

ATHLEAN-NXT

HALF LIFE TRAINING PHASE WEEK 1

MONDAY UPPER BODY PUSH

How to Perform Decay Sets - Choose a weight that you'd normally use to reach failure at 10-12 reps (or as many reps as possible if performing a bodyweight movement) and perform a set. After a 30 second rest (1st decay), repeat again...trying to get at least half as many reps (5-6 or more) before failure. Rest 15 more seconds (2nd decay) and try to get at least half as many reps yet again (3 or more) before failure.

Rest time within Decay Sets - 30 seconds in first decay / 15 seconds in second decay

Rest time between completed Decay Sets - 60 seconds

Decay Set - Thumbs Up DB Incline Press x F (10-12) reps / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - X Plyo Pushups x F / Rest 30 sec. / x half as many as first set / Rest 15 sec. / x half as many as previous set - 3 SETS

Decay Set - Barbell Push Press x F (10-12) reps / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - Plate 8's x F (10-12 reps) / Rest 30 sec. / Shoulders 2 x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - DB Lying Triceps X-tensions x F (10-12) reps / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - Power Plank Ups x F / Rest 30 sec. / x half as many reps as first set / Rest 15 sec.

TUESDAY DOUBLE DOWN (DAY 1 - WEEKLY BURST TRAINING)

InstruXions: Try to complete these 4 pairs of exercises without rest as quickly as you can using good form. You must complete all reps of the first exercise before moving onto the next exercise in the pair. Likewise, you must complete all reps of a complete pair (ie. PAIR 1) before moving onto the next pair. Take note of the time it takes you to complete this workout as you're going to attempt to beat this time on Saturday!

Pair 1 - 100 Two Foot Hops (Jump Rope) ⇒ 50 Double Unders (Jump Rope)

Pair 2 - 80 Mountain Climbers ⇒ 40 Alpine Climbers

Pair 3 - 60 Pike Pushups ⇒ 30 Mule Kicks

Pair 4 - 40 Box Jump Burpees ⇒ 20 Burpee Pullups

WEDNESDAY LEGS

Decay Set - Pull Down Squats x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - DB Walking Lunges x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - Barbell RDL x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

Decay Set - DB Sprinter Lunges x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 3 SETS

ATHLEAN-NXT

HALF LIFE TRAINING PHASE

WEEK 1

THURSDAY OFF

FRIDAY UPPER BODY PULL

How to Perform Decay Sets - Choose a weight that you'd normally use to reach failure at 10-12 reps (or as many reps as possible if performing a bodyweight movement) and perform a set. After a 30 second rest (1st decay), repeat again...trying to get at least half as many reps (5-6 or more) before failure. Rest 15 more seconds (2nd decay) and try to get at least half as many reps yet again (3 or more) before failure.

Rest time within Decay Sets - 30 seconds in first decay / 15 seconds in second decay

Rest time between completed Decay Sets - 60 seconds

Decay Set - Barbell Rows x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - **3 SETS**

Decay Set - Twisting Pullups x F / Rest 30 sec. / x half as many reps as first set / Rest 15 sec. / x half as many reps as previous set - **3 SETS**

Decay Set - Incline Variable Curls x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - **3 SETS**

Decay Set - Bicep Chinup Hold x F (as long as you can) / Rest 30 sec. / x half as long as first set / Rest 15 sec. / x half as long as previous set - **3 SETS**

Decay Set - DB "W" Raise (RC) x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - **2 SETS**

SATURDAY DOUBLE UP (DAY 2 - WEEKLY BURST TRAINING)

InstruXions: Attempt to complete the following 4 pairs of exercises without rest as quickly as you can using good form. You must complete all reps of the first exercise before moving onto the next exercise in the pair. Likewise, you must complete all reps of a complete pair (ie. Pair 1) before moving onto the next pair. Your goal is to beat your time from Tuesday's Double Down workout! Good luck!

Pair 1 - 50 Double Unders (Jump Rope) ⇒ 100 Two Foot Hops (Jump Rope)

Pair 2 - 40 Alpine Climbers ⇒ 80 Mountain Climbers

Pair 3 - 30 Mule Kicks ⇒ 60 Pike Pushups

Pair 4 - 20 Burpee Pullups ⇒ 40 Box Jump Burpees

SUNDAY OFF

ATHLEAN-NXT

HALF LIFE TRAINING PHASE WEEK 2

MONDAY UPPER BODY PUSH

How to Perform Doubling Sets - Choose a weight that you would normally use to reach failure at 10-12 regular reps and perform the set using 1 ½ reps. This should cause you to reach failure in the 5-7 rep range. Upon reaching failure, cut the weight in half and proceed into the second half of the set where you will try to complete at least twice as many reps as you did in the first half, before reaching failure. Remember, the rest time between halves of the doubling set is just as long as it takes you to cut the weight in half. 60 seconds rest is allowed between completed doubling sets.

