

## MONDAY STRENGTH TRAINING I

## X-TENDED FAILURE WORKOUT

	EXERCISE	SETS	REPS	COMMENTS
CHEST	1A. X Plyo Pushups	3	To Failure	No rest between A/B exercises
	1B. Step Through Pushups		To Failure	Rest 60 seconds between sets
BACK/ BICEPS	2A. Thumbs Up Pushups	3	To Failure	No rest between A/B exercises
	2B. Reverse Elbow Pushups (Back Widows)		To Failure	Rest 60 seconds between sets
TRICEPS	3A. Power Plank Ups	3	To Failure	No rest between A/B exercises
	3B. Cobra Push Ups		To Failure	Rest 60 seconds between sets
LEGS	4A. Single Leg Heel Touch Squats	3	To Failure*	*perform on each leg without resting then go into rolling scissor squats
	4B. Rolling Scissor Squats		To Failure	No rest between A/B exercises Rest 60 seconds between sets
SHOULDERS	5A. Power Pushaways	3	To Failure	No rest between A/B exercises Rest 60 seconds between sets
	5B. Bodyweight Side Lateral Raise		To Failure*	*each arm without resting between arms

## TUESDAY "ATHLEAN BURST" – ERRATI-CORE

## XERO REST PROTOCOL

IT'S TIME TO CREATE A SIX PACK SHOCK



1	Mountain Climbers for 60 – Superman Plank for 60 – Mountain Climbers for 60 – Superman Plank for 60 (right leg/left arm)
REST (XERO REST PROTOCOL)	
2	Roll Planks for 60 – Side Scissor Plank Left for 30 – Rolling Planks for 60 – Side Scissor Plank Right for 30
REST (XERO REST PROTOCOL)	
3	Alpine Climbers for 60 – Cliffhanger Planks for 15 – Alpine Climbers for 60 – Cliffhanger Planks for 15
REST (XERO REST PROTOCOL) – REPEAT FOR A TOTAL OF 2 ROUNDS	

## THURSDAY "ATHLEAN BURST" – HEISMAN HITMAN

## NO XERO REST PROTOCOL

1ST THROUGH 4TH DOWNS

High Knees for 30 – In In Out Out for 30 – 3 Point Skyrockets for 30 – 4 Shuffle Burpees within 30\*

REST 1 MINUTE AND REPEAT (2ND-4TH DOWNS) REMEMBERING TO DO 2 MORE SHUFFLE BURPEES PER DOWN

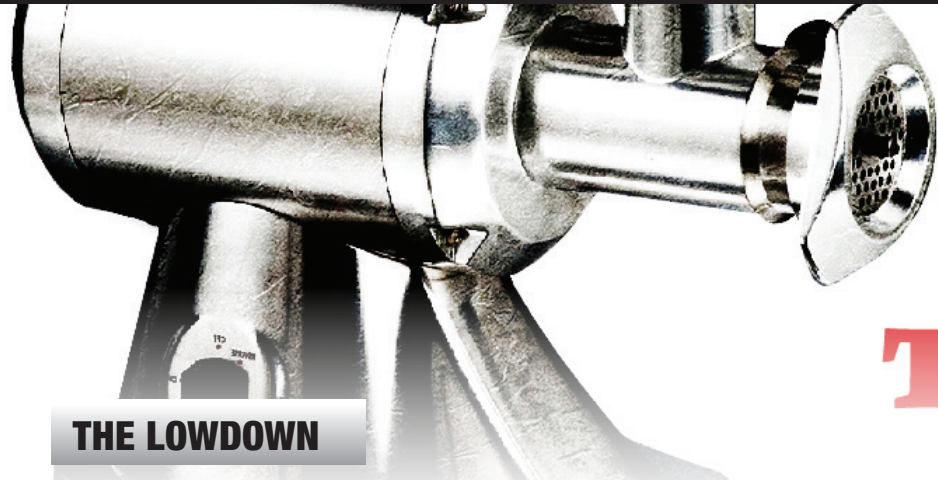
\* If you fail to make the number of burpees in a time period you get to rest 30 seconds and try again. Accumulate a 4th failed burpee and you're done!



