatch and your own Bodyweight, you are to time yourself and see how long it takes you to complete 400 total repetitions of the selected exercises. The order in which you do them and the amount of reps that you do at any one time is totally up to you. Just complete all 400 reps with good form as quickly as possible. Perform this on Monday and Friday and take your best time. Compare your time to the following to

HERE IS THE WORKOUT

100 PUSHUPS

100 INVERTED ROWS

100 BODYWEIGHT SQUATS

100 FULL SIT UPS

SCORING

ATHLEAN Xtreme	UNDER 8 MINUTES
ATHLEAN Elite	BETWEEN 8 AND 11 MINUTES
ATHLEAN Pro	BETWEEN 11 AND 14 MINUTES
ATHLEAN Solid	BETWEEN 14 AND 17 MINUTES
ATHLEAN Basix	OVER 17 MINUTES

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 weeks 5–7 if you are "Solid" or above.

IT'S CHALLENGE TIME!

“THE PRINCIPLE IS COMPETING AGAINST YOURSELF. IT’S ABOUT SELF IMPROVEMENT, ABOUT BEING BETTER THAN YOU WERE THE DAY BEFORE.” — STEVE YOUNG

MONDAY Strength Training Workout I: “ATHLEAN 400 CHALLENGE”

EXERCISE	SETS	REPS	COMMENTS
Pushups	?	100	The manner in which you complete your 100 reps of each is totally up to you! You can do 5 sets of 20 each, 10 sets of 10, whatever! You can even jump around between exercises (15 pushups, 10 squats, back to pushups, etc). Just get it done in good form and in your fastest time possible!
Inverted Rows	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TUESDAY “Hard Core” Training: Core I

EXERCISE	SETS	REPS	COMMENTS
Rollups	2	12	Lower yourself down very slowly
Heels to the Heavens	2	15	Clear your whole tailbone off the mat
Ball Passes	2	12	6 passes each to the legs and arms
Jackknives	2	15	15 reps with right leg high and 15 with the left leg high each set. No rest in between.
Physioball Reverse Hyperext.	2	10	Keep your feet together and squeeze glutes / lower back to lift

WEDNESDAY “ATHLEAN BURST TRAINING” Conditioning Workout

ATHLEAN “ROPE RIPPER” - JUMP INTO YOUR NEW ATHLEAN BODY - Keep rest time to minimum			
1	Jump Rope—Two-Foot Hops—50 jumps	4	Jump Rope—Side-to-Side Hops (1 Foot)—x 50
2	Jump Rope—Side-to-Side Hops (2 Feet)—x 50	5	Jump Rope—Side-to-Side Hops (2 Feet)—x 50
3	Jump Rope—Single-Leg Jumps—50 jumps ea.	6	Jump Rope—Two-Foot Hops—50 jumps



THURSDAY “Hard Core” Training: Core II

EXERCISE	SETS	REPS	COMMENTS
Plank Straight Leg March	3	30	Alternate 15 reps on each leg per set
Opposite Knee to Elbow	2	15	15 reps right elbow to left knee and 15 reps left elbow to right knee each set
Plank Same Side Knee to Elbow	2	15	Right elbow to right knee 15 times and left elbow to left knee 15 times two sets each

FRIDAY Strength Training Workout III: “ATHLEAN 400 CHALLENGE” RETEST

EXERCISE	SETS	REPS	COMMENTS
Pushups	?	100	The manner in which you complete your 100 reps of each is totally up to you! You can do 5 sets of 20 each, 10 sets of 10, whatever! You can even jump around between exercises (15 pushups, 10 squats, back to pushups, etc). Just get it done in good form and in your fastest time possible!
Inverted Rows	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TRAINING CAMP - PHASE 2

THE RULES OF THE GAME

Be sure to observe the following rules when performing the workouts for weeks 5-7 of ATHLEAN-X™ Training Camp:

