

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 1

How to Perform The Basix Training Strength Workouts

As the name implies, it's back to basics, and one of the most tried and true methods of building strength regardless of your experience or how long you've been "in the trenches"! In Special Tactix, we're going to test your "metal" with two total body workouts a week...each one unleashing a primary point of attack (upper or lower body) with heavy classic strength training exercises and a secondary reinforcement of body control and muscle endurance with calisthenic exercises. Your mental toughness will also be assessed, as you'll be asked to get through a daily gut check-in with penalties riding on your performance. Good luck.

Rest time between completed Heavy Sets - 90 seconds

Rest time between completed Light Sets - 45-60 seconds

MONDAY BASIX TRAINING - STRENGTH 1 (Heavy Lower / Light Upper)

TODAY'S GUT CHECK-IN: 85 Cheek to Ground Pushups in 2 Min (Grinder Punishment Applies - See Note below)

LOWER BODY STRENGTH:

- Deadlifts 4 x F (Use 5-6 RM)
- Bulgarian Split Squats 4 x F each leg (Use 5-6 RM)
- Stiff Legged Deadlifts 4 x F (Use 5-6 RM)

UPPER BODY CALISTHENICS:

- Assisted Pullups 3 x 15-20 (If you can fail between 15-20 reps without assistance then don't use assistance)
- BW Tricep X-tensions 3 x 15-20 (walk feet in as needed to reach rep goal)
- BW Side Lateral Raises 3 x 15-20 each arm (drop to knees if needed to reach rep goal)

CONDITIONING:

- Run 1/2 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (pushup plank). If you missed the goal by 30 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 48 reps in gut check-in...perform 48 reps as a grinder at the end). If you missed the goal by 16-29 reps, punishment is 1.5X the number of reps you DID perform...done in grinder style (i.e. got 65 reps in gut check-in...perform 98 reps as a grinder at the end). If you missed the goal by 15 or less reps, punishment is 2X the number of reps you DID perform...done in grinder style (i.e. got 72 reps in gut check-in...perform 144 reps as a grinder at the end). If you reached your gut check goal in the beginning no penalty is assessed.

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SPECIAL TACTIX TRAINING PHASE

WEEK 1

TUESDAY HIIT AND RUN - DAY ONE

Instruxions: It's time to ramp up the conditioning and unveil the first of four "special tactix" burst training workouts...HIIT and Run! As implied, you will be alternating periods of straight jogging at moderate intensity with 3 one minute stints of 30 on / 30 off sprinting. If able, take it outdoors for a more challenging real world carryover. Weather keeping you indoors? Then start pounding that treadmill.

PERFORM THE FOLLOWING OUTDOORS PREFERABLY (OR ON A TREADMILL):

Jog 1/2 mile

- **HIIT Sprint Stint:** 30 Second Sprint / 30 Second Rest - 3 TIMES

Jog 1/2 mile

- **HIIT Sprint Stint:** 30 Second Sprint / 30 Second Rest - 3 TIMES

Jog 1/2 mile

- **HIIT Sprint Stint:** 30 Second Sprint / 30 Second Rest - 3 TIMES

Jog 1/2 mile

WEDNESDAY CORE WAR 1

Instruxions: The goal in these workouts is to see how long you can "protect the base" from the mounting waves of "attackers" (in this case...new ab exercises). But wait a minute. You don't think your core is just your abs do you? As a friendly reminder, I'm requiring you to perform progressively mounting reps of KB Swings to not only target the posterior chain component of your core, but to make the successive waves that much more difficult! If you can successfully resist the onrush through all 4 levels of attack, you will have defended your base and proven your core competence...for today!