## FRIDAY STRENGTH TRAINING II

## "XERO SUM" PROGRESSION WORKOUT (Establish Totals)

EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL
1. Wall Spiderman Pushups (Chest)	3	To Failure				
2. Jamb Hammer Rows (Back/Biceps)	3 each arm	To Failure				
3. Single Leg Heel Touch Squats (Quads/Hips)	3 each leg	To Failure				
4. Diamond Cutter Pushups (Triceps)	3	To Failure				
5. Long Leg Plank Marches (Hamstrings/Glutes)	3	To Failure				
6. Pike Pushups (Shoulders)	3	To Failure				



# The Grinder

## THE LOWDOWN

Before starting this workout, you will want to be adequately warmed up in terms of your core body temperature, but extremely fresh in terms of your muscle output. This can be achieved by performing 5-10 minutes of total body warmup activities like high knee running, jumping jacks, simulated jump rope, etc. Once you have broken a sweat...it's time to hit the deck and give your best pushup effort you've got. Begin this challenge by performing as many reps as you can of bodyweight pushups until failure. Upon reaching failure, take exactly 2 minutes rest and begin what we affectionately call..."THE GRINDER"! Your goal in the grinder is to perform one and a half times the number of max pushups you just completed...without ever coming up for a rest! In other words...once you start your first pushup you must continue to grind away (trying never to let your knees touch the ground again) until all reps are complete! You can "rest" by staying either in a pushup plank position or by getting in a downward dog position, just don't let those knees make contact with the ground again! Should you have to touch your knees to the ground at any point to formally rest...you are allowed exactly 10 seconds to do so...at which point you must reassume the pushup position and start cranking away again!

## HERE IS THE CHALLENGE

**BODYWEIGHT PUSHUPS (PERFORM TO FAILURE)**

**REST 2 MINUTES**

**BODYWEIGHT PUSHUPS (1.5 TIMES THE INITIAL NUMBER WITHOUT REST)**

## SCORING

Determine your score by the number of times that you need to touch your knees to the ground to get through this 1.5 times max set of pushups!

<b>ATHLEAN Beat The Boss</b>	<b>No Touches!</b>	<b>No Quit in the Boss!</b>
<b>ATHLEAN Xtreme</b>	<b>No Touches!</b>	<b>Grind Time Player</b>
<b>ATHLEAN Elite</b>	<b>1 Touch</b>	<b>True Grit</b>
<b>ATHLEAN Pro</b>	<b>2 Touches</b>	<b>Grind Over Matter</b>
<b>ATHLEAN Solid</b>	<b>3-4 Touches</b>	<b>Ground XERO</b>
<b>ATHLEAN Basix</b>	<b>5 or more Touches</b>	<b>Ground Beef</b>

### MONDAY STRENGTH TRAINING I

### X-TENDED FAILURE WORKOUT

	EXERCISE	SETS	REPS	COMMENTS
CHEST	1A. Wide Slide Push Ups	3	To Failure	No rest between A/B exercises Rest 60 seconds between sets
	1B. Push Ups		To Failure	
BACK/ BICEPS	2A. Jamb Hammer Rows	3	To Failure	Perform to failure on one arm and immediately, without rest, transition into Doorway Biceps Curls on the same arm. Repeat on the opposite arm.
	2B. Doorway Bicep Curls		To Failure	
TRICEPS	3A. Cobra Push Ups	3	To Failure	No rest between A/B exercises Rest 60 seconds between sets
	3B. Hover Hold Push Ups		To Failure	
LEGS	4A. Single Leg Bulgarian Wall Squats	3	To Failure	Perform on each leg without resting then go into lateral frog hops. No rest between A/B exercises Rest 60 seconds between sets
	4B. Lateral Frog Hops		To Failure	
SHOULDERS	5A. Power Pushaways	3	To Failure	No rest between A/B exercises Rest 60 seconds between sets
	5B. Rear Delt Iron Cross		To Failure	

### TUESDAY "ATHLEAN BURST" – KILLSWITCH

### XERO REST PROTOCOL



IN ORDER FOR A MACHINE TO WORK PROPERLY IT CAN HAVE NO BROKEN PARTS!

1	LOWER BODY: Reverse Lunges (R, L) into Split Squats – DO UNTIL "KILL" or Failure then SWITCH
2	UPPER BODY: Superman Pushups (R, L) into Clapping Plyo Pushups – DO UNTIL "KILL" then SWITCH
3	ABS: "21" Crunch – DO UNTIL "KILL" or Failure then SWITCH REST and repeat for 3-5 total circuits

### THURSDAY "ATHLEAN BURST" – BUMPS, JUMPS, AND JAX! NO XERO REST PROTOCOL



COMPLETE ALL 7 ROUNDS IN 21 MINUTES WITHOUT FAILING TO COMPLETE THE TASK

Single Leg Burpees – 10 per minute (Alternate 5 on each leg) - Perform in minutes 1,4,7,10,13,16,19

Broad Jumps – 10 per minute - Perform in minutes 2,5,8,11,14,17,20

Jack Pushups – 20 per minute - Perform in minutes 3,6,9,12,15,18,21

REST FOR EACH MINUTE IS DETERMINED BY HOW QUICKLY YOU COMPLETE YOUR GOAL REPS!

