

ATHLEAN-NXT

INLOSITY TRAINING PHASE

WEEK 1

How to Perform INLOSITY Workouts

Welcome to InLosity, where everything you do this month will feel ten times harder...because it is! Anyone training long enough knows that even the best designed workout performed without high effort will produce less than impressive results. But we know that already, and that's why we programmed our "slacker proof" protocol of "P.R.O." reps and a heavy dose of well earned active recovery! From your first ignition set to your last blast set, you're about to feel what it would be like if you were standing in the middle of a mack truck and a bulldozer during a game of chicken...and neither one gave in! Did I mention this month is intense?

- Rest Time within InLosity sets is no more than 15 seconds at any time.
- Rest Time is 2-5 minutes following an InLosity set depending on your recovery ability.
- Warm Up - Perform 2 sets of the ignition set exercises in today's workouts using sub maximal loads (approx. 50-75 percent of your 12RM) prior to starting that muscle's daily work to determine your energy for that day, warm up your joints, and groove the move for the hard work on tap!

MONDAY BICEPS/TRICEPS

BICEPS

IGNITION SET - DB or Barbell Curls x 10-12RM

INLOSITY SET 1 - DB or Barbell Curls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - DB Hammer Curls x 10-12RM

INLOSITY SET 2 - DB Hammer Curls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB or Barbell Curls - 2 x 10-12RM

BLAST SET - DB Hammer Curls - 2 x 10-12RM

TRICEPS

IGNITION SET - Triceps Pushdowns (choose any handle or use bands) x 10-12RM

INLOSITY SET 1 - Triceps Pushdowns x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - DB Triceps Floor Extensions x 10-12RM

INLOSITY SET 2 - DB Triceps Floor Extensions x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Triceps Pushdowns - 2 x 10-12RM

BLAST SET - DB Triceps Floor Extensions x 10-12RM

TUESDAY QUADS / HAMSTRINGS

QUADS

IGNITION SET - DB Front Squats x 10-12RM

INLOSITY SET 1 - DB Front Squats x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - DB Reverse Lunges x 10-12RM

INLOSITY SET 2 - DB Reverse Lunges x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB Front Squats - 2 x 10-12RM

BLAST SET - DB Reverse Lunges - 2 x 10-12RM

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INLOSITY TRAINING PHASE

WEEK 1

TUESDAY QUADS / HAMSTRINGS - (CONTINUED)

HAMSTRINGS

IGNITION SET - Physioball Glute/Ham Raise x F
INLOSITY SET 1 - Physioball Glute/Ham Raise x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Physioball Hamstring Curls x F
INLOSITY SET 2 - Physioball Hamstring Curls x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Physioball Glute/Ham Raise - 2 x F
BLAST SET - Physioball Hamstring Curls - 2 x F

WEDNESDAY RUSH TO RECOVERY (R2R-1)

INSTRUCTIONS: You're laying it on the line, giving it your all in every strength training workout this month. In most cases you'd definitely be testing your limits of recovery... that is until we program your recovery for you! Assist your body's bounceback with the Rush To Recovery (R2R) workouts! Don't expect back breaking work here. The goal is to break and sustain a sweat for 30 minutes. It's neither strength training or conditioning. Think of it as CPR for your muscles. Perform a light lead-off movement in 1 minute on / 1 minute off intervals for ten rounds (total 20 minutes) and then pick up the pace just a bit with a slightly more challenging move for 5 rounds of another 1 minute on / 1 minute off interval (total 10 minutes). Remember, break a sweat and sustain it, get the blood rushing to your muscles and break any muscle tissue microadhesions that may have crept up since yesterday!