Base Exercise - Plank x 60 seconds

Wave 1 - "21" Crunch x F (right, left, both legs) ⇒ KB Swings x 25

Base Exercise - Plank x 60 seconds

Wave 2 - Butterfly Situps x F ⇒ KB Swings x 50

Base Exercise - Plank x 60 seconds

Wave 3 - V Up Russian Twists x F ⇒ KB Swings x 75

Base Exercise - Plank x 60 seconds

Wave 4 - Hanging Leg Raises x F ⇒ KB Swings x 100

Base Exercise - Plank x 60 seconds

Note: You may use a DB held on end if you don't have access to a KB. Use a 30lb weight if you weigh less than 150lbs, 50lb weight if you weigh between 151-199 pounds, and a 70lb weight if you weigh over 200 lbs. You are permitted to rest as needed to complete your swings in any one wave...but you must complete all of them.

THURSDAY OFF

FRIDAY BASIX TRAINING - STRENGTH 2 (Heavy Upper / Light Lower)

TODAY'S GUT CHECK-IN: 85 Prisoner Squats in 2 Minutes
(Grinder Punishment Applies - See Note Below)

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 1

FRIDAY BASIX TRAINING - STRENGTH 2 (CONTINUED)

UPPER BODY STRENGTH:

- Weighted Chinups 4 x 5 (Use enough weight to fail at or close to 5 reps)
- Barbell or DB Bench Press 4 x F (Use 5-6 RM)
- Barbell Military Press 4 x F (Use 5-6 RM)

LOWER BODY CALISTHENICS:

- Step Up / Lunge Combo 3 x 15-20 each leg acting as the step leg
- Marching Alternating Long Leg Bridges 3 x 15-20 each leg
- Single Leg Heel Touch Squats 3 x 15-20 each leg

CONDITIONING:

- Run 1/2 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (pushup plank). If you missed the goal by 30 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 48 reps in gut check-in...perform 48 reps as a grinder at the end). If you missed the goal by 16-29 reps, punishment is 1.5X the number of reps you DID perform...done in grinder style (i.e. got 65 reps in gut check-in...perform 98 reps as a grinder at the end). If you missed the goal by 15 or less reps, punishment is 2X the number of reps you DID perform...done in grinder style (i.e. got 72 reps in gut check-in...perform 144 reps as a grinder at the end). If you reached your gut check goal in the beginning no penalty is assessed.

SATURDAY HIIT AND RUN - DAY TWO

Instruxions: It's time to ramp up the conditioning once again and take another crack at...HIIT and Run! Once again, you will be alternating periods of straight jogging at moderate intensity with now 5 one minute stints of 30 on / 30 off sprinting. As always, if able, take it outdoors for a more challenging real world carryover. Don't have that option? Then start pounding that treadmill.

PERFORM THE FOLLOWING OUTDOORS PREFERABLY (OR ON A TREADMILL):

Jog 1/4 mile

- **HIIT Sprint Stint:** 30 Second Sprint / 30 Second Rest - 5 TIMES

Jog 1/4 mile

- **HIIT Sprint Stint:** 30 Second Sprint / 30 Second Rest - 5 TIMES

Jog 1/4 mile

- **HIIT Sprint Stint:** 30 Second Sprint / 30 Second Rest - 5 TIMES

Jog 1/4 mile

SUNDAY OFF

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 2

How to Perform The Basix Training Strength Workouts

As the name implies, it's back to basics, and one of the most tried and true methods of building strength regardless of your experience or how long you've been "in the trenches"! In Special Tactix, we're going to test your "metal" with two total body workouts a week...each one unleashing a primary point of attack (upper or lower body) with heavy classic strength training exercises and a secondary reinforcement of body control and muscle endurance with calisthenic exercises. You're mental toughness will also be assessed, as you'll be asked to get through a daily gut check-in with penalties riding on your performance. Good luck.

