

AthLEAN-X

Workouts WEEKS 5-7

“THE RULES OF THE GAME”

Be sure to follow the following rules when performing the workouts for WEEKS 5-7 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 30-45 seconds to really pick up the pace and rev up the metabolism. Core exercises remain 30 seconds rest between each set.
- ★ Repetition cadence should be 1-2 seconds on the concentric, slight pause, and then 3 seconds on the eccentric portion.
- ★ Perform all sets for each exercise before moving onto the next exercise in the workout.
- ★ Perform all conditioning drills with the best footwork, effort, and determination you can for best results.

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!*

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WEEK 5 Workout - AthLEAN X-TREME

“One of the redeeming things about being an athlete is redefining what is humanly possible.” – Lance Armstrong

MONDAY: STRENGTH TRAINING I – Total Body “Maximum Metabolic Overdrive”

Exercise	Sets	Reps	Comments
DB Swing (38)	3	15	Lift weight with hip thrust...not your arms
DB Drop Squat (29)	3	10	Drop down until thighs are parallel to ground
DB Curl and Press (71)	3	12	Don't cheat the weights up....muscle them up
Clapping PlyoPush Ups (26)	3	/	Perform 3 sets to failure
Rot. Tubing Pushdowns (20)	3	12	Alternate 6 reps to the right and left on each set
Sword Raises (89)	4	12	Perform 2 sets on the right and left arms

TUESDAY: CONDITIONING WORKOUT 1

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 cooldown jog

WEDNESDAY: STRENGTH TRAINING II – Core, Core, and More Core

Exercise	Sets	Reps	Comments
Rollups (103)	2	10	Pain the spine onto the floor on the descent
ISO Crunches (111)	2	15	Initiate movement from the core...not the legs
Bench Tuck Crunches (115)	2	15	Done on a bench this time instead of BOSU
Plank Opposite Knee to Elbow (112)	2	30	15 reps right to left and vice versa

THURSDAY: CONDITIONING WORKOUT 2

“Bumps and Jumps” – Burpee and Box Jump Fat Burning Combo Workout

- Alternate Burpee (squat thrust with pushup) and Box Jump (onto 18-24" 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 III – Total Body “Maximum Metabolic Overdrive”

Exercise	Sets	Reps	Comments
DB Deadlift (66)	3	12-15	The heavier the weight you hold the more forearm work
DB Clean and Press (75)	3	10-12	Explosively clean the weights and stabilize as you push
Tubing Squat to Stand Rows (35)	3	10	Pull as you power yourself up to a standing position
Diamond Push Ups (68)	3	/	Perform 3 sets to failure
Alternating DB Incline Bench (83)	3	12	Alternate 6 reps with right and left hand each set
Eccentric Step Aways (96)	2	10	Perform 2 sets on each arm for this exercise

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WEEK 6 Workout - AthLEAN X-TREME

“Opportunity seems to have an uncanny habit of favoring those who have paid the price of years of preparation.” – Anonymous quote

MONDAY: STRENGTH TRAINING I – Total Body “Maximum Metabolic Overdrive”

Exercise	Sets	Reps	Comments
Single Leg Squat with Mini Jumps (80)	3	12-15	Explosively push off the ground and land softly
3-Way DB RDL (52)	2	12	Perform 4 “rounds” of 3 reps – out, in, and @knee
Low Tubing Rotational Row (54)	3	10-12	3 sets of 10-12 reps on each arm with tubing
Straight Arm Pushdowns (50/50s) (48)	3	10	Do these reps slowly and in good form
Physioball Incline Push Up Plus (45)	3	/	Place ball in a corner so it won't roll away. To failure
Woodchopper Pushdowns (36)	3	12	Alternate 6 reps to the right and 6 to the left each set

TUESDAY: CONDITIONING WORKOUT 1

Covering the Bases – Hit your park for an “out of the park” fat burning workout

Find your nearest little league diamond or simply simulate a diamond pattern in your back yard!

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|---|--|
| 1. Home to First sprints (straight single) x 10 | 3. Home to 2 nd rest 30 sec then score from 2 nd x 6 |
| 2. First to Third sprints x 8 | 4. Inside the Park Homerun x 3 |

WEDNESDAY: STRENGTH TRAINING II – Core, Core, and More Core

Exercise	Sets	Reps	Comments
Heel to the Heavens (105)	2	/	Do 2 sets of as many reps as you can
Jackknives (104)	2	15	2 sets of 15 on each leg without resting in between
Plank March (107)	2	30	30 marches each foot per set while in plank
Plank Same Side Knee to Elbow (116)	2	30	15 reps right to left and vice versa

THURSDAY: CONDITIONING WORKOUT 2

“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 cooldown jog

FRIDAY: STRENGTH TRAINING III – Total Body “Maximum Metabolic Overdrive”

Exercise	Sets	Reps	Comments
Crossover Lunge (85)	3	12	Alternate 6 reps to each side each set
Forward Step Ups (dumbbells optional) (10)	3	10-12	Wear either weighted vest or hold db's
1 Arm DB Row (6)	3	10-12	3 sets of 10-12 on each arm
Standing Tubing Bicep Curls (16)	3	40	Yes....40 reps! Make it burn!
Minibox Upper Body Step Ups (17)	3	20	Hands go up, up, down, down = 1 rep
Shoulder DB/Tubing “L” Raises (69)	3	12	6 reps forward and 6 to the side each set

