

# ATHLEAN-NXT

## BREAKING POINT TRAINING PHASE

### WEEK 1

#### How to perform this week's BREAKING POINT Workouts (M, T, F, Sat)

Each workout has a predetermined "breaking point" or goal total that you must reach as quickly as possible using good form throughout. You get there by choosing one exercise from alternating groups, performing them as instructed to failure and then calculating your points earned. You can not choose the same exercise from any one group two times in a row. When you complete your breaking point number, log the total elapsed time of your workout and you are finished. Save this number (enter it into the scoring panel below your workout in athlean online) and aim to beat this performance in week 3 when you reattempt this workout as part of the X-14 Challenge.

#### MONDAY CHEST (TODAY'S BREAKING POINT NUMBER - 205)

##### GROUPING 1 - PUSHUP GROUP

Bodyweight Pushups ( $\frac{1}{2}$  Point)  
Clapping Plyo Pushups (1 Point)  
Springboard Pushups (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - BENCH GROUP

Bench 20% Less Than Bodyweight ( $\frac{1}{2}$  Point)  
Bench Your Bodyweight (1 Point)  
Bench 50% More Than Bodyweight (1  $\frac{1}{2}$  Points)

#### TUESDAY LEGS (TODAY'S BREAKING POINT NUMBER - 200)

##### GROUPING 1 - SQUAT GROUP

Squat 20% Less Than Bodyweight ( $\frac{1}{2}$  Point)  
Squat Your Bodyweight (not bodyweight squats!) (1 Point)  
Squat 50% More Than Bodyweight (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - LUNGE GROUP (Use combined dumbbell weight that is 25% of your BW)

DB Reverse Lunges (each right/left leg equals one rep) ( $\frac{1}{2}$  Point)  
DB Side Lunges (each right/left leg equals one rep) (1 Point)  
DB Drop Step Lunges (each right/left leg equals one rep) (1  $\frac{1}{2}$  Points)

#### WEDNESDAY THE ARM BREAKER - WEEK 1

#### How to perform this week's ARM BREAKER Workout

You will only need to perform two exercises in this workout...one for triceps and one for biceps. You will simply alternate back and forth between the two performing 10 reps at a time (using a weight that you would normally fail at 10-12 reps with) until you have completed all 200 reps. You are not allowed to move on from one exercise to the next until you have completed all 10 reps of an individual set. This may require you to perform some rest/pause reps along the way. That's fine. Rest time between the exercises should be kept to a minimum as this will be a timed workout that you will have to improve upon in day 3 of the grueling 10 day X-14 Challenge!

Lying DB Triceps X-Tensions x 10 (Using 10-12 RM) 10 SETS (\*\*)  
Standing DB Curls x 10 (Using 10-12 RM) 10 SETS

# ATHLEAN-NXT

## BREAKING POINT TRAINING PHASE WEEK 1

### How to perform this week's BREAKING POINT Workouts (M, T, F, Sat)

Each workout has a predetermined "breaking point" or goal total that you must reach as quickly as possible using good form throughout. You get there by choosing one exercise from alternating groups, performing them as instructed to failure and then calculating your points earned. You can not choose the same exercise from any one group two times in a row. When you complete your breaking point number, log the total elapsed time of your workout and you are finished. Save this number (enter it into the scoring panel below your workout in athlean online) and aim to beat this performance in week 3 when you reattempt this workout as part of the X-14 Challenge.

### THURSDAY OFF

### FRIDAY SHOULDERS (TODAY'S BREAKING POINT NUMBER - 190)

#### GROUPING 1 - PRESSING GROUP

Power Pushaways ( $\frac{1}{2}$  Point)

DB Shoulder Press (using 10-12 RM) (1 Point)

Handstand Pushups (1  $\frac{1}{2}$  Points)

#### GROUPING 2 - LATERAL RAISE GROUP

Door Jammers (every 5 seconds =  $\frac{1}{2}$  point) ( $\frac{1}{2}$  Point) Be sure to push as hard as you can!

