

A muscular man in a black tank top is shown from the chest up, holding a barbell with both hands. The background is dark, and there are flames at the top and bottom of the image. The text "ATHLEAN INFERNO" is written in a white, bold, sans-serif font at the top left, with flames above and below it. The text "MAX/SIZE" is written in a large, bold, grey, sans-serif font at the bottom, with flames below it.

ATHLEAN INFERNO

MAX/SIZE

WEEK 1

MAX SIZE: IGNITION PHASE

MONDAY**XV-10: CHEST / BACK**

COMPLETE ALL SETS OF PRESSES BEFORE MOVING ONTO ROWS

Incline Bench Press (DB or BB) - 10 x 10 (Use 60% of your 1RM)

Underhand Barbell Rows - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's". Perform all 10 sets of incline bench press before moving onto to your 10 sets of underhand rows.

CHEST PROPAIN FINISHER 

Max Pushups to Failure ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

BACK PROPAIN FINISHER 

Max Inverted Rows to Failure (Beginner - Feet Flat) ==> Complete 2x that number within 4 minutes 30 seconds.

Start the clock running as soon as you complete the last rep of your first set.

TUESDAY**XV-10: QUADS / HAMSTRINGS**

COMPLETE ALL SETS OF SQUATS BEFORE MOVING ONTO DEADLIFTS

Barbell Squats - 10 x 10 (Use 60% of your 1RM)

Deadlifts - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's". Perform all 10 sets of squats before moving onto to your 10 sets of deadlifts.

QUADS PROPAIN FINISHER 

Max Prisoner Jump Squats to Failure ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

HAMSTRINGS PROPAIN FINISHER 

Max Physioball Hamstring Curls to Failure ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

WEDNESDAY OFF

WEEK 1

THURSDAY**XV-10: BICEPS / TRICEPS**

COMPLETE ALL SETS OF CURLS BEFORE MOVING ONTO TRICEP X-TENSIONS

Barbell Curls - 10 x 10 (Use 60% of your 1RM)

Lying Triceps X-Tensions (EZ Bar or DB's) - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's".

BICEPS PROPAIN FINISHER 

Max Inverted Chin Rows ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

TRICEPS PROPAIN FINISHER 

Max Bench Dips (Beginner - Feet Flat) ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

FRIDAY**XV-10: SHOULDERS / TRAPS**

COMPLETE ALL SETS OF SHOULDER PRESSES BEFORE MOVING ONTO HIGH PULLS

DB Shoulder Press - 10 x 10 (Use 60% of your 1RM)

DB High Pulls - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's".

SHOULDERS PROPAIN FINISHER 

Max DB Neutral OHP using 50% of your 12RM ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

TRAPS PROPAIN FINISHER 

Max Seated DB Shrugs using 50% of your 12RM ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

SATURDAY**10 MINUTES OF TORCHER: BURN LADDER**

INSTRUXIONS: This workout is very simple, perform five reps of the prescribed movement and hold an isometric for the prescribed amount of time. Isometric times increase in 5 second increments. For example you will perform 5 reps of a pushup and then hold for 5 seconds. Perform another 5 reps and hold for 10 seconds on and on until you reach the top or until you are unable to perform the exercise with good form. If you are unsure where to hold each move, please refer to the video provided for a demonstration. A total of 10 minutes of "hold time" is the goal!

Pushups x 5 ==> Pushup Hold (5,10,15,20,25 second holds)

Prisoner Squats x 5 ==> Squat Hold (5,10,15,20,25 second holds)

Pendulum Planks x 5 ==> Plank (5,10,15,20,25 second holds)

Inverted Rows x 5 ==> Inverted Row Squeeze (5,10,15,20,25 second holds)

Seated DB Press x 5 ==> Hold in 90 degree position (5,10,15,20,25 second holds)

DB Calf Raises x 5 ==> Hold on toes (5,10,15,20,25 second holds)

DB Biceps Curls x 5 ==> Hold in 90 degree position (5,10,15,20,25 second holds)

DB Shrugs x 5 ==> Hold in Shrug (5,10,15,20,25 second holds)

NOTE: Keep rest time to minimum to maximize conditioning effect.

SUNDAY**OFF**

WEEK 2

MONDAY**XV-10: BACK/CHEST**

COMPLETE ALL SETS OF ROWS BEFORE MOVING ONTO INCLINE BENCH PRESS

Underhand Barbell Rows - 10 x 10 (Use 60% of your 1RM)

Incline Bench Press (DB or BB) - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's".

BACK PROPAIN FINISHER 

Max Inverted Rows to Failure (Beginner - Feet Flat) ==> Complete 2x that number within 4 minutes 30 seconds.

Start the clock running as soon as you complete the last rep of your first set.

CHEST PROPAIN FINISHER 

Max Pushups to Failure ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

TUESDAY**XV-10: HAMSTRINGS/QUADS**

COMPLETE ALL SETS OF DEADLIFTS BEFORE MOVING ONTO SQUATS

Deadlifts - 10 x 10 (Use 60% of your 1RM)

Barbell Squats - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's".

HAMSTRINGS PROPAIN FINISHER 

Max Physioball Hamstring Curls to Failure ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

QUADS PROPAIN FINISHER 

Max Prisoner Jump Squats to Failure ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

WEDNESDAY**OFF**

WEEK 2

THURSDAY**XV-10: TRICEPS / BICEPS**

COMPLETE ALL SETS OF TRICEP X-TENSIONS BEFORE MOVING ONTO CURLS

Lying Triceps X-Tensions (EZ Bar or DB's) - 10 x 10 (Use 60% of your 1RM)

Barbell Curls - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's".

TRICEPS PROPAIN FINISHER 

Max Bench Dips (Beginner - Feet Flat) ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

BICEPS PROPAIN FINISHER 

Max Inverted Chin Rows ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

FRIDAY**XV-10: TRAPS/SHOULDERS**

COMPLETE ALL SETS OF HIGH PULLS BEFORE MOVING ONTO SHOULDER PRESSES

DB High Pulls - 10 x 10 (Use 60% of your 1RM)

DB Shoulder Press - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by". Rest 3-5 minutes between "10-by's".

TRAPS PROPAIN FINISHER 

Max Seated DB Shrugs using 50% of your 12RM ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

SHOULDERS PROPAIN FINISHER 

Max DB Neutral OHP using 50% of your 12RM ==> Complete 2x that number within 4 minutes 30 seconds!

Start the clock running as soon as you complete the last rep of your first set.

SATURDAY**10 MINUTES OF TORCHER: DIABOL-X (EL DIABLO)**

INSTRUXIONS: Whether you are an NXT grad, more than 8 months removed from this beastly workout...or attacking it for the very first time, the temperature is about to rise (as does hopefully your rep count) with the return of El Diablo. The following 10 exercises will each be performed for 1 minute. The entire workout will be completed 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 x 1 minute

MINUTE 2: Box Jumps x 1 minute

MINUTE 3: Diagonal Jumping Planks ** x 1 minute

MINUTE 4: Diamond Cutter Pushups x 1 minute

MINUTE 5: Sprinter Lunges ** x 1 minute

MINUTE 6: Squat Burpees x 1 minute

MINUTE 7: Reverse Corkscrews x 1 minute

MINUTE 8: DB Renegade Rows x 1 minute

MINUTE 9: DB Thrusters x 1 minute

MINUTE 10: DB Straight Bar Curls x 1 minute

NOTE: Rest time is no longer than 30 seconds between exercises. **Left and Right equals 1 rep.

SUNDAY**OFF**

WEEK 3

MONDAY**XV-10: CHEST / BACK**

COMPLETE ALTERNATING SETS OF INCLINE BENCH PRESS WITH ROWS UNTIL ALL 20 SETS ARE COMPLETE

Incline Bench Press (DB or BB) - 10 x 10 (Use 60% of your 1RM)

Underhand Barbell Rows - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

CHEST ISO-PROPAIN FINISHER 

Pushup Hold ==> Pushups

Pushup Hold for 60 seconds and complete your original failure number reps of pushups from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a pushup hold for 30 seconds. Remember, the clock is running!