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WEEK 7 Workout - AthLEAN X-TREME

“The successful warrior is the average man, with laser-like focus.” – Bruce Lee

MONDAY: STRENGTH TRAINING I – Total Body “Maximum Metabolic Overdrive”

Exercise	Sets	Reps	Comments
Side Step Ups (50)	3	12	Perform 3 sets of 12 on each leg
Slick Floor Bridge and Curl (60)	3	10-12	Just take off your shoes and do this on a hardwood floor or slippery surface. Slide legs in and out
Spiderman Push Ups (99)	3	10	Same as the spiderman crawl, except do a pushup with every step up and back...yes it's hard!
DB Curl and Press (71)	3	10-12	Keep your core tight throughout this exercise
Pull Ups (76)	3	/	Perform as many reps as you can to failure each set
Eccentric “Brake Slammers” (93)	2	8-10	Do 2 sets on each arm to strengthen rotator cuffs

TUESDAY: CONDITIONING WORKOUT 1

The “Fantastic Four” Circuit – 4 Exercises done for 1 minute each for 4 rounds!

1. Jumping Jacks – 1 minute straight	3. Inchworms – 1 minute straight
2. Mountain Climbers – 1 minute straight	4. 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: STRENGTH TRAINING II – Core, Core, and More Core

Exercise	Sets	Reps	Comments
ISO Crunches (111)	2	15	Initiate movement from the core...not the legs
Around The Worlds (117)	2	16	8 circles CW and 8 circles CCW
V-Up Russian Twist (110)	2	/	Do as many reps as you can until failure
Canoes (113)	2	40	Each “canoe stroke” is considered one rep

THURSDAY: CONDITIONING WORKOUT 2

“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 / Cooldown x 5 min

FRIDAY: STRENGTH TRAINING III – Total Body “Maximum Metabolic Overdrive”

Exercise	Sets	Reps	Comments
Kettlebell / DB Swing (38)	3	20	Increase your reps to 20 per set for more intensity
Hip Bucks (24)	3	15	Push through your heels and activate the glutes
Hip Miniband Monster Walk (4)	3	10	Squat down and keep feet shoulder width as you walk
DB Clean and Press (75)	3	10-12	Explosiveness is key to moving the weight here!
Tubing/Cable Chest Press (14)	3	10-12	Perform 3 sets of 10-12 with each arm
Inverted Row (Inverted Pullup) (19)	3	/	End with everything you've got! Try to keep the legs straight if you can for as many reps as possible

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WEEK 8

AthLEAN CHALLENGE

Here are the rules for the first AthLEAN Challenge in Week 8

Using just a stopwatch and your own bodyweight, perform the following four exercises every minute for 20 straight minutes!!

10 Pushups

5 Inverted Pull Ups

10 Bodyweight Squats

10 Jumping Jacks

Perform the Week 8 Challenge on Monday and then on Friday, perform the original Week 4 Challenge 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! For this particular challenge, grade yourself as follows:

AthLEAN Elite – Make it through all 20 rounds in 20 minutes

AthLEAN Xtreme – Make it through all 20 rounds in > 20 minutes

AthLEAN Pro – Make it through 16-19 rounds before failure

AthLEAN Solid – Make it through 12-15 rounds before failure

AthLEAN Rookie – Reach muscular failure before 11 rounds

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WEEK 8 Workout - Circuit Breaker II - Are you stacking up?

“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 I – AthLEAN Challenge Circuit I 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 try to beat your best time so far!</i>
Inverted Pull Ups	?	100	
Bodyweight Squats	?	100	
Full Sit Ups	?	100	

TUESDAY: STRENGTH TRAINING II – Core I

Exercise	Sets	Reps	Comments
Plank Straight Leg March (107)	3	30	<i>15 lifts on each leg while maintaining plank</i>
Plank Same Side Knee to Elbow (116)	3	30	<i>15 elbow to knee touches on each side per set</i>
Plank Opposite Knee to Elbow (112)	3	30	<i>15 elbow to knee touches on each side per set</i>
Physioball Reverse Hypers (32)	3	15	<i>Lift your legs straight using your glutes/low back</i>

WEDNESDAY: CONDITIONING WORKOUT

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: STRENGTH TRAINING III – Core II

Exercise	Sets	Reps	Comments
Starfish Crunches (108)	2	/	<i>Do as many reps as you can to failure</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>
BOSU Tuck Crunch (115)	2	20	<i>Can be done on end of bench as well</i>
Physioball Around The Worlds (117)	2	20	<i>10 clockwise circles and 10 ccw circles</i>

FRIDAY: STRENGTH TRAINING IV – AthLEAN Challenge Circuit II

Exercise	Sets	Reps	Comments
Pushups	20	10	<i>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!</i>
Inverted Row (Inverted Pullups)	20	5	
Bodyweight Squats	20	10	
Jumping Jacks	20	10	