

ATHLEAN INFERNO

MAX/SHRED

WEEK 1

MOBILIZATION PHASE

MONDAY

MOBILIZATION CIRCUIT: DESCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) **Bench Overs** x 60 seconds(PUSH) **Bench Dips on Heels** x 60 seconds(LEGS) **High Hip Bucks** x 60 seconds(PULL) **Hanging Scap Pulls** x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) (CONDITIONING) **Low Bench Taps** x 60 seconds(PUSH) **Bench Dips Feet Flat** x 60 seconds(LEGS) **Marching High Hip Bucks** x 60 seconds(PULL) **Seated Scap Pushups** x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

TUESDAY

BURST CLASSIX - 3RD DEGREE BURN!

SLOW BURN - COMPLETE 2 TIMES THROUGH

(FRONTAL) **Jump Rope (side to side hops)** x 2 minutes(SAGGITAL) **Jump Rope (high knees)** x 2 minutes(TRANSVERSE) **Jump Rope (twists)** x 2 minutes

NOTE: Should you need to stop due to fatigue or hitting the rope, regroup...and get that rope going again! If you don't have a rope you may mimic the motions without one.

FLASH BURN - COMPLETE 2 TIMES THROUGH

(FRONTAL) **Shuffle Burpees** x 30 seconds(SAGGITAL) **Scissor Squat Jax** x 30 seconds(TRANSVERSE) **Tornado Jump Squats** x 30 seconds

NOTE: No rest between exercises in this circuit, however you are permitted to rest 60 seconds between completed rounds.

RUG BURN - COMPLETE 2 TIMES THROUGH

(FRONTAL) **Plank Jax** x 45 seconds(SAGGITAL) **Alternating 3 Point Burpees** x 45 seconds(TRANSVERSE) **Alt. Side Kickthroughs** x 45 seconds

NOTE: You are allowed 15 seconds rest between completed exercises and 1 minute between each completed round.

WEEK 1

WEDNESDAY

OFF

THURSDAY

MOBILIZATION CIRCUIT: DESCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) High Knees x 60 seconds

(PUSH) Power Pushaways x 60 seconds

(LEGS) Hindu Squat Throughs x 60 seconds

(PULL) Inverted Chin Curls x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) Jog in Place x 60 seconds

(PUSH) Knee Pushaways x 60 seconds

(LEGS) Quarter Squat Throughs x 60 seconds

(PULL) Inverted Chin Rows x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

FRIDAY

FIRE DRILL (JUMP!)

GROUP 1 - 30 Sec Two Foot Hops / 30 Sec Side to Side Hops x 2
LINE DRILL - 60 Sec of Crossovers

GROUP 2 - 30 Sec Ali Shuffles / 30 Sec High Knees x 2
LINE DRILL - 60 Sec of Front/Back Hop Overs

GROUP 3 - 30 Sec Single Leg Right / 30 Sec Single Leg Left x 2
LINE DRILL - 60 Sec of Side/Side Hop Overs

GROUP 4 - 30 Sec Jumping Jack Hops / 30 Sec Two Foot Hops x 2
LINE DRILL - 60 Sec of Crossovers

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

WEEK 1

SATURDAY

MOBILIZATION CIRCUIT: DESCENDING REPS**SEE ALARMS FOR ROUNDS AND EXERCISES**

(CONDITIONING) **Skater Hops** x 60 seconds

(PUSH) **Pushups** x 60 seconds

(LEGS) **Prisoner Squats** x 60 seconds

(PULL) **Inverted Rows** x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **Skater Side Steps** x 60 seconds

(PUSH) **Knee Pushups** x 60 seconds

(LEGS) **Quarter Pulse Prisoner Squats** x 60 seconds

(PULL) **Inverted Pull Ups** x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

SUNDAY

OFF

WEEK 2

MONDAY



HEAVY ASS PUSH (Chest) - DB Incline Bench Press - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: DESCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) Bench Overs x 60 seconds

(PUSH) Bench Dips on Heels x 60 seconds

(LEGS) High Hip Bucks x 60 seconds

(PULL) Hanging Scap Pulls x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) Low Bench Taps x 60 seconds

(PUSH) Bench Dips Feet Flat x 60 seconds

(LEGS) Marching High Hip Bucks x 60 seconds

(PULL) Seated Scap Pushups x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

TUESDAY

BLACK WIDOW BURST TRAINING I - TRAPPED

INSTRUXIONS: You will need pair of DB's that are 25% less than your overhead DB press 12RM. Complete 4 times through.

Push-ups - To failure or 1 minute (OR Hold plank for 1min — apply to ALL)

Alternating DB Renegade Rows - 1 minute

Twisted Pistons - 1 minute

Alternating Floor Jacks - 1 minute

Man-Makers - 10 reps

REST: No rest should be taken between exercises if possible. Take up to 60 seconds of rest between completed rounds.

WEDNESDAY

OFF

WEEK 2

THURSDAY



HEAVY ASS LEGS - **BB Deadlifts** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: DESCENDING REPS**SEE ALARMS FOR ROUNDS AND EXERCISES**

(CONDITIONING) **High Knees** x 60 seconds

(PUSH) **Power Pushaways** x 60 seconds

(LEGS) **Hindu Squat Throughs** x 60 seconds

(PULL) **Inverted Chin Curls** x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **Jog in Place** x 60 seconds

(PUSH) **Knee Pushaways** x 60 seconds

(LEGS) **Quarter Squat Throughs** x 60 seconds

(PULL) **Inverted Chin Rows** x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

FRIDAY

FIRE DRILL (RUN!)**50 YARDS**

Sprint Walk Jogs x 4 @ 50 yards

300 Yard Shuttle x 2

Sprint Walk Jogs x 4 @ 50 yards

25 YARDS

S-Runs 25 yards x 10 (Walk back for rest)

Straight Sprints 25 yards x 10 (Walk back for rest)

WEEK 2

SATURDAY

H.A.E. HEAVY ASS PULL (Biceps) - DB Straight Bar Curls - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: DESCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) Skater Hops x 60 seconds

(PUSH) Pushups x 60 seconds

(LEGS) Prisoner Squats x 60 seconds

(PULL) Inverted Rows x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS)

(CONDITIONING) Skater Side Steps x 60 seconds

(PUSH) Knee Pushups x 60 seconds

(LEGS) Quarter Pulse Prisoner Squats x 60 seconds

(PULL) Inverted Pull Ups x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

SUNDAY

OFF

WEEK 3

MONDAY

H.A.E HEAVY ASS PUSH (Shoulders) - OHP (Barbell or DB's) - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: ASCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) **High Bench Taps** x 60 seconds

(PUSH) **Bench Dips on Heels** x 60 seconds

(LEGS) **High Hip Bucks** x 60 seconds

(PULL) **Hanging Scap Pulls** x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **Bench Hop Outs** x 60 seconds

(PUSH) **Bench Dips Feet Flat** x 60 seconds

(LEGS) **Marching High Hip Bucks** x 60 seconds

(PULL) **Seated Scap Pushups** x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

TUESDAY

BLACK WIDOW BURST TRAINING II - TWISTED

INSTRUXIONS: You will need pair of DB's that are 50% of your overhead DB press 12RM. 20 minute countdown - repeat until 20 minutes are up.