Rest time between completed Heavy Sets - 90 seconds

Rest time between completed Light Sets - 45-60 seconds

MONDAY BASIX TRAINING - STRENGTH 3 (Heavy Lower / Light Upper)

TODAY'S GUT CHECK-IN: Flexed Arm Hang for 1 Minute 10 Seconds (Grinder Punishment Applies - See Note Below)

LOWER BODY STRENGTH:

- Barbell Squats 4 x F (Use 5-6 RM)
- Alt. DB Reverse Lunges 4 x F each leg (Use 5-6 RM)
- Barbell Hip Thrusts 4 x F (Use 5-6 RM)

UPPER BODY CALISTHENICS:

- Assisted Chin Ups 3 x 15-20 (If you can fail between 15-20 reps without assistance then don't use assistance)
- Archers 3 x 15-20 (get on knees if needed to reach rep goal)
- Rear Delt Iron Cross 3 x 15-20 (bend knees as needed to reach rep goal)

CONDITIONING:

- Run 1 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of seconds shy of the goal you were, and determine the amount of "punishment" time you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (Anything but straight arm). If you missed the goal by 25 or more seconds, punishment is 1X the amount of time you DID hang...done as a dead arm hang (i.e. got 40 seconds in gut check-in...perform 40 seconds of the lenient flexed arm hang at the end). If you missed the goal by 11-24 seconds, punishment is 1.25X the amount of time you DID hang...done as a dead arm hang (i.e. got 55 seconds in gut check-in...perform 1 minute 9 seconds of a lenient flexed arm hang at the end). If you missed the goal by 10 seconds or less, punishment is 1.5X the amount of time you DID hang...done as a dead arm hang (i.e. got 62 seconds in gut check-in...perform 1 minutes 33 seconds of a lenient flexed arm hang at the end). If you reached your gut check goal in the beginning no penalty is assessed.

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 2

TUESDAY AIR RAID - DAY ONE

Instruxions: Sound the alarm, your muscles are being invaded! As the name implies, this burst training workout will knock you off your feet...literally, while taking on the feel of an A-X classic, Bumps and Jumps! Just two exercises are to be performed for a specific rep goal within a one minute period. If you complete the prescribed number of reps within that minute, you have the remainder of that minute to rest. Sure, it starts off easy...but can you last for all 20 minutes?

COMPLETE 5 TIMES THROUGH

1. Squat Burpee Mule Kicks x 10 (rest the balance of the minute)
2. Taps x 10 (rest the balance of the minute)

Perform the Squat Burpee Mule Kicks every even minute (0,2,4,6,8,10,12,14,16,18)

Perform the Taps Hanging every odd minute (1,3,5,7,9,11,13,15,17,19)

WEDNESDAY CORE WAR 2

Instruxions: Once again, the goal in this workout is to see how long you can “protect the base” from the mounting waves of “attackers” (in this case..the same ab exercises as last week, but now an even tougher base to defend). The plank you’ll be holding is a step up on the difficulty ladder from last week. Can you still fight off the attack and prove your core competence once again? Oh yeah, just a reminder, get ready to swing...a lot...again!

Base Exercise - 1 Arm 1 Leg Plank x 60 seconds

Wave 1 - “21” Crunch x F (right, left, both legs) ⇒ KB Swings x 25

Base Exercise - 1 Arm 1 Leg Plank x 60 seconds

Wave 2 - Butterfly Situps x F ⇒ KB Swings x 50

Base Exercise - 1 Arm 1 Leg Plank x 60 seconds

Wave 3 - V Up Russian Twists x F ⇒ KB Swings x 75

Base Exercise - 1 Arm 1 Leg Plank x 60 seconds

Wave 4 - Hanging Leg Raises x F ⇒ KB Swings x 100

Base Exercise - 1 Arm 1 Leg Plank x 60 seconds

Note: You may use a DB held on end if you don’t have access to a KB. Use a 30lb weight if you weigh less than 150lbs, 50lb weight if you weigh between 151-199 pounds, and a 70lb weight if you weigh over 200 lbs. You are permitted to rest as needed to complete your swings in any one wave...but you must complete all of them. Finally, each time you plank, remember to switch the arm/leg combo held in the air.

