

DAY 29 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Deadlift - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Reverse Iron Cross ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
DB or BB Bench Press 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Floor Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Weighted Chins 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Biceps Bar Breaker ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Alternating Reverse Barbell Lunges - 3 x 10-12 RM*	
EZ Bar Tricep Extensions - 3 x 10-12 RM*	
DB High Pulls - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 30 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 31 - POWER DAY III

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 4 sets of 30 seconds each (rest 60 seconds between)
2. Barbell Hang Clean and Press - 5 x 5 (use 75% of 1RM) (rest 60 seconds between sets) Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set
3. BB Dead Rows - 5 x 5 (use 75% of 1RM) (rest 60 seconds between sets)
POWER LADDER 3 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, TOTAL BEAST = 4 at 2/4/6/8 reps each) Rest twice as long as it takes to complete each rep tier explosively
4A/B. DB Renegade Row Up Right
4A/B. DB Renegade Row Up Left
4C. DB Jump Squats

DAY 32 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 33 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Squats - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Squat Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell OHP - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Leaning Pushout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Rows - 4 x 6-8 RM*	TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.
Bent Row Pin Pull ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets	
Barbell Hip Thrusts - 3 x 10-12 RM*	
Weighted Dips - 3 x 10-12 RM*	
Barbell Curls - 3 x 10-12 RM*	

* Perform to failure using a weight that you can manage without a spotter

DAY 36 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Alternating Reverse Barbell Lunges - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Leg Lockout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

EZ Bar Tricep Extensions - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Triceps Groundbreaker ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

DB High Pulls - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Cable High Pull ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Deadlift - 3 x 10-12 RM*

DB or BB Bench Press - 3 x 10-12 RM*

Weighted Chins - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

DAY 37 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 38 - POWER DAY IV

BEAST STRENGTH SETS

BEAST SIZE SETS

X-PLISIVE LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 4 sets of 45 seconds each (rest 60 seconds between)

2. Barbell Hang Clean and Press - 6 x 4 (use 80% of 1RM) (rest 60 seconds between sets) | Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set

3. BB Dead Rows - 6 x 4 (use 80% of 1RM) (rest 60 seconds between sets)

POWER LADDER 4 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, **TOTAL BEAST = 4 at 2/4/6/8 reps each**) Rest twice as long as it takes to complete each rep tier explosively

4A/B. Single Arm Squat Row Right

4A/B. Single Arm Squat Row Left

4C. Pulsing Tricep Plyo Pushups

DAY 39 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 40 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Hip Thrusts - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Hip Thrust Pin Press ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Weighted Dips - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Dip Crossover ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Barbell Curls - 4 x 6-8 RM* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Biceps Breakout ISO - 2 x 6 reps (6 second max iso hold) Rest 30 seconds between ISO sets

Barbell Squats - 3 x 10-12 RM*

Barbell OHP - 3 x 10-12 RM*

Barbell Rows - 3 x 10-12 RM*

* Perform to failure using a weight that you can manage without a spotter

K.C. MITCHELL

OPERATION: MONSTER MAYHEM

Welcome to OPERATION: MONSTER MAYHEM. Your mission is to Beat the Beast, K.C. Mitchell aka The 1-Legged Monster. You have 3 exercises (the deadlift, barbell bench press, and barbell squat) and 10 minutes per exercise to accumulate as many points as possible. Each exercise has 3 separate weight parameters, with the heaviest being worth the most points, the middle being worth the second most points, and the lightest option being worth the least amount of points. You can change your weight options throughout each 10 minute period, which is where the mayhem comes in! If you want to start heavy for a few reps, then drop the weight for a few sets before going heavy again, go ahead! If you think you are better off repping out at the lightest weight option with minimal stoppage for a 10 minute period, that's up to you. Add up all of your points at the end of each exercise / 10 minute period to get your final score. Will you stand victorious or will you wave the white flag in surrender?