1. Warm ups should consist of a brief 3-5 minute jog, jump rope, high knee drill, etc. to simply elevate core body temp. Static stretching before a workout is not advised, as it will change muscle length tension relationships and is better saved for after a workout (ideally before bed).
2. When choosing how much weight to use, be sure to use an amount of weight that allows you to complete the prescribed number of reps in good form. You should find the last repetition of the set to require nearly maximum effort to complete.
3. If the last repetition is too easy and you find that you can complete at least 2 or 3 more, increase the load on all subsequent sets.
4. If you are unable to complete the prescribed number of reps on a set, lighten the load accordingly on all subsequent sets to prevent this from happening again.
5. Rest time between all sets in these 3 weeks of workouts is 30-45 seconds to really pick up the pace and rev up the metabolism. Core exercises remain 30 seconds rest or transition time only.
6. Rep cadence should be 1-2 seconds on the concentric, slight pause, and 3 seconds eccentric.
7. Perform all sets for each exercise before moving onto the next exercise in the workout.
8. Perform all conditioning drills with the best footwork, and highest effort you can for best results. **ALSO – If you don't have access to equipment called for during a Tuesday or Thursday conditioning workout you can either repeat one of the earlier workouts or use my Ironman, 4 Minutes of Hell (3 rounds), Invictus, 300, X-pendables, Hurricane Headrush or other burst conditioning workout from YouTube in its place.

And last but not least...

Remember—as the old saying goes—there is no elevator to success. You have to take the stairs! By now you should be stepping up them two at a time!

ATHLEAN “MMO” PHASE - MAX EFFORT

“ONE OF THE REDEEMING THINGS ABOUT BEING AN ATHLETE IS REDEFINING WHAT IS HUMANLY POSSIBLE.” — LANCE ARMSTRONG

MONDAY Strength Training Workout I: Total Body “Maximum Metabolic Overdrive”

EXERCISE	SETS	REPS	COMMENTS
DB Swing	3	15	Lift weight with hip thrust—not your arms
DB Drop Squat	3	10	Drop down until thighs are parallel to ground
DB Curl and Press	3	12	Don't cheat the weights up....muscle them up
Clapping Plyo Pushups	3	Failure	Perform 3 sets to failure.
Triceps Pushdowns	3	12 RM (F)	Use heavy enough weight to fail on your 12th rep
Cable Sword Raises	4	12	2 sets each arm. Focus on quality contraction and form

TUESDAY “ATHLEAN BURST TRAINING” Conditioning Workout

SPR-INTERVAL INTENSITY—STILL NOT YOUR TYPICAL BORING CARDIO!

Run either outside or on a treadmill. Perform the following 22-minute interval:

5-minute warmup jog / Interval (25 second all-out sprint + 35 second jog) x 12 / 5-minute cool down jog



WEDNESDAY ATHLEAN “Hard Core” Training

EXERCISE	SETS	REPS	COMMENTS
Rollups	2	10	“Paint” the spine onto the floor on the descent
ISO Reverse Crunches	2	15	Initiate movement from the core—not the legs
Bench Tuck Crunches	2	15	Try to keep your hands free from the bench if you can
Plank Opposite Knee to Elbow	2	30	15 reps right to left and vice versa

THURSDAY “ATHLEAN BURST TRAINING” Conditioning Workout

“BUMPS AND JUMPS”—BURPEE AND BOX JUMP FAT-BURNING COMBO WORKOUT

Alternate Burpee (squat thrust with pushup) and Box Jump (onto 18–24-inch box) for 20 minutes

Perform Burpees on every even minute and Box Jumps on every odd minute

10 Burpees (rest the balance of the minute)

12 Box Jumps (rest the balance of the minute)



FRIDAY Strength Training Workout II: Total Body “Maximum Metabolic Overdrive”

EXERCISE	SETS	REPS	COMMENTS
Barbell Deadlifts	3	12–15 RM (F)	The heavier the weight you hold the more forearm work
Barbell Clean and Press	3	10–12 RM (F)	Explosively clean the weights and stabilize as you push
Cable Squat to Standing Row	3	10 RM (F)	Pull as you power yourself up to a standing position
Close Grip Bench Press	3	10–12 RM (F)	Use heavy enough weight to fail in 10–12 reps
Alternating DB Bench (neutral grip)	3	12	Alternate 12 reps with right and left hand each set
Eccentric Step Aways	2	10	Perform 2 sets on each arm for this exercise

ATHLEAN “MMO” PHASE - METABOLIC RESET

“OPPORTUNITY SEEMS TO HAVE AN UNCANNY HABIT OF FAVORING THOSE WHO HAVE PAID THE PRICE OF YEARS OF PREPARATION.” —ANONYMOUS