DB Front Squat x 20 reps as fast as you can

Ninja Jump Outs x 5 reps

DB Overhead Press x 20 reps

Skier Hit-Its x 5 reps

REST: Keep rest to a minimum throughout the entire 20 minutes to maximize the conditioning effect.

WEDNESDAY

OFF

WEEK 3

THURSDAY



HEAVY ASS LEGS - **Barbell Squats** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: ASCENDING REPS**SEE ALARMS FOR ROUNDS AND EXERCISES**

(CONDITIONING) **Jump Rope** x 60 seconds

(PUSH) **Power Pushaways** x 60 seconds

(LEGS) **Hindu Squat Throughs** x 60 seconds

(PULL) **Inverted Chin Curls** x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Rope Jump Rope** x 60 seconds

(PUSH) **Knee Pushaways** x 60 seconds

(LEGS) **Quarter Squat Throughs** x 60 seconds

(PULL) **Inverted Chin Rows** x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

FRIDAY

FIRE DRILL (JUKE!)**LARGE "BOX" OR 15 FOOT STRAIGHT LINE**

ROUND 1 - **Butt Kickers Forward / Shuffle Right / Butt Kickers Backward / Shuffle Left** x 15 Large Box or 25 Straight Line
REST 1-2 MINUTES

ROUND 2 - **Sprint / Carioca Right / Backpedal / Carioca Left** x 15 Large Box or 25 Straight Line
REST 1-2 MINUTES

ROUND 3 - **Power Skip Forward / Carioca Right / Power Skip Backward / Carioca Left** x 15 Large Box or 25 Straight Line
REST 1-2 MINUTES

ROUND 4 - **Sprint / Shuffle Right / Backpedal / Shuffle Left** x 15 Large Box or 25 Straight Line

WEEK 3

SATURDAY

H.A.E. HEAVY ASS PULL (Upper Back) - DB High Pulls - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: ASCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) Rocket Jumps x 60 seconds

(PUSH) Pushups x 60 seconds

(LEGS) Prisoner Squats x 60 seconds

(PULL) Inverted Rows x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS)

(CONDITIONING) Jumping Jacks x 60 seconds

(PUSH) Knee Pushups x 60 seconds

(LEGS) Quarter Pulse Prisoner Squats x 60 seconds

(PULL) Inverted Pull Ups x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

SUNDAY

OFF

WEEK 4

MONDAY

H.A.E HEAVY ASS PUSH (Triceps) - DB Lying Tricep Extensions - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: ASCENDING REPS**SEE ALARMS FOR ROUNDS AND EXERCISES**

(CONDITIONING) High Bench Taps x 60 seconds

(PUSH) Bench Dips on Heels x 60 seconds

(LEGS) High Hip Bucks x 60 seconds

(PULL) Hanging Scap Pulls x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) Bench Hop Outs x 60 seconds

(PUSH) Bench Dips Feet Flat x 60 seconds

(LEGS) Marching High Hip Bucks x 60 seconds

(PULL) Seated Scap Pushups x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

TUESDAY
OFF

WEEK 4

WEDNESDAY



HEAVY ASS LEGS - DB Bulgarian Split Squats - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: ASCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) Jump Rope x 60 seconds

(PUSH) Power Pushaways x 60 seconds

(LEGS) Hindu Squat Throughs x 60 seconds

(PULL) Inverted Chin Curls x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) No Rope Jump Rope x 60 seconds

(PUSH) Knee Pushaways x 60 seconds

(LEGS) Quarter Squat Throughs x 60 seconds

(PULL) Inverted Chin Rows x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular exercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

THURSDAY

OFF

WEEK 4

FRIDAY



HEAVY ASS PULL (Back) - Underhand Barbell Rows - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

MOBILIZATION CIRCUIT: ASCENDING REPS

SEE ALARMS FOR ROUNDS AND EXERCISES

(CONDITIONING) Rocket Jumps x 60 seconds

(PUSH) Pushups x 60 seconds

(LEGS) Prisoner Squats x 60 seconds

(PULL) Inverted Rows x 60 seconds

REST AND REPEAT ENTIRE CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) Jumping Jacks x 60 seconds

(PUSH) Knee Pushups x 60 seconds

(LEGS) Quarter Pulse Prisoner Squats x 60 seconds

(PULL) Inverted Pull Ups x 60 seconds

1 ALARM - Reps per min of strength exercise (10/10/10/10/10). 60 seconds rest after each round. Use "fire escape" exercises for entire workout. 5 rounds.

2 ALARM - Reps per min of strength exercise (20/15/15/10/10). 60 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

3 ALARM - Reps per min of strength exercise (20/20/20/15/15). 30 seconds rest after each round. Use regular exercises and drop to "fire escape" when needed. 5 rounds.

4 ALARM - Reps per min of strength exercise (30/30/30/25/25/20/20/15). No rest after each round. Use regular ex-ercises for entire workout. 8 rounds.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM TOTALLY UN-BROKEN!

NOTE: IF YOU CAN DO A LEVEL WITHOUT PULLING THE FIRE ESCAPE - MOVE UP TO THE NEXT ALARM!