THURSDAY OFF

FRIDAY BASIX TRAINING - STRENGTH 4 (Heavy Upper / Light Lower)

TODAY’S GUT CHECK-IN: 120 High Hip Bucks in 2 Minutes (Grinder Punishment Applies - See Note Below)

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SPECIAL TACTIX TRAINING PHASE

WEEK 2

FRIDAY BASIX TRAINING - STRENGTH 2 (CONTINUED)

UPPER BODY STRENGTH:

- Barbell Rows 4 x F (Use 5-6 RM)
- Single Arm KB/DB Clean and Press 4 x F each arm (Use 5-6 RM)
- Incline Barbell/DB Bench 4 x F (Use 5-6 RM)

LOWER BODY CALISTHENICS:

- Sprinter Lunge Leaps x 15-20 on each leg
- 3 Way Lunge x 7 in each direction - forward, side, drop step
- Ninja Box Jumps x 15-20 (if you fatigue, perform box jumps only to reach rep goal)

CONDITIONING:

- Run 1 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (Hip Buck with Feet on Floor). If you missed the goal by 40 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 75 reps in gut check-in...perform 75 reps as a grinder at the end). If you missed the goal by 16-39 reps, punishment is 1.5X the number of reps you DID perform...done in grinder style (i.e. got 90 reps in gut check-in...perform 135 reps as a grinder at the end). If you missed the goal by 15 or less reps, punishment is 2X the number of reps you DID perform...done in grinder style (i.e. got 110 reps in gut check-in...perform 220 reps as a grinder at the end). If you reached your gut check goal in the beginning no penalty is assessed.

SATURDAY AIR RAID - DAY TWO

Instruxions: Sound the alarm, your muscles are being invaded...again! This time, with two new exercises. As the name implies, this burst training workout will knock you off your feet...literally, while taking on the feel of an A-X classic, Bumps and Jumps! Just two exercises are to be performed for a specific rep goal within a one minute period. If you complete the prescribed number of reps within that minute, you have the remainder of that minute to rest. Sure, it starts off easy...but can you last for all 20 minutes?

COMPLETE 5 TIMES THROUGH

1. Hanging Leg Raises x 10 (rest the balance of the minute)
2. Triple Skyfall x 7 (rest the balance of the minute)

Perform the Hanging Leg Raises every even minute (0,2,4,6,8,10,12,14,16,18)

Perform the Triple Skyfalls every odd minute (1,3,5,7,9,11,13,15,17,19)

SUNDAY OFF

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SPECIAL TACTIX TRAINING PHASE

WEEK 3

How to Perform The Basix Training Strength Workouts

As the name implies, it's back to basics, and one of the most tried and true methods of building strength regardless of your experience or how long you've been "in the trenches"! In Special Tactix, we're going to test your "metal" with two total body workouts a week...each one unleashing a primary point of attack (upper or lower body) with heavy classic strength training exercises and a secondary reinforcement of body control and muscle endurance with calisthenic exercises. Your mental toughness will also be assessed, as you'll be asked to get through a daily gut check-in with penalties riding on your performance. Good luck.

Rest time between completed Heavy Sets - 90 seconds

Rest time between completed Light Sets - 45-60 seconds

MONDAY BASIX TRAINING - STRENGTH 1A (Heavy Lower / Light Upper)

TODAY'S GUT CHECK-IN: Farmers Carry with 50% BW in each hand x 2 Minutes (penalty is dictated by how short of time goal you are) (Grinder Punishment Applies - See Note Below)

LOWER BODY STRENGTH:

- Deadlifts 4 x F (Use 5-6 RM)
- Bulgarian Split Squats 4 x F each leg (Use 5-6 RM)
- Stiff Legged Deadlifts 4 x F (Use 5-6 RM)

UPPER BODY CALISTHENICS:

- Assisted Pullups 3 x 15-20 (If you can fail between 15-20 reps without assistance then don't use assistance)
- BW Tricep X-tensions 3 x 15-20 (walk feet in as needed to reach rep goal)
- BW Side Lateral Raises 3 x 15-20 each arm (drop to knees if needed to reach rep goal)

CONDITIONING:

- Run 1 1/2 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check for the required time...calculate the amount of time shy of the goal you were, and determine the number of "punishment" time you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (holding db's against thighs). If you missed the goal by 30 or more seconds, punishment is 1X the amount of time you DID hold the db's in grinder style (i.e. got 40 seconds in gut check-in...perform 40 seconds of a farmer's carry at the end). If you missed the goal by 15-29 seconds, punishment is 1.25X the amount of time you DID hold the db's in grinder style (i.e. got 100 seconds in gut check-in...perform 2 minutes 5 seconds of a farmer's carry at the end). If you missed the goal by 14 seconds or less, punishment is 1.5X the amount of time you DID hold the db's in grinder style (i.e. got 110 seconds in gut check-in...perform 2 minutes 45 seconds of a farmer's carry at the end). If you reached your gut check goal in the beginning no penalty is assessed.

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 3

TUESDAY SWARM TACTIX - DAY ONE

Instruxions: Swarm tactics are ultimately an effective force due to the power of sheer volume. Just when you think you've conquered your enemy, in comes yet another wave to wear you down. Well, in this workout you'll face the equivalent. Three innocent exercises on their own, become a force to be reckoned with as the reps you perform of them mount. Will you rule the hive...or will the swarm overtake you? Let's find out.

COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES:

- 5 Commando push ups
- 5 Chin ups
- 5 Box jumps

WEDNESDAY CORE WAR 3

Instruxions: Once again, the goal in this workout is to see how long you can "protect the base" from the mounting waves of "attackers" (in this case...the same ab exercises as last week, but now an even tougher base to defend). The plank you'll be holding is a step up on the difficulty ladder from last week. Can you still fight off the attack and prove your core competence once again? Oh yeah, just a reminder, get ready to swing...a lot...again!

- Base Exercise** - Pendulum Plank x 60 seconds
- Wave 1** - "21" Crunch x F (right, left, both legs) ⇒ KB Swings x 25
- Base Exercise** - Pendulum Plank x 60 seconds
- Wave 2** - Butterfly Situps x F ⇒ KB Swings x 50
- Base Exercise** - Pendulum Plank x 60 seconds
- Wave 3** - V Up Russian Twists x F ⇒ KB Swings x 75
- Base Exercise** - Pendulum Plank x 60 seconds
- Wave 4** - Hanging Leg Raises x F ⇒ KB Swings x 100
- Base Exercise** - Pendulum Plank x 60 seconds

Note: You may use a DB held on end if you don't have access to a KB. Use a 30lb weight if you weigh less than 150lbs, 50lb weight if you weigh between 151-199 pounds, and a 70lb weight if you weigh over 200 lbs. You are permitted to rest as needed to complete your swings in any one wave...but you must complete all of them. Finally, each time you plank, remember to switch the arm/leg combo held in the air.

THURSDAY OFF

FRIDAY BASIX TRAINING - STRENGTH 2A (Heavy Upper / Light Lower)

TODAY'S GUT CHECK-IN: 60 Box Jumps in 2 Minutes (Grinder Punishment Applies - See Note Below)

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 3

FRIDAY BASIX TRAINING - STRENGTH 2A (CONTINUED)

UPPER BODY STRENGTH:

- Weighted Chinups 4 x 5 (Use enough weight to fail at or close to 5 reps)
- Barbell or DB Bench Press 4 x F (Use 5-6 RM)
- Barbell Military Press 4 x F (Use 5-6 RM)

LOWER BODY CALISTHENICS:

- Step Up / Lunge Combo 3 x 15-20 each leg acting as the step leg
- Marching Alternating Long Leg Bridges 3 x 15-20 each leg
- Single Leg Heel Touch Squats 3 x 15-20 each leg

