

ATHLEAN-NXT

LADY LUCK TRAINING PHASE

WEEK 1

How to Perform LADY LUCK Workouts

You will soon learn no matter how you approach her, there is no getting lucky with Lady Luck! If you think you know what it means to strength train, you're in for a surprise! In this phase we're going to be attacking the body from multiple angles using multiple principles all in one. Your strength workouts will be broken down into 'Mods'. Each mod will be a total body workout. So what's the catch? Each strength workout will shift from focus on light weights, to moderate weights, to heavy weights. For example, you're training Upper Body Push heavy on day 1, Upper Body Pull is light and Legs is moderate. When you hit your strength work again, you will shift that around and perform Upper Body Push light, Lower Body Heavy and Upper Pull moderate.

Your rep ranges and exercises selection have been carefully chosen to target the specific muscle groups in a way to maximize your anabolic response while providing adequate time for recovery. This is a lot of volume guys, but you can handle it and the results you get from this phase will leave you feeling like the lucky one!

The weight chosen should result in you reaching failure in the prescribed rep range.

- Rest Time for light exercises is no more than 45 seconds
- Rest Time for moderate work is 60-90 seconds.
- Rest Time for heavy sets is 90 seconds.

MONDAY TOTAL STRENGTH: MOD 1A

UPPER PULL (Light)

1. BACK/BICEPS - 1 Arm Alternating S/P DB Rows 4 x 15-20 each arm

UPPER PUSH (Heavy)

1. CHEST - DB Flat Bench Press 3 x 5-8
2. SHOULDERS - OBB Landmine 1 Arm Push Press 3 x 5-8 each arm
3. TRICEPS - Kneeling Cable Pushdowns 3 x 5-8
4. CHEST/SHOULDERS/TRICEPS - 1 Leg Dive Bomber Pushups 3 x F (alternate "up" leg each rep)

LOWER BODY (Moderate)

- 1A. QUADS - DB / Barbell Front Squats x 10-12
- 1B. HAMSTRINGS / GLUTES - DB / Barbell Stiff Legged Deadlifts x 10-12 **3-4 SETS**
- 2A. QUADS - DB Step Up / Lunge Combo x 10-12 (6 step ups per leg each set)
- 2B. HAMSTRINGS / GLUTES - Physioball Glute/Ham Raise x 10-12 **3-4 SETS**

TUESDAY LADY LUCK (TeXas Hold Em Workout)

Instruxions: In today's workout you will be "dealt" 5 total exercises (2 pocket exercises and 3 flop exercises). The pocket exercises are to be performed as a two exercise superset with NO REST in between, while the flop exercises are to be performed as a three exercise combo with NO REST in between. At the conclusion of every pocket or flop combo you will earn 60 seconds rest. Simple enough right? Well, we're just getting started. Each exercise has a "hold em" version as well. If you are unlucky enough to be dealt one or more of these, you must perform the regular version of the exercise(s) in it's combo as expected but then ALSO perform a 1 minute hold for the isometric version of the exercise in its hardest range IMMEDIATELY AFTER completing the combo it appears in. An isometric hold is required for EACH ARM/LEG if the exercise it applies to is a unilateral exercise. Complete the entire workout for 4 rounds. A maximum of 2 re-shuffles are allowed for this workout in case you hate the hand you are dealt! Hate more than 2 of them though, and it's tough luck...you're stuck with what you've got! Make the most of it!

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LADY LUCK TRAINING PHASE WEEK 1

TUESDAY LADY LUCK (TeXas Hold Em Workout)

COMPLETE 4 ROUNDS OF THE FOLLOWING:

POCKET EXERCISES

1. Exercise 1 x 45 seconds
2. Exercise 2 x 45 seconds (HOLD EM!)

REST 60 SECONDS

FLOP EXERCISES

3. Exercise 3 x 30 seconds
4. Exercise 4 x 30 seconds
5. Exercise 5 x 30 seconds (HOLD EM!)

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: If any exercise dealt is marked as a "Hold Em" exercise, you will perform the regular version of that exercise in its combo (as you normally would) and then perform the "Hold Em" version immediately following that combo (before taking your 60 second rest).