	BASE	BEAST	TOTAL BEAST	POINTS
DEADLIFT	1.5X BODYWEIGHT	2X BODYWEIGHT	2.25X BODYWEIGHT	10 POINTS
	BODYWEIGHT	1.5X BODYWEIGHT	1.75X BODYWEIGHT	2.5 POINTS
	.5X BODYWEIGHT	BODYWEIGHT	1.25X BODYWEIGHT	1 POINT
BENCH PRESS	BODYWEIGHT	1.4X BODYWEIGHT	1.75X BODYWEIGHT	10 POINTS
	.8X BODYWEIGHT	1.2X BODYWEIGHT	1.4X BODYWEIGHT	2.5 POINTS
	.6X BODYWEIGHT	BODYWEIGHT	1.2X BODYWEIGHT	1 POINT
SQUAT	1.1X BODYWEIGHT	1.5X BODYWEIGHT	2X BODYWEIGHT	10 POINTS
	.8X BODYWEIGHT	1.25X BODYWEIGHT	1.75X BODYWEIGHT	2.5 POINTS
	.5X BODYWEIGHT	BODYWEIGHT	1.4X BODYWEIGHT	1 POINT

CHALLENGE SCORING

	BASE	BEAST	TOTAL BEAST	WEAPON OF CHOICE
ATHLEAN XTREME	240 Points or More	240 Points or More	240 Points or More	NUCLEAR WARHEAD
ATHLEAN ELITE	210-239 Points	210-239 Points	210-239 Points	ROCKET LAUNCHER
ATHLEAN PRO	180-209 Points	180-209 Points	180-209 Points	MACHINE GUN
ATHLEAN SOLID	160-179 Points	160-179 Points	160-179 Points	9MM PISTOL
ATHLEAN BASIX	Less Than 160 Points	Less Than 160 Points	Less Than 160 Points	SQUIRT GUN

DAY 43 - TOTAL BODY WORKOUT I

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Deadlifts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Close Grip Bench Press - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Underhand Barbell Rows - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB Cheat Laterals - Straight Set Superset x 3 (perform all reps on each arm before moving to DBSS) Use 8-10RM (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB Bulgarian Split Squat Hops - Straight Set Superset x 3 (perform all reps on each leg before moving to next set) Perform with just 1 DB from 4A. Use a combined dumbbell weight that is equal to the weight of the single dumbbell used in the previous exercise.

TOTAL BEAST: Complex is 5 reps of Cleans, 5 reps of Front Squats, 5 reps of Barbell OHP, and 5 reps of Thrusters. (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 44 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 45 - TOTAL BODY WORKOUT II

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Squats - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Barbell OHP - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. DB High Pulls - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB or KB Swings - Straight Set Superset x 3 (perform all reps before moving to Cavaliere Crossovers) Use Heavy KB/DB (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB or KB Cavaliere Crossovers - Straight Set Superset x 3 (perform all reps on each arm before moving to next set) Use same weight and drive with explosive shrug

TOTAL BEAST: Complex is 10 reps of Plyo Pushups, 5 reps of Glute Ham Raises, 5 reps GHR Pushups (3 Knee Plyos for every 1 GHR). Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 46 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 47 - TOTAL BODY WORKOUT III

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Hip Thrusts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Weighted Dips - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Weighted Chins - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. Plate Pressouts - Straight Set Superset x 3 - Use heaviest plate you can handle. (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. Explosive Plate Side Lunges - Straight Set Superset x 3 (alternate to each side for all reps) Perform with same plate from 4A.

TOTAL BEAST: Complex is 5 reps of Jumping Shrugs, 5 reps of Hang Cleans, 5 reps of Barbell OHP, and 5 reps of Hang Clean and Press (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 50 - TOTAL BODY WORKOUT I

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Deadlifts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Close Grip Bench Press - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Underhand Barbell Rows - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB Cheat Laterals - Straight Set Superset x 3 (perform all reps on each arm before moving to DBSS) Use 8-10RM (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB Bulgarian Split Squat Hops - Straight Set Superset x 3 (perform all reps on each leg before moving to next set) Perform with just 1 DB from 4A. Use a combined dumbbell weight that is equal to the weight of the single dumbbell used in the previous exercise.