MONDAY Strength Training Workout I: Total Body “Maximum Metabolic Overdrive”

EXERCISE	SETS	REPS	COMMENTS
Single Leg Squat with Mini Jumps	3	12–15	Explosively push off the ground and land softly
3-Way DB RDL	2	12	Perform 4 “rounds” of 3 reps—out, in, and @knee
Low Cable Rotational Row	3	10–12 RM (F)	3 sets each arm. Use heavy enough weight to fail in 10-12 reps
DB Renegade Rows	3	10	10 reps on each arm. Engage the core throughout
Decline Bench Press	4	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Triceps Pushdowns	3	12 RM (F)	Use heavy enough weight to fail on your 12th rep

TUESDAY “ATHLEAN BURST TRAINING” Conditioning Workout - YouTube X-Clusive

THE 11-11-11 CHALLENGE - 11 Exercises...11 Reps Each...In under 11 minutes!

1. 11 Box Jumps into 11 Burpees	4. 11 Clapping Plyo Pushups into 11 Burpees
2. 11 Pistol Squats (each leg) into 11 Burpees	5. 11 Handstand Pushups into 11 Burpees
3. 11 Split Squat Jumps (each leg) into 11 Burpees	6. 11 Plank Walkouts into “gasping for air” mode!
Watch me do this on my YouTube channel JDCAV24 by searching for the 11-11-11 Workout! What’s your best time!?	



WEDNESDAY “Hard Core” Training

EXERCISE	SETS	REPS	COMMENTS
Heel to the Heavens	2	/	Do 2 sets of as many reps as you can
Jackknifes	2	15	2 sets of 15 on each leg without resting in between
Plank March	2	30	30 marches each foot per set while in plank
Plank Same Side Knee to Elbow	2	30	15 reps right to left and vice versa

THURSDAY “ATHLEAN BURST TRAINING” Conditioning Workout

“TRACKING” YOUR PROGRESS—SIMPLE BUT EFFECTIVE CARDIO ROUTINE

Head to your local high school/college 400-meter track and do the following workout:

1-lap warmup jog / next 4–5 laps: sprint the straight-aways and jog the curves / 1-lap cool down jog



FRIDAY Strength Training Workout II: Total Body “Maximum Metabolic Overdrive”

EXERCISE	SETS	REPS	COMMENTS
Crossover Lunge	3	12	Alternate 12 reps to each side each set
Forward Step Ups (with dumbbells)	3	10–12	Wear either weighted vest or hold DB’s
1-Arm DB Row	3	10–12	3 sets of 10–12 on each arm
DB Curl and Press	3	F	When you can’t press anymore...just do the curls!
Minibox Upper Body Step Ups	3	20	Stack a few plates up if you don’t have a box. Use up, up, down, down sequence.
Shoulder DB/Tubing “L” Raises	3	12	6 reps forward and 6 to the side each set

ATHLEAN "MMO" PHASE - BURNING UP

"THE SUCCESSFUL WARRIOR IS THE AVERAGE MAN, WITH LASER-LIKE FOCUS." — BRUCE LEE

MONDAY Strength Training Workout I: Total Body "Maximum Metabolic Overdrive"

EXERCISE	SETS	REPS	COMMENTS
Side Step Ups	3	12	Perform 3 sets of 12 on each leg
Physioball Leg / Hamstring Curls	3	Failure	For a greater challenge, move the ball closer to your heels
Spiderman Push Ups	3	10	Same as the spiderman crawl, except do a pushup with every step up and back—yes, it's hard!
Barbell Clean and Press	3	10-12 RM (F)	Explosiveness is the key at this point in the program!
Lat Pulldowns	3	10-12 RM (F)	Pull with your elbows, not your fingers and forearms
Standing ER (Abducted Shoulder)	2	8-10	2 sets each arm. Focus on quality contraction and form

TUESDAY "ATHLEAN BURST TRAINING" Conditioning Workout

THE "FANTASTIC FOUR" CIRCUIT—4 EXERCISES DONE FOR 1 MINUTE EACH FOR 4 ROUNDS!