WEDNESDAY OFF

THURSDAY TOTAL STRENGTH: MOD 1B

UPPER PUSH (Light)

1. CHEST/SHOULDERS/TRICEPS - Dive Bomber Pushups 4 x F

LOWER BODY (Heavy)

1. QUADS - DB / Barbell Front Squats 3 x 5-8
2. HAMSTRINGS - Physioball Glute/Ham Raise 3 x 5-8
3. GLUTES - DB / Barbell Stiff Legged Deadlifts 3 x 5-8
4. *QUADS/HAMSTRINGS/GLUTES - DB Sprinter Step Up / Lunge Combo 3 x 6-8 (3-4 step ups per leg each set)

UPPER PULL (Moderate)

- 1A. BACK - Rack Pull Rows x 10-12
- 1B. BICEPS - DB No Money Curls x 10-12 **3-4 SETS**
- 2A. BACK - Angled Pullups x F
- 2B. BICEPS - Bicep Chin Ups x F **3-4 SETS**

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LADY LUCK TRAINING PHASE

WEEK 1

FRIDAY LADY LUCK (TeXas Hold Em Workout)

COMPLETE 4 ROUNDS OF THE FOLLOWING:

POCKET EXERCISES

1. Exercise 1 x 45 seconds
2. Exercise 2 x 45 seconds (HOLD EM!)

REST 60 SECONDS

FLOP EXERCISES

3. Exercise 3 x 30 seconds
4. Exercise 4 x 30 seconds
5. Exercise 5 x 30 seconds (HOLD EM!)

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: If any exercise dealt is marked as a "Hold Em" exercise, you will perform the regular version of that exercise in its combo (as you normally would) and then perform the "Hold Em" version immediately following that combo (before taking your 60 second rest).

SATURDAY TOTAL STRENGTH: MOD 1C

LOWER BODY (Light)

1. **QUADS/HAMSTRINGS/GLUTES** - DB Sprinter Step Up / Lunge Combo 4 x 16-20 (8-10 step ups per leg each set)

UPPER PULL (Heavy)

1. **BACK** - Rack Pull Rows 4 x 5-8
2. **BICEPS** - Barbell Curls 4 x 5-8
3. **BACK/BICEPS** - 1 Arm Alternating S/P DB Rows 4 x 5-8 each arm

UPPER PUSH (Moderate)

- 1A. **CHEST** - DB Flat Bench Press x 10-12
- 1B. **TRICEPS** - Kneeling Cable Pushdowns x 10-12 **3 SETS**
- 2A. **SHOULDERS** - DB "L" Raises x 10-12
- 2B. **TRICEPS** - Physioball DB Kickbacks x 10-12 **3 SETS**
- 3A. **CHEST** - Pendulum Pushups x F
- 3B. **SHOULDERS** - Power Pushaways x F **3 SETS**

SUNDAY OFF

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LADY LUCK TRAINING PHASE

WEEK 2

MONDAY TOTAL STRENGTH: MOD 2A

UPPER PULL (Light)

1. **BACK/BICEPS** - Inverted Chin Rows 4 x 15-20 (Alter leg positioning to fail in 15-20 range)

UPPER PUSH (Heavy)

1. **CHEST** - Thumbs Up DB Incline Bench 3 x 5-8
2. **SHOULDERS** - DB Cheat Laterals 3 x 5-8 each arm
3. **TRICEPS** - Power Plank Ups 3 x F
4. ***CHEST/SHOULDERS/TRICEPS** - Angry Mule Pushups 3 x F (normal to diamond cutter to feet in, perform mule kick, jump feet out and repeat)

LOWER BODY (Moderate)