DB Side Lateral Raises (using 10-12RM) (1 Point)

DB Side Lateral Raises - 1  $\frac{1}{2}$  rep style (using same weight as used on regular side lateral raises) (1  $\frac{1}{2}$  Points)

### SATURDAY BACK (TODAY'S BREAKING POINT NUMBER - 205)

#### GROUPING 1 - PULLUP GROUP

Band Assisted Pullups (approx. 40% unweighted) ( $\frac{1}{2}$  Point)

Bodyweight Pullups (1 Point)

Weighted Pullups (with 25% of bodyweight held between feet) (1  $\frac{1}{2}$  Points)

#### GROUPING 2 - ROW GROUP

Barbell Rows (using 10-12 RM) ( $\frac{1}{2}$  Point)

DB Dead Rows (using 10-12 RM) (1 Point)

Barbell Split Rows (use same weight as on barbell rows) (1  $\frac{1}{2}$  Points)

### SUNDAY OFF

# ATHLEAN-NXT

## BREAKING POINT TRAINING PHASE WEEK 2

### How to perform this week's COUNTER POINT Workouts (M, T, F, Sat)

Each workout this week has a predetermined "counter point" time allowance of 30 minutes. Within this time your goal is to attempt to accumulate as many points as you can by performing the exercises in the groupings below with good form throughout. Choose an exercise from grouping one, perform it to failure, then quickly transition to grouping two and do the same with one of the three exercises listed. Continue to bounce back and forth between each grouping (accumulating as many points as you can along the way) until your 30 minutes have elapsed. Remember, you may NOT select the same exercise from a single group two times in a row. At the end of your workout, be sure to calculate your counter point total and enter it into the scoring panel below your workout in athlean online! Aim to beat this performance in week 4 when you reattempt this workout as part of the X-14 Challenge.

### MONDAY CHEST (TODAY'S COUNTER POINT TIME - 30 MINUTES)

#### GROUPING 1 - INCLINE BENCH GROUP

Incline Bench 20% Less than BW ( $\frac{1}{2}$  Point)  
Incline Bench Your BW (1 Point)  
Incline Bench 25% More than BW (1  $\frac{1}{2}$  Points)

#### GROUPING 2 - DIP GROUP

Bodyweight Dips ( $\frac{1}{2}$  Point)  
Bodyweight Dips (performed in 1  $\frac{1}{2}$  rep style) (1 Point)  
Weighted Dips (using 25% of your BW) (1  $\frac{1}{2}$  Points)

### TUESDAY LEGS (TODAY'S COUNTER POINT TIME - 30 MINUTES)

#### GROUPING 1 - DEADLIFT GROUP

Deadlift Your Bodyweight ( $\frac{1}{2}$  Point)  
Deadlift 50% More Than Your Bodyweight (1 Point)  
Deadlift Twice Your Bodyweight (1  $\frac{1}{2}$  Points)

#### GROUPING 2 - JUMPING GROUP

Box Jump 18" Height ( $\frac{1}{2}$  Point)  
Box Jump 24" Height (1 Point)  
Box Jump 30" Height (1  $\frac{1}{2}$  Points)

### WEDNESDAY THE ARM BREAKER - WEEK 2

### How to perform this week's ARM BREAKER Workout

You will need to complete 50 perfect reps of a legs straight bodyweight triceps extension. Conceding the fact that you will likely NOT do this in one attempt, you will need to perform barbell curls to failure (using your 10-12 RM) every time you must take a break on your way to 50 triceps extensions! Once completed, you'll want to keep your rest time to a minimum (the clock is running!) and then move onto the second and final half of the workout. Here, you will need to complete 50 perfect reps of knees bent inverted chin curls. Each time you are forced to break along the way, perform close grip bench presses using your 10-12 RM weight to failure!). Continue until you've finished all 50 reps of Bodyweight Extensions and Inverted Chin Curls (as well as however many penalty reps of curls and close grip bench you "earned" along the way! Note your time taken to completion and log it in the scoring panel below your workout in athlean online and aim to beat this performance in week 4 when you reattempt this workout as part of the X-14 Challenge.