### FRIDAY STRENGTH TRAINING II

### "XERO SUM" PROGRESSION WORKOUT (Beat Last Week's Totals)

EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL
1. Wall Spiderman Pushups (Chest)	3	To Failure				
2. Jamb Hammer Rows (Back/Biceps)	3 each arm	To Failure				
3. Single Leg Heel Touch Squats (Quads/Hips)	3 each leg	To Failure				
4. Diamond Cutter Pushups (Triceps)	3	To Failure				
5. Long Leg Plank Marches (Hamstrings/Glutes)	3	To Failure				
6. Pike Pushups (Shoulders)	3	To Failure				

# LACTIC ACID TRIP CHALLENGE

**THE LOWDOWN**

In this workout you are to perform a static isometric holding exercise for 1 minute prior to an explosive dynamic exercise to failure with the goal being to see how many reps you can achieve on the second of that pairing. Just when the lactic acid is at it's peak (from the static hold of the first part of the combo) you'll want to dig deep and knock out as many reps as you can...doing your best to ignore the intense burn in your muscles already! Your final score is determined by counting up the total number of reps that you achieve in the second half of the 4 exercise pairings across all 3 rounds! Want even more of a challenge? Take the "frequent flier" challenge and take another trip or two for one intense workout. Don't worry...the ticket is on us!

**HERE IS THE CHALLENGE**

PERFORM 3 MANDATORY "TRIPS" OF THE FOLLOWING:

- COMBO 1: DELT DOOR JAMMERS INTO PIKE PUSHUPS**
- COMBO 2: WALL SITS INTO SPLIT SQUAT JUMPS**
- COMBO 3: HOVER HOLD PUSHUPS INTO CLAPPING PLYO PUSHUPS**
- COMBO 4: BACK WIDOW HOLDS INTO THUMBS UP PUSHUPS**

HOLD FIRST EXERCISE FOR 1 MINUTE AND THEN COUNT HOW MANY REPS YOU GET ON SECOND EXERCISE TO FAILURE

**REPEAT 2 MORE TIMES FOR A TOTAL OF 3 "LACTIC ACID TRIPS!"**

**SCORING**

Determine your "Trip Total" by counting up all of your rep totals from the second exercise in each of the 4 combos across the 3 "trips!"

<b>ATHLEAN</b> Beat The Boss	<b>119</b>	<b>Whipped the Trip!</b>
<b>ATHLEAN</b> Xtreme	<b>110 or Greater</b>	<b>Righteous!</b>
<b>ATHLEAN</b> Elite	<b>91-109</b>	<b>Outta Sight!</b>
<b>ATHLEAN</b> Pro	<b>71-90</b>	<b>Goovy!</b>
<b>ATHLEAN</b> Solid	<b>60-70</b>	<b>Cool!</b>
<b>ATHLEAN</b> Basix	<b>Less than 60</b>	<b>Bummer!</b>


### MONDAY STRENGTH TRAINING I

### X-TENDED FAILURE WORKOUT

	EXERCISE	SETS	REPS	COMMENTS
CHEST	1A. Jack Pushups	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	1B. T-Stand Pushups		To Failure	
	1C. Rocking Horse Pushups		To Failure	
BACK/BICEPS	2A. Reverse Elbow Pushups (Back Widows)	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	2B. Rear Delt Iron Cross		To Failure	
	2C. Jamb Hammer Rows		To Failure On Each Arm	
TRICEPS	3A. Triple Hover Plyo Pushups	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	3B. L-Sit Cage Escapes		To Failure	
	3C. Plank Walk Ups		To Failure	
LEGS	4A. Levitation Squats	3	To Failure On Each Leg	Perform each leg without resting then go into wall sits. No rest between A/B/C exercises. Rest 60 seconds between sets
	4B. Wall Sits		To Failure	
	4C. 3-Way Lunges		To Failure	
SHOULDERS	5A. Pike Pushups	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	5B. Stingers		To Failure	
	5C. Delt Door Jammers		Hold To Failure	

