

ATHLEAN-NXT

HURRICANE HYPERTROPHY TRAINING PHASE WEEK 1

NXT LAB NOTES

For the S.O.B-320's start your stopwatch and begin the exercise at the 20 second mark. Continue for 40 seconds until the minute mark. Rest 20 and repeat for 8 rounds. Choose a weight that is roughly 1/2 of your working weight on a set of 10-12 reps for that exercise. For example...if you normally use 40lbs for dumbbell curls, use 20lbs for these!

For the S.O.B-160's start your stopwatch and begin the exercise at the 20 second mark. Continue for 40 seconds until the minute mark. Rest 20 and repeat for 4 rounds. Choose the same weight you used for the original S.O.B-320 at the beginning of the workout...and throw in a few Hail Mary's! You might need them.

For all other sets, use a weight that causes you to reach failure within the stated rep range. Rest 60 seconds between sets of 10-12 reps and rest 90 seconds between sets of 6 reps.

MONDAY BICEPS

S.O.B-320's - DB Biceps Curls (40 seconds on / 20 second) x 8
Inverted Chin Curls - 2 x 10-12
Barbell Straight Bar Curls - 4 x 6
Inverted Chin Curls - 2 x 10-12
S.O.B-160's - DB Biceps Curls (40 seconds on / 20 second) x 4

TUESDAY CHEST

S.O.B-320's - Pushups (40 seconds on / 20 second) x 8
DB A-X Guillotine Press - 2 x 10-12
Weighted Dips - 4 x 6
DB A-X Guillotine Press - 2 x 10-12
S.O.B-160's - Pushups (40 seconds on / 20 second) x 4

WEDNESDAY BACK

S.O.B-320's - Dual Handle Prone Pulldowns (use bands if at home) (40 seconds on / 20 second) x 8
Barbell Bent Rows - 2 x 10-12
Weighted Pullups (use bodyweight if it's challenging enough at this point) - 4 x 6
Barbell Bent Rows - 2 x 10-12
S.O.B-160's - Dual Handle Prone Pulldowns (use bands if at home) (40 seconds on / 20 second) x 4

THURSDAY OFF

FRIDAY TRICEPS

S.O.B-320's - Triceps Rope Pushdowns (use bands if at home) (40 seconds on / 20 second) x 8
Cobra Pushups - 2 x 10-12
Lying DB Triceps "X"tensions - 4 x 6
Cobra Pushups - 2 x 10-12
S.O.B-160's - Triceps Rope Pushdowns (use bands if at home) (40 seconds on / 20 second) x 4

SATURDAY LEGS

S.O.B-320's - BW Prisoner Jump Squats (perform regular Prisoner Squats if fatigue prevents jumping version) (40 seconds on / 20 second) x 8
Walking Overhead DB Lunges - 2 x 10-12 on each leg
DB Bulgarian Split Squats - 4 x 6 on each leg
Walking Overhead DB Lunges - 2 x 10-12 on each leg
S.O.B-160's - BW Prisoner Jump Squats (perform regular Prisoner Squats if fatigue prevents jumping version) (40 seconds on / 20 second) x 4

SUNDAY OFF

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WEEK 2

MONDAY SHOULDERS

S.O.B-320's - DB Side Lateral Raises (40 seconds on / 20 second) x 8
Backwards DB Shoulder Presses - 2 x 10-12
DB / Barbell Push Press - 4 x 6
Backwards DB Shoulder Presses - 2 x 10-12
S.O.B-160's - DB Side Lateral Raises (40 seconds on / 20 second) x 4

TUESDAY BICEPS

S.O.B-320's - Tubing Stretch Curls (40 seconds on / 20 second) x 8
DB Shovel Curls - 2 x 10-12 (1 set to the right and one to the left)
DB/Tubing Combo Curls - 4 x 6
DB Shovel Curls - 2 x 10-12 (1 set to the right and one to the left)
S.O.B-160's - Tubing Stretch Curls (40 seconds on / 20 second) x 4

WEDNESDAY CHEST

S.O.B-320's - DB / Barbell Bench Press (40 seconds on / 20 second) x 8
3-D Crossover (each set consists of 10-12 on each arm) - 2 x 10-12
Thumbs Up DB Incline Press - 4 x 6
3-D Crossover (each set consists of 10-12 on each arm) - 2 x 10-12
S.O.B-160's - DB / Barbell Bench Press (40 seconds on / 20 second) x 4

THURSDAY OFF

FRIDAY BACK

S.O.B-320's - Straight Arm Pushdowns (use band if no cable available) (40 seconds on / 20 second) x 8
DB 1 Arm Rows - 2 x 10-12
Rack Pull Rows (6 Pulls / 6 Rows per set) - 4 x 6
DB 1 Arm Rows - 2 x 10-12
S.O.B-160's - Straight Arm Pushdowns (use band if no cable available) (40 seconds on / 20 second) x 4

