

DAY 57 - 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 58 - 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 59 - 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 60 - 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 61 - 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

THE "BIG NASTY" CHALLENGE

Welcome to THE "BIG NASTY" CHALLENGE: In today's workout you will be aiming to complete all 12 rounds of this challenge. The challenge will consist of 4 exercises. You will need to complete the stated number of reps of each exercise to complete a given round. You will only have 3 minutes to complete all reps of each exercise for a given round or your bout with this BEAXST is over! The rest for each round is the balance of the 3 minutes that's left after you finish the reps of all the exercises in that round. For example in Round 1 you would need to perform all of the reps listed for each exercise within 3 minutes, resting only the time that's left of those 3 minutes after you've completed all reps of all exercises. Can you get through Round 12?

	JUMP ROPE (SINGLE UNDERS)	INVERTED ROW	BODYWEIGHT SQUATS	PUSHUPS	
BASE MODE	ROUND 1	20	7	10	7
	ROUND 2	20	7	10	7
	ROUND 3	20	7	10	7
	ROUND 4	30	9	13	9
	ROUND 5	30	9	13	9
	ROUND 6	30	9	13	9
	ROUND 7	40	12	15	12
	ROUND 8	40	12	15	12
	ROUND 9	40	12	15	12
	ROUND 10	50	13	18	13
	ROUND 11	60	14	19	14
	ROUND 12	70	15	20	15

	JUMP ROPE (SINGLE UNDERS)	PULLUPS	JUMP SQUATS	PLYO PUSHUPS	
BEAST MODE	ROUND 1	30	5	15	5
	ROUND 2	30	5	15	5
	ROUND 3	30	5	15	5
	ROUND 4	50	7	20	7
	ROUND 5	50	7	20	7
	ROUND 6	50	7	20	7
	ROUND 7	70	9	22	9
	ROUND 8	70	9	22	9
	ROUND 9	70	9	22	9
	ROUND 10	80	12	25	12
	ROUND 11	90	15	27	15
	ROUND 12	100	18	30	18

	JUMP ROPE (SINGLE UNDERS)	45 LB PULLUPS	45 LB GOBLET SQUATS	SUPERMAN PLYO PUSHUPS	
TOTAL BEAST MODE	ROUND 1	30	3	10	3
	ROUND 2	30	3	10	3
	ROUND 3	30	3	10	3
	ROUND 4	50	5	13	5
	ROUND 5	50	5	13	5
	ROUND 6	50	5	13	5
	ROUND 7	70	7	15	7
	ROUND 8	70	7	15	7
	ROUND 9	70	7	15	7
	ROUND 10	80	8	18	8
	ROUND 11	90	9	19	9
	ROUND 12	100	10	20	10

CHALLENGE SCORING

	BASE	BEAST	TOTAL BEAST	
ATHLEAN XTREME	All 12 Rounds	All 12 Rounds	All 12 Rounds	WINNER BY KNOCKOUT
ATHLEAN ELITE	10-11 Rounds	10-11 Rounds	10-11 Rounds	WINNER BY DECISION
ATHLEAN PRO	8-9 Rounds	8-9 Rounds	8-9 Rounds	CONTENDER
ATHLEAN SOLID	7 Rounds	7 Rounds	7 Rounds	NICE BUT NOT NASTY
ATHLEAN BASIX	6 Rounds or Less	6 Rounds or Less	6 Rounds or Less	GLASS JAW

DAY 64 - TOTAL BODY WORKOUT I

BEAST STRENGTH CIRCUITS BEAST SIZE CIRCUITS BEAST EXPLOSIVE CIRCUITS TOTAL BEAST LEVEL

STRENGTH CIRCUIT x 4 ROUNDS (transition rest only between all exercises in this circuit - rest 90 to 120 seconds between completed strength circuits)	EXPLOSIVE RE-SPEED CIRCUIT x 2 ROUNDS (rest 30 seconds between exercises - rest 90 seconds between completed explosive circuits)
1A. DB Bench Press x 5-6 RM*	3. Plyo Pushups x BW for 8 Explosive Reps
1B. DB Rows x F - Use same weight as the previous exercise	4. Plyo Chinups x BW for 8 Explosive Reps
1C. Barbell Deadlifts x 5-6 RM*	5. Barbell Dead Rows x 15 RM for 8 Explosive Reps
SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 1) - Complete 30 reps of each exercise in alternating failure fashion
2A. Barbell Barbell OHP x 12 RM*	6A. Standing DB Curls x 30 (Use 10RM)
2B. Alternating Reverse Barbell Lunges x F - Use same weight as the previous exercise	6B. Floor DB Tricep Extensions x 30 (Use same weight from previous exercise)
2C. DB Side Lateral Raises x 12 RM*	