1	Jumping Jacks (1 minute straight)	4	Inchworms (1 minute straight)
2	Mountain Climbers (1 minute straight)	5	Bodyweight Squats (1 minute straight)

Perform each exercise in a row without rest. This is 1 round. Rest 1 minute after a round. Perform 4 times!



WEDNESDAY "Hard Core" Training

EXERCISE	SETS	REPS	COMMENTS
ISO Reverse Crunches	2	F	Initiate movement from the core—not the legs
Around The Worlds	2	16	8 circles CW and 8 circles CCW
V-Up Russian Twist	2	F	Do as many reps as you can until failure
Canoes	2	40	Each "canoe stroke" is considered one rep

THURSDAY "ATHLEAN BURST TRAINING" Conditioning Workout

"TOUR DE RIPPED"—PEDAL YOUR WAY TO YOUR NEW ATHLEAN BODY!

Perform the following sequence while riding either an upright or recumbent bike, spin cycle, or bicycle:

Warmup spin x 5 min / 8 Cycles of 30-second sprint pedaling w/ 1-minute casual spin / Cool down x 5 min



FRIDAY Strength Training Workout II: Total Body "Maximum Metabolic Overdrive"

EXERCISE	SETS	REPS	COMMENTS
Kettlebell / DB Swing	3	20	Increase your reps to 20 per set for more intensity
Barbell Hip Thrusts	4	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
Reverse Lunge Curls	3	12	Use enough weight to destroy your biceps in 12 reps
Barbell Clean and Press	3	10-12	Explosiveness is key to moving the weight here!
Cable 3D Crossovers	3	10-12 (F)	Perform 3 sets with each arm. Use heavy enough weight to fail in 10-12 reps
Inverted Row (Legs Straight)	3	Failure	End with everything you've got! Try to keep the legs straight if you can for as many reps as possible.

20 UP | 20 DOWN CHALLENGE

HERE ARE THE RULES

Using just a stopwatch and your own Bodyweight, perform the following four exercises every minute for 20 straight minutes! Even as fatigue mounts you **MUST** complete all 35 reps in each minute block. Your rest time is determined by how many seconds are left in each minute after completing the reps. Good luck!

HERE IS THE WORKOUT

10 PUSHUPS

5 INVERTED ROWS

10 BODYWEIGHT SQUATS

10 JUMPING JACKS

Perform the Week 4 Challenge Retest on Monday to see if your time has improved since the last time. Always aim for a faster time on your way to your new **ATHLEAN** body! On Friday, perform the **NEW** Week 8 Challenge. For this new challenge, grade yourself as follows:

SCORING

ATHLEAN Xtreme	MAKE IT THROUGH ALL 20 ROUNDS IN 20 MINUTES
ATHLEAN Elite	MAKE IT THROUGH ALL 20 ROUNDS IN > 20 MINUTES
ATHLEAN Pro	MAKE IT THROUGH 16–19 ROUNDS BEFORE FAILURE
ATHLEAN Solid	MAKE IT THROUGH 14–15 ROUNDS BEFORE FAILURE
ATHLEAN Basix	REACH MUSCULAR FAILURE BEFORE 13 ROUNDS

Note: If you don't do this in Pro or higher, repeat weeks 5–7 and retest.

IT'S CHALLENGE TIME!

“NEVER MEASURE THE HEIGHT OF A MOUNTAIN, UNTIL YOU HAVE REACHED THE TOP. THEN YOU WILL SEE HOW LOW IT WAS.” —DAG HAMMARSKJOLD

MONDAY Strength Training Workout I: “ATHLEAN 400 CHALLENGE RETEST”

EXERCISE	SETS	REPS	COMMENTS
Pushups	?	100	The manner in which you complete your 100 reps of each is totally up to you! You can do 5 sets of 20 each, 10 sets of 10, whatever! You can even jump around between exercises (15 pushups, 10 squats, back to pushups, etc). Just get it done in good form and in your fastest time possible!
Inverted Rows	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TUESDAY “Hard Core” Training: Core I

EXERCISE	SETS	REPS	COMMENTS
Plank Straight Leg March	3	30	15 lifts on each leg while maintaining plank
Plank Same Side Elbow to Knee	3	30	15 elbow to knee touches on each side per set
Plank Opposite Knee to Elbow	3	30	15 elbow to knee touches on each side per set
Physioball Reverse Hyperextension	3	15	Lift your legs straight using your glutes/low back

WEDNESDAY Extra Rest and Recovery

DAY OFF—YOU’VE MORE THAN EARNED IT SO FAR!