SATURDAY TRICEPS

S.O.B-320's - Tubing/Cable Tricep Pushaways (40 seconds on / 20 second) x 8
Hyper Physioball Kickbacks - 2 x 10-12
Weighted Triceps Upright Dips (perform regular upright dips if fatigue prevents weighted version) - 4 x 6
Hyper Physioball Kickbacks - 2 x 10-12
S.O.B-160's - Tubing/Cable Tricep Pushaways (40 seconds on / 20 second) x 4

SUNDAY OFF

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WEEK 3

MONDAY LEGS

S.O.B-320's - 3-Way Lunges (alternate right and left sides for each direction) (40 seconds on / 20 second) x 8
Weighted Forward Step Ups - 2 x 10-12 on each leg
DB Single Leg RDL's - 4 x 6 on each leg
Weighted Forward Step Ups - 2 x 10-12 on each leg
S.O.B-160's - 3-Way Lunges (alternate right and left sides for each direction) (40 seconds on / 20 second) x 4

TUESDAY SHOULDERS

S.O.B-320's - Plate 8's (might want to use a 10 pounder or two 10 pound plates for this) (40 seconds on / 20 second) x 8
DB Cheat Laterals - 2 x 10-12 on each side
DB / Barbell Clean and Press - 4 x 6
DB Cheat Laterals - 2 x 10-12 on each side
S.O.B-160's - Plate 8's (might want to use a 10 pounder or two 10 pound plates for this) x 4

WEDNESDAY BICEPS

S.O.B-320's - Dumbbell "No Money" Curls (40 seconds on / 20 second) x 8
BW Recline Curls - 2 x 10-12
Bicep Chinup Curls with Negative Hangs - 4 x 6
BW Recline Curls - 2 x 10-12
S.O.B-160's - Dumbbell "No Money" Curls (40 seconds on / 20 second) x 4

THURSDAY OFF

FRIDAY CHEST

S.O.B-320's - Spiderman Pushups (40 seconds on / 20 second) x 8
Tubing / Cable Overhand "X" Crossovers - 2 x 10-12
Alternating DB Bench Press - 4 x 6 on each arm
Tubing / Cable Overhand "X" Crossovers - 2 x 10-12
S.O.B-160's - Spiderman Pushups (40 seconds on / 20 second) x 4

SATURDAY BACK

S.O.B-320's - DB Renegade Rows (40 seconds on / 20 second) x 8
DB Pullovers - 2 x 10-12
Angled Sliding Pullups (Add weight if extra challenge is needed) - 4 x 6 (3 in each direction)
DB Pullovers - 2 x 10-12
S.O.B-160's - DB Renegade Rows (40 seconds on / 20 second) x 4

SUNDAY OFF

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WEEK 4

MONDAY TRICEPS

S.O.B-320's - Elbow Up Planks (40 seconds on / 20 second) x 8
Elbows Tucked DB Bench Presses - 2 x 10-12
Bodyweight Triceps Extensions (can wear vest for added challenge or keep legs far away from hands) - 4 x 6
Elbows Tucked DB Bench Presses - 2 x 10-12
S.O.B-160's - Elbow Up Planks (40 seconds on / 20 second) x 4

TUESDAY LEGS

S.O.B-320's - Split Squat Jumps (40 seconds on / 20 second) x 8
Bench Bottom Single Leg Squat - 2 x 10-12
Deadlifts - 4 x 6
Bench Bottom Single Leg Squat - 2 x 10-12
S.O.B-160's - Split Squat jumps (40 seconds on / 20 second) x 4

WEDNESDAY SHOULDERS

S.O.B-320's - DB Shoulder Press (40 seconds on / 20 second) x 8
Shoulder "L" Raises - 2 x 10-12 (5-6 reps on each arm in each direction per set)
DB High Pulls - 4 x 6
Shoulder "L" Raises - 2 x 10-12 (5-6 reps on each arm in each direction per set)
S.O.B-160's - DB Shoulder Press (40 seconds on / 20 second) x 4

THURSDAY OFF

FRIDAY THE ATHLEAN QUAKE CHALLENGE

"Rest" time between exercises is a 20 second plank! You can't break the plank at any point.

Biceps - Biceps Plank Curls (40 seconds on / 20 second plank)
Chest - Pushups (40 seconds on / 20 second plank)
Back - Renegade Rows (40 seconds on / 20 second plank)
Triceps - Cobra Pushups (40 seconds on / 20 second plank)
Legs - Squat Thrusts (40 seconds on / 20 second plank)
Shoulders - Plank Presses (40 seconds on / 20 second plank)

Scoring:

ATHLEAN BASIX - More than 5 "Quakes" (Seismic Slaughter!)
ATHLEAN SOLID - 4-5 Quakes (5 on the Richter Scale)
ATHLEAN PRO - 2-3 Quakes (Aftershock!)
ATHLEAN ELITE - 1 Quake (Tremor!)
ATHLEAN XTREME - 0 Quakes (Un-Quakable!)

SATURDAY OFF

SUNDAY OFF