- 1A. **QUADS** - DB 3-Way Lunges x 12 (Alternate right/left forward, right/left side, and right/left drop steps 4 times through)
- 1B. **HAMSTRINGS / GLUTES** - Marching Long Leg Bridges x F **3-4 SETS**
- 2A. **QUADS** - DB Split Hang Clean / Split Squats x 10-12 (right and left combo equals one rep)
- 2B. **HAMSTRINGS / GLUTES** - DB/KB Swings x 10-12 **3-4 SETS**

TUESDAY LADY LUCK (Un-LUCKY 7 Workout)

Instructions: In today's workout you will be "rolling" 4 total exercises, each to be performed for 60 seconds. Rest time between the exercises is just 20 seconds. Rest time after completing a round of all the exercises is 60 seconds. Again, nothing unusual up to this point. But you should know by now, this is Lady Luck and nothing can ever be that simple! If you roll the "Un-LUCKY 7" in your workout you'll have to perform the next exercise that follows it for 7 straight minutes using a 20 seconds on, 10 seconds off tabata programming! Don't think you lucked out if the 7 comes as the last exercise in the workout. All that means is that after the 20 seconds rest you got after the 3rd exercise you must jump back to the first exercise and get started on your 7 minute mauler! Rest is extended to 60 seconds after completing your "Unlucky 7" should you get a "bad roll"! Complete the entire workout for 4 rounds. Only one re-roll is allowed for this workout in case you hate the hand you are dealt! Hate your re-roll more than your initial roll and wish you could go back? Sorry. That's how the dice fall!

COMPLETE 4 TIMES THROUGH

1. Exercise 1 x 60 seconds
REST 20 SECONDS
2. Exercise 2 x 60 seconds
REST 20 SECONDS
3. Exercise 3 x 60 seconds
REST 20 SECONDS
4. Exercise 4 x 60 seconds

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: If you roll a "7" exercise, you must perform the exercise that follows it for 7 minutes using 20 second on 10 second off tabata programming. Once completed you must make your way through the remainder of the circuit as usual. Each time through you must repeat this 7 minute massacre using the same exercise!

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LADY LUCK TRAINING PHASE WEEK 2

WEDNESDAY OFF

THURSDAY TOTAL STRENGTH: MOD 2B

UPPER PUSH (Light)

*1. **CHEST/SHOULDERS/TRICEPS** - Trifecta Pushups 4 x F (pushup in each of three positions equals one rep - diamond, normal, pike)

LOWER BODY (Heavy)

1. **QUADS** - DB 3-Way Lunges 3 x 6 each leg (Alternate right/left forward, right/left side, and right/left drop steps 2 times through)
2. ***HAMSTRINGS** - Marching Long Leg Bridges 3 x 5-8 (Slow down those reps enough to cause failure in 5-8 rep range)
3. **GLUTES** - DB/KB Swings 3 x 5-8
4. **QUADS/HAMSTRINGS/GLUTES** - DB Heel Touch Squats 3 x 6-8 each leg

UPPER PULL (Moderate)

- 1A. **BACK** - Inverted Rows x F (Legs straight)
- 1B. **BICEPS** - Inverted Chin Curls x F (Legs bent) **3-4 SETS**
- 2A. **BACK** - DB "W" Raises x 10-12
- 2B. **BICEPS** - Incline Variable Curls x 10-12 **3-4 SETS**

FRIDAY LADY LUCK (Un-LUCKY 7 Workout)

COMPLETE 4 TIMES THROUGH

1. Exercise 1 x 60 seconds
REST 20 SECONDS
2. Exercise 2 x 60 seconds
REST 20 SECONDS
3. Exercise 3 x 60 seconds
REST 20 SECONDS
4. Exercise 4 x 60 seconds

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: If you roll a "7" exercise, you must perform the exercise that follows it for 7 minutes using 20 second on 10 second off tabata programming. Once completed you must make your way through the remainder of the circuit as usual. Each time through you must repeat this 7 minute massacre using the same exercise!