Bodyweight Triceps Extensions (legs straight) to 50 Reps ⇐  
Barbell Curls using 10-12 RM to Failure every time you break  
Inverted Chin Curls (knees bent) to 50 Reps ⇐  
Close Grip Bench using 10-12 RM to Failure every time you break

# ATHLEAN-NXT

## BREAKING POINT TRAINING PHASE

### WEEK 2

#### How to perform this week's COUNTER POINT Workouts (M, T, F, Sat)

Each workout this week has a predetermined "counter point" time allowance of 30 minutes. Within this time your goal is to attempt to accumulate as many points as you can by performing the exercises in the groupings below with good form throughout. Choose an exercise from grouping one, perform it to failure, then quickly transition to grouping two and do the same with one of the three exercises listed. Continue to bounce back and forth between each grouping (accumulating as many points as you can along the way) until your 30 minutes have elapsed. Remember, you may NOT select the same exercise from a single group two times in a row. At the end of your workout, be sure to calculate your counter point total and enter it into the scoring panel below your workout in athlean online! Aim to beat this performance in week 4 when you reattempt this workout as part of the X-14 Challenge.

#### THURSDAY OFF

#### FRIDAY SHOULDERS (TODAY'S COUNTER POINT TIME - 30 MINUTES)

##### GROUPING 1 - PLATE GROUP

Standing Plate Press (using 10-12 RM on Plate 8's) ( $\frac{1}{2}$  Point)

Plate 8's (using 10-12 RM) (1 Point)

Band Resisted Plate 8's (using 10-12 RM on Plate 8's) ( $1 \frac{1}{2}$  Points)

##### GROUPING 2 - POWER PRESS GROUP

Clean and Press (using 10-12 RM on military press) ( $\frac{1}{2}$  Point)

Military Press (using 10-12 RM) (1 Point)

Clean and Press w/ Front Squat (using 10-12 RM on military press) ( $1 \frac{1}{2}$  Points)

#### SATURDAY BACK (TODAY'S COUNTER POINT TIME - 30 MINUTES)

##### GROUPING 1 - PULLDOWN GROUP

Underhand Grip Pulldowns (using 10-12 RM on Prone Handle Pulldowns) ( $\frac{1}{2}$  Point)

Prone Handle Pulldowns (using 10-12 RM) (1 Point)

Prone Handle Pulldowns  $1 \frac{1}{2}$  reps (using 10-12 RM) ( $1 \frac{1}{2}$  Points)

##### GROUPING 2 - ROW GROUP

Inverted Row (knees bent) ( $\frac{1}{2}$  Point)

Inverted Row (legs straight) (1 Point)

Inverted Row (legs elevated) ( $1 \frac{1}{2}$  Points)

#### SUNDAY OFF

# ATHLEAN-NXT

## BREAKING POINT TRAINING PHASE WEEK 3

### How to perform the workouts in the X-14 CHALLENGE

10 workouts in 14 days...each one counting towards your final score for this month's challenge. Welcome to the X-14! You will be getting a second crack at each of the 10 workouts that made up your first two weeks of training in Breaking Point, except this time, improvement is mandatory. In order to obtain a perfect 10 out of 10 score you will have to log faster times than you did in each of your Breaking Point workouts in week 1 and higher Counter Point totals than you did in each of the workouts in week 2. Your attack plan can differ this time around if you choose. The exercises that you select, the order you select them, etc can all change. The only rule that still applies is that good form must be used in all instances and you cannot repeat the same exercise from a given group two times in a row. How will you do? Will you dig deep and unleash your best or will you break under the pressure? We're about to find out.

### **MONDAY CHEST (TODAY'S BREAKING POINT NUMBER - BEAT YOUR TIME FROM WEEK 1!)**

#### GROUPING 1 - PUSHUP GROUP

Bodyweight Pushups ( $\frac{1}{2}$  Point)  
Clapping Plyo Pushups (1 Point)  
Springboard Pushups (1  $\frac{1}{2}$  Points)

#### GROUPING 2 - BENCH GROUP

Bench 20% Less Than Bodyweight ( $\frac{1}{2}$  Point)  
Bench Your Bodyweight (1 Point)  
Bench 50% More Than Bodyweight (1  $\frac{1}{2}$  Points)