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

TOTAL BEAST: Perform STRENGTH CIRCUIT X 5, SIZE CIRCUIT X 4, EXPLOSIVE RE-SPEED CIRCUIT X 3, ARMS CIRCUIT X 1

DAY 65 - 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 66 - TOTAL BODY WORKOUT II

BEAST STRENGTH CIRCUITS BEAST SIZE CIRCUITS BEAST EXPLOSIVE CIRCUITS TOTAL BEAST LEVEL

NEURO-ACTIVATOR CIRCUIT x 2 ROUNDS (rest 30 seconds between exercises - rest 90 seconds between completed explosive circuits)	SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)
1. Plyo Pushups x BW for 8 Explosive Reps	5A. Barbell Barbell OHP x 12 RM*
2. Plyo Chinups x BW for 8 Explosive Reps	5B. Alt. Rev. Barbell Lunges x F - Use same weight as previous exercise
3. Barbell Dead Rows x 15 RM for 8 Explosive Reps	5C. DB Side Lateral Raises x 12 RM*
STRENGTH CIRCUIT x 4 ROUNDS (transition rest only between all exercises in this circuit - rest 90 to 120 seconds between completed strength circuits)	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 1) - Complete 30 reps of each exercise in alternating failure fashion
4A. DB Bench Press x 5-6 RM*	6A. Standing DB Curls x 30 (Use 10RM)
4B. DB Rows x F - Use same weight as the previous exercise	6B. Floor DB Tricep Extensions x 30 (Use same weight from previous exercise)
4C. Barbell Deadlifts x 5-6 RM*	

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

TOTAL BEAST: Perform STRENGTH CIRCUIT X 5, SIZE CIRCUIT X 4, EXPLOSIVE RE-SPEED CIRCUIT X 3, ARMS CIRCUIT X 1

DAY 67 - 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 68 - TOTAL BODY WORKOUT III

BEAST STRENGTH CIRCUITS BEAST SIZE CIRCUITS BEAST EXPLOSIVE CIRCUITS TOTAL BEAST LEVEL

P.A.P COMBOS x 4 EACH (transition rest only between exercises in each A/B combo - rest 90 to 120 seconds between completed PAP combos. Finish all rounds of an A/B combo before proceeding to the next.)	SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)
1A. Plyo Pushups x BW for 8 Explosive Reps	4A. Barbell OHP x 12 RM*
1B. DB Bench Press x 5-6 RM*	4B. Alt. Rev. Barbell Lunges x F - Use same weight as previous exercise
2A. Plyo Chinups x BW for 8 Explosive Reps	4C. DB Side Lateral Raises x 12 RM*
2B. Barbell Rows x 5-6 RM*	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 1) - Complete 30 reps of each exercise in alternating failure fashion
3A. DB Dead Rows x 15RM for 8 Explosive Reps	5A. Standing DB Curls x 30 (Use 10RM)
3B. Barbell Deadlifts x 5-6 RM*	5B. Floor DB Tricep Extensions x 30 (Use same weight from previous ex.)

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

TOTAL BEAST: Perform P.A.P. COMBOS X 5, SIZE CIRCUIT X 4, ARMS CIRCUIT X 1

DAY 71 - TOTAL BODY WORKOUT I

BEAST STRENGTH CIRCUITS

BEAST SIZE CIRCUITS

BEAST EXPLOSIVE CIRCUITS

TOTAL BEAST LEVEL

STRENGTH CIRCUIT x 4 ROUNDS (transition rest only between all exercises in this circuit - rest 90 to 120 seconds between completed strength circuits)	EXPLOSIVE RE-SPEED CIRCUIT x 2 ROUNDS (rest 30 seconds between exercises - rest 90 seconds between completed explosive circuits)
1A. DB OHP x 5-6RM*	3. DB Speed Push Press x 15 RM for 8 Explosive Reps
1B. DB High Pulls x F - Use same weight as the previous exercise	4. Dual Low Pulley Squat Row x 15 RM for 8 Explosive Reps
1C. Barbell Squats x 5-6RM*	5. DB Jump Squats x 15 RM for 8 Explosive Reps
SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 2) - Complete 30 reps of each exercise in alternating failure fashion
2A. DB Floor Flies x 12 RM*	6A. Cable Lip Buster Curls x 30 (Use 10RM)
2B. DB Floor Press x F - Use same weight as the previous exercise	6B. Reverse Grip Triceps Pushdowns x 30 (Use same weight as previous exercise)
2C. Alternating Reverse DB Lunges x 12 RM*	