Rest time within Doubling Sets - Just enough time to cut the weight in half and transition into the second half of the set

Rest time between completed Doubling Sets - 60 seconds

Doubling Set - Bench Press x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

Doubling Set - 3-D Crossovers x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS each arm**

Doubling Set - Rotational DB Shoulder Press x 5-7 reps (1½reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

Doubling Set - Shoulder "L" Raises x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

Doubling Set - Weighted Upright Dips x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **2 SETS**

Doubling Set - Kneeling Cable Pushdowns x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **2 SETS**

TUESDAY HALF EMPTY - DAY 1

InstruXions: Perform these 4 exercises for the prescribed number of reps (starting at 3) within a 1 min. period. Your "earned" rest is whatever time is remaining within the min. after completing your reps. Increase your rep count with each passing min. until you've "maxed out" and can't complete all reps within a min. Once you've maxed, drop your rep count by 1 to establish your target number. For instance, if you were unable to complete 8 reps of all four of the exercises within one min. but were able to do 7 of each...then 7 would be your target. From here your job is to complete as many rounds of 7 as you can (with 30 seconds rest between each completed round). Count how many rounds of this top end circuit you can complete and compare to your effort on Saturday!

Exercise 1 - Box Jumps x 3, 4, 5, 6, etc...

Exercise 2 - Incline Plyo Pushups x 3, 4, 5, 6, etc...

Exercise 3 - Scissor Split Squat Jack (each time the feet hit it counts as a rep) x 3, 4, 5, 6, etc...

Exercise 4 - Sprawling Burpees x 3, 4, 5, 6, etc...

NOTE: All reps for each exercise must be completed before moving onto the next exercise in the circuit. So in the first round you will do 3 box jumps before moving onto 3 incline plyo pushups, etc.

WEDNESDAY LEGS

Doubling Set - DB Bulgarian Split Squat x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS each leg**

Doubling Set - DB Forward Step Ups x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS each leg**

Doubling Set - Dead and a Half (narrow grip) x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

Doubling Set - DB Single Leg Heel Touch Squat x 5-7 reps (1½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS each leg**

ATHLEAN-NXT

HALF LIFE TRAINING PHASE

WEEK 2

THURSDAY OFF

FRIDAY UPPER BODY PULL

How to Perform Doubling Sets - Choose a weight that you would normally use to reach failure at 10-12 regular reps and perform the set using 1 1/2 reps. This should cause you to reach failure in the 5-7 rep range. Upon reaching failure, cut the weight in half and proceed into the second half of the set where you will try to complete at least twice as many reps as you did in the first half, before reaching failure. Remember, the rest time between halves of the doubling set is just as long as it takes you to cut the weight in half. 60 seconds rest is allowed between completed doubling sets.

Rest time within Doubling Sets - Just enough to cut weight in 1/2 and move into the second half of the set

Rest time between completed Doubling Sets - 60 seconds

Doubling Set - DB Pullovers x 5-7 reps (1 ½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

Doubling Set - 1 Arm DB Row x 5-7 reps (1 ½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS each arm**

Doubling Set - DB Straight Bar Curls x 5-7 reps (1 ½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

Doubling Set - DB Robot Curls 2 x 5-7 reps (1 ½ reps) / **Transition Rest** / x 10-14 more reps (cut weight in half and attempt to double initial reps) - **3 SETS**

SATURDAY HALF FULL - DAY 2

InstruXions: Perform the same 4 exercises as in Tuesday's workout for the prescribed number of reps (this time starting with the max rep count that you finished the other workout with) within a one minute period. Your "earned" rest is whatever time is remaining within the minute after completing your reps. As soon as you are unable to complete this top end target rep count within a minute, begin stripping away one rep and continue until you are back down to 3 reps of each exercise (where you began your workout on Tuesday). See if you can complete more rounds of your top end target than you did previously, now that you are "half full" and less energy depleted than you were having had to work up to the number instead of starting fresh at that number as you will today. Good luck!

Exercise 1 - Box Jumps x Max from Tuesday (as many rounds as possible), Max minus 1, Max minus 2, etc... Perform until 3 reps of each exercise remain.

Exercise 2 - Incline Plyo Pushups x Max from Tuesday (as many rounds as possible), Max minus 1, Max minus 2, etc... Perform until 3 reps of each exercise remain.