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LADY LUCK TRAINING PHASE

WEEK 2

SATURDAY TOTAL STRENGTH: MOD 2C

LOWER BODY (Light)

1. **QUADS/HAMSTRINGS/GLUTES** - Heel Touch Squats 4 x 16-20 each leg (DB's optional if needed)

UPPER PULL (Heavy)

1. **BACK** - Barbell Bent Rows 4 x 5-8
2. **BICEPS** - Incline Variable Curls 4 x 5-8
- *3. **BACK/BICEPS** - 1 Arm Inverted Chin Row 4 x F each arm

UPPER PUSH (Moderate)

- 1A. **CHEST** - Thumbs Up DB Incline Bench x 10-12
- 1B. **TRICEPS** - Power Plank Ups x F **3 SETS**
- 2A. **SHOULDERS** - Mule Kicks x F
- 2B. **TRICEPS** - Diamond Cutter Pushups x F **3 SETS**
- 3A. **CHEST** - Underhand Grip DB Bench Press x 10-12
- 3B. **SHOULDERS** - DB UCV Raises x 10-12 **3 SETS**

SUNDAY OFF

ATHLEAN-NXT

LADY LUCK TRAINING PHASE WEEK 3

MONDAY TOTAL STRENGTH: MOD 3A

UPPER PULL (Light)

1. **BACK/BICEPS** - 1 Arm Alternating S/P DB Rows 4 x 15-20 each arm

UPPER PUSH (Heavy)

1. **CHEST** - Thumbs Up DB Incline Bench 3 x 5-8
2. **SHOULDERS** - OBB Landmine 1 Arm Push Press 3 x 5-8 each arm
3. **TRICEPS** - Kneeling Cable Pushdowns 3 x 5-8
4. **CHEST/SHOULDERS/TRICEPS** - Angry Mule Pushups 3 x F (normal to diamond cutter to feet in, perform mule kick, jump feet out and repeat)

LOWER BODY (Moderate)

- 1A. **QUADS** - DB / Barbell Front Squats x 10-12
- 1B. **HAMSTRINGS / GLUTES** - DB / Barbell Stiff Legged Deadlifts x 10-12 **3-4 SETS**
- 2A. **QUADS** - DB Split Hang Clean / Split Squats x 10-12 (right and left combo equals one rep)
- 2B. **HAMSTRINGS / GLUTES** - DB/KB Swings x 10-12 **3-4 SETS**

TUESDAY LADY LUCK (Black, Red or Dead Workout!)

Instruxions: In today's workout you will "spin" 6 total exercises (2 black, 2 red, and 2 dead). Black exercises need to be done for 60 seconds, red for 30 seconds and the dreaded "dead" for 30 REPS! All reps of the dead exercises must be completed before you can move on in your workout. Should you need to rest along the way to doing so, I encourage you to keep it short though, since after all, this is a conditioning workout and we are looking to maximize the conditioning effect here! As for what you'll be doing for black, red, or dead I can't help you there my friend...the only one who knows the answer to that is the lady. Two total rounds are required before you can cash in and call it a day. Unhappy with your spinning prowess? Like last week, you get one and only one "re-spin" to try and change your fortunes, after that, you're outta luck!

Rest time after a black exercise - 60 seconds
Rest time after a red exercise - 30 seconds
Rest time after a dead exercise - 90 seconds

COMPLETE 2 ROUNDS

1. **BLACK** Exercise 1
2. **RED** Exercise 2
3. **DEAD** Exercise 3
4. **BLACK** Exercise 4
5. **RED** Exercise 5
6. **DEAD** Exercise 6

BLACK exercise - Perform for 60 seconds

RED exercise - Perform for 30 seconds

DEAD - Complete 30 REPS (All reps must be completed before moving on. Rest as needed to accomplish but keep to a minimum to maximize conditioning effect)

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LADY LUCK TRAINING PHASE WEEK 3

WEDNESDAY OFF

THURSDAY TOTAL STRENGTH: MOD 3B

UPPER PUSH (Light)

1. **CHEST/SHOULDERS/TRICEPS** - Trifecta Pushups 4 x F (pushup in each of three positions equals one rep - diamond, normal, pike)