### TUESDAY "ATHLEAN BURST" – THE LOCK BOX

### XERO REST PROTOCOL

QUICKNESS, AGILITY, POWER, STRENGTH AND GUTS ARE ALL REQUIRED!		CONDITIONING
CORNER 1	Lateral Push Up to the right – Perform conditioning on right (determined by round)	 <b>ROUND 1 - 5 Split Squat Jumps no switch (R, L, R, L)</b> <b>ROUND 2 - 7 Single Leg RDL reaches (R, L, R, L)</b> <b>ROUND 3 - 10 Side Lunge with Knee Ups (R, L, R, L)</b> *REST BETWEEN ROUNDS / 3 ROUNDS
CORNER 2	Alligator Walk Forward – Perform conditioning on right (determined by round)	
CORNER 3	Lateral Push Up to the Left – Perform conditioning on right (determined by round)	
CORNER 4	Alligator Walk Backward – Perform conditioning on right (determined by round)	

### THURSDAY "ATHLEAN BURST" – THE OCTAGON

### NO XERO REST PROTOCOL

REPEAT FOR 3 TOTAL ROUNDS – PUSH YOURSELF TO BE CHAMPIONSHIP STATUS FOR 5 TOTAL ROUNDS
1 Minute Shadow Boxing – 1 Minute Reverse Lunge Knee Drives – 1 Minute Sprawling Burpees 1 Minute Traveling Side Kickthroughs – 1 Minute L-Sit Cage Escapes
<b>REST 1 MINUTE BETWEEN ROUNDS</b>

### FRIDAY STRENGTH TRAINING II

### "XERO SUM" PROGRESSION WORKOUT (Establish Totals)

EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL
1. Crucifix Pushups (Chest)	3	To Failure				
2. Reverse Elbow Pushups (Back Widows) (Back/Biceps)	3	To Failure				
3. Single Leg Landmines (Quads/Hips)	3 each leg	To Failure				
4. Power Plank Ups (Triceps)	3	To Failure				
5. Single Leg Hip Bucks (Hamstrings/Glutes)	3 each leg	To Failure				
6. Handstand Pushups (Shoulders)	3	To Failure				



## THE LOWDOWN

Each round of the “Man of Steel” consists of 5 alternating strength and conditioning exercises. There is no rest allowed between exercises. You are permitted to FAIL once and only once in each of these exercise categories. Once you have however, your challenge is over and the round you are currently in at the time of the second failure will determine your score. For instance, you may complete 3 complete rounds of all exercises without ever failing on any. If however, in round 4, you fail to complete 10 thumbs up pushups (strength exercise)...you would be half way to being counted out! If in round 5 you can simply not perform the full duration of 30 seconds on the mountain climbers (conditioning exercise) for example, then you would have failed ONE of the strength exercises and ONE of the conditioning exercises...and will be done. What’s cool about this type of challenge is that it will surely reveal your weaknesses, or KRYPTONITE if you will! Are you a one trick pony? Think that you’ll just muscle through this and suck wind (or just plain suck!) on the conditioning exercises (or vice versa)? Not so fast my friend. Accumulate 3 failures in any one category and you are also DONE! Note the round your third failure comes and determine your score. **NOTE: Want a “Supreme” Superman of Steel goal to shoot for? Try completing the challenge using the same scoring system...except, this time...you’re not allowed to fail on ANY of the exercises!**

## HERE IS THE CHALLENGE

1. MOUNTAIN MULES - 10 REPS
  2. MOUNTAIN CLIMBERS - 30 SECS
  3. 1-LEG DIVE BOMBER PUSH UPS - 5 EACH LEG
  4. ALTERNATING 3 POINT BURPEE - 30 SECS
  5. THUMBS UP PUSH UPS - 10 REPS
  6. PLANK WALK UPS - 30 SECS
  7. CROSS KNEE PLANK PUSH UPS - 10 REPS
  8. SIDE KICK THROUGHES - 30 SECS
  9. LEVITATION SQUATS – 10 REPS EACH LEG
  10. WALL SITS - 30 SECS
- REST 30 SECONDS AND REPEAT**

**SCORING** The round you are in at the time of the second category failure will determine your score. Accumulate 3 failures in any one category and you are also DONE!