BACK ISO-PROPAIN FINISHER 

Inverted Row Hold (Beginner - Feet Flat) ==> Inverted Rows (Beginner - Feet Flat)

Inverted Row Hold for 60 seconds and complete your original failure number reps of Inverted Rows from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing an Inverted Row Hold for 30 seconds. Remember, the clock is running!

TUESDAY**XV-10: QUADS / HAMSTRINGS**

COMPLETE ALTERNATING SETS OF SQUATS WITH DEADLIFTS UNTIL ALL 20 SETS ARE COMPLETE

Barbell Squats- 10 x 10 (Use 60% of your 1RM)

Deadlifts - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

QUADS ISO-PROPAIN FINISHER 

Wall Sits ==> Prisoner Jump Squats

Wall Sits for 60 seconds and complete your original failure number reps of Prisoner Jump Squats from your pro-pain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Wall Sit for 30 seconds. Remember, the clock is running!

HAMSTRINGS ISO-PROPAIN FINISHER 

Long Leg Bridge Hold ==> Physioball Hamstring Curls

Hold for 60 seconds and complete your original failure number reps of PB Hamstring Curls from your pro-pain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Long Leg Bridge Hold for 30 seconds. Remember, the clock is running!

WEDNESDAY**OFF**

WEEK 3

THURSDAY**XV-10: BICEPS / TRICEPS**

COMPLETE ALTERNATING SETS OF BARBELL CURLS WITH TRICEPS X-TENSIONS UNTIL ALL 20 SETS ARE COMPLETE

Barbell Curls - 10 x 10 (Use 60% of your 1RM)

Lying Triceps X-Tensions (EZ Bar or DB's) - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

BICEPS ISO-PROPAIN FINISHER 

Inverted Chin Curl Hold (Beginner - Inverted Chin Row Hold) ==> Inverted Chin Rows (Beginner - Inverted Chinups)

Inverted Chin Curl Hold for 60 seconds and complete your original failure number of reps from your Inverted Chin Rows pro-pain within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Inverted Chin Curl Hold for 30 seconds. Remember, the clock is running!

TRICEPS ISO-PROPAIN FINISHER 

Bench Dip Hold (Beginner - Feet Flat) ==> Bench Dips (Beginner - Feet Flat)

Bench Dip Hold for 60 seconds and complete your original failure number reps of Bench Dips from your pro-pain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Bench Dip Hold for 30 seconds. Remember, the clock is running!

FRIDAY**XV-10: SHOULDERS / TRAPS**

COMPLETE ALTERNATING SETS OF SHOULDER PRESS WITH HIGH PULLS UNTIL ALL 20 SETS ARE COMPLETE

DB Shoulder Press - 10 x 10 (Use 60% of your 1RM)

DB High Pulls - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

SHOULDERS ISO-PROPAIN FINISHER 

Side Lateral 45 Degree Hold (Use 1/2 of your normal side lateral weight) ==> DB Neutral OHP (Use weight normally used on side laterals)

Hold for 60 seconds and complete your original failure number reps of DB Neutral OHP from your pro-pain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Side Lateral Hold for 30 seconds. Remember, the clock is running!

TRAPS ISO-PROPAIN FINISHER 

Seated DB Shrug Hold (Use 12RM for DB Overhead Press) ==> Seated DB Shrugs (Beginner - Feet Flat)

Shrug Hold for 60 seconds and complete your original failure number reps of Seated DB Shrugs from your pro-pain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Seated DB Shrug Hold for 30 seconds. Remember, the clock is running!

WEEK 3

SATURDAY**10 MINUTES OF TORCHER: FIRE AND ICE**

INSTRUXIONS: Alternate "FIRE" (a circuit of exercises that must be completed in 1 minute) with "ICE" (an easier circuit of exercises that must be completed within 1 minute) with the goal of completing all rounds without missing the stated rep targets for each round. The total workout time is 10 minutes, but you have two choices of how you will get there. Pick the more difficult OPTION 1, and you'll encounter 5 rounds of the dreaded "FIRE" circuit (better known as "Hang Ten"! Opt for OPTION 2 and you'll shave away two of those "FIRE" rounds only to replace them with a slightly more difficult variation of "ICE" (you knew I'd make it a little harder as part of the trade-off now didn't you?). Either way you attack this, you're going to have to work hard. Can you make it all the way to the end without missing your mark in any one minute block?

OPTION 1: 1 FIRE / 1 ICE / 1 FIRE / 1 ICE / 1 FIRE / 1 ICE / 1 FIRE / 1 ICE / 1 FIRE / 1 ICE

FIRE

Sprawling Burpees x 10
Twisting Pistons x 5 to each side
Divebomber Pushups x 10

ICE

Pullups x 5
Hanging Knee Raises x 5

FOR A SLIGHTLY EASIER OPTIOtN...

OPTION 2: 1 ICE / 1 FIRE / 2 ICE / 1 FIRE / 3 ICE / 1 FIRE / 1 ICE

FIRE

Sprawling Burpees x 10
Twisting Pistons x 5 to each side
Divebomber Pushups x 10

ICE

Pullups x 5
Hanging Knee Raises x 5
Jump Rope Single Unders for Remaining Balance each minute

SUNDAY**OFF**

WEEK 4

MONDAY**XV-10: BACK/CHEST**

COMPLETE ALTERNATING SETS OF ROWS WITH INCLINE BENCH PRESS UNTIL ALL 20 SETS ARE COMPLETE

Underhand Barbell Rows - 10 x 10 (Use 60% of your 1RM)

Incline Bench Press (DB or BB) - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

BACK ISO-PROPAIN FINISHER 

Inverted Row Hold (Beginner - Feet Flat) ==> Inverted Rows (Beginner - Feet Flat)

Inverted Row Hold for 60 seconds and complete your original failure number reps of Inverted Rows from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing an Inverted Row Hold for 30 seconds. Remember, the clock is running!

CHEST ISO-PROPAIN FINISHER 

Pushup Hold ==> Pushups

Pushup Hold for 60 seconds and complete your original failure number reps of pushups from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a pushup hold for 30 seconds. Remember, the clock is running!

TUESDAY**XV-10: HAMSTRINGS / QUADS**

COMPLETE ALTERNATING SETS OF DEADLIFTS WITH SQUATS UNTIL ALL 20 SETS ARE COMPLETE

Deadlifts - 10 x 10 (Use 60% of your 1RM)

Barbell Squats - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

HAMSTRINGS ISO-PROPAIN FINISHER 

Long Leg Bridge Hold ==> Physioball Hamstring Curls

Hold for 60 seconds and complete your original failure number reps of PB Hamstring Curls from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Long Leg Bridge Hold for 30 seconds. Remember, the clock is running!

QUADS ISO-PROPAIN FINISHER 

Wall Sits ==> Prisoner Jump Squats

Wall Sits for 60 seconds and complete your original failure number reps of Prisoner Jump Squats from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Wall Sit for 30 seconds. The clock is running!

WEDNESDAY**OFF**

WEEK 4

THURSDAY**XV-10: TRICEPS / BICEPS**

COMPLETE ALTERNATING SETS OF TRICEPS X-TENSIONS WITH BARBELL CURLS UNTIL ALL 20 SETS ARE COMPLETE

Lying Triceps X-Tensions (EZ Bar or DB's) - 10 x 10 (Use 60% of your 1RM)

Barbell Curls - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

TRICEPS ISO-PROPAIN FINISHER 

Bench Dip Hold (Beginner - Feet Flat) ==> Bench Dips (Beginner - Feet Flat)

Bench Dip Hold for 60 seconds and complete your original failure number reps of Bench Dips from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Bench Dip Hold for 30 seconds.

BICEPS ISO-PROPAIN FINISHER 

Inverted Chin Curl Hold (Beginner - Inverted Chin Row Hold) ==> Inverted Chin Rows (Beginner - Inverted Chinups)

Hold for 60 seconds and complete your original failure number reps of pushups from your Inverted Chin Rows workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Inverted Chin Curl Hold for 30 seconds. Remember, the clock is running!