Hit the beach to show off your improving physique or round up the guys for a game of pickup hoops, a round of golf, or whatever makes you happy! Just limit the rounds of drinks—cause a few of those will quickly derail what you have been working so hard for so far. Keep the focus **ATHLEAN** body!

THURSDAY “Hard Core” Training: Core II

EXERCISE	SETS	REPS	COMMENTS
Starfish Crunches	3	/	Do as many reps as you can to failure
Jackknives	3	15	15 reps with right leg high and 15 with the left leg high each set. No rest in between.
Bench Tuck Crunch	3	20	Keep your balance! Don’t fall back during the crunch
Physioball Around The Worlds	3	20	10 clockwise circles and 10 CCW circles

FRIDAY Strength Training Workout II: “ATHLEAN 20 UP 20 DOWN CHALLENGE”

EXERCISE	SETS	REPS	COMMENTS
Pushups	20	10	Perform 10 pushups, 5 Inverted Rows (inverted pull-ups), 10 Bodyweight Squats, and 10 Jumping Jacks in 1 minute. See if you can do this for 20 straight minutes without missing any reps!
Inverted Row (Inverted Pull-ups)	20	5	
Bodyweight Squats	20	10	
Jumping Jacks	20	10	

TRAINING CAMP - PHASE 3

THE RULES OF THE GAME

Be sure to observe the following rules when performing the workouts for weeks 9-11 of ATHLEAN-X™ Training Camp:

1. Warm ups should consist of a brief 3-5 minute jog, jump rope, high knee drill, etc. to simply elevate core body temp. Static stretching before a workout is not advised, as it will change muscle length tension relationships and is better saved for after a workout (ideally before bed).
2. When choosing how much weight to use, be sure to use an amount of weight that allows you to complete the prescribed number of reps in good form. You should find the last repetition of the set to require nearly maximum effort to complete.
3. If the last repetition is too easy and you find that you can complete at least 2 or 3 more, increase the load on all subsequent sets.
4. Perform 1 set of each exercise in the "pair" without resting in between. This is one set. Perform all sets for the pair before moving onto the next pair in the workout.
5. If a pair has exercise A and B, perform exercise A then B without resting in between. When complete...return to A then B again for the prescribed number of sets for that circuit.
6. Rest time between "pairs" in these 3 weeks of workouts is 60 seconds. Keep core exercises rest time to virtually zero. Perform all core exercises as one giant set and repeat.
7. Rep cadence should be 1-2 seconds on the concentric, slight pause, and 3 seconds eccentric.
8. Perform all conditioning drills with the best footwork, and highest effort you can for best results. **ALSO – If you don't have access to equipment called for during a Tuesday or Thursday conditioning workout you can either repeat one of the earlier workouts or use my Ironman, 4 Minutes of Hell (3 rounds), Invictus, 300, X-pendables, Hurricane Headrush or other burst conditioning workout from YouTube in its place.

And last but not least...

As Bill Gates once said, "If I had some set idea of a finish line, don't you think I would have crossed it years ago?" – Don't let this be your finish line...just another step along the way to totally transforming your body to its ultimate potential!

ATHLEAN SUPER 2'S - FINAL LEVEL

"NOBODY'S A NATURAL. YOU WORK HARD TO GET GOOD AND THEN WORK HARD TO GET BETTER."
— PAUL COFFEY

MONDAY Strength Training Workout I: Upper Body "2-Play"

EXERCISE	SETS	REPS	COMMENTS
1A Inchworms	3	10	Perform these in place if you don't have room
1B Clapping Plyo Push Up		F	Time to be as explosive as you can here. Just power off ground and clap! Take these to failure
2A Standing DB Row and Kickbacks	3	10-12	Squeeze at the end of each rep
2B Lat Pulldowns		10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
3A Spider Curls	3	10	Use a weight that challenges you on the 10th rep but does not sacrifice good form
3B Barbell Overhead Press		10-12 RM (F)	Drive and pivot in one smooth, powerful motion