### **TUESDAY LEGS (TODAY'S BREAKING POINT NUMBER - BEAT YOUR TIME FROM WEEK 1!)**

#### GROUPING 1 - SQUAT GROUP

Squat 20% Less Than Bodyweight ( $\frac{1}{2}$  Point)  
Squat Your Bodyweight (not bodyweight squats!) (1 Point)  
Squat 50% More Than Bodyweight (1  $\frac{1}{2}$  Points)

#### GROUPING 2 - LUNGE GROUP (Use combined dumbbell weight that is 25% of your BW)

DB Reverse Lunges (each right/left leg equals one rep) ( $\frac{1}{2}$  Point)  
DB Side Lunges (each right/left leg equals one rep) (1 Point)  
DB Drop Step Lunges (each right/left leg equals one rep) (1  $\frac{1}{2}$  Points)

### **WEDNESDAY THE ARM BREAKER - WEEK 3**

### How to perform this week's ARM BREAKER Workout

Once again, you face the Arm Breaker and this time, your goal is to complete this workout in less time than it took you in Week 1. Remember, sacrificing form for reps is not allowed. If you must rest/pause to get to your goal rep total, then so be it. The goal is to simply try and push yourself even just a bit more than you did the first time around to ensure a better performance...and continued progress! Good luck!

Lying DB Triceps X-Tensions x 10 (Using 10-12 RM) **10 SETS** (---)  
Standing DB Curls x 10 (Using 10-12 RM) **10 SETS**

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## BREAKING POINT TRAINING PHASE

### WEEK 3

#### How to perform the workouts in the X-14 CHALLENGE

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#### THURSDAY OFF

#### FRIDAY SHOULDERS (TODAY'S BREAKING POINT NUMBER - BEAT YOUR TIME FROM WEEK 1!)

##### GROUPING 1 - PRESSING GROUP

Power Pushaways ( $\frac{1}{2}$  Point)

DB Shoulder Press (using 10-12 RM) (1 Point)

Handstand Pushups (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - LATERAL RAISE GROUP

Door Jammers (every 5 seconds =  $\frac{1}{2}$  point) ( $\frac{1}{2}$  Point) Be sure to push as hard as you can!

DB Side Lateral Raises (using 10-12RM) (1 Point)

DB Side Lateral Raises - 1  $\frac{1}{2}$  rep style (using same weight as used on regular side lateral raises) (1  $\frac{1}{2}$  Points)

#### SATURDAY BACK (TODAY'S BREAKING POINT NUMBER - BEAT YOUR TIME FROM WEEK 1!)

##### GROUPING 1 - PULLUP GROUP

Band Assisted Pullups (approx. 40% unweighted) ( $\frac{1}{2}$  Point)

Bodyweight Pullups (1 Point)

Weighted Pullups (with 25% of bodyweight held between feet) (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - ROW GROUP

Barbell Rows (using 10-12 RM) ( $\frac{1}{2}$  Point)

DB Dead Rows (using 10-12 RM) (1 Point)

Barbell Split Rows (use same weight as on barbell rows) (1  $\frac{1}{2}$  Points)

#### SUNDAY OFF

# ATHLEAN-NXT

## BREAKING POINT TRAINING PHASE

### WEEK 4

#### How to perform the workouts in the X-14 CHALLENGE

10 workouts in 14 days...each one counting towards your final score for this month's challenge. Welcome to the X-14! You will be getting a second crack at each of the 10 workouts that made up your first two weeks of training in Breaking Point, except this time, improvement is mandatory. In order to obtain a perfect 10 out of 10 score you will have to log faster times than you did in each of your Breaking Point workouts in week 1 and higher Counter Point totals than you did in each of the workouts in week 2. Your attack plan can differ this time around if you choose. The exercises that you select, the order you select them, etc can all change. The only rule that still applies is that good form must be used in all instances and you cannot repeat the same exercise from a given group two times in a row. How will you do? Will you dig deep and unleash your best or will you break under the pressure? We're about to find out.