FRIDAY**XV-10: TRAPS/SHOULDERS**

COMPLETE ALTERNATING SETS OF HIGH PULLS WITH SHOULDER PRESS UNTIL ALL 20 SETS ARE COMPLETE

DB High Pulls - 10 x 10 (Use 60% of your 1RM)

DB Shoulder Press - 10 x 5 (Use your 8RM / 75% of your 1RM)

NOTE: Your rest is strictly 1 minute within sets of a "10-by".

TRAPS ISO-PROPAIN FINISHER 

Seated DB Shrug Hold (Use 12RM for DB Overhead Press) ==> Seated DB Shrugs (Beginner - Feet Flat)

Seated DB Shrug Hold for 60 seconds and complete your original failure number reps of Seated DB Shrugs from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Seated DB Shrug Hold for 30 seconds. Remember, the clock is running!

SHOULDERS ISO-PROPAIN FINISHER 

Side Lateral 45 Degree Hold (Use 1/2 of your normal side lateral weight) ==> DB Neutral OHP (Use weight normally used on side laterals)

Side Lateral Hold for 60 seconds and complete your original failure number reps of DB Neutral OHP from your propain workout within 9 minutes!

NOTE: Every time you rest, you must resume your climb to your goal reps by first performing a Side Lateral Hold for 30 seconds. Remember, the clock is running!

SATURDAY**THE 'YOU IN 30 MINUTES' CHALLENGE**

SEE NEXT PAGE FOR THIS MONTH'S WORKOUT CHALLENGE

SUNDAY**OFF**

YOU IN ~~10~~ 30 MINUTES CHALLENGE

THE 'YOU IN 30 MINUTES' CHALLENGE

For this challenge you'll need your stopwatch. Set your timer for 1 minute intervals for a total of 30 minutes. You'll start with 10 standard pushups. Upon completion of your reps you will have the balance of the minute to rest. For example, if you perform your 10 pushups in 15 seconds you will have a total of 45 seconds to rest. At the top of the second minute you'll move onto your next, more challenging version of a push up; the 'proowler' push up. Once you've completed your 10 reps you'll rest for the remainder of that minute continuing in this fashion for all the exercises. Keep track of the number of successfully completed minutes as your final score will be determined by this. Upon completion of the push segment you'll move onto your pull challenge progressing in the same fashion until finally you reach your leg challenge. If you saw the YouTube series you know this workout is no joke so get ready to burn....

10 reps of each pushup variation each minute (rest the balance of the minute) x 10 minutes.

Minute 1 - **Standard Pushups** x 10

Minute 2 - **Prowler Pushups** x 10

Minute 3 - **Archers** x 5 each side

Minute 4 - **Posted Pushups** x 5 each arm

Minute 5 - **Rolling Plyo Pushups** x 10

Minute 6 - **Hannibal Pushups** x 10

Minute 7 - **Foot Plant Pushups** x 10

Minute 8 - **Cliffhanger Pushups** x 10

Minute 9 - **Hand Plant Pushups** x 10

Minute 10 - **Standard Pushups** x 5 reps (20 second hold / 40 second hold)

6 reps of each pullup variation each minute (rest the balance of the minute) x 10 minutes

Minute 1 - **Standard Pullups** x 6

Minute 2 - **Commando Pullups** x 3 each side

Minute 3 - **1 1/2 Pullups** x 6

Minute 4 - **Around the World Pullups** x 3 each direction

Minute 5 - **Plyo Pullups** x 6

Minute 6 - **Cyclone Pullups** x 6

Minute 7 - **Front Lever Pullups** x 6

Minute 8 - **1 Arm Assisted Pullups** x 3 each arm

Minute 9 - **Headbanger Pullups** x 6

Minute 10 - **Standard Pullups** x 6 reps (5 seconds up / 5 seconds down)

10 reps of each leg variation each minute (rest the balance of the minute) x 10 minutes

Minute 1 - **Jump Squats** x 10

Minute 2 - **Prisoner Drop Step Lunges** x 10 each leg

Minute 3 - **Tuck Jumps** x 10

Minute 4 - **1 1/2 Squats** x 10

Minute 5 - **Sprinter Lunge Leaps** x 10 (each leg in front 10 times)

Minute 6 - **Split Squat Lateral Jumps** x 10 (three step then jump)

Minute 7 - **Ninja Tuck Jumps** x 10

Minute 8 - **Levitation Squats** x 10 each leg

Minute 9 - **180 Jump Squats** x 10

Minute 10 - **Jump Squats** x 5 reps (20 second hold / 40 second hold)

SCORE IS DETERMINED BY THE NUMBER OF SUCCESSFUL 1 MINUTE PERIODS YOU CAN COMPLETE:

ATHLEAN BASIX - 14 OR LESS

ATHLEAN SOLID - 15 to 19

ATHLEAN PRO - 20 to 25

ATHLEAN ELITE - 26 to 29

ATHLEAN XTREME - 30 out of 30

WEEK 5

MAX SIZE: GROWTH PHASE

MONDAY

Ax-RSON TRAINING: CHEST / TRICEPS

CHEST

Floor Flys (6-9RM) ==> DB Incline Bench Press (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 DB Incline Bench Press (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER! 🔥 PEC PERGATORY (3 ROUNDS)

DB Incline Bench Press (8RM) in midrange only x F ==> Lower Dip Stretch Hold x 30 seconds ==> Cable Cross Contraction x burnout

TRICEPS

DB Inverted Kickbacks (6-9RM) ==> DB Incline Tricep Extensions (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 DB Incline Tricep Extensions (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Close Grip Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER! 🔥 STEEL MOVING (1 ROUND)

Triceps Pushdowns (12RM) x F ==> Complete 1 1/2 as many reps as your initial set without letting the plates touch.

NOTE: Aim for your 12RM weight, however complete as many reps as you can to failure (i.e. 11). From here, DO NOT let the stack settle. Continue to suspend the weights and attempt to complete 1 1/2 the number (i.e. 17) without ever letting the plates touch. Should you need to rest, you get only 10 seconds to do so but you must add an additional 3 reps to your total before your work is considered completed.

TUESDAY

Ax-RSON TRAINING: QUADS / HAMSTRINGS

QUADS

Bulgarian Split Squat Hold to Failure each leg (Use 6-9RM for Bulgarian Split Squat) ==> Barbell Squats (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 Barbell Squats (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 DB Alternating Reverse Lunges (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER! 🔥 LIQUID LEGS (1 ROUND)

DB Goblet Squat x 100 total reps
 Wall Sit x 1 minute on every even minute

NOTE: Start the clock and perform as many reps as you can in 1 minute intervals. At the top of every even minute (ie. minute 2, 5, 9, etc) perform a 1 minute wall sit. Stop when all 100 reps of the goblet squat are completed. Use a dumbbell equal to a weight you would use with one arm for a dumbbell shoulder press.

HAMSTRINGS

PB Glute Ham Raise (6-9RM) ==> Barbell Hip Thrust (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 Barbell Hip Thrusts (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Stiff Legged Deadlifts (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER! 🔥 ASSES TO ASHES (1 ROUND)

KB Swings x 100 reps
 Long Legged Bridge Hold x 1 minute on every even minute

NOTE: Start the clock and perform as many reps as you can in 1 minute intervals. At the top of every even minute (ie. minute 2, 4, 6, etc) perform a 1 minute long legged bridge. Stop when all 100 reps of the swings are completed. Use a KB that is approximately 50-80 lbs.

