

# AthLEAN-X

## Workouts WEEKS 1-3

### “THE RULES OF THE GAME”

Be sure to follow the following rules when performing the workouts for WEEKS 1-3 of the AthLEAN-X Training System

- ★ 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.
- ★ 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.
- ★ 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.
- ★ 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
- ★ Repetition cadence should be 1-2 seconds on the concentric, slight pause, and then 3 seconds on the eccentric portion.
- ★ Perform all sets of each exercise before proceeding to the next exercise in the workout. This will set the stage for your foundation strength for later in the program.
- ★ Perform all conditioning drills with the best footwork, effort, and determination you can for best results.

### 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!*

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## WEEK 1 Workout - AthLEAN X-TREME

“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 (99)                  | 2    | 10    | 10 crawls forward and backward each set               |
| Alternate DB Press (neutral grip) (40) | 3    | 10    | Alternate 10 presses on each arm per set              |
| Rotational DB Shoulder Press (78)      | 3    | 12    | Alternate 6 reps on each arm per set                  |
| Shoulder “L” Raises (69)               | 3    | 12    | 6 raises forward and 6 to the side each arm each set. |
| Woodchopper Pushdowns (36)             | 4    | 10-12 | 2 sets from high right to low left and vice versa     |
| Rotator Cuff Tubing ER (65)            | 3    | 15    | 3 sets each on right and left arm                     |

### TUESDAY: CONDITIONING WORKOUT 1

| Quick Feet and Ripped Quick! |             |                           |             |
|------------------------------|-------------|---------------------------|-------------|
| 1. QFL Lateral Run (121)     | 8 x through | 3. QFL Icky Shuffle (119) | 8 x through |
| 2. QFL In In Out Out (118)   | 8 x through | 4. QFL Ali Shuffle (120)  | 8 x through |

### WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body / Core

| Exercise                     | Sets | Reps  | Comments   |
|------------------------------|------|-------|--|
| Dumbbell Squat (1)           | 3-4  | 10-12 | Use heavy enough weight to fail in 10-12 reps    |
| Dumbbell Side Lunge (62)     | 3    | 12    | Alternate 6 reps to right and left each set      |
| DB Single Leg RDL (3)        | 3    | 10-12 | 3 sets of 10-12 on each leg                      |
| Physioball High Bridges (11) | 4    | 10-12 | Keep your feet flat on the top of the physioball |
| Starfish Crunch (108)        | 2    | /     | Do as many reps as you can to failure            |
| Heels to the Heavens (105)   | 2    | /     | Do as many reps as you can to failure            |

### THURSDAY: CONDITIONING WORKOUT 2

#### 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 cooldown jog

### FRIDAY: STRENGTH TRAINING WORKOUT III – Upper Body Pull / Core

| Exercise                  | Sets | Reps  | Comments   |
|---------------------------|------|-------|--|
| Inverted Row (19)         | 4    | 12    | Can do either with knees bent or straight for more challenge |
| Underhand Pulldowns (5)   | 3    | 10-12 | Drape tubing over high bar if no pulldown machine available  |
| Reverse Lunge Curls (41)  | 3    | 12    | 6 reps stepping back with right and 6 on left each set       |
| DB Hammer Curls (9)       | 3    | 10-12 | Slowly control the lowering of the dumbbells                 |
| V-Up Russian Twists (110) | 4    | /     | 4 sets to failure. Minimize rest between sets to 30 seconds. |

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## WEEK 2 Workout - AthLEAN X-TREME

“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   |
|-------------------------------------|------|-------|--|
| Physioball Push Up Plus (25)        | 3    | 12-15 | Place the ball closer to your feet for more challenge  |
| Cable Rotational Push Press (33)    | 4    | 12    | 2 sets with right arm and 2 sets with left arm         |
| Side Laterals (64)                  | 3    | 10-12 | Keep slight bend in your elbows throughout             |
| Standing DB Row and Kickback (72)   | 3    | 10-12 | Keep your lower back flat for support                  |
| Cable/Tubing Tricep Push Aways (15) | 3    | 12    | Use fairly thick tubing if you don't have cable column |

### TUESDAY: CONDITIONING WORKOUT 1

| Crunches and Punches Circuit                   |  |
|--|--|
| 1. V-Up Russian Twist (to failure) (110)       | 4. 3 Minutes of nonstop shadow/heavybag boxing |
| 2. 3 Minutes of nonstop shadow/heavybag boxing | 5. Heels to the Heavens (to failure) (105)     |
| 3. Ball Passes (to failure) (106)              | 6. 3 Minutes of nonstop shadow/heavybag boxing |

### WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body / Core

| Exercise                      | Sets | Reps  | Comments  |
|-------------------------------|------|-------|---|
| Single Leg Squat w/ Rot. (58) | 3    | 10-12 | 3 sets of 10-12 reps on each leg with weight                  |
| Step Up Thrusts (37)          | 3    | 10-12 | 3 sets of 10-12 on each leg. Explosiveness is key!            |
| Kettlebell/DB Swing (38)      | 4    | 15    | Explode through the hips and glutes, don't lift with the back |
| Physioball Leg Curls (67)     | 3    | 15    | Place the ball under the heels and keep your bridge lifted    |
| Canoes (113)                  | 3    | /     | Perform 3 sets to failure                                     |

### THURSDAY: CONDITIONING WORKOUT 2

| The Starting “LINE” Up – Line Drills for conditioning and footwork |   |
|--|---|
| 1. Line Drill – Crossovers (122) 4 x 60 seconds                    | 3. Line Drill – Side to Side Double Hops (125) 4 x 30 sec |
| 2. Line Drill – X Jump Turns (124) 6 x 30 seconds                  | 4. Line Drill – Crossovers (122) 4 x 60 seconds           |

### FRIDAY: STRENGTH TRAINING WORKOUT III – Upper Body Pull / Core

| Exercise                          | Sets | Reps  | Comments   |
|-----------------------------------|------|-------|--|
| Lat Pulldowns (5)                 | 4    | 10-12 | Drape tubing over high bar if no pulldown unit available |
| DB Renegade Row (84)              | 3    | 12    | Each set consists of 12 rows on each arm                 |
| DB Fielder Curls (82)             | 4    | 10-12 | Maintain your solid lower back positioning               |
| Physioball Reverse Hyperext. (32) | 3    | 15    | Lift legs by contracting glutes and lower back           |
| Starfish Crunches (108)           | 3    | /     | Perform 3 sets to failure resting < 30 seconds between   |

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## WEEK 3 Workout - AthLEAN X-TREME

“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 (81)              | 3    | 8P    | 8,7,6,5,4,3,2,1 reps with burpees in between     |
| Cable/Tubing Rotational Chest Press (33) | 4    | 12    | 2 sets each with the right and left arm          |
| Plate Squeeze Stances (70)               | 3    | 10-12 | Use 5-10 lb plates for this exercise             |
| Eccentric Triceps (The Big Catch) (94)   | 3    | 10    | Wrap thick tubing around middle of foot for this |
| Rotator Cuff Tubing ER (65)              | 3    | 15    | 3 sets each on right and left arm                |

### TUESDAY: CONDITIONING WORKOUT 1

| The CONE ZONE Workout                                |   |
|--|---|
| 1. Cone Drill - 5-10-5 right and left x 5 each (129) | 3. Cone Drill – 4 Corners x 5 (127)     |
| 2. Cone Drill – Star Drill x 5 (126)                 | 4. Cone Drill – Agility Wheel x 5 (128) |

### WEDNESDAY: STRENGTH TRAINING WORKOUT II – Lower Body / Core

| Exercise                        | Sets | Reps   | Comments   |
|---------------------------------|------|--------|--|
| 3 Way Lunge Reach (73)          | 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 (77)        | 3    | 45 sec | Land softly into squat position and explode out!   |
| Crossover Step Ups (86)         | 3    | 10-12  | 3 sets of 10-12 on each leg  |
| Hip Miniband Forw/Back Walk (4) | 3    | 10     | Walk 10 steps forward and then backward each set   |
| Windshield Wipers (109)         | 3    | /      | Perform 3 sets to failure  |

### THURSDAY: CONDITIONING WORKOUT 2

| On your mark, get set....sprint...to get ripped! |                            |
|--|----------------------------|
| 1. Sprint/Walk/Jog x 6 (141)                     | 3. Half Gassers x 4 (136)  |
| 2. Full Gassers x 6 (138)                        | 4. 30 Yard Jumps x 4 (137) |