<b>ATHLEAN Beat The Boss</b>	<b>Round 9</b>	<b>Man of Titanium?</b>
<b>ATHLEAN Xtreme</b>	<b>Complete 10+ Rounds</b>	<b>Man of Steel!</b>
<b>ATHLEAN Elite</b>	<b>Fail in Rounds 8 OR 9</b>	<b>Superhuman</b>
<b>ATHLEAN Pro</b>	<b>Fail in Rounds 6 OR 7</b>	<b>“You da bomb!”</b>
<b>ATHLEAN Solid</b>	<b>Fail in Rounds 4 OR 5</b>	<b>“Sub-par” Man</b>
<b>ATHLEAN Basix</b>	<b>Fail in Rounds 1 TO 3</b>	<b>Paper Tiger</b>

## MONDAY STRENGTH TRAINING I

## X-TENDED FAILURE WORKOUT

	EXERCISE	SETS	REPS	COMMENTS
CHEST	1A. Divebomber Pushups	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	1B. Inchworm Plyos		To Failure	
	1C. Alligator Walks		To Failure	
BACK/BICEPS	2A. Door Way Rows	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	2B. Sliding Knee Pulldowns		To Failure	
	2C. Superman Lifts		To Failure	
TRICEPS	3A. Power Plank Ups	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	3B. Diamond Cutter Push Ups		To Failure	
	3C. Pounding Triceps Trunk Lifts		To Failure	
LEGS	4A. Tuck Jumps	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	4B. Creeping Lunges		To Failure	
	4C. Prisoner Squats		To Failure	
SHOULDERS	5A. Mountain Mules	3	To Failure	No rest between A/B/C exercises Rest 60 seconds between sets
	5B. Power Pushaways		To Failure	
	5C. Bodyweight Side Lateral Raises		To Failure on each arm	

## TUESDAY "ATHLEAN BURST" – PRISON BREAK

## XERO REST PROTOCOL

PERFORM EACH EXERCISE WITH YOUR HANDS CLASPED BEHIND YOUR HEAD AND YOUR ELBOWS OUT

1 Min Prisoner Squats – 1 Min Prisoner Lunges – 1 Min Prisoner Ninja Jumps – 1 Min Prisoner Skier Hops

REST AND REPEAT 3-5 ROUNDS



## THURSDAY "ATHLEAN BURST" – RAPID FIRE

## NO XERO REST PROTOCOL

EXERCISE	COMMENTS
MINUTE 1: Mountain Climbers - 100 in a minute	Every two equals one rep - TRANSITION REST
MINUTE 2: High Knees - 100 in a minute	Every two equals one rep - TRANSITION REST
MINUTE 3: Crossfire Right - 100 in a minute	TRANSITION REST
MINUTE 4: Crossfire Left - 100 in a minute	TRANSITION REST
MINUTE 5: Bicycle Crunches - 100 in a minute	Every two equals one rep - TRANSITION REST
MINUTE 6: Sprawling Burpees - 20 in a minute	REST 90 SECONDS and repeat for 3-5 rounds



## FRIDAY STRENGTH TRAINING II

## "XERO SUM" PROGRESSION WORKOUT (Beat Last Week's Totals)

EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL
1. Crucifix Pushups (Chest)	3	To Failure				
2. Reverse Elbow Pushups (Back Widows)	3	To Failure				
3. Single Leg Landmines (Quads/Hips)	3 each leg	To Failure				
4. Power Plank Ups (Triceps)	3	To Failure				
5. Single Leg Hip Bucks (Hamstrings/Glutes)	3 each leg	To Failure				
6. Handstand Pushups (Shoulders)	3	To Failure				

# XERO TOLERANCE

**THE LOWDOWN**

Your mission in the “Xero Tolerance” Challenge...if you choose to obey it, is simply stated but not so easily executed. You must perform 300 total reps of the 5 exercises in the challenge (seen to the left) as quickly as you can. The number of minutes it takes you to complete it will determine the number of “Xero Tolerance” sets you must perform at the end of the workout! Finish your total reps quicker and face a lesser penalty. For instance, if it takes you 7 minutes to complete the 300 reps in the first half of the challenge then you will have to navigate your way through 7 rounds of “Xero Tolerance” at the end. Require 10, 12, 15 or even more minutes to complete part one and you’re going to need either know a great attorney or have one hell of an alibi! The order in which you do the exercises of the challenge and the number of reps you do at one time are up to you. Just get it done, or pay the price at the end.

**HERE IS THE CHALLENGE** COMPLETE THE FOLLOWING 300 REPS IN ANY ORDER AND ANY NUMBER AT ONE TIME AS QUICKLY AS POSSIBLE:

- 80 FINGERTIP PUSH UPS**
- 50 TRIPLE SKYFALLS**
- 60 POWER PUSHAWAYS**
- 60 HEELS TO THE HEAVENS**
- 50 PLANK WALK UPS**

- XERO TOLERANCE SET**
- 30 SECONDS OF SKIER HOPS**
  - 5 BURPEES**

NOTES: Rest time between rounds of Xero Tolerance is to be kept to a bare minimum! If you finish under the 30 second mark of any minute...round down to determine the number of xero tolerance circuits you need to perform. If you finish over the 30 second mark of any minute round up.