WEEK 5

WEDNESDAY**OFF****THURSDAY****AX-RSON TRAINING: SHOULDERS / TRAPS & UPPER BACK****SHOULDERS**

DB Scaptions (6-9RM) ==> DB Overhead Press (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

DB Overhead Press (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

Barbell Clean and Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **CANNONBALL RUN (1 ROUND)**

DB Side Laterals (8RM) x F (Run the rack down to 10 lbs)

DB Shoulder Presses x F (Run the rack back up to original weight used)

NOTE: Aim to get back to original starting weight even if you must use a push press to do so.**TRAPS / UPPER BACK**

Barbell Shrugs (6-9RM) ==> Face Pulls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Face Pulls (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

DB High Pulls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **INFERNO CROSSFIRE (3 ROUNDS)**

Overhead Trap Raises x 30 ==> Band Pull Aparts x 30 ==> DB Shrug Holds x 30 seconds

NOTE: No rest between exercises. Use DB's that you would normally use for a 6-8RM shrug.**FRIDAY****AX-RSON TRAINING: BACK / BICEPS****BACK**

Straight Arm Pushdowns (6-9RM) ==> Lat Pulldowns (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Lat Pulldowns (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

Barbell Rows (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **ALPHABET ARSON (3 ROUNDS)**

Prone Incline DB Y's (15RM) x F ==> Prone Incline DB T's x F ==> Prone Incline DB I's x F ==> Hyperextensions x F

NOTE: Choose your DB starting weight according to your 15RM on Y's. Hold the isometric hyperextension throughout the circuit.**BICEPS**

DB Spider Curls (6-9RM) ==> DB Straight Bar Curls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

DB Straight Bar Curls (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

DB Hammer Curls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **HANG EM, BANG EM OR BURN (1 ROUND)**

Standing DB Curls (12RM) x F ==> Complete 1 1/2 as many reps as your initial set without dropping the DB's

NOTE: Aim for your 12RM weight, however complete as many reps as you can to failure (i.e. 11). From here, DO NOT put the dumbbells down. Continue to hold onto them and attempt to complete 1 1/2 the number (i.e. 17) without ever putting the dumbbells down. Should you need to put them down, you get only 10 seconds to do so but you must add an additional 3 reps to your total before your work is considered completed.

WEEK 5

SATURDAY**METABOLIC ARSON: BUMP AND RUN**

INSTRUXIONS: Set a running clock for 15 minutes. That's going to be your total time allotted to complete this workout. Each round will consist of the exercises listed below. A round is not completed until you've done all the exercises noted. Your goal is to complete as many rounds as possible in 15 minutes. You can rest as much as you need but keep in mind, this will affect the number of rounds you can successfully complete.

Complete as many rounds of the following as possible:

Burpees x 5

Run 100m (1/4 lap)

Burpees x 10

Run 200m (1/2 lap)

NOTE: You may rest as needed but realize that this will impact the number of rounds that you can ultimately complete.

Goals to Shoot for :

200m Runs: Advanced < 40 seconds / Intermediate < 60 seconds / Beginner < 80 seconds

100m Runs: Advanced < 20 seconds / Intermediate < 30 seconds / Beginner < 40 seconds

SUNDAY**OFF**

WEEK 6

MONDAY**AX-RSON TRAINING: CHEST / TRICEPS****CHEST**

Floor Flys (6-9RM) ==> **Incline Bench Press** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Floor Flys (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **PEC PERGATORY (3 ROUNDS)**

DB Incline Bench Press (8RM) in midrange only x F ==> **Lower Dip Stretch Hold** x 30 seconds ==> **Cable Cross Contraction** x burnout

TRICEPS

DB Inverted Kickbacks (6-9RM) ==> **DB Incline Tricep Extensions** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

DB Inverted Kickbacks (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

Close Grip Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **STEEL MOVING (1 ROUND)**

Triceps Pushdowns (12RM) x F ==> Complete 1 1/2 as many reps as your initial set without letting the plates touch.

NOTE: Aim for your 12RM weight, however complete as many reps as you can to failure (i.e. 11). From here, DO NOT let the stack settle. Continue to suspend the weights and attempt to complete 1 1/2 the number (i.e. 17) without ever letting the plates touch. Should you need to rest, you get only 10 seconds to do so but you must add an additional 3 reps to your total before your work is considered completed.

TUESDAY**AX-RSON TRAINING: QUADS / HAMSTRINGS****QUADS**

Bulgarian Split Squat Hold to Failure each leg (Use 6-9RM for Bulgarian Split Squat) ==> **Barbell Squats** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Bulgarian Split Squats (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

DB Alternating Reverse Lunges (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **LIQUID LEGS (1 ROUND)**

DB Goblet Squat x 100 total reps

Wall Sit x 1 minute on every even minute

NOTE: Start the clock and perform as many reps as you can in 1 minute intervals. At the top of every even minute (ie. minute 2, 5, 9, etc) perform a 1 minute wall sit. Stop when all 100 reps of the goblet squat are completed. Use a dumbbell equal to a weight you would use with one arm for a dumbbell shoulder press.

HAMSTRINGS

PB Glute Ham Raise (6-9RM) ==> **Barbell Hip Thrust** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

PB Glute Ham Raise (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

Stiff Legged Deadlifts (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **ASSES TO ASHES (1 ROUND)**

KB Swings x 100 reps

Long Legged Bridge Hold x 1 minute on every even minute

NOTE: Start the clock and perform as many reps as you can in 1 minute intervals. At the top of every even minute (ie. minute 2, 4, 6, etc) perform a 1 minute long legged bridge. Stop when all 100 reps of the swings are completed. Use a KB that is approximately 50-80 lbs.

WEDNESDAY**OFF**

WEEK 6

THURSDAY

Ax-RSON TRAINING: SHOULDERS / TRAPS & UPPER BACK

SHOULDERS

DB Scaptions (6-9RM) ==> DB Overhead Press (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 DB Scaptions (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Barbell Clean and Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  CANNONBALL RUN (1 ROUND)

DB Side Laterals (8RM) x F (Run the rack down to 10 lbs)
 DB Shoulder Presses x F (Run the rack back up to original weight used)

NOTE: Aim to get back to original starting weight even if you must use a push press to do so.

TRAPS / UPPER BACK

Barbell Shrugs (6-9RM) ==> Face Pulls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 Barbell Shrugs (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 DB High Pulls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  INFERNO CROSSFIRE (3 ROUNDS)

Overhead Trap Raises x 30 ==> Band Pull Aparts x 30 ==> DB Shrug Holds x 30 seconds

NOTE: No rest between exercises. Use DB's that you would normally use for a 6-8RM shrug.

FRIDAY

Ax-RSON TRAINING: BACK / BICEPS

BACK

Straight Arm Pushdowns (6-9RM) ==> Lat Pulldowns (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 Straight Arm Pushdowns (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Barbell Rows (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  ALPHABET ARSON (3 ROUNDS)

Prone Incline DB Y's (15RM) x F ==> Prone Incline DB T's x F ==> Prone Incline DB I's x F ==> Hyperextensions x F

NOTE: Choose your DB starting weight according to your 15RM on Y's. Hold the isometric hyperextension throughout the circuit.

BICEPS

DB Spider Curls (6-9RM) ==> DB Straight Bar Curls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 DB Spider Curls (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 DB Hammer Curls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  HANG EM, BANG EM OR BURN (1 ROUND)

Standing DB Curls (12RM) x F ==> Complete 1 1/2 as many reps as your initial set without dropping the DB's

NOTE: Aim for your 12RM weight, however complete as many reps as you can to failure (i.e. 11). From here, DO NOT put the dumbbells down. Continue to hold onto them and attempt to complete 1 1/2 the number (i.e. 17) without ever putting the dumbbells down. Should you need to put them down, you get only 10 seconds to do so but you must add an additional 3 reps to your total before your work is considered completed.

WEEK 6

SATURDAY**METABOLIC ARSON: SPRINT LADDER**

INSTRUXIONS: Against a running clock, perform the sprint ladder sequence in the workout below as quickly as possible in good form. Rest as needed but realize this will add to your total time of your overall workout. Beginners must only perform four rounds before moving to the cooldown phase.