SATURDAY

HEATWAVE CHALLENGE: BURN DOWN

SEE NEXT PAGE FOR WORKOUT CHALLENGE

SUNDAY

OFF

BURN DOWN

CHALLENGE



HEATWAVE CHALLENGE: BURN DOWN

The goal of this challenge is to complete 2 “heat waves” as quickly as possible. Your time to completion will be determined by your stamina and your strategy! You see...in order to achieve the heat index number for each heat wave, you will perform exercises from a designated pair. The conditioning exercise (the first of the pair) will always give you 1 full point. The strength exercise will give you an option (slightly easier for 1/2 point and more difficult for 1 full point). Obviously, you will tally up the points faster by opting for the harder exercise variation, however you may crush your stamina and compromise your overall performance in the end. Choose wisely! Each alarm level will have different 1/2 point and 1 point exercises, so be sure to follow the alarm appropriate for you.

PAIR 1

ROCKET JUMPS

1 POINT EVERY ROCKET JUMP

PUSHUPS

1 ALARM LEVEL - 1/2 POINT EVERY KNEE PUSHUP / 1 POINT EVERY REGULAR PUSHUP
 2/3 ALARM LEVEL - 1/2 POINT EVERY REGULAR PUSHUP / 1 POINT EVERY SPIDERMAN PUSHUP
 4 ALARM LEVEL - 1/2 POINT EVERY SPIDERMAN PUSHUP / 1 POINT EVERY CLAPPING PLYO PUSHUP

HEAT WAVES (400 Degrees F)

Wave 1 - 100 Heat Index (REST 1 MINUTE)
 Wave 2 - 90 Heat Index (REST 1 MINUTE)
 Wave 3 - 80 Heat Index (REST 1 MINUTE)
 Wave 4 - 70 Heat Index (REST 1 MINUTE)
 Wave 5 - 60 Heat Index (REST 1 MINUTE)

PAIR 2

REST 2 MINUTES BEFORE STARTING PAIR 2

SPLIT SQUAT JUMPS

1 POINT EVERY SPLIT SQUAT JUMP

INVERTED ROWS

1 ALARM LEVEL - 1/2 POINT EVERY INVERTED PULLUP / 1 POINT EVERY INVERTED ROW FEET FLAT
 2/3 ALARM LEVEL - 1/2 POINT EVERY INVERTED ROW FEET FLAT / 1 POINT EVERY INVERTED ROW ON HEELS
 4 ALARM LEVEL - 1/2 POINT INVERTED ROW ON HEELS / 1 POINT EVERY PLYO INVERTED ROW

HEAT WAVES (400 Degrees F)

Wave 1 - 100 Heat Index (REST 1 MINUTE)
 Wave 2 - 90 Heat Index (REST 1 MINUTE)
 Wave 3 - 80 Heat Index (REST 1 MINUTE)
 Wave 4 - 70 Heat Index (REST 1 MINUTE)
 Wave 5 - 60 Heat Index (REST 1 MINUTE)

SCORE IS DETERMINED BY TOTAL CUMULATIVE TIME FOR ALL 10 WAVES


ATHLEAN BASIX - MORE THAN 30 MINUTES
 ATHLEAN SOLID - 26:01 TO 30:00
 ATHLEAN PRO - 20:01 TO 26:00
 ATHLEAN ELITE - 16:01 TO 20:00
 ATHLEAN XTREME - 16:00 OR LESS

WEEK 5

INCINERATION PHASE

MONDAY

 HEAVY ASS LEGS (Anterior Chain) - **DB Alternating Forward Step Ups** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

 HEAVY ASS PUSH (Chest) - **DB Incline Bench Press** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED REPS) x 5 ROUNDS

(CONDITIONING) **Mountain Climbers** x 30 seconds

(LEGS ANTERIOR 1) **Prisoner Squats** x 60 seconds (See Alarms for Reps)

(CONDITIONING) **Mountain Climbers** x 30 seconds

(LEGS ANTERIOR 2) **Hindu Squat Throughs** x 60 seconds (See Alarms for Reps)

(CONDITIONING) **Mountain Climbers** x 30 seconds

REST (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) No Fire Escape!

(LEGS ANTERIOR 1) **Quarter Pulse Prisoner Squats**

(LEGS ANTERIOR 2) **Quarter Squat Throughs**

1 ALARM - 12 reps per minute of strength exercise. 2 minutes rest after each round.
Use "fire escape" exercises for entire workout.

2 ALARM - 15 reps per minute of strength exercise. 1:30 rest after each round.
Use regular exercises and drop to "fire escape" when needed.

3 ALARM - 20 reps per minute of strength exercise. 1:30 rest after each round.
Use regular exercises and drop to "fire escape" when needed.

4 ALARM - 25 reps per minute of strength exercise. 1 minute rest after each round.
Use regular exercises for entire workout.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN - TOTALLY UNBROKEN!

TUESDAY

 HEAVY ASS PULL (Biceps) - **DB Straight Bar Curls** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

 HEAVY ASS LEGS (Posterior Chain) - **BB Stiff Legged Deadlifts** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED REPS) x 5 ROUNDS

(PULL - Back) **Inverted Rows** x 60 seconds (See Alarms Above for Reps)

(CONDITIONING) **KB Swings** x 30 seconds

(PULL - Biceps) **Inverted Chin Curls (feet flat)** x 60 seconds (See Alarms Above for Reps)

(CONDITIONING) **KB Swings** x 30 seconds

(PULL - Scaps) **Hanging Scap Pulls** x 60 seconds (See Alarms Above for Reps)

(CONDITIONING) **KB Swings** x 30 seconds

REST (See Alarms Above for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) No Fire Escape!

(PULL - Back) **Inverted Pull Ups (feet flat)**

(PULL - Biceps) **Inverted Chin Rows (feet flat)**

(PULL - Scaps) **Seated Scap Pushups**

WEEK 5

WEDNESDAY

BLACK WIDOW BURST TRAINING III - TOUGH IT

INSTRUXIONS: 30 seconds for each individual exercise, followed by a “burn-out” of 60 reps. Repeat each phase for 3 rounds.

PHASE 1

Split Squat Jumps or Jump Lunges
Jump Squats
Prisoner Squats
* Burn-out: Squat Pulses

PHASE 2

Superman Push-ups
Step-Through Push-ups
Ear-to-the-Ground Push-ups
* Burn-out: Push-up Pulses

PHASE 3

Twisted Pistons from Elbows
Mountain Climbers
Opposite Elbow-to-Knee
* Burn-out: V-Sit Pulse

REST: No rest should be taken between exercises or phases but take up to 60 seconds between completed rounds.