**SCORING** Determine your score by how long it takes you to complete the 300 reps.

<b>ATHLEAN Beat The Boss</b>	<b>14 Min 44 Sec</b>	<b>X-Ecuted This Challenge!</b>
<b>ATHLEAN Xtreme</b>	<b>Less than 15 Min.</b>	<b>Proven Innocent!</b>
<b>ATHLEAN Elite</b>	<b>Between 15 &amp; 17 Min.</b>	<b>Out For Good Behavior</b>
<b>ATHLEAN Pro</b>	<b>Between 17 &amp; 20 Min.</b>	<b>Community Service</b>
<b>ATHLEAN Solid</b>	<b>Between 20 &amp; 22 Min.</b>	<b>5-10 Years</b>
<b>ATHLEAN Basix</b>	<b>Greater than 22 Min.</b>	<b>Life Without Parole</b>



## MONDAY STRENGTH TRAINING I

## X-TENDED FAILURE WORKOUT

	EXERCISE	REPS		REPS	SETS
CHEST	1A. X Plyo Pushups	To Failure	1C. Super Spiderman Pushups	To Failure	3
	1B. Lizard Walk Pushups	To Failure	1D. Floating X Planks	To Failure	
	COMMENTS: No rest between A/B/C/D exercises. Rest 60 seconds between sets				
BACK/BICEPS	2A. One Arm Counter Top Rows	To Failure On Each Arm	2C. Doorway Biceps Curls	To Failure On Each Arm	3
	2B. Thumbs Up Pushups	To Failure	2D. Back Widow Holds	To Failure	
	COMMENTS: No rest between A/B/C/D exercises. Rest 60 seconds between sets				
TRICEPS	3A. Triple Hover Plyo Pushups	To Failure	3C. Retro Dip Walking	To Failure	3
	3B. Plank Walk Ups	To Failure	3D. Hover Hold	To Failure	
	COMMENTS: No rest between A/B/C/D exercises. Rest 60 seconds between sets				
LEGS	4A. Levitation Squats	To Failure	4C. Cyclone Squats	To Failure	3
	4B. Rocket Jumps	To Failure	4D. Wall Sits	To Failure	
	COMMENTS: No rest between A/B/C/D exercises. Rest 60 seconds between sets				
SHOULDERS	5A. Handstand Pushups	To Failure	5C. Rear Delt Iron Cross	To Failure	3
	5B. Jacked Rabbits	To Failure	5D. Planche Frog Holds	To Failure	
	COMMENTS: No rest between A/B/C/D exercises. Rest 60 seconds between sets				

## TUESDAY "ATHLEAN BURST" – THE ATOMIC CLOCK

## XERO REST PROTOCOL



YOU'LL NEED TO GENERATE POWER THAT IS DOWNRIGHT VOLATILE!

Clock Push Up to 3 O'Clock Position – Burpee Up to standing – Single Leg Landmine Squats Right leg x 12

Clock Push Up to 6 O'Clock Position – Burpee Up to standing – Rolling Squats x 12

Clock Push Up to 9 O'Clock Position – Burpee Up to standing – Single Leg Landmine Squats Left leg x 12

Clock Push Up to 12 O'Clock Position – Burpee Up to standing – Rolling Squats x 12

REST AND REPEAT 3-5 ROUNDS

## THURSDAY "ATHLEAN BURST" – THE ARK

## NO XERO REST PROTOCOL



UNLEASH THE BEASTS...LITERALLY!

1. Alligator Walks to Failure – REST 1 MINUTE – Alligator Walks to Failure

2. Bear Crawls x 1 minute – REST 1 MINUTE – Bear Crawls x 1 minute

3. Cobra Push Ups to Failure – REST 1 MINUTE – Cobra Push Ups to Failure

4. Lateral Gorilla Walks x 1 minute – REST 1 MINUTE – Lateral Gorilla Walks x 1 minute

5. Mountain Mules to Failure – REST 1 MINUTE – Mountain Mules to Failure

REST AND REPEAT FOR 1 MORE ROUND

## FRIDAY STRENGTH TRAINING II

## "XERO SUM" PROGRESSION WORKOUT (Establish Totals)

EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL
1. Prowler Push Ups (Chest)	3	To Failure				
2. Thumbs Up Push Ups (Back/Biceps)	3	To Failure				
3. Levitation Squats (Quads/Hips)	3	To Failure each leg				
4. Cobra Push Ups (Triceps)	3	To Failure				
5. Jumping Sprinter Lunges (Hamstrings/Glutes)	3	To Failure				
6. Wall Walks (Shoulders)	3	To Failure				

