

# ATHLEAN-NXT

## PULL UP OR SHUT UP!

### WEEK 1

#### How to Perform Your PULL UP OR SHUT UP Workouts

Before beginning your workouts in this phase of NXT you are going to have to determine a very important number...that being, the number of true dead-hang pull-ups that you can do to failure! If you don't know that number then here's what you do. Perform a quick full body warmup like jumping rope for 5-10 minutes or a quick 1/4 mile jog. Head to your nearest pull-up bar (or tree limb if you're a man of nature - or just don't have the equipment!) jump up on the bar and give me one set of solid, clean pullups to failure (from dead hang to chin above the bar with a slight pause at the top). This number will not only determine where on the pull up progression chart you should start your training but also your pullup plan of attack for the rest of this month.

All strength workouts in this phase will consist of pullups being performed along with a singularly targeted muscle group. Exercises here will focus on overload but with a sense of "unpredictable familiarity". You'll recognize some "old friends" coming back to haunt you here as past AX-1, TNT and AX-2 exercises show up to test your muscle memory! Their presence and purpose is to keep you on your toes to eliminate any tendency you might have of becoming pullup complacent! The non inclusion of direct biceps or back work is not an oversight. With the pullup exercise heavily hitting these muscle groups, you'll have more than enough volume to not only keep the gains in these areas coming...but likely, faster than you've noticed in quite some time. Given just how effective NXT has been at producing gains, this is quite a statement.

Your month will begin with a "break-in" week. With such a large volume of pullups on tap, it will be important for me to help you "grease the groove" so they say. The ascending volume will remain sub maximal so as not to promote overtraining, while still preparing your body for the challenge that lies ahead. Once at your max (at or near the end of the first week of training) you'll then gradually increase your volume (while I help you manage your intensity) to ensure progress throughout the month.

If at any time this month you feel as if you're just not consistently hitting your projected numbers on your pullups, you may have overestimated your pullup max or had an extraordinary effort on test day. No worries. Simply move up to the row above you on your chart and follow that progression for the remainder of the month.

- Rest time between work sets is 45-60 seconds
- Rest time between pullup sets will vary depending on the time it takes to complete your sets of the exercises sandwiching the pullups.
- The prescribed pullup reps for each set can be found in the Pullup Progression chart provided in your NXT tools (found in the dashboard of your athlean online portal)

DAY ONE: OFF

DAY TWO: PULLUPS + CHEST

**How to Perform This Week's Workouts** - Let the pullups begin! This week is all about getting you accommodated to the increased frequency of this exercise while respecting the volumes of performing it, by slowly ramping you up towards your max pullups by week's end. Each pullup set will be separated by 3-4 sets of a specific muscle group targeted exercise. With all sets for that given exercise required to be completed before the next pullup set, you should be adequately rested for each attempt to hit your goal reps for pullups (as dictated by the pullup progression for your specific max).

Pullups (Set 1)

Flat Bench Press - 3 x 8-10

Pullups (Set 2)

1 Arm DB Incline Press - 3 x 10-12

Pullups (Set 3)

Walkout Push Ups (Inchworm out perform 5 push ups inchworm back) - 3 x F

Pullups (Set 4)

Tubing Rotational Chest Press - 3 x 20 each arm

Pullups (Set 5)

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## PULL UP OR SHUT UP!