THURSDAY

OFF

FRIDAY

 HEAVY ASS PUSH (Shoulders) - **OHP** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

 HEAVY ASS LEGS (Anterior Chain) - **BB Squats** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED REPS) x 5 ROUNDS

(PUSH - Chest) **Pushups** x 60 seconds (See Alarms for Reps)
(CONDITIONING) **Rocket Jumps** x 30 seconds
(PUSH - Shoulders) **Power Pushaways** x 60 seconds (See Alarms for Reps)
(CONDITIONING) **Rocket Jumps** x 30 seconds
(PUSH - Triceps) **Bench Dips on Heels** x 60 seconds (See Alarms for Reps)
(CONDITIONING) **Rocket Jumps** x 30 seconds
REST (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Fire Escape!**
(PUSH - Chest) **Knee Pushups**
(PUSH - Shoulders) **Knee Pushaways**
(PUSH - Triceps) **Bench Dips (feet flat)**

1 ALARM - 12 reps per minute of strength exercise. 2 minutes rest after each round.
Use “fire escape” exercises for entire workout.

2 ALARM - 15 reps per minute of strength exercise. 1:30 rest after each round.
Use regular exercises and drop to “fire escape” when needed.

3 ALARM - 20 reps per minute of strength exercise. 1:30 rest after each round.
Use regular exercises and drop to “fire escape” when needed.

4 ALARM - 25 reps per minute of strength exercise. 1 minute rest after each round.
Use regular exercises for entire workout.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN - TOTALLY UNBROKEN!

WEEK 5

SATURDAY

HEAVY ASS LEGS (Posterior Chain) - **BB Deadlifts** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

HEAVY ASS PULL (Upper Back / Traps) - **DB High Pulls** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED REPS) x 5 ROUNDS

(CONDITIONING) **Jump Rope** - Two Foot Hops x 30 seconds

(LEGS POSTERIOR 1) **High Hip Bucks** x 60 seconds (See Alarms for Reps)

(CONDITIONING) **Jump Rope** - Two Foot Hops x 30 seconds

(LEGS POSTERIOR 2) **Sprinter Lunge Leaps** x 60 seconds (See Alarms for Reps)

(CONDITIONING) **Jump Rope** - Two Foot Hops x 30 seconds

REST (See Alarms for Rest)

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Rope Jump Rope** - Two Foot Hops

(LEGS ANTERIOR 1) **Marching High Hip Bucks**

(LEGS ANTERIOR 2) **Alternating Sprinter Lunges**

1 ALARM - 12 reps per minute of strength exercise. 2 minutes rest after each round.
Use "fire escape" exercises for entire workout.

2 ALARM - 15 reps per minute of strength exercise. 1:30 rest after each round.
Use regular exercises and drop to "fire escape" when needed.

3 ALARM - 20 reps per minute of strength exercise. 1:30 rest after each round.
Use regular exercises and drop to "fire escape" when needed.

4 ALARM - 25 reps per minute of strength exercise. 1 minute rest after each round.
Use regular exercises for entire workout.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN - TOTALLY UNBROKEN!

SUNDAY

OFF

WEEK 6

MONDAY

- 🏋️ HEAVY ASS LEGS (Anterior Chain) - **DB Bulgarian Split Squats** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)
 🏋️ HEAVY ASS PUSH (Triceps) - **DB Lying Tricep Extensions** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (OPEN REPS + 30%)

(CONDITIONING) **Mountain Climbers** x 10 Minutes
 (LEGS ANTERIOR 1) **Prisoner Squats** (See Alarms for Reps)
 (LEGS ANTERIOR 2) **Hindu Squat Throughs** (See Alarms for Reps)
 REST AS NEEDED - COMPLETE AS QUICKLY AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 🏃

(CONDITIONING) No Fire Escape!
 (LEGS ANTERIOR 1) **Quarter Pulse Prisoner Squats**
 (LEGS ANTERIOR 2) **Quarter Squat Throughs**

- 1 ALARM** - 80 reps per strength exercise. Use “fire escape” exercises for entire workout.
 Aim to complete in less than 27 minutes 30 seconds (NOT REQUIRED)
- 2 ALARM** - 100 reps per strength exercise. Use regular exercises and drop to “fire escape” when needed.
 Aim to complete in less than 25 minutes (NOT REQUIRED)
- 3 ALARM** - 130 reps per strength exercise. Use regular exercises and drop to “fire escape” when needed.
 Aim to complete in less than 25 minutes (NOT REQUIRED)
- 4 ALARM** - 160 reps per strength exercise. Use regular exercises for entire workout.
 Aim to complete in less than 22 minutes and 30 seconds (NOT REQUIRED)
- 5 ALARM HOT SHOT** - PERFORMS AT THE 4 ALARM LEVEL AND BEATS TIME GOAL!

TUESDAY

- 🏋️ HEAVY ASS PULL (Back) - **Underhand Barbell Rows** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)
 🏋️ HEAVY ASS LEGS (Posterior Chain) - **DB Frog Glute Press** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (OPEN REPS + 30%)

(CONDITIONING) **KB Swings** x 10 Minutes
 (PULL - Back) **Inverted Rows** (See Alarms Above for Reps)
 (PULL - Biceps) **Inverted Chin Curls** (feet flat) (See Alarms Above for Reps)
 (PULL - Scaps) **Hanging Scap Pulls** (See Alarms Above for Reps)
 REST AS NEEDED - COMPLETE AS QUICKLY AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 🏃

(CONDITIONING) No Fire Escape!
 (PULL - Back) **Inverted Rows (feet flat)**
 (PULL - Biceps) **Inverted Chin Rows (feet flat)**
 (PULL - Scaps) **Seated Scap Pushups**

WEEK 6

WEDNESDAY

BLACK WIDOW BURST TRAINING IV - ONCE BITTEN

INSTRUXIONS: Do 20 reps of each of the 4 different exercises in 60 seconds and a total of 5 rounds. If you can't complete 20 reps in 60 seconds, you will be "bitten" and will have to do an alternate exercise for the following round. Once you've been bitten 4 times, you're done!

Burpees ("Bitten" Alternate: Push-Ups)

KB Swings ("Bitten" Alternate: High Hip Bucks)

Box Jumps ("Bitten" Alternate: Step Ups)

KB Goblet Squats ("Bitten" Alternate: Sprinter Jack Knives)

REST: No rest should be taken between exercises if possible. Take between 30-60 seconds of rest between completed rounds.