10 rounds Jumping Jacks (1 minute on / 1 minute off intervals) - 20 TOTAL MINUTES
5 rounds KB Swings LIGHT WEIGHT (1 minute on / 1 minute off intervals) - 10 TOTAL MINUTES

THURSDAY SHOULDERS / ABS

SHOULDERS

IGNITION SET - Standing DB or Barbell Shoulder Press x 10-12RM
INLOSITY SET 1 - Standing DB or Barbell Shoulder Press x 5 min. (15 sec. max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - DB Side Laterals x 10-12RM
INLOSITY SET 2 - DB Side Laterals x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Standing DB or Barbell Shoulder Press - 2 x 10-12RM
BLAST SET - DB Side Laterals - 2 x 10-12RM

ABS

IGNITION SET - Dragon Thrusts x F
INLOSITY SET 1 - Dragon Thrusts x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - "21" Crunches x F
INLOSITY SET 2 - "21" Crunches x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Dragon Thrusts - 2 x F
BLAST SET - "21" Crunches - 2 x F

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INLOSITY TRAINING PHASE

WEEK 1

FRIDAY CHEST / BACK

CHEST

IGNITION SET - DB Incline Bench Press x 10-12RM
INLOSITY SET 1 - DB Incline Bench Press x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Lateral Plyo Pushups x F
INLOSITY SET 2 - Lateral Plyo Pushups x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - DB Incline Bench Press - 2 x 10-12RM
BLAST SET - Lateral Plyo Pushups - 2 x F

BACK

IGNITION SET - Lat Pulldowns x 10-12RM
INLOSITY SET 1 - Lat Pulldowns x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - DB Renegade Rows x 10-12RM
INLOSITY SET 2 - DB Renegade Rows x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Lat Pulldowns - 2 x 10-12RM
BLAST SET - DB Renegade Rows - 2 x 10-12RM

SATURDAY RUSH TO RECOVERY (R2R-1)

INSTRUXIONS: You're laying it on the line, giving it your all in every strength training workout this month. In most cases You'd definitely be testing your limits of recovery...that is until we program your recovery for you! Assist your body's bounceback with the Rush To Recovery (R2R) workouts! Don't expect back breaking work here. The goal is to break and sustain a sweat for 30 minutes. It's neither strength training or conditioning. Think of it as CPR for your muscles. Perform a light lead-off movement in 1 minute on / 1 minute off intervals for ten rounds (total 20 minutes) and then pick up the pace just a bit with a slightly more challenging move for 5 rounds of another 1 minute on / 1 minute off interval (total 10 minutes). Remember, break a sweat and sustain it, get the blood rushing to your muscles and break any muscle tissue microadhesions that may have crept up since yesterday!

10 rounds Jumping Jacks (1 minute on / 1 minute off intervals) - 20 TOTAL MINUTES
5 rounds KB Swings LIGHT WEIGHT (1 minute on / 1 minute off intervals) - 10 TOTAL MINUTES

SUNDAY OFF

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INLOSITY TRAINING PHASE

WEEK 2

How to Perform INLOSITY Workouts

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- Warm Up - Perform 2 sets of the ignition set exercises in today's workouts using sub maximal loads (approx. 50-75 percent of your 12RM) prior to starting that muscle's daily work to determine your energy for that day, warm up your joints, and groove the move for the hard work on tap!

MONDAY BICEPS/TRICEPS

BICEPS

IGNITION SET - DB Hammer Curls x 10-12RM

INLOSITY SET 1 - DB Hammer Curls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - DB or Barbell Curls x 10-12RM

INLOSITY SET 2 - DB or Barbell Curls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB Hammer Curls x 10-12RM

BLAST SET - DB or Barbell Curls - 2 x 10-12RM

TRICEPS

IGNITION SET - DB Triceps Floor Extensions x 10-12RM

INLOSITY SET 1 - DB Triceps Floor Extensions x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Triceps Pushdowns (choose any handle or use bands) x 10-12RM

INLOSITY SET 2 - Triceps Pushdowns x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB Triceps Floor Extensions - 2 x 10-12RM