# THE PUNISHER

## THE LOWDOWN

In this workout challenge, your task is to complete a certain number of goal reps for a given exercise. Every time you reach failure on your way to your goal, you receive a “punishment” (don’t worry...they’ll make you stronger so it’s not all bad!). If you receive a “punishment”, you will need to perform the predetermined “punishment” set for that exercise and then immediately resume reps of the original exercise as you make your way to your goal. On the final exercise, instead of stopping to perform your punishment DURING the path to the goal reps for that exercise you will simply add up the number of times you fail and perform 30 seconds of Wall Sits for each. For instance, if in performing the 25 total reps of “21” Crunches you need to stop 5 times, you would end your workout with a 2 minute and 30 second wall sit (5 x 30 seconds)! On this last exercise and all others, whenever you must take a break you will do so for 30 seconds. In a sense, your “punishment” is your salvation, as they are intentionally chosen to tax other muscle groups than those being taxed by your original exercise...so you can think of them as a form of active rest if that makes it easier for you to accept them!

## HERE IS THE CHALLENGE

**REST: 30 SECONDS EACH TIME YOU HIT FAILURE (AFTER COMPLETING PUNISHMENT) ON YOUR WAY TO YOUR GOAL**

**100 ALTERNATING SPRINTER LUNGES** (50 each leg)

**PUNISHMENT: ALTERNATING SIDE KICKTHROUGHS** (10 on each leg)

**75 PENDULUM PUSHUPS** (right = 1 rep, left = 1 rep)

**PUNISHMENT: 10 CROSS HOP PLANKS**

**50 MULE KICKS**

**PUNISHMENT: 10 SPLIT SQUAT JACKS**

**25 “21” CRUNCHES**

**PUNISHMENT: TIMED WALL SIT**

## SCORING

Your score is determined by the number of rounds of “punishment” you receive to get through the ENTIRE 4 exercise workout. The fewer times you’re “punished” the higher your ranking!

<b>ATHLEAN Beat The Boss</b>	<b>3 “Punishments”</b>	<b>Got Kicked by the Mule!</b>
<b>ATHLEAN Xtreme</b>	<b>2 “Punishments” or Less</b>	<b>Skull Crusher</b>
<b>ATHLEAN Elite</b>	<b>3-4 “Punishments”</b>	<b>Mad Skulls</b>
<b>ATHLEAN Pro</b>	<b>5-6 “Punishments”</b>	<b>A Skull with Skills</b>
<b>ATHLEAN Solid</b>	<b>7-9 “Punishments”</b>	<b>Back to Skull</b>
<b>ATHLEAN Basix</b>	<b>10 or More “Punishments”</b>	<b>Numb Skull</b>

### MONDAY STRENGTH TRAINING I

### X-TENDED FAILURE WORKOUT

	EXERCISE	REPS		REPS	SETS
CHEST	1A. Spiderman Plyo Pushups	To Failure	1C. Fingertip Pushups	To Failure	3
	1B. Pendulum Pushups	To Failure	1D. Floating X Planks	To Failure	
BACK/BICEPS	COMMENTS	No rest between A/B/C/D exercises. Rest 60 seconds between sets			
	2A. Doorway Pullups	To Failure	2C. Side Lying Biceps Curls	To Failure On Each Arm	3
	2B. Doorway Rows	To Failure	2D. Back Widow Holds	To Failure	
TRICEPS	COMMENTS	No rest between A/B/C/D exercises. Rest 60 seconds between sets			
	3A. Power Plank Ups	To Failure	3C. Pounding Triceps Trunk Lifts	To Failure	3
	3B. Diamond Cutter Push Ups	To Failure	3D. Hover Holds	To Failure	
LEGS	COMMENTS	No rest between A/B/C/D exercises. Rest 60 seconds between sets			
	4A. Ninja Tuck Jumps	To Failure	4C. Single Leg Hip Bucks	To Failure On Each Leg	3
	4B. Single Bulgarian Wall Squats	To Failure On Each Leg	4D. Long Leg Plank Marches	To Failure	
SHOULDERS	COMMENTS	No rest between A/B/C/D exercises. Rest 60 seconds between sets			
	5A. Mountain Mules	To Failure	5C. Jacked Rabbits	To Failure	3
	5B. Pike Push Ups	To Failure	5D. Delt Door Jammers	Hold To Failure	
	COMMENTS	No rest between A/B/C/D exercises. Rest 60 seconds between sets			

### TUESDAY "ATHLEAN BURST" – 3 POINT PANIC

### XERO REST PROTOCOL



NO, YOUR OTHER ARM IS NOT ALLOWED TO HELP YOU OUT OF THIS!