THURSDAY

OFF

FRIDAY

HEAVY ASS PUSH (Chest) - **DB Incline Bench Press** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

HEAVY ASS LEGS (Anterior Chain) - **DB Alternating Forward Step Ups** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED REPS) x 5 ROUNDS

(CONDITIONING) **Rocket Jumps** x 10 Minutes

(PUSH - Chest) **Pushups** (See Alarms for Reps)

(PUSH - Shoulders) **Power Pushaways** (See Alarms for Reps)

(PUSH - Triceps) **Bench Dips on Heels** (See Alarms for Reps)

REST AS NEEDED - COMPLETE AS QUICKLY AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Fire Escape!**

(PUSH - Chest) **Knee Pushups**

(PUSH - Shoulders) **Knee Pushaways**

(PUSH - Triceps) **Bench Dips (feet flat)**

1 ALARM - 80 reps per strength exercise. Use "fire escape" exercises for entire workout.
Aim to complete in less than 27 minutes 30 seconds (NOT REQUIRED)

2 ALARM - 100 reps per strength exercise. Use regular exercises and drop to "fire escape" when needed.
Aim to complete in less than 25 minutes (NOT REQUIRED)

3 ALARM - 130 reps per strength exercise. Use regular exercises and drop to "fire escape" when needed.
Aim to complete in less than 25 minutes (NOT REQUIRED)

4 ALARM - 160 reps per strength exercise. Use regular exercises for entire workout.
Aim to complete in less than 22 minutes and 30 seconds (NOT REQUIRED)

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM LEVEL AND BEATS TIME GOAL!

WEEK 6

SATURDAY

- HEAVY ASS LEGS (Posterior Chain) - **BB Stiff Legged Deadlifts** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)
 HEAVY ASS PULL (Biceps) - **DB Straight Bar Curls** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED REPS) x 5 ROUNDS

(CONDITIONING) **Jump Rope - Two Foot Hops** x 10 Minutes
 (LEGS POSTERIOR 1) **High Hip Bucks** (See Alarms for Reps)
 (LEGS POSTERIOR 2) **Sprinter Lunge Leaps** (See Alarms for Reps)
 REST AS NEEDED - COMPLETE AS QUICKLY AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Rope Jump Rope - Two Foot Hops**
 (LEGS POSTERIOR 1) **Marching High Hip Bucks**
 (LEGS POSTERIOR 2) **Sprinter Lunges**

1 ALARM - 80 reps per strength exercise. Use "fire escape" exercises for entire workout.
 Aim to complete in less than 27 minutes 30 seconds (NOT REQUIRED)

2 ALARM - 100 reps per strength exercise. Use regular exercises and drop to "fire escape" when needed.
 Aim to complete in less than 25 minutes (NOT REQUIRED)

3 ALARM - 130 reps per strength exercise. Use regular exercises and drop to "fire escape" when needed.
 Aim to complete in less than 25 minutes (NOT REQUIRED)

4 ALARM - 160 reps per strength exercise. Use regular exercises for entire workout.
 Aim to complete in less than 22 minutes and 30 seconds (NOT REQUIRED)

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM LEVEL AND BEATS TIME GOAL!

SUNDAY

OFF

WEEK 7

MONDAY

 HEAVY ASS LEGS (Anterior Chain) - **BB Squats** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

 HEAVY ASS PUSH (Shoulders) - **OHP** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED TIME - AMRAP IN 30 MINUTES)

(CONDITIONING) **Mountain Climbers** x 30 seconds

(LEGS ANTERIOR 1) **Prisoner Squats** (See Alarms for Reps)

(CONDITIONING) **Mountain Climbers** x 30 seconds

(LEGS ANTERIOR 2) **Hindu Squat Throughs** (See Alarms for Reps)

(CONDITIONING) **Mountain Climbers** x 30 seconds

REST AS NEEDED - COMPLETE AS MANY ROUNDS AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Fire Escape!**

(LEGS ANTERIOR 1) **Quarter Pulse Prisoner Squats**

(LEGS ANTERIOR 2) **Quarter Squat Throughs**

1 ALARM - 12 reps per minute of strength exercise. Use "fire escape" exercises for entire workout.

2 ALARM - 15 reps per minute of strength exercise. Use regular exercises and drop to "fire escape" when needed.

3 ALARM - 20 reps per minute of strength exercise. Use regular exercises and drop to "fire escape" when needed.

4 ALARM - 25 reps per minute of strength exercise. Use regular exercises for entire workout.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN FOR 8 ROUNDS OR MORE!

TUESDAY

 HEAVY ASS PULL (Upper Back) - **DB High Pulls** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

 HEAVY ASS LEGS (Posterior Chain) - **BB Deadlifts** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED TIME - AMRAP IN 30 MINUTES)

(PULL - Back) **Inverted Rows (on heels)** (See Alarms Above for Reps)

(CONDITIONING) **KB Swings** x 30 seconds

(PULL - Biceps) **Inverted Chin Curls (feet flat)** (See Alarms Above for Reps)

(CONDITIONING) **KB Swings** x 30 seconds

(PULL - Scaps) **Hanging Scap Pulls** (See Alarms Above for Reps)

(CONDITIONING) **KB Swings** x 30 seconds

REST AS NEEDED - COMPLETE AS MANY ROUNDS AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Fire Escape!**

(PULL - Back) **Inverted Rows (feet flat)**

(PULL - Biceps) **Inverted Chin Rows (feet flat)**

(PULL - Scaps) **Seated Scap Pushups**

WEEK 7

WEDNESDAY

BLACK WIDOW BURST V - A-TRACK-NOPHOBIA

LAP 1

- Start at one end of the track, doing **Push-Ups** to Fail.
- **Sprint 100m** to Bend, then **Walk** the bend.
- At end of Bend, do **Push-Ups** to Fail.
- **Sprint 100m**, then walk bend.

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, do your final Push-Ups to Fail, and for the fourth and final phase, **Sprint the entire track to finish**.

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


REST: Keep rest time to a minimum throughout the workout, taking it only as needed, in order to maximize the conditioning effect.