BLAST SET - Triceps Pushdowns - 2 x 10-12RM

TUESDAY QUADS / HAMSTRINGS

QUADS

IGNITION SET - DB Reverse Lunges x 10-12RM

INLOSITY SET 1 - DB Reverse Lunges x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - DB Front Squats x 10-12RM

INLOSITY SET 2 - DB Front Squats x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB Reverse Lunges - 2 x 10-12RM

BLAST SET - DB Front Squats - 2 x 10-12RM

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INLOSITY TRAINING PHASE WEEK 2

TUESDAY QUADS / HAMSTRINGS - (CONTINUED)

HAMSTRINGS

IGNITION SET - Physioball Hamstring Curls x F
INLOSITY SET 1 - Physioball Hamstring Curls x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Physioball Glute/Ham Raise x F
INLOSITY SET 2 - Physioball Glute/Ham Raise x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Physioball Hamstring Curls - 2 x F
BLAST SET - Physioball Glute/Ham Raise - 2 x F

WEDNESDAY RUSH TO RECOVERY (R2R-2)

INSTRUXIONS: You're laying it on the line, giving it your all in every strength training workout this month. In most cases you'd definitely be testing your limits of recovery...that is until we program your recovery for you! Assist your body's bounceback with the Rush To Recovery (R2R) workouts! Don't expect back breaking work here. The goal is to break and sustain a sweat for 30 minutes. It's neither strength training or conditioning. Think of it as CPR for your muscles. Perform a light lead-off movement in 1 minute on / 1 minute off intervals for ten rounds (total 20 minutes) and then pick up the pace just a bit with a slightly more challenging move for 5 rounds of another 1 minute on / 1 minute off interval (total 10 minutes). Remember, break a sweat and sustain it, get the blood rushing to your muscles and break any muscle tissue microadhesions that may have crept up since yesterday!

10 rounds Light Jump Rope - Two Foot Hops (1 minute on / 1 minute off) - 20 TOTAL MINUTES
5 rounds Jump Rope - High Knees (1 minute on / 1 minute off) - 10 TOTAL MINUTES

THURSDAY SHOULDERS / ABS

SHOULDERS

IGNITION SET - DB Side Laterals x 10-12RM
INLOSITY SET 1 - DB Side Laterals x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Standing DB or Barbell Shoulder Press x 10-12RM
INLOSITY SET 2 - Standing DB or Barbell Shoulder Press x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - DB Side Laterals - 2 x 10-12RM
BLAST SET - Standing DB or Barbell Shoulder Press - 2 x 10-12RM

ABS

IGNITION SET - "21" Crunches x F
INLOSITY SET 1 - "21" Crunches x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Dragon Thrusts x F
INLOSITY SET 2 - Dragon Thrusts x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - "21" Crunches - 2 x F
BLAST SET - Dragon Thrusts - 2 x F

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INLOSITY TRAINING PHASE WEEK 2

FRIDAY CHEST / BACK

CHEST

IGNITION SET - Lateral Plyo Pushups - 2 x F

INLOSITY SET 1 - Lateral Plyo Pushups x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - DB Incline Bench Press x 10-12RM

INLOSITY SET 2 - DB Incline Bench Press x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Lateral Plyo Pushups - 2 x F

BLAST SET - DB Incline Bench Press - 2 x 10-12RM

BACK

IGNITION SET - DB Renegade Rows x 10-12RM

INLOSITY SET 1 - DB Renegade Rows x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Lat Pulldowns x 10-12RM

INLOSITY SET 2 - Lat Pulldowns x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB Renegade Rows - 2 x 10-12RM

BLAST SET - Lat Pulldowns - 2 x 10-12RM

SATURDAY RUSH TO RECOVERY (R2R-2)

INSTRUCTIONS: You're laying it on the line, giving it your all in every strength training workout this month. In most cases you'd definitely be testing your limits of recovery...that is until we program your recovery for you! Assist your body's bounceback with the Rush To Recovery (R2R) workouts! Don't expect back breaking work here. The goal is to break and sustain a sweat for 30 minutes. It's neither strength training or conditioning. Think of it as CPR for your muscles. Perform a light lead-off movement in 1 minute on / 1 minute off intervals for ten rounds (total 20 minutes) and then pick up the pace just a bit with a slightly more challenging move for 5 rounds of another 1 minute on / 1 minute off interval (total 10 minutes). Remember, break a sweat and sustain it, get the blood rushing to your muscles and break any muscle tissue microadhesions that may have crept up since yesterday!