- Warmup Jog

- 800m (1/2 mile)

- Sprint Ladder

- 100m Sprint / Jog 100m

- 200m Sprint / Jog 200m

- 300m Sprint / Jog 300m

- 400m Sprint / Jog 400m

(Beginners skip straight to cool down here)

- 300m Sprint / Jog 300m

- 200m Sprint / Jog 200m

- 100m Sprint / Jog 100m

- Cooldown Walk

- 400-800m

NOTE: You may rest as needed but realize that this will impact the number of rounds that you can ultimately complete.

SUNDAY**OFF**

WEEK 7

MONDAY**AX-RSON TRAINING: CHEST / TRICEPS****CHEST**

Floor Flys (6-9RM) ==> **DB Incline Bench Press** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
DB Incline Bench Press (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)
Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **FIRE ON THE FLOOR (3 ROUNDS)**

DB Floor Flys (10RM) x F ==> **DB Floor Press** x F ==> **DB Upper Chest Pullover** x F

TRICEPS

DB Inverted Kickbacks (6-9RM) ==> **DB Incline Tricep Extensions** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
DB Incline Tricep Extensions (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)
Close Grip Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **TRI-AL BY FIRE (3 ROUNDS)**

Pancake Pushups x F ==> **Diamond Cutter Pushups** x F ==> **Pounding Triceps Trunk Lifts** x F

NOTE: Attempt to complete this entire mechanical drop set without resting. The modification to a slightly easier version of a triceps exercise should allow you to continue to squeeze out reps you never knew you had in you!

TUESDAY**AX-RSON TRAINING: QUADS / HAMSTRINGS****QUADS**

Squat Hold to Failure (Use 6-9RM for Bulgarian Split Squat) ==> **Barbell Squats** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
Barbell Squats (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)
DB Alternating Reverse Lunges (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **BLAST OFF (1 ROUND)**

Box Squats ==> **Box Jumps**

NOTE: Perform 1 Box Squat and immediately transition to 1 Box Jump. Step down and perform 2 Box Squats into a 1 Box Jump. Keep increasing your Box Squats by one rep followed by a single box jump until your legs can't stand the heat and you have to bail.

HAMSTRINGS

PB Glute Ham Raise (6-9RM) ==> **Barbell Hip Thrust** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
Barbell Hip Thrusts (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)
Stiff Legged Deadlifts (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  **3RD DEGREE LUNGES (2-3 ROUNDS)**

DB Sprinter Lunges (12RM) ==> **Sprinter Lunge Leaps** x 12 each leg ==> **Bodyweight Sprinter Lunges** x 12 each leg

NOTE: Attempt to complete this entire sequence without resting.

WEDNESDAY**OFF**

WEEK 7

THURSDAY**AX-RSON TRAINING: SHOULDERS / TRAPS & UPPER BACK****SHOULDERS**

DB Scaptions (6-9RM) ==> DB Overhead Press (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 DB Overhead Press (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Barbell Clean and Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  SMOLDERING SHOULDERS (3 ROUNDS)

DB Bent Lateral Raises (12RM) x F ==> DB Side Laterals x F ==> DB Front Raises x F ==> DB Wide Arc Presses x F

NOTE: Use a weight that causes you to reach failure in 12 reps on your bent lateral raise.

TRAPS / UPPER BACK

Barbell Shrugs (6-9RM) ==> Face Pulls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 Face Pulls (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 DB High Pulls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  ENTRAPMENT (1 ROUND)

DB Leaning Shrugs x 10 ==> DB Farmer's Carry x 30 steps ==> DB Leaning Shrugs x 9 ==> DB Farmer's Carry x 30 steps ==> Etc

NOTE: Start with the weight you used for your high pulls above and begin your descent. Each time you have to put the dumbbells down, lighten the dumbbells by 10 pounds and add back one rep to your shrugs. Continue until your final 1 rep of shrugs is complete.

FRIDAY**AX-RSON TRAINING: BACK / BICEPS****BACK**

Straight Arm Pushdowns (6-9RM) ==> Lat Pulldowns (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 Lat Pulldowns (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 Barbell Rows (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  LADDER 8 (1 ROUND)

DB Pullover (10RM) x 8 ==> Pullups x 1
 DB Pullover (10RM) x 7 ==> Pullups x 2
 DB Pullover (10RM) x 6 ==> Pullups x 3
 DB Pullover (10RM) x 5 ==> Pullups x 4
 DB Pullover (10RM) x 4 ==> Pullups x 5
 DB Pullover (10RM) x 3 ==> Pullups x 6
 DB Pullover (10RM) x 2 ==> Pullups x 7
 DB Pullover (10RM) x 1 ==> Pullups x 8

NOTE: Take your 10RM for a DB Pullover and perform 8 reps. Immediately proceed to the pullup bar and bang out 1 pullup. Head back to the pullovers and perform 7 reps. Continue this alternating sequence of pullups and pullovers until you have completed your reps of all.

BICEPS

DB Spider Curls (6-9RM) ==> DB Straight Bar Curls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)
 DB Straight Bar Curls (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)
 DB Hammer Curls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  FIRE PIT (1 ROUND)

Bicep Chin Hold x 45 seconds ==> Inverted Chin Curl Hold x 45 seconds
 Bicep Chin Hold x 30 seconds ==> Inverted Chin Curl Hold x 30 seconds
 Bicep Chin Hold x 20 seconds ==> Inverted Chin Curl Hold x 20 seconds

NOTE: No rest. Hold the positions for each stated time. Mentally tough as it is physically tough.

WEEK 7

SATURDAY**METABOLIC ARSON: A-TRACK-NOPHOBIA**

INSTRUXIONS: Make your way to a track and perform the workout below. Each lap is broken up into a series of exercises to be performed one after the other. Rest only as needed. If you do not have access to a track find an area suitable for running where you can measure out a 100m stretch. Beginners should focus on their running form, the goal here is to run at a max effort while maintaining good form. We realize that speed will vary for everyone. Run the fastest YOU can without worrying about anyone else!

LAP 1

- Start at one end of the track, do **Push-Ups** to Failure.
- **Sprint 100m** to the bend in the track, then **Walk** the bend (100m in length)
- At end of bend, do **Push-Ups** to Failure.
- **Sprint 100m** to the next bend in the track, then **Walk** the bend (100m in length)

LAP 2

- Repeat succession for next loop, but now swap the walk between bends with **Walking Lunges**.

LAP 3

- Repeat succession for next loop, but now swap Walking Lunges with **Walking Slide Squats**.

LAP 4

- Once you do the second bend of Walking Slide-Squats on the 3rd lap, do your final Push-Ups to Failure, and for the fourth and final lap, **Sprint the entire track to finish!**

*** If you finish your first mile and think you can do it all over again, go for it!

SUNDAY**OFF**

WEEK 8

MONDAY**AX-RSON TRAINING: CHEST / TRICEPS****CHEST**

Floor Flys (6-9RM) ==> **Incline Bench Press** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Floor Flys (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  FIRE ON THE FLOOR (3 ROUNDS)

DB Floor Flys (10RM) x F ==> DB Floor Press x F ==> DB Upper Chest Pullover x F

TRICEPS

DB Inverted Kickbacks (6-9RM) ==> **DB Incline Tricep Extensions** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

DB Inverted Kickbacks (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

Close Grip Bench Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  TRI-AL BY FIRE (3 ROUNDS)

Pancake Pushups x F ==> **Diamond Cutter Pushups** x F ==> **Pounding Triceps Trunk Lifts** x F

NOTE: Attempt to complete this entire mechanical drop set without resting. The modification to a slightly easier version of a triceps exercise should allow you to continue to squeeze out reps you never knew you had in you!

TUESDAY**AX-RSON TRAINING: QUADS / HAMSTRINGS****QUADS**

Bulgarian Split Squat Hold to Failure each leg (Use 6-9RM for Bulgarian Split Squat) ==> **Barbell Squats** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Bulgarian Split Squats (10RM) x 8 reps each leg ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

DB Alternating Reverse Lunges (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  BLAST OFF (1 ROUND)

Box Squats ==> Box Jumps

NOTE: Perform 1 Box Squat and immediately transition to 1 Box Jump. Step down and perform 2 Box Squats into a 1 Box Jump. Keep increasing your Box Squats by one rep followed by a single box jump until your legs can't stand the heat and you have to bail.