THURSDAY

OFF

FRIDAY

 **HEAVY ASS PUSH** (Triceps) - **DB Lying Tricep Extension** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

 **HEAVY ASS LEGS** (Anterior Chain) - **DB Bulgarian Split Squats** - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED TIME - AMRAP IN 30 MINUTES)

(PUSH - Chest) **Pushups** (See Alarms for Reps)
 (CONDITIONING) **Rocket Jumps** x 30 seconds
 (PUSH - Shoulders) **Power Pushaways** (See Alarms for Reps)
 (CONDITIONING) **Rocket Jumps** x 30 seconds
 (PUSH - Triceps) **Bench Dips on Heels** (See Alarms for Reps)
 (CONDITIONING) **Rocket Jumps** x 30 seconds
 REST AS NEEDED - COMPLETE AS MANY ROUNDS AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) **No Fire Escape!**
 (PUSH - Chest) **Knee Pushups**
 (PUSH - Shoulders) **Knee Pushaways**
 (PUSH - Triceps) **Bench Dips (feet flat)**

- 1 ALARM** - 12 reps per minute of strength exercise. Use "fire escape" exercises for entire workout.
- 2 ALARM** - 15 reps per minute of strength exercise. Use regular exercises and drop to "fire escape" when needed.
- 3 ALARM** - 20 reps per minute of strength exercise. Use regular exercises and drop to "fire escape" when needed.
- 4 ALARM** - 25 reps per minute of strength exercise. Use regular exercises for entire workout.
- 5 ALARM HOT SHOT** - PERFORMS AT THE 4 ALARM AS WRITTEN FOR 8 ROUNDS OR MORE!

WEEK 7

SATURDAY

 HEAVY ASS LEGS (Posterior Chain) - DB Frog Glute Press - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)
 HEAVY ASS PULL (Back) - Underhand Barbell Rows - STRAIGHT SETS x 3 (60 SECONDS REST BETWEEN SETS)

INCINERATION CIRCUIT (FIXED TIME - AMRAP IN 30 MINUTES)

(CONDITIONING) Jump Rope - Two Foot Hops x 30 seconds
 (LEGS POSTERIOR 1) High Hip Bucks (See Alarms for Reps)
 (CONDITIONING) Jump Rope - Two Foot Hops x 30 seconds
 (LEGS POSTERIOR 2) Sprinter Lunge Leaps (See Alarms for Reps)
 (CONDITIONING) Jump Rope - Two Foot Hops x 30 seconds
 REST AS NEEDED - COMPLETE AS MANY ROUNDS AS POSSIBLE WITH GOOD FORM

FIRE ESCAPE: (SWAP OUTS) 

(CONDITIONING) No Rope Jump Rope - Two Foot Hops
 (LEGS POSTERIOR 1) Marching High Hip Bucks
 (LEGS POSTERIOR 2) Sprinter Lunges

- 1 ALARM** - 12 reps per minute of strength exercise. Use “fire escape” exercises for entire workout.
- 2 ALARM** - 15 reps per minute of strength exercise. Use regular exercises and drop to “fire escape” when needed.
- 3 ALARM** - 20 reps per minute of strength exercise. Use regular exercises and drop to “fire escape” when needed.
- 4 ALARM** - 25 reps per minute of strength exercise. Use regular exercises for entire workout.
- 5 ALARM HOT SHOT** - PERFORMS AT THE 4 ALARM AS WRITTEN FOR 8 ROUNDS OR MORE!

SUNDAY

OFF

WEEK 8

MONDAY**HEATWAVE CHALLENGE: BURN DOWN (RETEST)**

REPEAT THE WEEK 4 CHALLENGE AND AIM TO BEAT YOUR TIME!

TUESDAY**BLACK WIDOW BURST TRAINING VI - WICKED WEB**

INSTRUXIONS: Use your AX-BAND, and complete 5 rounds:

- a. "Web" - 20 reps
- b. "Nest" (lay your band on the ground for isolation) - 30 sec

- 1)
 - a. Shoulder Press
 - b. Side-to-Side Jump Lunge
- 2)
 - a. Twists
 - b. Cross Jump Squats
- 3)
 - a. Overhead Squat
 - b. 180 Degree Jump Turns
- 4)
 - a. Monster Walk
 - b. Split Squat Studders

REST: No rest should be taken between exercises if possible to maximize the conditioning effect. Take up to 60 seconds between rounds.

WEDNESDAY**OFF****THURSDAY****BLACK WIDOW BURST TRAINING VII - 8 LEGGED**

INSTRUXIONS: 8 exercises, 8 reps, 8 rounds!

- 1) Lateral Split Squat Jumps
- 2) Prisoner Squats
- 3) Roll-back Squats
- 4) Single Leg Bridge Plyo
- 5) Alternate Leg Single Bridge Plyo
- 6) 180 Degree Touchdowns (Advanced: Get some air, tap your knees at top)
- 7) Criss Cross Touchdowns
- 8) Drop Step Lunge

REST: Keep your rest to a minimum and take only when needed. When taken, attempt to keep it under 30 seconds for maximum conditioning.

FRIDAY**HEATWAVE CHALLENGE: BURN UP**

SEE NEXT PAGE FOR WORKOUT CHALLENGE

SATURDAY**OFF****SUNDAY****OFF**



BURN UP

CHALLENGE

HEATWAVE CHALLENGE: BURN UP

The goal of this challenge is to once again complete 2 “heat waves” as quickly as possible. The catch? This time you will be saving your hardest waves for when you’re most fatigued. Welcome to the Burn Up Challenge! Your time to completion will again be determined by your stamina and perhaps even more than ever...your strategy! Like before, in order to achieve the heat index number for each heat wave, you will perform exercises from a designated pair. The conditioning exercise (the first of the pair) will always give you 1 full point. The strength exercise will give you an option (slightly easier for 1/2 point and more difficult for 1 full point). Obviously, you will tally up the points faster by opting for the harder exercise variation, however you may crush your stamina and compromise your overall performance in the end. Choose wisely! Each alarm level will have different 1/2 point and 1 point exercises, so be sure to follow the alarm appropriate for you. Good luck!