CONDITIONING:

- Run 1 1/2 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (High Recliner Kneel Position). If you missed the goal by 20 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 35 reps in gut check-in...perform 35 reps as a grinder at the end). If you missed the goal by 9-19 reps, punishment is 1.25X the number of reps you DID perform...done in grinder style (i.e. got 45 reps in gut check-in...perform 56 reps as a grinder at the end). If you missed the goal by 8 or less reps, punishment is 1.5X the number of reps you DID perform...done in grinder style (i.e. got 55 reps in gut check-in...perform 72 reps as a grinder at the end). If you reached your gut check goal in the beginning no penalty is assessed.

SATURDAY SWARM TACTIX - DAY TWO

Instruxions: Can you hear the buzz already? It's back and even nastier than before...prepare for the swarm! Swarm tactics are ultimately an effective force due to the power of sheer volume. Just when you think you've conquered your enemy, in comes yet another wave to wear you down. Well, in this workout you'll face the equivalent. Three innocent exercises on their own, and different from the ones you encountered earlier in the week, become a force to be reckoned with as the reps you perform of them mount. Will you rule the hive...or will the swarm overtake you? Let's find out.

COMPLETE AS MANY ROUNDS AS POSSIBLE IN 20 MINUTES:

- 5 Commando Pull Ups
- 5 Dive bomber Push Ups
- 5 Ninja Tuck Jumps

SUNDAY OFF

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 4

How to Perform The Basix Training Strength Workouts

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Rest time between completed Heavy Sets - 90 seconds

Rest time between completed Light Sets - 45-60 seconds

MONDAY BASIX TRAINING - STRENGTH 3A (Heavy Lower / Light Upper)

TODAY'S GUT CHECK-IN: 50 Mountain Mules in 2 Minutes (Grinder Punishment Applies - See Note Below)

LOWER BODY STRENGTH:

- Barbell Squats 4 x F (Use 5-6 RM)
- Alt. DB Reverse Lunges 4 x F each leg (Use 5-6 RM)
- Barbell Hip Thrusts 4 x F (Use 5-6 RM)

UPPER BODY CALISTHENICS:

- Assisted Chin Ups 3 x 15-20 (If you can fail between 15-20 reps without assistance then don't use assistance)
- Archers 3 x 15-20 (get on knees if needed to reach rep goal)
- Rear Delt Iron Cross 3 x 15-20 (bend knees as needed to reach rep goal)

CONDITIONING:

- Run 2 Miles (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (pike pushup position). If you missed the goal by 15 or more reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 30 reps in gut check-in...perform 30 reps as a grinder at the end). If you missed the goal by 6-14 reps, punishment is 1.25X the number of reps you DID perform...done in grinder style (i.e. got 40 reps in gut check-in...perform 50 reps as a grinder at the end). If you missed the goal by 5 or less reps, punishment is 2X the number of reps you DID perform...done in grinder style (i.e. got 47 reps in gut check-in...perform 59 reps as a grinder at the end). If you reached your gut check goal in the beginning no penalty is assessed.

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 4

TUESDAY GUERRILLA WARFARE

Instruxions: Sound the alarm, your muscles are being invaded! As the name implies, this burst training workout will knock you off your feet...literally, while taking on the feel of an A-X classic, Bumps and Jumps! Just two exercises are to be performed for a specific rep goal within a one minute period. If you complete the prescribed number of reps within that minute, you have the remainder of that minute to rest. Sure, it starts off easy...but can you last for all 20 minutes?