LOWER BODY (Heavy)

1. **QUADS** - DB 3-Way Lunges 3 x 6 each leg (Alternate right/left forward, right/left side, and right/left drop steps 2 times through)
2. **HAMSTRINGS** - Physioball Glute/Ham Raise 3 x 5-8
3. **GLUTES** - DB / Barbell Stiff Legged Deadlifts 3 x 5-8
4. **QUADS/HAMSTRINGS/GLUTES** - DB Sprinter Step Up / Lunge Combo 3 x 6-8 (3-4 step ups per leg each set)

UPPER PULL (Moderate)

- 1A. **BACK** - Rack Pull Rows x 10-12
- 1B. **BICEPS** - DB No Money Curls x 10-12 **3-4 SETS**
- 2A. **BACK** - Angled Pullups x F
- 2B. **BICEPS** - Bicep Chin Ups x F **3-4 SETS**

FRIDAY LADY LUCK (Un-LUCKY 7 Workout)

COMPLETE 2 ROUNDS

1. **BLACK** Exercise 1
2. **RED** Exercise 2
3. **DEAD** Exercise 3
4. **BLACK** Exercise 4
5. **RED** Exercise 5
6. **DEAD** Exercise 6

BLACK exercise - Perform for 60 seconds

RED exercise - Perform for 30 seconds

DEAD - Complete 30 REPS (All reps must be completed before moving on. Rest as needed to accomplish but keep to a minimum to maximize conditioning effect)

ATHLEAN-NXT

LADY LUCK TRAINING PHASE WEEK 3

SATURDAY TOTAL STRENGTH: MOD 3C

LOWER BODY (Light)

1. **QUADS/HAMSTRINGS/GLUTES** - DB Sprinter Step Up / Lunge Combo 4 x 16-20 (8-10 step ups per leg each set)

UPPER PULL (Heavy)

1. **BACK** - Rack Pull Rows 4 x 5-8
2. **BICEPS** - Barbell Curls 4 x 5-8
3. **BACK/BICEPS** - 1 Arm Alternating S/P DB Rows 4 x 5-8 each arm

UPPER PUSH (Moderate)

- 1A. **CHEST** - DB Flat Bench Press x 10-12
- 1B. **TRICEPS** - Kneeling Cable Pushdowns x 10-12 **3 SETS**
- 2A. **SHOULDERS** - DB "L" Raises x 10-12
- 2B. **TRICEPS** - Physioball DB Kickbacks x 10-12 **3 SETS**
- 3A. **CHEST** - Pendulum Pushups x F
- 3B. **SHOULDERS** - Mule Kicks x F **3 SETS**

SUNDAY OFF

ATHLEAN-NXT

LADY LUCK TRAINING PHASE

WEEK 4

MONDAY LADY LUCK (BlackjAX)

Instruxions: In today's workout you will be "dealt" just 3 exercises. Each one is to be performed for 7 reps for a total of 21 reps per round (see how we did that?!?) Your job is to complete 21 rounds, yes 21 rounds, as quickly as you can. Unlike previous weeks where you had an option to reshuffle if you weren't satisfied with the workout you were dealt, in week 4...no such luck! It's week 4, the stakes are high and the house isn't handing out any more comps! But this is a good thing, because as I say...you never know how strong you are until being strong is the only choice you have! Good luck!

COMPLETE 21 TIMES THROUGH

1. Exercise 1 x 7 reps
2. Exercise 2 x 7 reps
3. Exercise 3 x 7 reps

TUESDAY TOTAL STRENGTH: MOD 4A

LOWER BODY (Heavy)

1. **QUADS** - DB Bulgarian Split Squats 3 x 5-8 each leg
2. **HAMS/GLUTES** - Slick Floor / Barbell Bridge Curls 3 x F

UPPER PULL (Heavy)

1. **BACK** - DB Pullovers 3 x 5-8
2. **BICEPS** - DB Biceps Curls 3 x 5-8

UPPER PUSH (Heavy)