Exercise 3 - Scissor Split Squat Jack (each time the feet hit it counts as a rep) x Max from Tuesday (as many rounds as possible), Max minus 1, Max minus 2, etc... Perform until 3 reps of each exercise remain.

Exercise 4 - Sprawling Burpees x Max from Tuesday (as many rounds as possible), Max minus 1, Max minus 2, etc... Perform until 3 reps of each exercise remain.

SUNDAY OFF

ATHLEAN-NXT

HALF LIFE TRAINING PHASE

WEEK 3

MONDAY UPPER BODY PUSH

How to Perform Decay Sets - Choose a weight that you'd normally use to reach failure at 10-12 reps (or as many reps as possible if performing a bodyweight movement) and perform a set. After a 30 second rest (1st decay), repeat again...trying to get at least half as many reps (5-6 or more) before failure. Rest 15 more seconds (2nd decay) and try to get at least half as many reps yet again (3 or more) before failure.

Rest time within Decay Sets - 30 seconds in first decay / 15 seconds in second decay

Rest time within Doubling Sets - Just enough time to cut the weight in half and transition into the second half of the set

Rest time between completed Decay Sets - 60 seconds

Decay Set - Thumbs Up DB Incline Press x F (10-12) reps / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Doubling Set - Bench Press x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Thumbs Up DB Bench Press x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Decay Set - Barbell Push Press x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Doubling Set - Shoulder "L" Raises x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Barbell Push Press x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Decay Set - DB Lying Triceps X-tensions x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Doubling Set - Weighted Dips x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - DB Lying Triceps X-tensions x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

TUESDAY THE HALF DEAD CHALLENGE - DAY 1

InstruXions: You'll need to tap into your AX 400 Challenge skills to master this "next level" version of that physical torture! The rules are the same however. Your job is to complete all 400 reps of the exercises listed below in good form, in any order, as quickly as you can. Take note of the time that it takes you to complete the challenge today, as you will need to reference it in Saturday's second, but modified attempt, at this workout!

100 Reps - Prowler Pushups x 100

100 Reps - Lateral Frog Hops x 100 (alternate jumps to the right and left)

100 Reps - 1 Arm Burpees x 100 (50 on right arm / 50 on left arm)

100 Reps - Hanging Knee Raises x 100

ATHLEAN-NXT

HALF LIFE TRAINING PHASE

WEEK 3

WEDNESDAY LEGS

Rest time within Decay Sets - 30 seconds in first decay / 15 seconds in second decay

Rest time within Doubling Sets - Just enough time to cut the weight in half and transition into the second half of the set

Rest time between completed Decay Sets - 60 seconds

Decay Set - Pull Down Squats x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec / x 3+ reps - 2 SETS

Doubling Set - DB Bulgarian Split Squat x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS each leg

Decay Set - Pull Down Squats x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

Decay Set - DB Sprinter Lunges x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

Doubling Set - Dead and a Halfs (narrow grip) x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - DB Sprinter Lunges x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

THURSDAY OFF

FRIDAY UPPER BODY PULL

Decay Set - Twisting Pullups x F / Rest 30 sec. / x half as many reps as first set / Rest 15 sec. / x half as many reps as previous set - 2 SETS

Doubling Set - DB Pullovers x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Twisting Pullups x F / Rest 30 sec. / x half as many reps as first set / Rest 15 sec. / x half as many reps as previous set - 2 SETS

Decay Set - Incline Variable Curls x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

Doubling Set - DB Straight Bar Curls x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Incline Variable Curls x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

SATURDAY THE HALF DEAD CHALLENGE - DAY 2

InstruXions: Today you will be performing the same exact workout, in regards to the exercises, as you did on Tuesday. This time however, your rep requirements have been halved! Instead of needing to complete 100 reps of each of the four exercises, you only need to complete 50 of each...but...you need to do it in half the time (or less) that it took you to complete the full challenge earlier in the week! Again, you can do these exercises in any order and for any number of reps at a time. Good luck!

50 Reps - Prowler Pushups x 50

50 Reps - Lateral Frog Hops x 50 (alternate jumps to the right and left)

50 Reps - 1 Arm Burpees x 50 (25 on right arm / 25 on left arm)

50 Reps - Hanging Knee Raises x 50

SUNDAY OFF

ATHLEAN-NXT

HALF LIFE TRAINING PHASE

WEEK 4

MONDAY UPPER BODY PUSH

How to Perform Decay Sets - Choose a weight that you'd normally use to reach failure at 10-12 reps (or as many reps as possible if performing a bodyweight movement) and perform a set. After a 30 second rest (1st decay), repeat again...trying to get at least half as many reps (5-6 or more) before failure. Rest 15 more seconds (2nd decay) and try to get at least half as many reps yet again (3 or more) before failure.