****COMPLETE THE FOLLOWING CIRCUIT 3 TIMES THROUGH**

Step Back Curl x 10 (each side)
Push Out Press x 10
Alternating Lunges x 10 (each side)
Thrusters x 10
Cyclone Squat x 10 (each side)

- ** No isometric hold performed first time through
- ** 15 sec isometric hold performed (elbows in 90 degree position) between each exercise in 2nd round
- ** 30 sec isometric hold performed (elbows in 90 degree position) between each exercise in 3rd round

NOTES:

- Use 25% bodyweight in each hand or whatever you dumbbell shoulder press (ie. you press 40's, hold 40 in each hand)
- Each time the bell is put down - 10 seconds of hold time on dead arm hang at the end

WEDNESDAY CORE WAR 4

Instruxions: Once again, the goal in this workout is to see how long you can "protect the base" from the mounting waves of "attackers" (in this case...the same ab exercises as last week, but now an even tougher base to defend). The plank you'll be holding is a step up on the difficulty ladder from last week. Can you still fight off the attack and prove your core competence once again? Oh yeah, just a reminder, get ready to swing...a lot...again!

Base Exercise - Cliffhanger Plank x 60 seconds
Wave 1 - "21" Crunch x F (right, left, both legs) ⇒ KB Swings x 25
Base Exercise - Cliffhanger Plank x 60 seconds
Wave 2 - Butterfly Situps x F ⇒ KB Swings x 50
Base Exercise - Cliffhanger Plank x 60 seconds
Wave 3 - V Up Russian Twists x F ⇒ KB Swings x 75
Base Exercise - Cliffhanger Plank x 60 seconds
Wave 4 - Hanging Leg Raises x F ⇒ KB Swings x 100
Base Exercise - Cliffhanger Plank x 60 seconds

Note: You may use a DB held on end if you don't have access to a KB. Use a 30lb weight if you weigh less than 150lbs, 50lb weight if you weigh between 151-199 pounds, and a 70lb weight if you weigh over 200 lbs. You are permitted to rest as needed to complete your swings in any one wave...but you must complete all of them. Finally, each time you plank, remember to switch the arm/leg combo held in the air.

THURSDAY OFF

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

WEEK 4

FRIDAY BASIX TRAINING - STRENGTH 4A (Heavy Upper / Light Lower)

TODAY'S GUT CHECK-IN: 55 Burpees in 2 Minutes (Grinder Punishment Applies - See Note Below)

UPPER BODY STRENGTH:

- Barbell Rows 4 x F (Use 5-6 RM)
- Single Arm KB/DB Clean and Press 4 x F each arm (Use 5-6 RM)
- Incline Barbell/DB Bench 4 x F (Use 5-6 RM)

LOWER BODY CALISTHENICS:

- Sprinter Lunge Leaps x 15-20 on each leg
- 3 Way Lunge x 7 in each direction - forward, side, drop step
- Ninja Box Jumps x 15-20 (if you fatigue, perform box jumps only to reach rep goal)

CONDITIONING:

- Run 1 Mile (Additional suggested conditioning)

Gut Check Note: If you fail to perform today's gut check in the required time...calculate the number of reps shy of the goal you were, and determine the number of "punishment" reps you will need to perform in "Grinder" style at the end of today's workout. See video for today's workout for detailed explanation of the "Grinder" position. (pushup plank). If you missed the goal by 20 or more reps, punishment is .75X the number of reps you DID perform...done in grinder style (i.e. got 35 reps in gut check-in...perform 35 reps as a grinder at the end). If you missed the goal by 11-19 reps, punishment is 1X the number of reps you DID perform...done in grinder style (i.e. got 40 reps in gut check-in...perform 50 reps as a grinder at the end). If you missed the goal by 10 or less reps, punishment is 1.25X the number of reps you DID perform...done in grinder style (i.e. got 50 reps in gut check-in...perform 60 reps as a grinder at the end). If you reached your gut check goal in the beginning no penalty is assessed.