### WEEK 1

#### DAY THREE: PULLUPS + LEGS

Pullups (Set 1)

Pulldown Squats - 3 x 10-12

Pullups (Set 2)

1 Arm Swing (DB or KB) w/ Reverse Lunge - 4 x 10 each (alternate hands/legs each rep)

Pullups (Set 3)

Side Step Deadlifts - 3 x 10-12 (5-6 steps in each direction)

Pullups (Set 4)

Split Squat Jumps - 3 x 30 seconds

Pullups (Set 5)

#### DAY FOUR: OFF

#### DAY FIVE: PULLUPS + SHOULDERS

Pullups (Set 1)

Backward DB Shoulder Press - 3 x 12

Pullups (Set 2)

DB/Plate Cauldrons - 3 x 10-12 (5-6 CW/CCW)

Pullups (Set 3)

Cheat Laterals - 3 x 8-10 each arm

Pullups (Set 4)

High Boy Bent Rows - 3 x 12-15

Pullups (Set 5)

#### DAY SIX: ATHLEAN BURST - PULL UP, POP UP, THRUST UP...JACKED UP!

INSTRUXIONS: As you break for burst training, no such luck with your pullups. More in store for sure...and this time, you're not just pulling up but popping, thrusting and getting jacked up in one killer ascending pyramid conditioning workout! Are you up for it?

Pull Up set 1

5 Burpees, 10 DB/KB Swings, 20 Jumping Jacks (Complete and then rest for 45 seconds)

Pull Up set 2

10 Burpees, 20 DB/KB Swings, 40 Jumping Jacks (Complete and then rest for 60 seconds)

Pull Up set 3

15 Burpees, 30 DB/KB Swings, 60 Jumping Jacks (Complete and then rest for 90 seconds)

Pull Up set 4

30 Burpees, 40 DB/KB Swings, 80 Jumping Jacks (Complete and then rest for 120 seconds)

Pull Up set 5

40 Burpees, 50 DB/KB Swings, 100 Jumping Jacks

#### DAY SEVEN: PULLUPS + TRICEPS

Pullups (Set 1)

Rope Pushdowns - 3 x 8-12

Pullups (Set 2)

Bench Dips - 3 x F

Pullups (Set 3)

Overhead DB Triceps Extensions - 3 x 10-12

Pullups (Set 4)

Lying DB Triceps X-Tensions - 3 x 10-12

# ATHLEAN-NXT

## PULL UP OR SHUT UP! WEEK 2

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DAY ONE: OFF

DAY TWO: PULLUPS + CHEST

Pullups (Set 1)  
Thumbs Up DB Incline Press - 3 x 8-10  
Pullups (Set 2)  
1 1/2 Dips - 3 x F  
Pullups (Set 3)  
Barbell/DB Flat Bench Press - 3 x F  
Pullups (Set 4)  
Step Through Push Ups - 3 x 12-15  
Pullups (Set 5)

DAY THREE: PULLUPS + LEGS

Pullups (Set 1)  
Deadlifts - 3 x 8-10  
Pullups (Set 2)  
DB Step Up Thrusts - 3 x 10-12 each leg  
Pullups (Set 3)  
Jumping DB KB Swings - 3 x 6-8  
Pullups (Set 4)  
Overhead DB Squats- 3 x 8-10  
Pullups (Set 5)

DAY FOUR: OFF

DAY FIVE: PULLUPS + SHOULDERS

Pullups (Set 1)  
DB Thrusters - 3 x 5  
Pullups (Set 2)  
Cheat Laterals 3 x 8 - 10 each arm  
Pullups (Set 3)  
Handstand or Pike Push Ups - 3 x F  
Pullups (Set 4)  
DB "W" Raises - 3 x 12-15  
Pullups (Set 5)

# ATHLEAN-NXT

## PULL UP OR SHUT UP!

### WEEK 2

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#### DAY SIX: ATHLEAN BURST - "UNDER DURESS"

INSTRUXIONS: Whoever said that exercise was supposed to be good for helping you to alleviate stress never did today's workout! What starts off as a simple series of tasks gets increasingly more challenging (and stressful...with time limits firmly in place to keep you moving along!) as the workout progresses. Manage to keep your cool however and you'll be rewarded with an easier second half of the workout. Good luck!