TUESDAY "ATHLEAN BURST TRAINING" Conditioning Workout

"ALL HANDS ON DECK"—BREAK OUT THE PLAYING CARDS TO BREAK THE BOREDOM OF CARDIO

Use only the 16 face cards and aces of a deck. The suit represents the number of reps, the card represents the exercise. Shuffle the deck and randomly draw for exercises to perform without rest. Use the following key:

Spades = 10 reps **Diamonds** = 12 reps **Hearts** = 15 reps **Clubs** = 20 reps
Jacks = Jump Squats **Queens** = Mountain Climbers **Kings** = High Knees **Aces** = Heels to the Heavens



WEDNESDAY Strength Training Workout II: Lower Body "2-Play"

EXERCISE	SETS	REPS	COMMENTS
1A Drop Step Lunge and Lean	3	12	Do 12 reps on each leg, then—without resting—go to part B and use heavy enough weight to fail in 10-12 reps
1B Barbell Squats		10-12 RM (F)	
2A Stiff Legged Deadlifts	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps—without resting—go to part B and follow the same weight parameters
2B Barbell Hip Thrusts		10-12 RM (F)	
3A Step Up Thrusts	3	12	Do 12 reps on each leg, then—without resting—proceed to part B and do 30 seconds of split squat jumps
3B Split Squat Jumps		30 sec	

THURSDAY "ATHLEAN BURST TRAINING" Conditioning Workout

"JUMP ROPE REVISITED"—JUMPING OUT OF YOUR OLD BODY AND INTO YOUR NEW ONE!

Two-Foot Hops x 100 jumps / Side-to-Side Hops (2 Feet) x 75 / Boxer Shuffle x 5 min / Double Jumps x 25



FRIDAY Strength Training Workout III: Total Body "Fusion Confusion"

EXERCISE	SETS	REPS	COMMENTS
1A Barbell Deadlifts	4	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
1B Cable Squat-to-Stand Rows		10-12	Don't sacrifice good form on your final reps
2A Inverted Row (Legs Straight)	4	Failure	Definitely try and keep your legs out now
2B Barbell Clean and Press		12 RM (F)	Choose a weight that causes you to fail on the 12th rep
3 Burpee Push-Up Pyramid	2	10	1, 2, 3, 4, 5, 6, 7, 8, 9, 10 reps with burpees in between each round

ATHLEAN SUPER 2'S - MAX EFFORT

"THERE ARE NO TRAFFIC JAMS ALONG THE EXTRA MILE." — ROGER STAUBACH

MONDAY Strength Training Workout I: Upper Body "2-Play"

	EXERCISE	SETS	REPS	COMMENTS
1A	Close Grip Bench Press	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps. Proceed to part B - concentrate on pulling with your elbows
1B	Lat Pulldowns		10-12 RM (F)	
2A	Alt. DB Incline Bench	3	12	Alternate 12 presses on each arm and then proceed immediately to the renegade row where you will row 12 times on each arm
2B	Renegade Row		12	
3A	Cable 3D Crossovers	3	12	Perform a set on each arm. Move to the high row and perform a set on each arm. Focus on good form!
3B	Rotational Cable High Rows		12	

TUESDAY "ATHLEAN BURST TRAINING" Conditioning Workout

ON THE LADDER TO SUCCESS—AND TO A RIPPED BODY!

1	QFL Lateral Run	10 x up and down the ladder	3	QFL Icky Shuffle	10 x up and down the ladder
2	QFL In In Out Out	10 x up and down the ladder	4	QFL Ali Shuffle	10 x up and down the ladder



WEDNESDAY Strength Training Workout II: Lower Body "2-Play"

	EXERCISE	SETS	REPS	COMMENTS
1A	Forward DB Step Ups	3	10-12	Perform 10-12 reps on each leg, then proceed immediately into 15 reps of swings. Repeat 2 more times.
1B	DB Swings		15	
2A	Lunge Rotation Hip Press	3	12	Perform 6 reps lunging with each leg, then proceed immediately into 12 alt. reps of side lunges on each leg.
2B	DB Side Lunges		12	
3A	Skier (Skater) Hops	3	45 sec	Perform 45 seconds of Skater Hops and then proceed immediately into the Split Squat Jumps—killer burn!
3B	Split Squat Jumps		30	