10 rounds Light Jump Rope - Two Foot Hops (1 minute on / 1 minute off) - 20 TOTAL MINUTES

5 rounds Jump Rope - High Knees (1 minute on / 1 minute off) - 10 TOTAL MINUTES

SUNDAY OFF

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INLOSITY TRAINING PHASE

WEEK 3

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MONDAY BICEPS/TRICEPS

BICEPS

IGNITION SET - Tubing Burnout Curls x F

INLOSITY SET 1 - Tubing Burnout Curls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Inverted Chin Curls x F

INLOSITY SET 2 - Inverted Chin Curls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Tubing Burnout Curls - 2 x F

BLAST SET - Inverted Chin Curls - 2 x F

TRICEPS

IGNITION SET - Diamond Cutter Pushups x F

INLOSITY SET 1 - Diamond Cutter Pushups x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Upright Dips x F

INLOSITY SET 2 - Upright Dips x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Diamond Cutter Pushups - 2 x F

BLAST SET - Upright Dips - 2 x F

TUESDAY QUADS / HAMSTRINGS

QUADS

IGNITION SET - Split Squat Jumps x F

INLOSITY SET 1 - Split Squat Jumps x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Prisoner Squats x F

INLOSITY SET 2 - Prisoner Squats x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Split Squat Jumps - 2 x F

BLAST SET - Prisoner Squats - 2 x F

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INLOSITY TRAINING PHASE WEEK 3

TUESDAY QUADS / HAMSTRINGS - (CONTINUED)

HAMSTRINGS

IGNITION SET - High Hip Bucks x F

INLOSITY SET 1 - High Hip Bucks x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Marching Long Leg Bridges x F

INLOSITY SET 2 - Marching Long Leg Bridges x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - High Hip Bucks - 2 x F

BLAST SET - Marching Long Leg Bridges - 2 x F

WEDNESDAY RUSH TO RECOVERY (R2R-3)

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10 rounds End Zone Rush (5 high knees into skier hop) (1 minute on / 1 minute off) 20 MINUTES
5 rounds High Knee ST Walkouts (1 minute on / 1 minute off) - 10 MINUTES

THURSDAY SHOULDERS / ABS

SHOULDERS

IGNITION SET - Power Pushaways x F

INLOSITY SET 1 - Power Pushaways x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Tubing Dual Stretch Front Raises x F

INLOSITY SET 2 - Tubing Dual Stretch Front Raises x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Power Pushaways - 2 x F

BLAST SET - Tubing Dual Stretch Front Raises - 2 x F

ABS

IGNITION SET - Figure 8's x F

INLOSITY SET 1 - Figure 8's x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Physioball Sprinter Knee Tucks x F each leg

INLOSITY SET 2 - Physioball Sprinter Knee Tucks x 5 minutes (15 second max. rest/pause)
(switch legs every time you pause)

Rest 2-5 Minutes

BLAST SET - Figure 8's - 2 x F

BLAST SET - Physioball Sprinter Knee Tucks x F each leg

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INLOSITY TRAINING PHASE

WEEK 3

FRIDAY CHEST / BACK

CHEST

IGNITION SET - Pushups x F

INLOSITY SET 1 - Pushups x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Dips x F

INLOSITY SET 2 - Dips x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Pushups - 2 x F

BLAST SET - Dips - 2 x F

BACK

IGNITION SET - DB High Pulls - 10-12RM

INLOSITY SET 1 - Tubing High Pulls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Inverted Rows x F