Rest time within Decay Sets - 30 seconds in first decay / 15 seconds in second decay

Rest time within Doubling Sets - Just enough time to cut the weight in half and transition into the second half of the set

Rest time between completed Decay Sets - 60 seconds

Decay Set - Pushups x F / Rest 30 sec. / x half as many as first set / Rest 15 sec. / x half as many as previous set - 1 SET

Doubling Set - Underhand DB Incline Bench Press x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Pushups x F / Rest 30 sec. / x half as many as first set / Rest 15 sec. / x half as many as previous set - 1 SET

Decay Set - Landmine Shoulder Press x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Doubling Set - DB Side Lateral Raises 2 x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Landmine Shoulder Press x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 1 SET

Decay Set - Cobra Pushups x F / Rest 30 sec. / x half as many as first set / Rest 15 sec. / x half as many as previous set - 1 SET

Doubling Set - Physioball Kickbacks x 5-7 reps (1½ reps) / Transition Rest / Physioball Kickbacks x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - Cobra Pushups x F / Rest 30 sec. / x half as many as first set / Rest 15 sec. / x half as many as previous set - 1 SET

TUESDAY LEGS

Decay Set - Squat Cleans x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

Doubling Set - DB Forward Step Ups x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS each leg

Decay Set - Squat Cleans x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

Decay Set - DB Single Leg Heel Touch Squat x F (10-12) reps / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS each leg

Doubling Set - Single Leg Slick Floor Bridge and Curls x F (1½ reps) / Transition Rest / Slick Floor Bridge and Curls x F (attempt to double initial reps) - 3 SETS

Decay Set - DB Single Leg Heel Touch Squat x F (10-12) reps / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS each leg

ATHLEAN-NXT

HALF LIFE TRAINING PHASE

WEEK 4

WEDNESDAY OFF

THURSDAY UPPER BODY PULL

Rest time within Decay Sets - 30 seconds in first decay / 15 seconds in second decay

Rest time within Doubling Sets - Just enough time to cut the weight in half and transition into the second half of the set

Rest time between completed Decay Sets - 60 seconds

Decay Set - 1 Arm Landmine Row x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS each arm

Doubling Set - Dual Handle Prone Pulldowns (use bands if at home) x 5-7 reps (1½ reps) / Transition Rest / x 10-14 more reps (cut resistance in half and attempt to double initial reps) - 3 SETS

Decay Set - 1 Arm Landmine Row x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS each arm

Decay Set - "No Money" Curls x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

Doubling Set - BW Recline Curls (legs out) x F (1½ reps) / Transition Rest / BW Recline Curls (knees bent) x double the reps (cut weight in half and attempt to double initial reps) - 3 SETS

Decay Set - "No Money" Curls x F (10-12 reps) / Rest 30 sec. / x 6+ reps / Rest 15 sec. / x 3+ reps - 2 SETS

FRIDAY RADIO-ACTIVE

InstruXions: It's time to flip on the radio...and get active! In one of the most unique challenges you've faced to date, Radioactive tests your muscle endurance, determination and guts all while jamming to the ATHLEAN-X anthem! The task is rather simple. You will be asked to perform 4 exercises (testing your core, upper body and lower body) to the unpredictable sounds of the song! Each time you hear the radio tuning signal, that's your signal to switch rep direction. You may be asked to hold a position (either down or up) for a prolonged period, to further test your will...deal with it...and face the music! Each exercise is to be performed for the duration of the song (3:40 seconds), while responding to the cues. You will try to get through each exercise for the duration of the song without giving in at any point. Your final score will be determined by the TOTAL amount of time you were able to withstand the temptation to give in and quit across all 4 songs/exercises.

Pushups x 3:40 seconds (go down on the first radio tuning signal)

Bulgarian Split Squats (right leg) x 3:40 seconds (go down on the first radio tuning signal)

Bulgarian Split Squats (left leg) x 3:40 seconds (go down on the first radio tuning signal)

Plank / Opp. Arm and Leg Plank x 3:40 seconds (lift left arm and right leg on the first radio tuning signal, normal plank on next signal, right arm and left leg on next, etc)

Scoring:

ATHLEAN BASIX - Last less than 8 Minutes (Nuclear Waste)

ATHLEAN SOLID - Between 8 and 11:59 Minutes ("Beta" Tester)

ATHLEAN PRO - Between 12 and 13:59 Minutes ("Alpha" Dog)

ATHLEAN ELITE - Between 14 and 15:59 Minutes (You're a "Rad" Man)

ATHLEAN XTREME - Make it all 16 minutes without quitting! (X-Ray Technician)

SATURDAY OFF

SUNDAY OFF