HAMSTRINGS

PB Glute Ham Raise (6-9RM) ==> **Barbell Hip Thrust** (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

PB Glute Ham Raise (10RM) x 8 reps ==> **Holding Isometric** - 3 SETS (90 SECOND REST B/W SETS)

Stiff Legged Deadlifts (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  3RD DEGREE LUNGES (2-3 ROUNDS)

DB Sprinter Lunges (12RM) ==> **Sprinter Lunge Leaps** x 12 each leg ==> **Bodyweight Sprinter Lunges** x 12 each leg

NOTE: Attempt to complete this entire sequence without resting.

WEDNESDAY**OFF**

WEEK 8

THURSDAY

Ax-RSON TRAINING: SHOULDERS / TRAPS & UPPER BACK

SHOULDERS

DB Scaptions (6-9RM) ==> DB Overhead Press (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

DB Scaptions (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

Barbell Clean and Press (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  SMOLDERING SHOULDERS (3 ROUNDS)

DB Bent Lateral Raises (12RM) x F ==> DB Side Laterals x F ==> DB Front Raises x F ==> DB Wide Arc Presses x F

NOTE: Use a weight that causes you to reach failure in 12 reps on your bent lateral raise.

TRAPS / UPPER BACK

Barbell Shrugs (6-9RM) ==> Face Pulls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Barbell Shrugs (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

DB High Pulls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  ENTRAPMENT (1 ROUND)

DB Leaning Shrugs x 10 ==> DB Farmer's Carry x 30 steps ==> DB Leaning Shrugs x 9 ==> DB Farmer's Carry x 30 steps ==> Etc

NOTE: Start with the weight you used for your high pulls above and begin your descent. Each time you have to put the dumbbells down, lighten the dumbbells by 10 pounds and add back one rep to your shrugs. Continue until your final 1 rep of shrugs is complete.

FRIDAY

Ax-RSON TRAINING: BACK / BICEPS

BACK

Straight Arm Pushdowns (6-9RM) ==> Lat Pulldowns (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

Straight Arm Pushdowns (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

Barbell Rows (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  LADDER 8 (1 ROUND)

DB Pullover (10RM) x 8 ==> Pullups x 1

DB Pullover (10RM) x 7 ==> Pullups x 2

DB Pullover (10RM) x 6 ==> Pullups x 3

DB Pullover (10RM) x 5 ==> Pullups x 4

DB Pullover (10RM) x 4 ==> Pullups x 5

DB Pullover (10RM) x 3 ==> Pullups x 6

DB Pullover (10RM) x 2 ==> Pullups x 7

DB Pullover (10RM) x 1 ==> Pullups x 8

NOTE: Take your 10RM for a DB Pullover and perform 8 reps. Immediately proceed to the pullup bar and bang out 1 pullup. Head back to the pullovers and perform 7 reps. Continue this alternating sequence of pullups and pullovers until you have completed your reps of all.

BICEPS

DB Spider Curls (6-9RM) ==> DB Straight Bar Curls (6-9RM) - 2 SETS (2 MINUTES REST B/W SETS)

DB Spider Curls (10RM) x 8 reps ==> Holding Isometric - 3 SETS (90 SECOND REST B/W SETS)

DB Hammer Curls (6-9 RM) - 5 SETS (60 SECOND REST)

FIVE ALARM FINISHER!  FIRE PIT (1 ROUND)

Bicep Chin Hold x 45 seconds ==> Inverted Chin Curl Hold x 45 seconds

Bicep Chin Hold x 30 seconds ==> Inverted Chin Curl Hold x 30 seconds

Bicep Chin Hold x 20 seconds ==> Inverted Chin Curl Hold x 20 seconds

NOTE: No rest. Hold the positions for each stated time. Mentally tough as it is physically tough.



HOT PLATE

CHALLENGE

SATURDAY: THE HOT PLATE CHALLENGE

For this challenge you'll need your stopwatch. Set your timer for 1 minute intervals for a total of 30 minutes. You'll start with 10 standard pushups. Upon completion of your reps you will have the balance of the minute to rest. For example, if you perform your 10 pushups in 15 seconds you will have a total of 45 seconds to rest. At the top of the second minute you'll move onto your next, more challenging version of a push up; the 'prowler' push up. Once you've completed your 10 reps you'll rest for the remainder of that minute continuing in this fashion for all the exercises. Keep track of the number of successfully completed minutes as your final score will be determined by this. Upon completion of the push segment you'll move onto your pull challenge progressing in the same fashion until finally you reach your leg challenge. If you saw the YouTube series you know this workout is no joke so get ready to burn....

PERFORM THE FOLLOWING 200 YARD SEQUENCE 2 TIMES:

100 YARDS DOWNFIELD: Push Press Throw ==> Discus Throw Left ==> Discus Throw Right across goal line (Sprint to the plate each time)
100 YARDS BACK: Three finger pinch one sided carry back (15 pushups if you drop it)

NOTE: Work your way down the field (100 yards) alternating between a push press throw, discus throw left and right until you have thrown the plate across the opposite goal line. Count the number of times it takes you to do this. Immediately pick up the plates with a three finger pinch grip on one side and walk the plate back to the starting goal line. Repeat downfield one more time and count your throws once again. Return to the starting goal line once more, this time with a carry on the opposite arm. Every time you drop the plate you must stop and perform 15 pushups!

TOTAL NUMBER OF THROWS DIVIDED BY 2 = NUMBER OF 20 YARD SPRINTS TO FINISH THE CHALLENGE!

WEIGHT SELECTION:

135lbs and under = 25lb plate
 136-199 = 35lb plate
 200+ = 45lb plate

SCORE IS DETERMINED BY YOUR TOTAL TIME TO COMPLETION (INCLUDING PUSHUPS AND SPRINTS!)

ATHLEAN BASIX - GREATER THAN 13 MINUTES
ATHLEAN SOLID - 11 MINUTES 1 SECOND TO 13 MINUTES
ATHLEAN PRO - 9 MINUTES 31 SECONDS TO 11 MINUTES
ATHLEAN ELITE - 8 MINUTES 31 SECONDS TO 9 MINUTES 30 SECONDS
ATHLEAN XTREME - UNDER 8 MINUTES 30 SECONDS

WEEK 9

MAX SIZE: MAX DEVELOPMENT PHASE

MONDAY**BACKFIRE TRAINING: TB-PUSH (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

DB Bench Press x 50 reps ==> Band Chest Stretch x 60 seconds (each time you rest)
 Dips / Weighted Dips x 50 reps ==> Band Triceps Stretch x 60 seconds (each time you rest)
 DB Thrusters x 50 reps ==> Band Shoulder Stretch x 60 seconds (each time you rest)
 Front Squats x 50 reps ==> Kneeling Recliner Stretch x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  **LINEAR LOCOMOTION**

1 Mile Run

TUESDAY**BACKFIRE TRAINING: TB-PUSH (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

DB Bench Press x 25 reps ==> Chest Flex x 60 seconds (each time you rest)
 Dips / Weighted Dips x 25 reps ==> Triceps Flex x 60 seconds (each time you rest)
 DB Thrusters x 25 reps ==> Shoulder Flex x 60 seconds (each time you rest)
 Front Squats x 25 reps ==> Quad Flex x 60 seconds (each time you rest)

NOTE: During rest periods you must flex for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  **STATIC FLEXIBILITY**

Static Chest Stretch x 30 seconds each side (pec major and pec minor)
 Static Triceps Stretch x 30 seconds each side
 Static Shoulder Stretch x 30 seconds each (front, middle, rear delts)
 Static Quad Stretch x 30 seconds each side