TOTAL BEAST: Complex is 5 reps of Cleans, 5 reps of Front Squats, 5 reps of Barbell OHP, and 5 reps of Thrusters (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 51 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 52 - TOTAL BODY WORKOUT II

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Squats - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Barbell OHP - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. DB High Pulls - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. DB or KB Swings - Straight Set Superset x 3 (perform all reps before moving to Cavaliere Crossovers) Use Heavy KB/DB (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. DB or KB Cavaliere Crossovers - Straight Set Superset x 3 (perform all reps on each arm before moving to next set) Use same weight and drive with explosive shrug

TOTAL BEAST: Complex is 10 reps of Plyo Pushups, 5 reps of Glute Ham Raises, 5 reps GHR Pushups (3 Knee Plyos for every 1 GHR) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

DAY 53 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

DAY 54 - TOTAL BODY WORKOUT III

BEAST SIZE & STRENGTH SETS

BEAST ATTACK SETS

BEAST POWER SETS

TOTAL BEAST LEVEL

1. Barbell Hip Thrusts - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
2. Weighted Dips - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
3. Weighted Chins - 4 x 4 RM*, 8 RM*, 16 RM*, 2 MINUTE AMRAP with 4 RM* (90 seconds to 2 minutes rest between strength sets)
- 4A. Plate Pressouts - Straight Set Superset x 3 - Use heaviest plate you can handle. (Transition Rest b/w exercises. 90 sec b/w sets.)
- 4B. Explosive Plate Side Lunges - Straight Set Superset x 3 (alternate to each side for all reps) Perform with same plate from 4A.

TOTAL BEAST: Complex is 5 reps of Jumping Shrugs, 5 reps of Hang Cleans, 5 reps of Barbell OHP, and 5 reps of Hang Clean and Press (Use 12RM for Barbell OHP) Rest 60 sec and repeat for 3 total rounds.

* Perform to failure using a weight that you can manage without a spotter

1. SLED WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns x 15
Sled Push x 20 yards (45lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 2 + 25lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 4 on sled)
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Sled Push x 20 yards (45lbs x 2 on sled)	Sled Push x 30 yards (45lbs x 2 + 25lbs x 2 on sled)	Explosive Sled Pushaway x 30 yards (45lbs x 4 on sled)
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

2. JUMP ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns x 15
Two Foot Hops x 60	Two Foot Hops x 150	Double Unders x 60
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Two Foot Hops x 60	Two Foot Hops x 150	Double Unders x 60
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

3. BATTLE ROPE WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns x 15
Alternating Waves x 20 seconds	Alternating Waves x 40 seconds	Alternating Waves x 60 seconds
Hyper Y's x 15	Hyper Y's x 15	Hyper Y's x 15
Alternating Waves x 20 seconds	Alternating Waves x 40 seconds	Rope Slams x 60 seconds
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

4. BOX DRILL WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Face Pulldowns x 15	Face Pulldowns x 15	Face Pulldowns 3 x 15
Round Trips x 3 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Round Trips x 6 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Hyper Y's 3 x 15
Hyper Y's x 15	Hyper Y's x 15	Clamshells 3 x 15 each leg
Round Trips x 3 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Round Trips x 6 (lateral shuffle/carioca, sprint, lateral shuffle/carioca, backpedal)	Horrible Hundred
Clamshells x 15 each leg	Clamshells x 15 each leg	Clamshells x 15 each leg
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

5. SHOCK THERAPY

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT

Face Pulldowns x 15

Hyper Y's x 15

Clamshells x 15 each leg

SHOCK THERAPY: LOWER BODY

Crossover Pretzel Stretch x 1 min each leg

90/90 Hip Stretch x 1 min each leg

Rollover V-Sits x 1 min each leg

The Immovable Squat x 1 min

Walking Alpine Climbers x 1 min alternating legs

Lunge Opens x 1 min each leg

SHOCK THERAPY: UPPER BODY

RC Wand Stretch x 1 min each arm

Prone Ab Stretch On Elbows (With Elbow Tucks) x 1 min

T-Spine Bridge x 1 min each arm

Physioball Rolling Y's x 1 min

No rest time between exercises.