#### **MONDAY CHEST (TODAY'S COUNTER POINT TIME - BEAT YOUR SCORE FROM WEEK 2!)**

##### GROUPING 1 - INCLINE BENCH GROUP

Incline Bench 20% Less than BW ( $\frac{1}{2}$  Point)

Incline Bench Your BW (1 Point)

Incline Bench 25% More than BW (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - DIP GROUP

Bodyweight Dips ( $\frac{1}{2}$  Point)

Bodyweight Dips (performed in 1  $\frac{1}{2}$  rep style) (1 Point)

Weighted Dips (using 25% of your BW) (1  $\frac{1}{2}$  Points)

#### **TUESDAY LEGS (TODAY'S COUNTER POINT TIME - BEAT YOUR SCORE FROM WEEK 2!)**

##### GROUPING 1 - DEADLIFT GROUP

Deadlift Your Bodyweight ( $\frac{1}{2}$  Point)

Deadlift 50% More Than Your Bodyweight (1 Point)

Deadlift Twice Your Bodyweight (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - JUMPING GROUP

Box Jump 18" Height ( $\frac{1}{2}$  Point)

Box Jump 24" Height (1 Point)

Box Jump 30" Height (1  $\frac{1}{2}$  Points)

#### **WEDNESDAY THE ARM BREAKER - WEEK 4**

#### How to perform this week's ARM BREAKER Workout

Once again, you face the Arm Breaker and this time, your goal is to complete this workout in less time than it took you in Week 2. Remember, sacrificing form for reps is not allowed. The goal is to simply try and push yourself even just a bit more than you did the first time around to ensure a better performance...and continued progress! Good luck!

Bodyweight Triceps Extensions (legs straight) to 50 Reps \*\*

Barbell Curls using 10-12 RM to Failure every time you break

Inverted Chin Curls (knees bent) to 50 Reps \*\*

Close Grip Bench using 10-12 RM to Failure every time you break

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### WEEK 4

#### How to perform the workouts in the X-14 CHALLENGE

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#### THURSDAY OFF

#### FRIDAY SHOULDERS (TODAY'S COUNTER POINT TIME - BEAT YOUR SCORE FROM WEEK 2!)

##### GROUPING 1 - PLATE GROUP

Standing Plate Press (using 10-12 RM on Plate 8's) ( $\frac{1}{2}$  Point)

Plate 8's (using 10-12 RM) (1 Point)

Band Resisted Plate 8's (using 10-12 RM on Plate 8's) (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - POWER PRESS GROUP

Clean and Press (using 10-12 RM on military press)( $\frac{1}{2}$  Point)

Military Press (using 10-12 RM) (1 Point)

Clean and Press w/ Front Squat (using 10-12 RM on military press) (1  $\frac{1}{2}$  Points)

#### SATURDAY BACK (TODAY'S COUNTER POINT TIME - BEAT YOUR SCORE FROM WEEK 2!)

##### GROUPING 1 - PULLDOWN GROUP

Underhand Grip Pulldowns (using 10-12 RM on Prone Handle Pulldowns)( $\frac{1}{2}$  Point)

Prone Handle Pulldowns (using 10-12 RM) (1 Point)

Prone Handle Pulldowns 1 1/2 reps (using 10-12 RM) (1  $\frac{1}{2}$  Points)

##### GROUPING 2 - ROW GROUP

Inverted Row (knees bent) ( $\frac{1}{2}$  Point)

Inverted Row (legs straight) (1 Point)

Inverted Row (legs elevated) (1  $\frac{1}{2}$  Points)

#### SUNDAY OFF

##### X-14 CHALLENGE SCORING

**ATHLEAN BASIX** - BEAT YOUR SCORE 5 TIMES OR LESS! (TOO WEAK FOR THESE 2 WEEKS!)

**ATHLEAN SOLID** - BEAT YOUR SCORE 6 OUT 10 TIMES! (BREAKIN YOU IN!)

**ATHLEAN PRO** - BEAT YOUR SCORE 7-8 OUT OF 10 TIMES! (ON POINT)

**ATHLEAN ELITE** - BEAT YOUR SCORE 9 OUT OF 10 TIMES! (BREAKING BAD-ASS!)

**ATHLEAN XTREME** - BEAT YOUR SCORE 10 OUT OF 10 TIMES! (UNBREAKABLE!)