

ATHLEAN-NXT

THE 4 HORSEMEN TRAINING PHASE WEEK 1

How to Perform The 4 Horsemen Workouts

Welcome to the 4 Horsemen Training Phase - Can you believe it? The 12th month of NXT is here already, and with it...the arrival of the 4 horsemen to usher in the Athlean Apocalypse...or are they? You see, instead of all things evil (we'll save that for next month...YES, there will be a next month!), the fearsome foursome are here to close out your first year of NXT level training with one helluva ride. That said, the only war being waged here is on your muscles (and your will) using what I regard to be the 4 most powerful, results producing exercises in my stable of thousands! That's right, prepare to launch an all out attack on your body with just 4 carefully selected exercises and 4 brutally intense workouts per week. Whoa...you didn't think that was all did you? This is NXT after all! Introducing the "Finishers"...15 of them to be exact. Each one standing in the way of you successfully completing your day's work. Based around (you guessed it) 4 grueling training progressions, you'll be required to gut your way through one test at a time, only to have the Apocalypse-X Challenge waiting to determine your fate and passage into year two. Oh yes, the horsemen ride again. Better saddle up and come ready to train!

- Rest Time between heavy sets - 2 minutes

- Rest Time between light sets - 1 minute

MONDAY STRENGTH WORKOUT 1

INSTRUXIONS: In each workout this month you will be performing two of your four horsemen exercises...one heavy and one light. The heavy sets will be performed in the 3-5RM range while the light sets should take you to failure in the 15-20 rep range. Seven sets of each are to be completed. Rest times of 2 minutes between heavy sets and 1 minute between light sets are permitted. After all 14 sets are done, a "finisher" must be conquered in order to put an end to your workout! The finisher will follow one of four different training styles and will be detailed on each day.

1. **HEAVY** - Deadlifts 7 x 4 (Use 3-5 RM)
2. **LIGHT** - DB Incline Bench Press 7 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: 200 in 4 (or less!)

Tubing Jackhammers x 200 reps

Finisher Note: Your task is to complete 200 reps in 4 sets or less. Each time you must break, you are allowed just 30 seconds rest! Feel the burn. Use resistance bands that provide moderate tension throughout the rep.

TUESDAY STRENGTH WORKOUT 2

1. **LIGHT** - DB Bulgarian Split Squats 7 x 15-20 each leg (Use 15-20 RM)
2. **HEAVY** - Barbell Underhand Row 7 x 4 (Use 3-5 RM)

TODAY'S FINISHER: Run the Rack!

Bicep Curl - Run the Rack

Finisher Note: Start with your 12RM and perform a set to failure. Grab the next available lighter set of dumbbells and perform to failure again. Continue "running the rack" in descending fashion until you're left using the lightest pair of available dumbbells (or can't perform a single rep in good form with a weight along the way).

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THE 4 HORSEMEN TRAINING PHASE WEEK 1

WEDNESDAY OFF

THURSDAY STRENGTH WORKOUT 3

1. **HEAVY** - DB Incline Bench Press 7 x 4 (Use 3-5 RM)
2. **LIGHT** - Deadlifts 4 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: "Stop" Ladder!

Step Up Thrusts on each leg

Finisher Note: Perform the "Stop" Ladder by alternating increasing reps (beginning at 1 and working up to 10) with increasingly longer static isometric holds. For instance, perform one rep and then hold in peak tension for 1 second. Perform 2 reps and hold for 2 seconds. Three reps and 3 seconds, etc. Once you've "climbed" the ladder you still have to come down! Work back to 1 (starting at 9) using the same rep/hold cadence.

FRIDAY STRENGTH WORKOUT 4

1. **LIGHT** - Barbell Underhand Row 7 x 15-20 (Use 15-20 RM)
2. **HEAVY** - DB Bulgarian Split Squats 7 x 4 (Use 3-5 RM)

TODAY'S FINISHER: Rep-2-Rest

Cobra Burpees x 10-25-50-25-10

Finisher Note: The Rep-2-Rest format describes your work to rest ratio during the finisher. For each prescribed number of reps completed you are to rest for twice that long in seconds... before resuming your march through the remaining reps. For instance, you'll perform 10 reps, rest 20 seconds, perform 25 reps, rest 50 seconds, perform 50 reps, rest 100 seconds (1 minute and 40 seconds) etc. Try to complete all 120 reps while sticking closely to the prescribed rest periods.