T-Stand Push Ups x 10 right arm – Brock Shuffles x 10 right arm  
1-Arm Sally's x 5 right arm – 1-Arm Burpees x 10 right arm

REST (XERO REST PROTOCOL) AND REPEAT ON LEFT ARM - REPEAT 3-5 ROUNDS

### THURSDAY "ATHLEAN BURST" – DOWNWARD SPIRAL

### NO XERO REST PROTOCOL



EXERCISE	GOAL REPS				COMMENTS
ROUND	1	2	3	4	
Hannibal Pushups	24	18	12	6	Complete all goal reps on an exercise in a round before moving on to the next exercise.
Triple Skyfalls	24	18	12	6	Complete all goal reps on an exercise in a round before moving on to the next exercise.
Handstand Pushups	24	18	12	6	Complete all goal reps on an exercise in a round before moving on to the next exercise.
Cliffhanger Walkouts	24	18	12	6	Complete all goal reps on an exercise in a round before moving on to the next exercise.

### FRIDAY STRENGTH TRAINING II

### "XERO SUM" PROGRESSION WORKOUT (Beat Last Week's Totals)

EXERCISE	SETS	REPS	XERO SUM SET ONE	XERO SUM SET TWO	XERO SUM SET THREE	XERO SUM TOTAL
1. Prowler Push Ups (Chest)	3	To Failure				
2. Thumbs Up Push Ups (Back/Biceps)	3	To Failure				
3. Levitation Squats (Quads/Hips)	3	To Failure each leg				
4. Cobra Push Ups (Triceps)	3	To Failure				
5. Jumping Sprinter Lunges (Hamstrings/Glutes)	3	To Failure				
6. Wall Walks (Shoulders)	3	To Failure				

# DARK THIRTEEN

**THE LOWDOWN**

In this challenge you will need to complete a designated number of reps of a certain exercise as a way of pre-fatiguing the muscle groups involved in performing it. As soon as you reach this number you then, without rest, have to switch to the “dark” or harder more explosive version of the same exercise and perform 13 reps! This is a timed challenge, meaning that you will have to see how quickly you can reach “Xero dark” status on all 5 of the exercise pairings. Should you need to rest either during the initial exercises or during the dark exercises...just note, that this rest time is counting against you and ultimately determining your score. That said, never sacrifice form for speed. Execute each rep with precision and purpose. It’s time to see what you’re made of. Will you see the light of day or have your lights knocked out by the “XERO DARK 13”? It’s go time!

**HERE IS THE CHALLENGE**

YOUR GOAL IS TO COMPLETE THE ENTIRE CHALLENGE AS QUICKLY AS POSSIBLE WITHOUT SACRIFICING FORM

**30 CROSS KNEE PUSHUPS • DARK 13 SPIDERMAN PLYO PUSHUPS**  
(1 REP = COMPLETE BOTH RIGHT AND LEFT KNEES)

**30 COBRA PUSHUPS • DARK 13 POWER PLANK UPS**

**30 REVERSE ELBOW PUSHUPS (BACK WIDOWS) • DARK 13 THUMBS UP PUSHUPS**

**30 SINGLE LEG HEEL TOUCH SQUATS • DARK 13 NINJA TUCK JUMPS**  
(ALTERNATE RIGHT AND LEFT LEGS FOR 30 EACH)

**30 BURPEES • DARK 13 SKIER SINGLE LEG BURPEES**

**SCORING**

Your score is determined by how long it takes you to complete “XERO DARK 13.” Should you need to rest either during the initial exercises or during the dark exercises...just note, that this rest time is counting against you and ultimately determining your score.

<b>ATHLEAN Beat The Boss</b>	<b>9:41</b>	<b>Not Afraid of the Dark!</b>
<b>ATHLEAN Xtreme</b>	<b>Complete In 9:30 or Less</b>	<b>The Dark Destroyer!</b>
<b>ATHLEAN Elite</b>	<b>Between 9:31 &amp; 11:00</b>	<b>The Dark Knight</b>
<b>ATHLEAN Pro</b>	<b>Between 11:00 &amp; 13:00</b>	<b>“Dark” Vader</b>
<b>ATHLEAN Solid</b>	<b>Between 13:00 &amp; 15:00</b>	<b>Dark Done Good</b>
<b>ATHLEAN Basix</b>	<b>Complete in Over 15 Mins.</b>	<b>Your Darkest Hour</b>