WEDNESDAY**OFF****THURSDAY****BACKFIRE TRAINING: TB-PULL (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

Underhand Lat Pulldown x 50 reps ==> Lat Pulldown Stretch x 60 seconds (each time you rest)
 DB Incline Variable Curls x 50 reps ==> Incline DB Bicep Stretch - lighter weight x 60 seconds (each time you rest)
 Seated DB Shrug x 50 reps ==> Seated DB Shrug Stretch - lighter weight x 60 seconds (each time you rest)
 PB Glute / Ham Raise x 50 reps ==> Seated Hamstring Stretch - bilateral x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  **NON-LINEAR LOCOMOTION**

Agility Wheel x 5-8 Rounds

WEEK 9

FRIDAY**BACKFIRE TRAINING: TB-PULL (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

Underhand Lat Pulldown x 25 reps ==> Back Flex x 60 seconds (each time you rest)
 DB Incline Variable Curls x 25 reps ==> Biceps Flex x 60 seconds (each time you rest)
 Seated DB Shrug x 25 reps ==> Traps Flex x 60 seconds (each time you rest)
 PB Glute / Ham Raise x 25 reps ==> Hamstrings Bridge Flex x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  **CRAWL**

Alternating Alpine Climbers x 5 reps each side (Slow and Deliberate)
 Side Kickthroughs x 5 reps each side (Slow and Deliberate)
 Scorpion Crossovers x 5 reps each side (Slow and Deliberate)
 Crab Stretch x 5 reps each side (Slow and Deliberate)

SATURDAY**OFF****SUNDAY****BACKFIRE TRAINING: TB-PUSH (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

Floor Flys x 50 reps ==> Band Chest Stretch x 60 seconds (each time you rest)
 DB Side Lateral Crossover Raises x 50 reps ==> Band Shoulder Stretch x 60 seconds (each time you rest)
 Barbell Deadlifts x 50 reps ==> Kneeling Recliner Stretch x 60 seconds (each time you rest)
 DB Phelps Press x 50 reps ==> Band Triceps Stretch x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  **JUMP**

Jump Rope - Two Foot Hops x 200 jumps
 Jump Rope - Single Leg Right x 100 jumps
 Jump Rope - Single Leg Left x 100 jumps
 Jump Rope - High Knees x 100 jumps
 Jump Rope - Two Foot Hops x 200 jumps

WEEK 10

MONDAY**BACKFIRE TRAINING: TB-PUSH (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

Floor Flys x 25 reps ==> Chest Flex x 60 seconds (each time you rest)
 DB Side Lateral Crossover Raises x 25 reps ==> Shoulder Flex x 60 seconds (each time you rest)
 Barbell Deadlifts x 25 reps ==> Quad Flex x 60 seconds (each time you rest)
 DB Phelps Press x 25 reps ==> Triceps Flex x 60 seconds (each time you rest)

ATHLETIC PILLAR FINISHER  **STATIC BALANCE**

Heel Toe Arms Out / Eyes Closed x 60 seconds
 Single Leg Right / Eyes Closed x 60 seconds
 Heel Toe Arms Up / Eyes Closed x 60 seconds
 Single Leg Left / Eyes Closed x 60 seconds

TUESDAY**OFF****WEDNESDAY****BACKFIRE TRAINING: TB-PULL (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

Pullups / Weighted Pullups x 50 reps ==> Leaning Lat Stretch x 60 seconds (each time you rest)
 Barbell Curls x 50 reps ==> Reverse Standing Curl Stretch x 60 seconds (each time you rest)
 DB High Pull x 50 reps ==> Seated Traps Stretch x 30 seconds each side (each time you rest)
 DB/BB Stiff Legged Deadlifts x 50 reps ==> Standing Hamstring Stretch - bilateral x 60 seconds (each time you rest)

ATHLETIC PILLAR FINISHER  **DYNAMIC BALANCE**

Single Leg Right - Tuck Jump in Place and Stick x 10
 Single Leg Left - Tuck Jump in Place and Stick x 10
 Single Leg Right - Alternating Lateral Jump and Stick x 10 (5 to right / 5 to left)
 Single Leg Left - Alternating Lateral Jump and Stick x 10 (5 to right / 5 to left)

THURSDAY**BACKFIRE TRAINING: TB-PULL (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

Pullups / Weighted Pullups x 25 reps ==> Back Flex x 60 seconds (each time you rest)
 Barbell Curls x 25 reps ==> Biceps Flex x 60 seconds (each time you rest)
 DB High Pull x 25 reps ==> Traps Flex x 30 seconds each side (each time you rest)
 DB/BB Stiff Legged Deadlifts x 25 reps ==> Hamstrings Bridge Flex x 60 seconds (each time you rest)

ATHLETIC PILLAR FINISHER  **DYNAMIC FLEXIBILITY**

Standing Knee to Chest x 10 reps
 Standing Quads x 10 reps
 Standing Piriformis x 10 reps
 Standing Leg Swing x 10 reps

NOTE: Repeat entire sequence on the other leg for one final round.

WEEK 10

FRIDAY

OFF

SATURDAY

BACKFIRE TRAINING: TB-PUSH (CONCENTRIC)

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

DB Bench Press x 50 reps ==> Band Chest Stretch x 60 seconds (each time you rest)
 Dips / Weighted Dips x 50 reps ==> Band Triceps Stretch x 60 seconds (each time you rest)
 DB Thrusters x 50 reps ==> Band Shoulder Stretch x 60 seconds (each time you rest)
 Front Squats x 50 reps ==> Kneeling Recliner Stretch x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  LINEAR LOCOMOTION

1 MILE RUN

SUNDAY

BACKFIRE TRAINING: TB-PUSH (ECCENTRIC)

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

DB Bench Press x 25 reps ==> Chest Flex x 60 seconds (each time you rest)
 Dips / Weighted Dips x 25 reps ==> Triceps Flex x 60 seconds (each time you rest)
 DB Thrusters x 25 reps ==> Shoulder Flex x 60 seconds (each time you rest)
 Front Squats x 25 reps ==> Quad Flex x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  STATIC FLEXIBILITY

Static Chest Stretch x 30 seconds each side (pec major and pec minor)
 Static Triceps Stretch x 30 seconds each side
 Static Shoulder Stretch x 30 seconds each (front, middle, rear delts)
 Static Quad Stretch x 30 seconds each side

WEEK 11

MONDAY**OFF****TUESDAY****BACKFIRE TRAINING: TB-PULL (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

Underhand Lat Pulldown x 50 reps ==> Lat Pulldown Stretch x 60 seconds (each time you rest)
 DB Incline Variable Curls x 50 reps ==> Incline DB Bicep Stretch - lighter weight x 60 seconds (each time you rest)
 Seated DB Shrug x 50 reps ==> Seated DB Shrug Stretch - lighter weight x 60 seconds (each time you rest)
 PB Glute / Ham Raise x 50 reps ==> Seated Hamstring Stretch - bilateral x 60 seconds (each time you rest)

ATHLETIC PILLAR FINISHER  **NON-LINEAR LOCOMOTION**

Agility Wheel x 5-8 Rounds

WEDNESDAY**BACKFIRE TRAINING: TB-PULL (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

Underhand Lat Pulldown x 25 reps ==> Back Flex x 60 seconds (each time you rest)
 DB Incline Variable Curls x 25 reps ==> Biceps Flex x 60 seconds (each time you rest)
 Seated DB Shrug x 25 reps ==> Traps Flex x 60 seconds (each time you rest)
 PB Glute / Ham Raise x 25 reps ==> Hamstrings Bridge Flex x 60 seconds (each time you rest)

ATHLETIC PILLAR FINISHER  **CRAWL**

Alternating Alpine Climbers x 5 reps each side (Slow and Deliberate)
 Side Kickthroughs x 5 reps each side (Slow and Deliberate)
 Scorpion Crossovers x 5 reps each side (Slow and Deliberate)
 Crab Stretch x 5 reps each side (Slow and Deliberate)