INLOSITY SET 2 - Inverted Rows x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB High Pulls - 2 x 10-12RM

BLAST SET - Inverted Rows - 2 x F

SATURDAY RUSH TO RECOVERY (R2R-3)

INSTRUXIONS: You're laying it on the line, giving it your all in every strength training workout this month. In most cases You'd definitely be testing your limits of recovery...that is until we program your recovery for you! Assist your body's bounceback with the Rush To Recovery (R2R) workouts! Don't expect back breaking work here. The goal is to break and sustain a sweat for 30 minutes. It's neither strength training or conditioning. Think of it as CPR for your muscles. Perform a light lead-off movement in 1 minute on / 1 minute off intervals for ten rounds (total 20 minutes) and then pick up the pace just a bit with a slightly more challenging move for 5 rounds of another 1 minute on / 1 minute off interval (total 10 minutes). Remember, break a sweat and sustain it, get the blood rushing to your muscles and break any muscle tissue microadhesions that may have crept up since yesterday!

10 rounds End Zone Rush (5 high knees into skier hop) (1 minute on / 1 minute off) 20 MINUTES
5 rounds High Knee ST Walkouts (1 minute on / 1 minute off) - 10 MINUTES

SUNDAY OFF

ATHLEAN-NXT

INLOSITY TRAINING PHASE

WEEK 4

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MONDAY BICEPS/TRICEPS

BICEPS

IGNITION SET - Tubing Burnout Curls x F
INLOSITY SET 1 - Tubing Burnout Curls x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Inverted Chin Curls x F
INLOSITY SET 2 - Inverted Chin Curls x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Tubing Burnout Curls - 2 x F
BLAST SET - Inverted Chin Curls - 2 x F

TRICEPS

IGNITION SET - Diamond Cutter Pushups x F
INLOSITY SET 1 - Diamond Cutter Pushups x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Upright Dips x F
INLOSITY SET 2 - Upright Dips x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Diamond Cutter Pushups - 2 x F
BLAST SET - Upright Dips - 2 x F

TUESDAY QUADS / HAMSTRINGS

QUADS

IGNITION SET - Split Squat Jumps x F
INLOSITY SET 1 - Split Squat Jumps x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
IGNITION SET - Prisoner Squats x F
INLOSITY SET 2 - Prisoner Squats x 5 minutes (15 second max. rest/pause)
Rest 2-5 Minutes
BLAST SET - Split Squat Jumps - 2 x F
BLAST SET - Prisoner Squats - 2 x F

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INLOSITY TRAINING PHASE

WEEK 4

TUESDAY QUADS / HAMSTRINGS - (CONTINUED)

HAMSTRINGS

IGNITION SET - High Hip Bucks x F

INLOSITY SET 1 - High Hip Bucks x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Marching Long Leg Bridges x F

INLOSITY SET 2 - Marching Long Leg Bridges x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - High Hip Bucks - 2 x F

BLAST SET - Marching Long Leg Bridges - 2 x F

WEDNESDAY RUSH TO RECOVERY (R2R-4)

INSTRUXIONS: You're laying it on the line, giving it your all in every strength training workout this month. In most cases You'd definitely be testing your limits of recovery...that is until we program your recovery for you! Assist your body's bounceback with the Rush To Recovery (R2R) workouts! Don't expect back breaking work here. The goal is to break and sustain a sweat for 30 minutes. It's neither strength training or conditioning. Think of it as CPR for your muscles. Perform a light lead-off movement in 1 minute on / 1 minute off intervals for ten rounds (total 20 minutes) and then pick up the pace just a bit with a slightly more challenging move for 5 rounds of another 1 minute on / 1 minute off interval (total 10 minutes). Remember, break a sweat and sustain it, get the blood rushing to your muscles and break any muscle tissue microadhesions that may have crept up since yesterday!