SATURDAY OFF

SUNDAY OFF

ATHLEAN-NXT

THE 4 HORSEMEN TRAINING PHASE WEEK 2

How to Perform The 4 Horsemen Workouts

Welcome to the 4 Horsemen Training Phase - Can you believe it? The 12th month of NXT is here already, and with it...the arrival of the 4 horsemen to usher in the Athlean Apocalypse...or are they? You see, instead of all things evil (we'll save that for next month...YES, there will be a next month!), the fearsome foursome are here to close out your first year of NXT level training with one helluva ride. That said, the only war being waged here is on your muscles (and your will) using what I regard to be the 4 most powerful, results producing exercises in my stable of thousands! That's right, prepare to launch an all out attack on your body with just 4 carefully selected exercises and 4 brutally intense workouts per week. Whoa...you didn't think that was all did you? This is NXT after all! Introducing the "Finishers"...15 of them to be exact. Each one standing in the way of you successfully completing your day's work. Based around (you guessed it) 4 grueling training progressions, you'll be required to gut your way through one test at a time, only to have the Apocalypse-X Challenge waiting to determine your fate and passage into year two. Oh yes, the horsemen ride again. Better saddle up and come ready to train!

- Rest Time between heavy sets - 2 minutes
- Rest Time between light sets - 1 minute

MONDAY STRENGTH WORKOUT 1

1. **LIGHT** - DB Bulgarian Split Squats 7 x 15-20 each leg (Use 15-20 RM)
2. **HEAVY** - Barbell Underhand Row 7 x 4 (Use 3-5 RM)

TODAY'S FINISHER: Rep-2-Rest

Kettlebell/DB Swings x 10-25-50-25-10

Finisher Note: The Rep-2-Rest format describes your work to rest ratio during the finisher. For each prescribed number of reps completed you are to rest for twice that long in seconds... before resuming your march through the remaining reps. For instance, you'll perform 10 reps, rest 20 seconds, perform 25 reps, rest 50 seconds, perform 50 reps, rest 100 seconds (1 minute and 40 seconds) etc. Try to complete all 120 reps while sticking closely to the prescribed rest periods.

TUESDAY STRENGTH WORKOUT 2

1. **HEAVY** - Deadlifts 7 x 4 (Use 3-5 RM)
2. **LIGHT** - DB Incline Bench Press 7 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: 200 in 4 (or less!)

Jump Rope - Single Leg Hops x 200 each foot!

Finisher Note: Your task is to complete 200 total reps in 4 sets or less. Each time you must break, you are allowed just 30 seconds rest! Feel the burn. Use resistance bands that provide moderate tension throughout the rep.

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THE 4 HORSEMEN TRAINING PHASE WEEK 2

WEDNESDAY OFF

THURSDAY STRENGTH WORKOUT 3

1. **LIGHT** - Barbell Underhand Row 7 x 15-20 (Use 15-20 RM)
2. **HEAVY** - DB Bulgarian Split Squats 7 x 4 (Use 3-5 RM)

TODAY'S FINISHER: "Stop" Ladder!

Navy Seal Pushup Pyramid

Finisher Note: Perform the "Stop" Ladder by alternating increasing reps (beginning at 1 and working up to 10) with increasingly longer static isometric holds. For instance, perform one rep and then hold in peak tension for 1 second. Perform 2 reps and hold for 2 seconds. Three reps and 3 seconds, etc. Once you've "climbed" the ladder you still have to come down! Work back to 1 (starting at 9) using the same rep/hold cadence.

FRIDAY STRENGTH WORKOUT 4

1. **HEAVY** - DB Incline Bench Press 7 x 4 (Use 3-5 RM)
2. **LIGHT** - Deadlifts 4 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: Run the Stack!

Tricep Pushdown - Run the Stack

Finisher Note: Start with your 12RM and perform a set to failure. Drop the pin to the next lighter weight increment and perform to failure again. Continue "running the stack" in descending fashion until you're left using the lightest weight available on the stack (or can't perform a single rep in good form with a weight along the way).

SATURDAY OFF

SUNDAY OFF

ATHLEAN-NXT

THE 4 HORSEMEN TRAINING PHASE WEEK 3

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- Rest Time between heavy sets - 2 minutes
- Rest Time between light sets - 1 minute

MONDAY STRENGTH WORKOUT 1

1. **HEAVY** - Deadlifts 7 x 4 (Use 3-5 RM)
2. **LIGHT** - DB Incline Bench Press 7 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: Rep-2-Rest

KB High Pull Swings x 10-25-50-25-10

Finisher Note: The Rep-2-Rest format describes your work to rest ratio during the finisher. For each prescribed number of reps completed you are to rest for twice that long in seconds... before resuming your march through the remaining reps. For instance, you'll perform 10 reps, rest 20 seconds, perform 25 reps, rest 50 seconds, perform 50 reps, rest 100 seconds (1 minute and 40 seconds) etc. Try to complete all 120 reps while sticking closely to the prescribed rest periods.