6. ZEN TEN WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT

Face Pulldowns x 15

Hyper Y's x 15

Clamshells x 15 each leg

ZEN TEN WORKOUT

Inchworm – 10 reps

90/90 Stretches x 5 each leg

Rolling Crucifix x 5 each side alternating sides

Table Twists x 5 each side alternating sides

3-Way Lunge & Reach x 5 each side

Hamstring Pulses x 10 each leg

Hamstring Reaches x 10 each side

Can Openers x 10 each side

Dead Shoulder Circles x 10 each side

Ankle Breakers – 10 each side

No rest time between exercises.

1. LADDER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Ali Shuffle x 2 round trips	Ali Shuffle x 3 round trips	Ali Shuffle x 5 round trips
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Icky Shuffle x 2 round trips	Icky Shuffle x 3 round trips	Icky Shuffle x 5 round trips
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
High Knees x 2 round trips	High Knees x 3 round trips	High Knees x 5 round trips
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

2. BAR COMPLEX WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Clean/Thruster/Row Complex with Bar Only x 6	Clean/Thruster/Row Complex with Bar + 20lbs x 6	Clean/Thruster/Row Complex with Bar + 50lbs x 6
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Clean/Thruster/Row Complex with Bar Only x 6	Clean/Thruster/Row Complex with Bar + 20lbs x 6	Clean/Thruster/Row Complex with Bar + 50lbs x 6
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

3. MOUNTAIN CLIMBER WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Mules x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
Mountain Climbers x 20 seconds	Mountain Climbers x 40 seconds	Mountain Mules x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

4. KB SWING WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE	BEAST MODE	TOTAL BEAST MODE
Band Pull Aparts x 15	Band Pull Aparts x 15	Band Pull Aparts x 15
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing Kickthroughs x 60 seconds
Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10	Hip Band Ladder x Ladder to 10
KB Swings x 20 seconds	KB Swings x 40 seconds	KB Swing Kickthroughs x 60 seconds
Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm	Rotator Cuff ER x 15 each arm
Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds	Rest 1-2 minutes and repeat for a total of 3 rounds

5. SHOCK THERAPY

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT

Band Pull Aparts x 15

Hip Band Ladder x Ladder to 10

Rotator Cuff ER x 15 each arm

SHOCK THERAPY: LOWER BODY

Crossover Pretzel Stretch x 1 min each leg

90/90 Hip Stretch x 1 min each leg

Rollover V-Sits x 1 min each leg

The Immovable Squat x 1 min

Walking Alpine Climbers x 1 min alternating legs

Lunge Opens x 1 min each leg

SHOCK THERAPY: UPPER BODY

RC Wand Stretch x 1 min each arm

Prone Ab Stretch On Elbows (With Elbow Tucks) x 1 min

T-Spine Bridge x 1 min each arm

Physioball Rolling Y's x 1 min

No rest time between exercises.

6. ZEN TEN WORKOUT

*After finishing your Flush Conditioning Workout, complete an Ab Shuffle Workout

BASE MODE, BEAST MODE AND TOTAL BEAST MODE PERFORM SAME WORKOUT

Band Pull Aparts x 15

Hip Band Ladder x Ladder to 10

Rotator Cuff ER x 15 each arm

ZEN TEN WORKOUT

Inchworm – 10 reps

90/90 Stretches x 5 each leg

Rolling Crucifix x 5 each side alternating sides

Table Twists x 5 each side alternating sides

3-Way Lunge & Reach x 5 each side

Hamstring Pulses x 10 each leg

Hamstring Reaches x 10 each side

Can Openers x 10 each side

Dead Shoulder Circles x 10 each side

Ankle Breakers – 10 each side

No rest time between exercises.