10 rounds Shadow Boxing (1 minute on / 1 minute off) - 20 TOTAL MINUTES

5 rounds XKO (5 RL combos. 2 right Knees, 2 left Knees, 1 sprawling burpee) - 10 TOTAL MINUTES

THURSDAY SHOULDERS / ABS

SHOULDERS

IGNITION SET - Power Pushaways x F

INLOSITY SET 1 - Power Pushaways x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Tubing Dual Stretch Front Raises x F

INLOSITY SET 2 - Tubing Dual Stretch Front Raises x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Power Pushaways - 2 x F

BLAST SET - Tubing Dual Stretch Front Raises - 2 x F

ABS

IGNITION SET - Figure 8's x F

INLOSITY SET 1 - Figure 8's x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Physioball Sprinter Knee Tucks x F each leg

INLOSITY SET 2 - Physioball Sprinter Knee Tucks x 5 minutes (15 second max. rest/pause)
(switch legs every time you pause)

Rest 2-5 Minutes

BLAST SET - Figure 8's - 2 x F

BLAST SET - Physioball Sprinter Knee Tucks x F each leg

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INLOSITY TRAINING PHASE

WEEK 4

FRIDAY CHEST / BACK

CHEST

IGNITION SET - Pushups x F

INLOSITY SET 1 - Pushups x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Dips x F

INLOSITY SET 2 - Dips x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - Pushups - 2 x F

BLAST SET - Dips - 2 x F

BACK

IGNITION SET - DB High Pulls - 10-12RM

INLOSITY SET 1 - Tubing High Pulls x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

IGNITION SET - Inverted Rows x F

INLOSITY SET 2 - Inverted Rows x 5 minutes (15 second max. rest/pause)

Rest 2-5 Minutes

BLAST SET - DB High Pulls - 2 x 10-12RM

BLAST SET - Inverted Rows - 2 x F

SATURDAY DIABOL-X (EL DIABLO)

INTRODUCTION: Whether you speak "athlean" and call it Diabol-X or Spanish and call it El Diablo, this month's challenge is pure evil in any language! I've seen this challenge bring beastly men to their knees making them question what they're made of, and for good reason. If you push yourself to the max (I expect nothing less of course!) not only will the Diabol-X Challenge tell you how fit you are, but also what kind of heart you have. Simple in explanation but brutal in execution this workout will quickly be something you're happy to see end. But do yourself a favor, don't give in. Instead, give it your all. A great score on Diabol-X is a badge of honor you can take with you to the promised land...but that's only after first going through hell!

INSTRUCTIONS: The explanation for Diabol-X is simple, it's the execution that will get you. As we all know, the devil's in the details! You will be presented with 10 exercises, each exercise will be performed for 1 minute. The entire workout will be done in 10 minutes. Every rep you get in every exercise is counted towards your total score. At the end of the 10 minutes you add up all your reps and that is your score. No matter what kind of strategy you employ to get through this one, expect it to be grueling. They don't call it the devil for nothing!

MINUTE 1: Pushups

MINUTE 2: Box Jumps

MINUTE 3: Diagonal Jumping Planks **

MINUTE 4: Diamond Cutter Pushups

MINUTE 5: Sprinter Lunges **

MINUTE 6: Squat Burpees

MINUTE 7: Reverse Corkscrews

MINUTE 8: DB Renegade Rows **

MINUTE 9: DB Thrusters

MINUTE X: DB Straight Bar Curls

Note: Rest time is no longer than 30 seconds between exercises

** Left and Right equals 1 rep

SCORING: ATHLEAN XTREME - 375+ Reps (Diabol-X Demolition)

ATHLEAN ELITE - 350-374 Reps (Evil Genius)

ATHLEAN PRO - 325-349 Reps (Dr. Evil)

ATHLEAN SOLID - 290-324 Reps (See No Some Evil)

ATHLEAN BASIX - Less than 290 Reps (Dia-Bozo!)