PAIR 1

ROCKET JUMPS

1 POINT EVERY ROCKET JUMP

PUSHUPS

1 ALARM LEVEL - 1/2 POINT EVERY KNEE PUSHUP / 1 POINT EVERY REGULAR PUSHUP
 2/3 ALARM LEVEL - 1/2 POINT EVERY REGULAR PUSHUP / 1 POINT EVERY SPIDERMAN PUSHUP
 4 ALARM LEVEL - 1/2 POINT EVERY SPIDERMAN PUSHUP / 1 POINT EVERY CLAPPING PLYO PUSHUP

HEAT WAVES (400 Degrees F)

Wave 1 - 60 Heat Index (REST 1 MINUTE)
 Wave 2 - 70 Heat Index (REST 1 MINUTE)
 Wave 3 - 80 Heat Index (REST 1 MINUTE)
 Wave 4 - 90 Heat Index (REST 1 MINUTE)
 Wave 5 - 100 Heat Index (REST 1 MINUTE)

PAIR 2

SPLIT SQUAT JUMPS

1 POINT EVERY SPLIT SQUAT JUMP

INVERTED ROWS

1 ALARM LEVEL - 1/2 POINT EVERY INVERTED PULLUP / 1 POINT EVERY INVERTED ROW FEET FLAT
 2/3 ALARM LEVEL - 1/2 POINT EVERY INVERTED ROW FEET FLAT / 1 POINT EVERY INVERTED ROW ON HEELS
 4 ALARM LEVEL - 1/2 POINT INVERTED ROW ON HEELS / 1 POINT EVERY PLYO INVERTED ROW

HEAT WAVES (400 Degrees F)

Wave 1 - 60 Heat Index (REST 1 MINUTE)
 Wave 2 - 70 Heat Index (REST 1 MINUTE)
 Wave 3 - 80 Heat Index (REST 1 MINUTE)
 Wave 4 - 90 Heat Index (REST 1 MINUTE)
 Wave 5 - 100 Heat Index (REST 1 MINUTE)

SCORE IS DETERMINED BY TOTAL CUMULATIVE TIME FOR ALL 10 WAVES

ATHLEAN BASIX - MORE THAN 30 MINUTES

ATHLEAN SOLID - 26:01 TO 30:00

ATHLEAN PRO - 20:01 TO 26:00

ATHLEAN ELITE - 16:01 TO 20:00

ATHLEAN XTREME - 16:00 OR LESS

WEEK 9

INFERNO PHASE

MONDAY

INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

HEAVY ASS PUSH - DB Incline Bench Press (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS - BB Deadlifts (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS PULL - DB Straight Bar Curls (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
CONDITIONING - DB Swings with a single dumbbell used on dumbbell incline bench press x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

TUESDAY

BLACK WIDOW BURST TRAINING VIII - TANGLED

INSTRUXIONS: For (a.) perform 60 seconds of Jump-Rope exercise. For (b.) perform 30 seconds of exercises centered around laying the Jump-Rope on the ground. Perform 3 total rounds.

- 1)
 - a. Two Foot Hop
 - b. Criss-Cross
- 2)
 - a. One Leg Hop
 - b. One-Leg Hops over jump rope
- 3)
 - a. Alternate One leg Hop
 - b. Alternate One-Leg Hops over jump rope
- 4)
 - a. High Knees Jump Rope
 - b. Zig-Zag Jumps
- 5)
 - a. Scissors
 - b. Shuffle
- 6)
 - a. Double Unders
 - b. Burpee into Jump over Rope and back




REST: No rest should be taken between exercises if possible. If you must, try and keep it under 30 seconds. Rest minimally between rounds as well.

WEDNESDAY

OFF

WEEK 9

THURSDAY
INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

 HEAVY ASS PUSH - **DB OHP** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS LEGS - **BB Squats** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS PULL - **DB High Pulls** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **DB Swings** with a single dumbbell used on dumbbell OHP x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.




3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

FRIDAY

SATURDAY
INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

 HEAVY ASS PUSH - **DB Lying Tricep Extension** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS LEGS - **DB Bulgarian Split Squats** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS PULL - **Underhand Barbell Rows** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **DB Swings** with a single dumbbell used on dumbbell bulgarian split squats x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

SUNDAY

WEEK 10

MONDAY

INFERNO CIRCUIT x 4 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

HEAVY ASS PUSH - DB Incline Bench Press (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS - BB Deadlifts (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS PULL - DB Straight Bar Curls (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
CONDITIONING - DB Swings with a single dumbbell used on dumbbell incline bench press x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

TUESDAY

BLACK WIDOW BURST TRAINING IX - CREEP

INSTRUXIONS: Each round should alternate between exercises "a" and "b" for a total of 10min.

ROUND 1

- a. **Spider Man Push-Ups** (20 reps)
- b. **Slide and Clean** (20 reps)

ROUND 2

- a. **Sliding Ab Push** (20 reps) — Modification: lower knees for push
- b. **Archers** (20 reps)

ROUND 3

- a. **Wall Walks** (10 reps) — Modification: use bench or chair to walk into pike, back to pushup
- b. **Creeping Lunges** (10 reps)

REST: Keep rest to a minimum between exercises to maximize conditioning effect. Take no longer than 60 seconds if possible between rounds.




WEDNESDAY

OFF

WEEK 10

THURSDAY

INFERNO CIRCUIT x 4 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

 HEAVY ASS PUSH - **DB OHP** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS LEGS - **BB Squats** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS PULL - **DB High Pulls** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **DB Swings** with a single dumbbell used on dumbbell OHP x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)




- 1 ALARM - 2 minutes rest after each completed round. Use 12RM.
- 2 ALARM - 1:30 rest after each completed round. Use 10RM.
- 3 ALARM - 1:30 rest after each completed round. Use 10RM.
- 4 ALARM - 1 minute rest after each completed round. Use 8RM.
- 5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

FRIDAY

OFF

SATURDAY

INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

 HEAVY ASS PUSH - **DB Lying Tricep Extension** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS LEGS - **DB Bulgarian Split Squats** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 HEAVY ASS PULL - **Underhand Barbell Rows** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **DB Swings** with a single dumbbell used on dumbbell bulgarian split squats x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

- 1 ALARM - 2 minutes rest after each completed round. Use 12RM.
- 2 ALARM - 1:30 rest after each completed round. Use 10RM.
- 3 ALARM - 1:30 rest after each completed round. Use 10RM.
- 4 ALARM - 1 minute rest after each completed round. Use 8RM.
- 5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

SUNDAY

OFF

WEEK 11

TOTAL INFERNO PHASE

MONDAY

INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

HEAVY ASS PUSH - DB Incline Bench Press (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS ANTERIOR - DB Alternating Forward Step Ups (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS PULL - DB Straight Bar Curls (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS POSTERIOR - BB Deadlifts (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **Bench Climbers** x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

TUESDAY

BLACK WIDOW BURST TRAINING X - HOURGLASS

INSTRUXIONS: For exercises requiring 50 reps, you'll have 3 minutes to complete the set. For exercises requiring 25 reps, you'll have 2 minutes to complete the set. For exercises requiring 5 reps, you'll have 30 seconds to complete the set. At the end, you'll have 2 minutes of rest before beginning round 2. For round 2, add 30 seconds to complete each set (i.e. 3 minutes is now 3:30). Two rounds are performed (once down the hourglass and once back up the hourglass).