TUESDAY STRENGTH WORKOUT 2

1. **LIGHT** - DB Bulgarian Split Squats 7 x 15-20 each leg (Use 15-20 RM)
2. **HEAVY** - Barbell Underhand Row 7 x 4 (Use 3-5 RM)

TODAY'S FINISHER: 200 in 4 (or less!)

Tubing Burnout Curls x 200

Finisher Note: Your task is to complete 200 reps in 4 sets or less. Each time you must break, you are allowed just 30 seconds rest! Feel the burn. Use resistance bands that provide moderate tension throughout the rep.

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THE 4 HORSEMEN TRAINING PHASE

WEEK 3

WEDNESDAY OFF

THURSDAY STRENGTH WORKOUT 3

1. **HEAVY** - DB Incline Bench Press 7 x 4 (Use 3-5 RM)
2. **LIGHT** - Deadlifts 4 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: "Stop" Ladder!

Split Squat Jumps (right/left switch equals one rep)

Finisher Note: Perform the "Stop" Ladder by alternating increasing reps (beginning at 1 and working up to 10) with increasingly longer static isometric holds. For instance, perform one rep and then hold in peak tension for 1 second. Perform 2 reps and hold for 2 seconds. Three reps and 3 seconds, etc. Once you've "climbed" the ladder you still have to come down! Work back to 1 (starting at 9) using the same rep/hold cadence.

FRIDAY STRENGTH WORKOUT 4

1. **LIGHT** - Barbell Underhand Row 7 x 15-20 (Use 15-20 RM)
2. **HEAVY** - DB Bulgarian Split Squats 7 x 4 (Use 3-5 RM)

TODAY'S FINISHER: Run the Stack!

DB Hammer Curls - Run the Rack

Finisher Note: Start with your 1RM and perform a set to failure. Grab the next available lighter set of dumbbells and perform to failure again. Continue "running the rack" in descending fashion until you're left using the lightest pair of available dumbbells (or can't perform a single rep in good form with a weight along the way).

SATURDAY OFF

SUNDAY OFF

ATHLEAN-NXT

THE 4 HORSEMEN TRAINING PHASE WEEK 4

IntroduXion to the “Apocalypse-X: JUDGEMENT DAY” Challenge

The horsemen’s arrival is imminent and your ultimate Judgement Day is coming...will you be ready? You better be if you want to pass this unique one week cumulative challenge! You see, even though your day of reckoning will come on Friday, it’s what you do between now and then that will determine your fate. With 4 exercises, 3100 reps, 4 workouts and 96 hours standing between you and Judgement Day, you better get started, you’ve got a lot of work to get to. Chip away if you choose or opt for a few all out volume heavy workouts...but beware, taking the path not accustomed to your strengths can quickly become your personal path to ruin. Remember, with one mandatory off day required, you have just four days to accumulate the reps required to determine whether you’ll be deemed an athlean immortal as you head into X-13...or mere mortal.

MONDAY - FRIDAY

INSTRUXIONS: This month’s challenge begins...now! You see, with Judgement Day looming just 120 hours from now, your clock is ticking to be sure that you accumulate the total number of reps required across 4 exercises to upend the end of days before it happens! There is one catch. Though there are technically 5 days before your deadline arrives...you must take one mandatory off day (on a day of your choosing) leaving you with just 96 hours to get the job done. What is that job? Perform 1000 stacked pushups, 400 chin-ups, 500 reverse sprinter lunges, and 1200 prisoner squats. How you do this is entirely up to you. Divide the loads up equally over 4 days...try to get one exercise completely out of the way per day...it’s your call. You MAY perform any number of reps at ANY time of the day. That may mean, 20 chin-ups before breakfast...40 during your “workout” time...10 more as a nightcap, etc. Doesn’t matter. Just be sure to get all 3100 reps done before the stroke of midnight on Friday.

APOCALYPSE-X: JUDGEMENT DAY IS COMING

1. Complete 1000 reps of Stacked Pushups by Midnight on Judgement Day
2. Complete 400 reps of Chinups by Midnight on Judgement Day
3. Complete 500 reps of Reverse Sprinter Lunges by Midnight on Judgement Day
4. Complete 1200 reps of Prisoner Squats by Midnight on Judgement Day

Note: If you can’t do at least 20 chin-ups in one set, then sub in underhand inverted rows and complete 2000 by Friday. Every right/left combination on reverse sprinter lunges counts as one rep.

One MANDATORY Rest Day must be taken between now and Friday (Choose Wisely!)

ATHLEAN BASIX - Complete less than 2600 reps (Terminated)

ATHLEA SOLID - Complete between 2600-2799 reps (Judge Judy)

ATHLEAN PRO - Complete between 2800-2999 reps (Half Man...Half Machine)

ATHLEAN ELITE - Complete between 3000-3099 reps (Cyborg)

ATHLEAN XTREME - Complete all 3100 reps (Arnold...is that you?)