THURSDAY "ATHLEAN BURST TRAINING" Conditioning Workout

"BACK ON TRACK" SLIGHT VARIATION ON THE CLASSIC TRACK FAT-BURNING WORKOUT

1-lap warmup jog / next 4-5 laps: sprint the curves and jog the straight-aways / 1-lap cool down jog



FRIDAY Strength Training Workout III: Total Body "Fusion Confusion"

	EXERCISE	SETS	REPS	COMMENTS
1A	DB Curl and Press	4	10-12	Perform 10-12 reps of curl-presses, then proceed to row-kickbacks each set.
1B	Standing DB Row and Kickback		10-12	
2A	Lat Pulldowns	4	10-12 RM (F)	Use weights heavy enough to fail in 10-12 reps. Rest 60 seconds and then repeat for 3 more sets.
2B	Close Grip Bench Press		10-12 RM (F)	
3	3-Way Lunge Reach	3	7	Perform 7 reps of lunges in all 3 directions on one leg, then immediately on the other

ATHLEAN SUPER 2'S - ATHLETE ZONE

"OBSTACLES DON'T HAVE TO STOP YOU. IF YOU RUN INTO A WALL, DON'T TURN AROUND AND GIVE UP. FIGURE OUT HOW TO CLIMB IT, GO THROUGH IT, OR WORK AROUND IT." — MICHAEL JORDAN

MONDAY Strength Training Workout I: Upper Body "2-Play"

	EXERCISE	SETS	REPS	COMMENTS
1A	Spiderman Push Ups	3	Failure	Descend into pushup with each crawl step
1B	Plate Squeeze Stances		10	Try the two 10 lb plates if you can handle it!
2A	Lat Pulldowns	3	10-12 RM (F)	Concentrate on pulling down with your elbows, not your fingers and forearms
2B	Incline DB Curls		10-12	Take advantage of the stretch reflex each rep
3A	Tricep Push Aways	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 reps
3B	DB Shoulder "L" Raises		10-12	Get 10 to the front and 10 to the side on each arm

TUESDAY "ATHLEAN BURST TRAINING" Conditioning Workout



CRUNCHES AND PUNCHES (OH, AND SOME JUMPS, TOO) CIRCUIT VOLUME 2			
1	3 Minutes of nonstop shadow/heavybag boxing	4	Heel to the Heavens (to failure)
2	Scissor Kick V-Up (to failure)	5	3 Minutes of nonstop shadow/heavybag boxing
3	3 Minutes of nonstop shadow/heavybag boxing	6	Jump Rope—Boxer Shuffle x 2 minutes

WEDNESDAY Strength Training Workout II: Lower Body "2-Play"

	EXERCISE	SETS	REPS	COMMENTS
1A	Front Squat	3	10	Make sure not to sacrifice good form on the final rep, immediately do 12 reps on each leg of crossover step-ups.
1B	Crossover Step-Ups		12	
2A	Split Squat Jumps	3	45 sec	30 seconds of split squat jumps, then proceed immediately into box jumps where you jump on and off a 16-24" box
2B	Box Jumps		45 sec	
3A	Barbell Hip Thrusts	3	10-12 RM (F)	Use heavy enough weight to fail in 10-12 thrusts and proceed immediately into the RDL's on each leg.
3B	3-Way RDL		15	

THURSDAY Extra Rest and Recovery

LAST FREE PASS	
Another well-timed off day as you prepare for your biggest ATHLEAN Challenge yet!	

FRIDAY Strength Training Workout III: Total Body "Fusion Confusion"

	EXERCISE	SETS	REPS	COMMENTS
1A	Clapping Plyo Push Ups	4	Failure	Do as many reps as you can of the Clap Plyo push up, then begin your Barbell Rows using a weight to fail in 10 reps
1B	Barbell Rows		10 RM (F)	
2A	Barbell Clean and Press	4	12 RM (F)	Proceed to failure using your 12 rep max, then begin your Fielder Curls (this time adding a side shuffle with curl)
2B	DB Fielder Curls *add optional side shuffle Step right, shuffle, curl, step left, shuffle, curl		Failure	
3	Single Leg Squat w/ Med Ball or DB Press	3	10-12	Do 3 sets of 10-12 reps on each leg