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

TOTAL BEAST: Perform STRENGTH CIRCUIT X 5, SIZE CIRCUIT X 4, EXPLOSIVE RE-SPEED CIRCUIT X 3, ARMS CIRCUIT X 1

DAY 72 - 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 73 - TOTAL BODY WORKOUT II

BEAST STRENGTH CIRCUITS

BEAST SIZE CIRCUITS

BEAST EXPLOSIVE CIRCUITS

TOTAL BEAST LEVEL

NEURO-ACTIVATOR CIRCUIT x 2 ROUNDS	SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)
1. DB Speed Push Press x 15 RM for 8 Explosive Reps	5A. DB Floor Flies x 12 RM*
2. Dual Low Pulley Squat Row x 15 RM for 8 Explosive Reps	5B. DB Floor Press x F - Use same weight as the previous exercise
3. DB Jump Squats x 15 RM for 8 Explosive Reps	5C. Alternating Reverse DB Lunges x 12 RM*
STRENGTH CIRCUIT x 4 ROUNDS (transition rest only between all exercises in this circuit - rest 90 to 120 seconds between completed strength circuits)	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 2) - Complete 30 reps of each exercise in alternating failure fashion
4A. DB OHP x 5-6 RM*	6A. Cable Lip Buster Curls x 30 (Use 10RM)
4B. DB High Pulls x F - Use same weight as the previous exercise	6B. Reverse Grip Triceps Pushdowns x 30 (Use same weight as previous exercise)
4C. Barbell Squats x 5-6 RM*	

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

TOTAL BEAST: Perform STRENGTH CIRCUIT X 5, SIZE CIRCUIT X 4, EXPLOSIVE RE-SPEED CIRCUIT X 3, ARMS CIRCUIT X 1

DAY 74 - 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 75 - TOTAL BODY WORKOUT III

BEAST STRENGTH CIRCUITS

BEAST SIZE CIRCUITS

BEAST EXPLOSIVE CIRCUITS

TOTAL BEAST LEVEL

P.A.P COMBOS x 4 EACH (transition rest only between exercises in each A/B combo - rest 90 to 120 seconds between completed PAP combos. Finish all rounds of an A/B combo before proceeding to the next.)	SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)
1A. DB Speed Push Press x 15RM for 8 Explosive Reps	4A. DB Floor Flies x 12 RM*
1B. DB OHP x 5-6 RM*	4B. DB Floor Press x F - Use same weight as the previous exercise
2A. DB Jump Squats x 15RM for 8 Explosive Reps	4C. Alternating Reverse DB Lunges x 12 RM*
2B. Barbell Squats x 5-6 RM*	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 2) - Complete 30 reps of each exercise in alternating failure fashion
3A. Dual Low Pulley Squat Row x 15RM for 8 Explosive Reps	5A. Cable Lip Buster Curls x 30 (Use 10RM)
3B. DB High Pulls x 5-6 RM*	5B. Reverse Grip Triceps Pushdowns x 30 (Use same weight as previous exercise)

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

TOTAL BEAST: Perform P.A.P. COMBOS X 5, SIZE CIRCUIT X 4, ARMS CIRCUIT X 1

DAY 78 - TOTAL BODY WORKOUT I

BEAST STRENGTH CIRCUITS BEAST SIZE CIRCUITS BEAST EXPLOSIVE CIRCUITS TOTAL BEAST LEVEL

STRENGTH CIRCUIT x 4 ROUNDS (transition rest only between all exercises in this circuit - rest 90 to 120 seconds between completed strength circuits)	EXPLOSIVE RE-SPEED CIRCUIT x 2 ROUNDS (rest 30 seconds between exercises - rest 90 seconds between completed explosive circuits)
1A. Weighted Dips x 5-6 RM*	3. Plyo Dips x BW for 8 Explosive Reps
1B. Weighted Chins x F - Use same weight as the previous exercise	4. DB Cleans x 15 RM for 8 Explosive Reps
1C. Barbell RDL's x 5-6 RM*	5. DB Swings x 15 RM for 8 Explosive Reps
SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 3)
2A. Barbell Squats x 12 RM*	6A. Incline Lying DB Tricep Extensions
2B. Barbell Shrugs x F - Use same weight as the previous exercise	6B. DB Spider Curls
2C. BW Barbell OHP x F	

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

TOTAL BEAST: Perform STRENGTH CIRCUIT X 5, SIZE CIRCUIT X 4, EXPLOSIVE RE-SPEED CIRCUIT X 3, ARMS CIRCUIT X 1

DAY 79 - 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 80 - TOTAL BODY WORKOUT II