1. **CHEST/TRICEPS** - DB Guillotine Press 3 x 5-8
2. **SHOULDERS** - Rotational DB Pivot Press 3 x 5-8 each arm

WEDNESDAY OFF

ATHLEAN-NXT

LADY LUCK TRAINING PHASE

WEEK 4

THURSDAY LADY LUCK (BlackjAX)

COMPLETE 21 TIMES THROUGH

1. Exercise 1 x 7 reps
2. Exercise 2 x 7 reps
3. Exercise 3 x 7 reps

FRIDAY TOTAL STRENGTH: MOD 4B

LOWER BODY (Light)

1. **QUADS** - 3-Way Lunges 3 x 21 (Alternate right/left forward, right/left side, and right/left drop steps 7 times through)
2. **HAMS/GLUTES** - High Hip Bucks 3 x F

UPPER PULL (Light)

1. **BACK** - DB "W" Raises 3 x 15-20
2. **BICEPS** - Tubing Burnout Curls 3 x F

UPPER PUSH (Light)

1. **CHEST/TRICEPS** - Lizard Walk Pushups 3 x F
2. **SHOULDERS** - DB Side Lateral Raises 3 x 15-20

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LADY LUCK TRAINING PHASE

SATURDAY SLOTS OF PAIN CHALLENGE

IntroduXion: Well, you had to know this wasn't going to be easy but that doesn't mean it can't be fun. Unlike with real gambling you may be unlucky but the results you get will make you happily lose your shirt. Step right and pull the wheel and try your luck! While this challenge has a level of unpredictability, I can tell you one thing for certain. It's hard. Real hard. Not just physically but mentally. Not knowing what's ahead of you can do things to your psyche, but that's sort of the point. At this stage in the game I know you're physically strong. What makes the real difference is your ability to tap into that regardless of what your mind is telling you and this challenge will provide ample opportunity to quit.

InstruXions: For this challenge you will be given 10 pulls of the wheel. Each pull will yield a task with set parameters for how that task must be completed. Each task should be considered a mini challenge, but unlike other challenges in Athlean-X there is no room for error. You either pass, or fail. There's no middle ground here. The determining factor will be your mental toughness. I have no idea what the order of exercises be for each team member but I know it's going to be a tough workout. If you've made it this far in NXT you have the physical abilities, the question here is do you have what it takes to be mentally strong. Well, we're going to find out... Start spinning!

10 PULLS - WILL YOU "WIN" OR "LOSE"?

1. **Dead Bar Hang** for 2 minutes
2. **45 Burpees** in 2 minutes
3. **18 Pullups** in 1 minute
4. **Plank Hold** for 3 minutes
5. **100 Pushups** in 2 minutes
6. **225 Jump Rope Single Unders** in 2 minutes
7. **20 Mule Kicks** in a minute
8. **Flexed Arm Hang** (chin over bar) for 1 minute
9. **300 Yard Shuttle** in 54 seconds or less (cones separated 50 yards apart - sprint down and back 3 times)
10. **10 for 10 in The Broad Jump Challenge** - 10 consecutive successful hits of your Broad Jump Max (Establish max broad jump from a toe starting line and by marking your toe landing spot. Proceed to perform a right/left leg split squat with your front leg toes on the same common starting toe line as your initial test and then immediately broad jump. Attempt to cross your initial toe landing spot on 10 consecutive jumps). If you fail along the way, you get one chance to restart and attempt again. Don't intentionally hold back on your first test jump...you'll only be shortchanging yourself!

Scoring:

- ATHLEAN BASIX** - Completes less than 5 tasks (**Joker**)
- ATHLEAN SOLID** - Completes 5 tasks (**Three of a Kind**)
- ATHLEAN PRO** - Complete 6-7 tasks (**High Roller**)
- ATHLEAN ELITE** - Complete 8-9 tasks (**Pit Boss!**)
- ATHLEAN XTREME** - Complete all 10 tasks (**Jackpot!**)

SUNDAY OFF