### FRIDAY: STRENGTH TRAINING WORKOUT III – Upper Body Pull / Core

| Exercise                  | Sets | Reps  | Comments   |
|---------------------------|------|-------|--|
| Pull Ups (76)             | 3    | /     | Perform 3 sets to positive and negative failure                      |
| Standing Barbell Row (63) | 3    | 10-12 | Make sure to keep your lower back arched and supported               |
| Rotational High Row (26)  | 4    | 12    | Do 2 sets each with the right and left arms                          |
| Incline DB Curls (79)     | 4    | 10-12 | Be sure to get a full stretch on the biceps at the bottom of the rep |
| ISO Crunches (111)        | 3    | /     | Perform 3 sets to failure  |

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WEEK 4

## AthLEAN CHALLENGE

Here are the rules for the first AthLEAN Challenge in Week 4

Using just a stopwatch and your own bodyweight, you are to time yourself and see how long it takes you to complete the following:

**100 Pushups**

**100 Inverted Pull Ups**

**100 Bodyweight Squats**

**100 Full Sit Ups**

Perform this on Monday and Friday and take your best time. Compare your time to the following to see where you rank on your pursuit of the **AthLEAN** body!

**AthLEAN Elite** – Under 8 Minutes

**AthLEAN Xtreme** – Between 8 minutes and 11 minutes

**AthLEAN Pro** – Between 11 minutes and 14 minutes

**AthLEAN Solid** – Between 14 minutes and 17 minutes

**AthLEAN Rookie** – Over 17 minutes

Note: If you test out at “Rookie” 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.

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## WEEK 4 Workout - Circuit Breaker I – What's your 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 CHALLENGE I

| Exercise          | Sets | Reps | Comments  |
|-------------------|------|------|---|
| Pushups           | ?    | 100  | <i>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! Just get it done in good form and in your fastest time possible!</i> |
| Inverted Pull Ups | ?    | 100  |   |
| Bodyweight Squats | ?    | 100  |   |
| Full Sit Ups      | ?    | 100  |   |

### TUESDAY: STRENGTH TRAINING WORKOUT II – Core I

| Exercise                          | Sets | Reps | Comments  |
|-----------------------------------|------|------|---|
| Rollups (103)                     | 2    | 12   | <i>Lower yourself down very slowly</i>  |
| Heels to the Heavens (105)        | 2    | 15   | <i>Clear your whole tailbone off the mat</i>  |
| Ball Pass (106)                   | 2    | 12   | <i>6 passes each to the legs and arms</i>   |
| Jackknives (104)                  | 2    | 15   | <i>15 reps with right leg high and 15 with the left leg high each set. No rest in between</i> |
| Physioball Reverse Hyperext. (32) | 2    | 10   | <i>Keep your feet together and squeeze glutes / lower back to lift</i>                        |

### WEDNESDAY: CONDITIONING WORKOUT

#### Jumping Into Your NEW AthLEAN Body

|  |  |
|--|--|
| 1. Jump Rope – Two Foot Hops – 50 jumps (130)          | 4. Jump Rope – Side to Side Hops (1 Foot) – x 50 (133) |
| 2. Jump Rope – Side to Side Hops (2 Feet) – x 50 (132) | 5. Jump Rope – Side to Side Hops (2 Feet) – x 50 (132) |
| 3. Jump Rope – Single Leg Jumps – 50 jumps ea. (131)   | 6. Jump Rope – Two Foot Hops – 50 jumps (130)          |

### THURSDAY: STRENGTH TRAINING WORKOUT II – Core II

| Exercise                            | Sets | Reps | Comments   |
|-------------------------------------|------|------|--|
| Plank Straight Leg March (107)      | 3    | 30   | <i>Alternate 15 reps on each leg per set</i>   |
| Plank Opposite Knee to Elbow (112)  | 2    | 30   | <i>15 reps right elbow to left knee and 15 reps left elbow to right knee each set</i>        |
| Plank Same Side Knee to Elbow (116) | 2    | 15   | <i>Right elbow to right knee 15 times and left elbow to left knee 15 times two sets each</i> |

### FRIDAY: STRENGTH TRAINING WORKOUT III – ATHLEAN CHALLENGE RETEST

| Exercise          | Sets | Reps | Comments   |
|-------------------|------|------|--|
| Pushups           | ?    | 100  | <i>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! Just get it done in good form and in your fastest time possible! Try to beat your time from Monday.</i> |
| Inverted Pull Ups | ?    | 100  |  |
| Bodyweight Squats | ?    | 100  |  |
| Full Sit Ups      | ?    | 100  |  |