THURSDAY**OFF****FRIDAY****BACKFIRE TRAINING: TB-PUSH (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

Floor Flys x 50 reps ==> Band Chest Stretch x 60 seconds (each time you rest)
 DB Side Lateral Crossover Raises x 50 reps ==> Band Shoulder Stretch x 60 seconds (each time you rest)
 Barbell Deadlifts x 50 reps ==> Kneeling Recliner Stretch x 60 seconds (each time you rest)
 DB Phelps Press x 50 reps ==> Band Triceps Stretch x 60 seconds (each time you rest)

ATHLETIC PILLAR FINISHER  **JUMP**

Jump Rope - Two Foot Hops x 200 jumps
 Jump Rope - Single Leg Right x 100 jumps
 Jump Rope - Single Leg Left x 100 jumps
 Jump Rope - High Knees x 100 jumps
 Jump Rope - Two Foot Hops x 200 jumps

WEEK 11

SATURDAY**BACKFIRE TRAINING: TB-PUSH (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

Floor Flys x 25 reps ==> Chest Flex x 60 seconds (each time you rest)

DB Side Lateral Crossover Raises x 25 reps ==> Shoulder Flex x 60 seconds (each time you rest)

Barbell Deadlifts x 25 reps ==> Quad Flex x 60 seconds (each time you rest)

DB Phelps Press x 25 reps ==> Triceps Flex x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  **STATIC BALANCE**

Heel Toe Arms Out / Eyes Closed x 60 seconds

Single Leg Right / Eyes Closed x 60 seconds

Heel Toe Arms Up / Eyes Closed x 60 seconds

Single Leg Left / Eyes Closed x 60 seconds

SUNDAY**OFF**

WEEK 12

MONDAY**BACKFIRE TRAINING: TB-PULL (CONCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 12RM AND 1/1/5 TEMPO) BEFORE MOVING ON TO THE NEXT.

Pullups / Weighted Pullups x 50 reps ==> Leaning Lat Stretch x 60 seconds (each time you rest)
 Barbell Curls x 50 reps ==> Reverse Standing Curl Stretch x 60 seconds (each time you rest)
 DB High Pull x 50 reps ==> Seated Traps Stretch x 30 seconds each side (each time you rest)
 DB/BB Stiff Legged Deadlifts x 50 reps ==> Standing Hamstring Stretch - bilateral x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  DYNAMIC BALANCE

Single Leg Right - Tuck Jump in Place and Stick x 10
 Single Leg Left - Tuck Jump in Place and Stick x 10
 Single Leg Right - Alternating Lateral Jump and Stick x 10 (5 to right / 5 to left)
 Single Leg Left - Alternating Lateral Jump and Stick x 10 (5 to right / 5 to left)

TUESDAY**BACKFIRE TRAINING: TB-PULL (ECCENTRIC)**

COMPLETE ALL REPS FOR AN EXERCISE (USING 6RM AND 5/1/1 TEMPO) BEFORE MOVING ON TO THE NEXT.

Pullups / Weighted Pullups x 25 reps ==> Back Flex x 60 seconds (each time you rest)
 Barbell Curls x 25 reps ==> Biceps Flex x 60 seconds (each time you rest)
 DB High Pull x 25 reps ==> Traps Flex x 30 seconds each side (each time you rest)
 DB/BB Stiff Legged Deadlifts x 25 reps ==> Hamstrings Bridge Flex x 60 seconds (each time you rest)

NOTE: During rest periods you must stretch for 60 seconds and resume repping!

ATHLETIC PILLAR FINISHER  DYNAMIC FLEXIBILITY

Standing Knee to Chest x 10 reps
 Standing Quads x 10 reps
 Standing Piriformis x 10 reps
 Standing Leg Swing x 10 reps

NOTE: Repeat entire sequence on the other leg for one final round.

WEDNESDAY**OFF**

WEEK 12

THURSDAY**FIREMAN'S CARRY CHALLENGE****ATHLETIC PILLAR "BONUS" FINISHER**  **RESISTED LOCOMOTION**

INSTRUXIONS: Measure out a 30 yard stretch of runway. To complete this workout you'll be using 4 barbell plates. See below for weight selection. For your first round you will hold the plate across your chest and move as quickly as you can, covering 30 yards. Once you reach the end, drop the plate and sprint back to the start. Repeat until all 4 plates are at the other end of your 30 yard stretch, a total of 4 trips. Next you will carry a plate in each hand (farmers carry) moving all the plates back to the start...sprinting back in between trips (1 plate in each hand = 2 trips). Finally you will carry each plate individually overhead. Drop the plate and sprint back to retrieve the others for a total of 4 trips. Your goal is to complete this entire sequence in under 4 minutes and 30 seconds!

Plate Carry x 30 Yards (4 TIMES) ==> **Sprint Back Each Time** x 30 Yards
Plate Farmer's Carry x 30 Yards (2 TIMES) ==> **Sprint Back Each Time** x 30 Yards
Plate Overhead Carry x 30 Yards (4 TIMES) ==> **Sprint Back Each Time** x 30 Yards

FRIDAY**FINAL CHALLENGE! - THE TOWERING INFERNO**

SEE NEXT PAGE FOR FINAL WORKOUT CHALLENGE

SATURDAY**OFF**

SUNDAY**OFF**

TOWERING INFERNO

CHALLENGE

FINAL CHALLENGE! - THE TOWERING INFERNO

This challenge is broken up into 3 rounds. The first round requires you to perform the exercises listed below using heavy weights. Using the first exercise (DB Bench Press) as an example, grab your 10RM and perform 3 reps then hold an isometric for 5 seconds. Perform another 3 reps and hold for 10 seconds, another 3 and finally, 15 seconds of hold. Upon completion perform the rest of the exercises in Round 1 in the same fashion. Round 2 will be completed in the same way only you'll be using your 15RM performing 3 reps preceded by the hold. In Round 2 there will be an additional hold time for a total of 4 continuing all the way up to 20 seconds. The challenge concludes with Round 3, a complete bodyweight circuit where you will perform 5 reps followed by an isometric hold only this time you'll perform a total of five holds working your way up to a final 25 second hold.

ROUND 1 (How many of the 5 floors can you successfully climb?)

Heavy Weights: (5,10,15) USE 10RM

Floor: **DB Bench Press** x 3 ==> **DB Bench Hold**

Floor: **BB Squats** x 3 ==> **BB Squat Hold**

Floor: **Standing OHP** x 3 ==> **Hold in 90 Degree Position**

Floor: **BB Curls** x 3 ==> **Hold in 90 Degree Position**

Floor: **Rope Pushdowns** ==> **Hold in 90 Degree Position**

ROUND 2 (How many of the 5 floors can you successfully climb?)

Moderate Weights: (5,10,15,20) USE 15RM

Floor: **DB Bench Press** x 3 ==> **DB Bench Hold**

Floor: **BB Squats** x 3 ==> **BB Squat Hold**

Floor: **Standing OHP** x 3 ==> **Hold in 90 Degree Position**

Floor: **BB Curls** x 3 ==> **Hold in 90 Degree Position**

Floor: **Rope Pushdowns** ==> **Hold in 90 Degree Position**

ROUND 3 (How many of the 5 floors can you successfully climb?)

Body Weight: (5,10,15,20,25)

Floor: **Pushups** x 5 ==> **Pushup Hold**

Floor: **Prisoner Jump Squats** x 5 ==> **Prisoner Squat Hold**

Floor: **Pike Pushups** x 5 ==> **Pike Pushup Hold**

Floor: **Inverted Chins** x 5 ==> **Inverted Chin Holds**

Floor: **Diamond Cutter Pushups** x 5 ==> **Diamond Cutter Hold**

YOUR SCORE IS BASED ON THE NUMBER OF SUCCESSFUL ATTEMPTS (FLOORS) YOU COMPLETE:

ATHLEAN BASIX - LESS THAN 8 FLOORS

ATHLEAN SOLID - 8-9 FLOORS

ATHLEAN PRO - 10-11 FLOORS

ATHLEAN ELITE - 12-14 FLOORS

ATHLEAN XTREME - 15 OUT OF 15 FLOORS