FINAL X-AM

HERE ARE THE RULES

Using just a stopwatch, perform 12 rounds of the following 4 exercises as fast as possible:

10 BURPEE PUSHUPS

10 DUMBBELL SWINGS

10 INVERTED ROWS

10 V-UP RUSSIAN TWISTS

HERE IS THE WORKOUT

Begin on Monday by performing the original Week 4 Challenge one final time to make sure your time has improved since the last time. Conclude AX-1 Training Camp by performing this Week 12 Final X-am on Friday. If you pass this test at a grade of Pro or above, you have graduated to the next level of the program—AX-2: ATHLEAN X-TREME, your next step closer to the ultimate ATHLEAN body! Grade yourself on the Week 12 Challenge as follows:

SCORING

ATHLEAN Xtreme	MAKE IT THROUGH 12 ROUNDS IN < 15 MINUTES
ATHLEAN Elite	MAKE IT THROUGH 12 ROUNDS IN 15–20 MINUTES
ATHLEAN Pro	MAKE IT THROUGH 12 ROUNDS IN 20–25 MINUTES
ATHLEAN Solid	MAKE IT THROUGH 12 ROUNDS IN 25–30 MINUTES
ATHLEAN Basix	MAKE IT THROUGH 12 ROUNDS IN > 30 MINUTES

Note: If you don't do this in Pro or higher, repeat weeks 9–11 and retest.

IT'S CHALLENGE TIME!

ARE YOU READY TO TAKE IT TO THE NEXT LEVEL?

“DON'T MEASURE YOURSELF BY WHAT YOU HAVE ACCOMPLISHED, BUT BY WHAT YOU SHOULD ACCOMPLISH WITH YOUR GOD-GIVEN ABILITY AND WORK ETHIC.” — JOHN WOODEN

MONDAY Strength Training Workout I: **ATHLEAN 400 CHALLENGE RETEST**

EXERCISE	SETS	REPS	COMMENTS
Pushups	?	100	The manner in which you complete your 100 reps of each is totally up to you! You can do 5 sets of 20 each, 10 sets of 10, whatever! You can even jump around between exercises (15 pushups, 10 squats, back to pushups, etc). Just get it done in good form and in your fastest time possible!
Inverted Rows	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TUESDAY “Hard Core” Training: Core I

EXERCISE	SETS	REPS	COMMENTS
Jackknifes	2	15	Do 15 reps with right leg high and 15 with left leg high each set
ISO Reverse Crunches	2	F	Isolate the movement to use just your lower abs and obliques
Scissor Kick V-Up	2	F	Scissor your legs nonstop and get as many V-Ups as you can!
Windshield Wipers	2	20	Perform 10 drops to right and 10 drops to left each set

WEDNESDAY “ATHLEAN BURST TRAINING” Conditioning Workout

THE FINAL TUNE UP—TAKING IT EASY TO GET READY FOR THE BIG TEST!

Perform the following light ‘flush’ treadmill or outdoor running interval. Designed to flush out the muscles and peak your strength just in time for your third **ATHLEAN** Challenge to see if you’re ready for more!

5-minute warmup jog / 5 cycles of 20-second walk, 20-second jog, and 20-second run / 5-minute cool down jog



THURSDAY “Hard Core” Training: Core II

EXERCISE	SETS	REPS	COMMENTS
Rollups	2	12	Be sure to lower yourself to mat in control
Ball Passes	2	20	Perform 10 passes each to legs and hands
Plank Opposite Knee to Elbow	2	30	Perform 15 reps each side combo each set
Canoes	2	/	Perform 2 sets of as many reps possible

FRIDAY Strength Training Workout II: **ATHLEAN FINAL X-AM!**

EXERCISE	SETS	REPS	COMMENTS
Burpee Pushups (no pyramid here)	12	10	This is your test to see if you’re ready for the next level: AX-2: ATHLEAN X-TREME! You have to not only complete 12 rounds—you need to do it as fast as you can! Do you measure up?!? Are you truly ATHLEAN ?
Dumbbell Swings	12	10	
Inverted Rows (Inverted Pull ups)	12	10	
V-Up Russian Twists	12	10	