SET 1 (50 REPS)

- a. Jumping Jack Squats
- b. Kick Throughs

SET 2 (25 REPS)

- a. Double High Knees
- b. Bicycle Crunch

SET 3 (5 REPS)

- a. Ninja Jump Tucks
- b. Dive Bombers

SET 4 (25 REPS)

- a. Burpees
- b. Alpine Climbers

SET 5 (50 REPS)

- a. KB Swings
- b. KB Goblet Squats

REST: Keep your rest to a minimum between exercise pairs that require 50 reps and 25 reps. Only 60 seconds of rest between rounds (down the hour glass and back up the hour glass).

WEDNESDAY

OFF

WEEK 11

THURSDAY

INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

- 🏋️ HEAVY ASS PUSH - **DB OHP** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 - 🏋️ HEAVY ASS LEGS ANTERIOR - **BB Squats** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 - 🏋️ HEAVY ASS PULL - **DB High Pulls** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 - 🏋️ HEAVY ASS LEGS POSTERIOR - **DB Frog Glute Press** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
- CONDITIONING - **Bench Climbers** x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

FRIDAY

OFF

SATURDAY

INFERNO CIRCUIT x 5 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

- 🏋️ HEAVY ASS PUSH - **DB Lying Tricep Extension** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 - 🏋️ HEAVY ASS LEGS ANTERIOR - **DB Bulgarian Split Squats** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 - 🏋️ HEAVY ASS PULL - **Underhand Barbell Rows** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 - 🏋️ HEAVY ASS LEGS POSTERIOR - **BB Stiff Legged Deadlifts** (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
- CONDITIONING - **Bench Climbers** x 60 seconds
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

SUNDAY

OFF

WEEK 12

MONDAY

HEATWAVE CHALLENGE: BURN DOWN (FINAL RETEST)

AIM FOR YOUR BEST TIME YET ON THIS REPEAT CHALLENGE!

TUESDAY

INFERNO CIRCUIT x 4 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

HEAVY ASS PUSH - DB Incline Bench Press (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS ANTERIOR - DB Alternating Forward Step Ups (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS PULL - DB Straight Bar Curls (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS POSTERIOR - BB Deadlifts (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **Bench Climbers** x 2 minutes
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

WEDNESDAY

OFF

THURSDAY

INFERNO CIRCUIT x 4 ROUNDS (PERFORM AS ONE GIANT CIRCUIT)

HEAVY ASS PUSH - DB Lying Tricep Extension (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS ANTERIOR - DB Bulgarian Split Squats (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS PULL - Underhand Barbell Rows (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
HEAVY ASS LEGS POSTERIOR - BB Stiff Legged Deadlifts (60 SECONDS REST THEN MOVE ONTO NEXT EXERCISE) See Alarms for Reps
 CONDITIONING - **Bench Climbers** x 2 minutes
 REST AND REPEAT ENTIRE INFERNO CIRCUIT UNTIL ALL ROUNDS ARE COMPLETE (See Alarms for Rest)

1 ALARM - 2 minutes rest after each completed round. Use 12RM.

2 ALARM - 1:30 rest after each completed round. Use 10RM.

3 ALARM - 1:30 rest after each completed round. Use 10RM.

4 ALARM - 1 minute rest after each completed round. Use 8RM.

5 ALARM HOT SHOT - PERFORMS AT THE 4 ALARM AS WRITTEN UNBROKEN!

FRIDAY

OFF

SATURDAY

FINAL HEATWAVE CHALLENGE: BURN OUT!

SEE NEXT PAGE FOR FINAL WORKOUT CHALLENGE

BURN OUT

CHALLENGE

FINAL CHALLENGE: BURN OUT

The raging inferno has reached its peak, but now it's time to put out the flames. Welcome the Burn Out Challenge. This final test is not only the perfect end to your 12 weeks of hard work but a flawless segue into the Max Size program should you decide to redefine what you felt had been your genetic "limit" for lean muscle. Whichever direction you do opt to go after Shred, there is no getting around the fact that you've got work left to do! This challenge is incredibly simple in its layout but tough in execution. Select 50% of your 1RM on each of three exercises (a push, pull and leg movement). The goal is to perform 10 sets of 10 on each with a strict minute rest between sets without having to drop the weights that you are using to achieve them. Can you complete all 10 reps on each of the 10 sets? Don't be fooled. The first few sets may seem easy. By the 10th, you'll be fighting for every rep, knowing that your score hangs on your ability to dig deep to get it! All sets for an exercise must be completed before moving onto the next. You are allowed 3-5 minutes rest between completed exercises. Your score is determined by the number of successfully completed "10 rep sets" you complete in your 30 attempts.

BONUS TIP: Don't get burned by your 1RM calculation. I know, ego will likely cause you to round up...DON'T! In fact, a 1RM calculator is used to determine your lifting capabilities in a single bout. It is not considering that you will then try to string together 9 more sets with little rest in between. For that reason, you will likely want to shave a bit off of your 50% max for this challenge. Trust me, this is many years of coaching experience talking here!

EXERCISE 1

DB INCLINE BENCH PRESS - 10 SETS OF 10 REPS

*Do all 10 sets before moving onto squats. Rest exactly 1 minute between sets, 3-5 minutes between exercises.

EXERCISE 2

BARBELL SQUATS - 10 SETS OF 10 REPS

*Do all 10 sets before moving onto rows. Rest exactly 1 minute between sets, 3-5 minutes between exercises.

EXERCISE 3

BARBELL ROWS - 10 SETS OF 10 REPS

*Do all 10 sets to finish today's challenge. Rest exactly 1 minute between sets.

SCORE IS DETERMINED BY THE NUMBER OF SUCCESSFUL 10 REP SETS YOU ACHIEVE

ATHLEAN BASIX - LESS THAN 18 COMPLETED
 ATHLEAN SOLID - 19 OR MORE (PASS ONTO NEXT PROGRAM)
 ATHLEAN PRO - 24 OR MORE
 ATHLEAN ELITE - 27 OR MORE
 ATHLEAN XTREME - 30 OUT OF 30