SATURDAY OPERATION: SEEK AND DESTROY CHALLENGE

Instruxions: There are two parts to today's mission. Both your strength/power and your stamina will be tested equally. As you know, both will be demanded in combat and you won't get to pick and choose where to excel. In the strength/power phase you will be asked to complete 4 separate exercises and a power focused running drill. Your performance in the exercises will be based on your strength relative to your body weight. After a warmup of your choice, it is important to choose a weight will allow you to perform anywhere between 2 and 9 reps to absolute failure. This number will then be used to determine your estimated 1RM and scored relative to your bodyweight. A score of 0-3 will be assigned for each of the 4 exercises based on how close you come to hitting the expected strength goal you get. A 400 meter run (1 lap at a track or 1/4 mile on a treadmill) will be performed as well and likewise scored on a 0-3 basis depending on your time to completion. After a 5 minute rest you will move onto the stamina phase of the challenge. Here, the classic military calisthenics tests of pushups, pullups, situps and burpees will be assessed with an A-X twist. To replicate the elements of true performance fatigue more accurately, you will be asked to complete these tasks while performing some additional lung busting kettlebell swings in between each. Your score will once again range from 0-3 on each task, determined by how close you come to the expected rep goal for each in the two minute time limit. A final one and a half mile run will conclude your testing and be similarly judged on a 0-3 score based on your time to completion. A total score of 30 is possible. Good luck!

ATHLEAN-NXT

SPECIAL TACTIX TRAINING PHASE

SATURDAY

OPERATION: SEEK AND DESTROY (CONTINUED)

STRENGTH AND POWER PHASE:

1. Military Press (Scoring: Press 1x bodyweight or more = 3, Press .8 to .99x bodyweight = 2, Press .5 to .79x bodyweight = 1, Press less than .5x bodyweight = 0)
2. Deadlift (Scoring: Lift 2.5x bodyweight or more = 3, Lift 2.0 to 2.49x bodyweight = 2, Lift 1.75 to 1.99x bodyweight = 1, Lift less than 1.75x bodyweight = 0)
3. Bench Press (Scoring: Press 1.5x bodyweight or more = 3, Press 1.25 to 1.49x bodyweight = 2, Press 1x to 1.24x bodyweight = 1, Press less than 1x bodyweight = 0)
4. Squats (Scoring: Squat 2x bodyweight or more = 3, Squat 1.75 to 1.99x bodyweight = 2, Squat 1.5 to 1.74x bodyweight = 1, Squat less than 1.5x bodyweight = 0)
5. Run: 400M (Scoring: Complete in 55 seconds or less = 3, Complete in 56 to 75 seconds = 2, Complete in 75 to 100 seconds = 1, Complete in 100 seconds or more = 0)

Rest 5 minutes

ENDURANCE AND STAMINA PHASE:

1. Pushups in 2 minutes (Scoring: Complete 90 reps or more = 3, Complete 75-89 reps = 2, Complete 50-74 reps = 1, Complete less than 50 reps = 0)
- 30 KB Swings
2. Pullups in 2 minutes (Scoring: Complete 30 reps or more = 3, Complete 20-29 reps = 2, Complete 10-19 reps = 1, Complete less than 10 reps = 0)
- 30 KB Swings
3. Situps in 2 minutes (Scoring: Complete 110 reps or more = 3, Complete 90-109 reps = 2, Complete 60-89 reps = 1, Complete less than 60 reps = 0)
- 30 KB Swings
4. Burpees in 2 minutes (Scoring: Complete 55 reps or more = 3, Complete 45-54 reps = 2, Complete 30-44 reps = 1, Complete less than 30 reps = 0)
- 30 KB Swings
5. Run: 1.5M (Scoring: Complete in 9:00 or less = 3, Complete in 9:00 to 11:00 or less = 2, Complete in 11:01 to 12:30 = 1, Complete in 12:30 or more = 0)

SCORING:

X-TREME - Score of 27-30 (Weapon of Mass Destruction)

ELITE - Score of 24-26 (Mission Accomplished)

PRO - Score of 20-23 (Ready for Battle)

SOLID - Score of 15-19 (Back to Basic Training)

BASIX - Score of 14 or less (KP Duty)

SUNDAY

OFF