BEAST STRENGTH CIRCUITS BEAST SIZE CIRCUITS BEAST EXPLOSIVE CIRCUITS TOTAL BEAST LEVEL

NEURO-ACTIVATOR CIRCUIT x 2 ROUNDS	SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)
1. Plyo Dips x BW for 8 Explosive Reps	5A. Barbell Squats x 12 RM*
2. DB Cleans x 15 RM for 8 Explosive Reps	5B. Barbell Shrugs x F - Use same weight as the previous exercise
3. DB Swings x 15 RM for 8 Explosive Reps	5C. BW Barbell OHP x F
STRENGTH CIRCUIT x 4 ROUNDS (transition rest only between all exercises in this circuit - rest 90 to 120 seconds between completed strength circuits)	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 3)
4A. Weighted Dips x 5-6 RM*	6A. Incline Lying DB Tricep Extensions
4B. Weighted Chins x F - Use same weight as the previous exercise	6B. DB Spider Curls
4C. Barbell RDL's x 5-6 RM*	

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

TOTAL BEAST: Perform STRENGTH CIRCUIT X 5, SIZE CIRCUIT X 4, EXPLOSIVE RE-SPEED CIRCUIT X 3, ARMS CIRCUIT X 1

DAY 81 - 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 82 - TOTAL BODY WORKOUT III

BEAST STRENGTH CIRCUITS BEAST SIZE CIRCUITS BEAST EXPLOSIVE CIRCUITS TOTAL BEAST LEVEL

P.A.P COMBOS x 4 EACH (transition rest only between exercises in each A/B combo - rest 90 to 120 seconds between completed PAP combos. Finish all rounds of an A/B combo before proceeding to the next.)	SIZE CIRCUIT x 3 ROUNDS (transition rest only between all exercises in this circuit - rest 60 to 90 seconds between completed size circuits)
1A. Plyo Dips x BW for 8 Explosive Reps	4A. Barbell Squats x 12 RM*
1B. Weighted Dips x 5-6 RM*	4B. Barbell Shrugs x F - Use same weight as the previous exercise
2A. DB Cleans x 15RM for 8 Explosive Reps	4C. BW Barbell OHP x F
2B. Weighted Chins x 5-6 RM*	ARMS CIRCUIT x 1 ROUND (SHACKLED BEAST 3) - Complete 30 reps of each exercise in alternating failure fashion
3A. DB Swings x 15RM for 8 Explosive Reps	5A. Incline Lying DB Tricep Extensions x 30 (Use 10RM)
3B. Barbell RDL's x 5-6 RM*	5B. DB Spider Curls x 30 (Use same weight from previous exercise)

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

TOTAL BEAST: Perform P.A.P. COMBOS X 5, SIZE CIRCUIT X 4, ARMS CIRCUIT X 1

CT FLETCHER'S ULTIMATE BEAST GAUNTLET CHALLENGE

In Today's workout you will be attempting to get through 200 rep Gauntlets for each of 3 exercises, working through all 200 reps of a Gauntlet for a given exercise before you move to the next. Complete 20 reps of each exercises in order (rest-pausing if needed) and repeat 5 times, dropping the weights used by 5lbs each set. From here, work your way back up 20 reps at a time with the weights increasing by 5lbs each set. Your final 20 reps will be completed with your starting weight. BASE will start with 1/6 BW, BEAST with 1/5 BW and TOTAL BEAST with 1/4 BW for each:

1. DB FRONT SQUATS X 200 REPS
2. DB PUSH PRESS X 200 REPS
3. RENEGADE ROWS X 200 REPS

How

Set 1	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW in each hand x 20 reps
Set 2	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 5lbs in each hand x 20 reps
Set 3	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 10lbs in each hand x 20 reps
Set 4	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 15lbs in each hand x 20 reps
Set 5	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 20lbs in each hand x 20 reps
Set 6	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 20lbs in each hand x 20 reps
Set 7	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 15lbs in each hand x 20 reps
Set 8	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 10lbs in each hand 20 reps
Set 9	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW minus 5lbs in each hand 20 reps
Set 10	BASE 1/6 BW / BEAST 1/5 BW / TOTAL BEAST 1/4 BW in each hand x 20 reps

Note: Perform bodyweight squats, pushups, and knees bent inverted rows if you run out of weights to use during drop sets

CHALLENGE SCORING

	BASE	BEAST	TOTAL BEAST	WEAPON OF CHOICE
ATHLEAN XTREME	All 30 Rounds	All 30 Rounds	All 30 Rounds	BEAST A** MOTHER F**CKER
ATHLEAN ELITE	26-29	26-29	26-29	COMMANDER OF GROWTH
ATHLEAN PRO	23-25	23-25	23-25	MAGNIFICENTLY OBSESSED
ATHLEAN SOLID	21-22	21-22	21-22	YOU AIN'T SO BAD
ATHLEAN BASIX	Less than 20	Less than 20	Less than 20	ISYMFS

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.