Pull Up set 1

100 Single Unders / 10 DB/KB Swings / 10 Box Jumps / 5 Triple Sky Fall

Pull Up set 2

100 Single Unders / 20 DB/KB Swings / 20 Box Jumps / 10 Triple Sky Fall

Pull Up set 3

100 Single Unders / 30 DB/KB Swings / 30 Box Jumps / 15 Triple Sky Fall

Pull Up set 4

100 Single Unders / 20 DB/KB Swings / 20 Box Jumps / 10 Triple Sky Fall

Pull Up set 5

100 Single Unders / 10 DB/KB Swings / 10 Box Jumps / 5 Triple Sky Fall

\*\* Rest time is the balance of 1 minute for each exercise throughout the workout

#### DAY SEVEN: PULLUPS + TRICEPS

Pullups (Set 1)

Triceps Upright Dips - 3 x F

Pullups (Set 2)

Cobra Push Ups - 3 x F

Pullups (Set 3)

Elbow Tucked DB Bench Press - 3 x 10-12

Pullups (Set 4)

Physioball Kickbacks - 3 x 10-12

Pullups (Set 5)

# ATHLEAN-NXT

## PULL UP OR SHUT UP! WEEK 3

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DAY ONE: OFF

DAY TWO: PULLUPS + CHEST

Pullups (Set 1)  
Underhand Grip DB Bench - 3 x 10-12  
Pullups (Set 2)  
1 Arm Incline DB Bench Press - 3 x 10-12 each arm  
Pullups (Set 3)  
X Plyo Push Ups - 3 x F  
Pullups (Set 4)  
3-D Crossovers - 3 x 12 each arm  
Pullups (Set 5)

DAY THREE: PULLUPS + LEGS

Pullups (Set 1)  
DB Bulgarian Split Squats - 3 x 10-12 each leg  
Pullups (Set 2)  
Barbell/DB Front Squats - 3 x 8-10  
Pullups (Set 3)  
Stiff Legged Deadlifts - 3 x 10-12  
Pullups (Set 4)  
Stealth Reverse Lunges - 3 x 10 steps back each leg (weight with 50 percent of your 12RM for a traditional lunge)  
Pullups (Set 5)

DAY FOUR: OFF

DAY FIVE: PULLUPS + SHOULDERS

Pullups (Set 1)  
DB Push Press - 3 x 8-10  
Pullups (Set 2)  
DB Shoulder "L" Raises - 3 x 20 (10 raises to front and 10 to the side on each arm)  
Pullups (Set 3)  
DB Y Presses - 3 x 10-12  
Pullups (Set 4)  
DB T's - 3 x 10-12  
Pullups (Set 5)



# ATHLEAN-NXT

## PULL UP OR SHUT UP!

### WEEK 3

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#### DAY SIX: ATHLEAN BURST - "THE HATED FOUR HUNDRED"

INSTRUXIONS: Four exercises, four hundred reps...no matter how which way you slice them! With one unique twist, the next in line of the A-X 400 themed workouts is here! However, unlike last week when you got a reprieve past the midway point of your burst training session...no such luck this time around. In fact, by the 300th rep, you'll likely be seeing why this fearsome four hundred has earned the "hated" designation!

Pull Up set 1

10 Inzanity Leaps / 20 Ninja Tuck Jumps / 30 Jump Rope Double Unders /  
40 V-Up Russian Twists

Pull Up set 2

10 Inzanity Leaps / 20 Ninja Tuck Jumps / 40 Jump Rope Double Unders /  
30 V-Up Russian Twists

Pull Up set 3

10 Inzanity Leaps / 30 Ninja Tuck Jumps / 20 Jump Rope Double Unders /  
40 V-Up Russian Twists

Pull Up set 4

20 Inzanity Leaps / 10 Ninja Tuck Jumps / 30 Jump Rope Double Unders /  
40 V-Up Russian Twists

Pull Up set 5

\*\* Rest time is your pullup time!

#### DAY SEVEN: PULLUPS + TRICEPS

Pullups (Set 1)

Woodchopper Pushdowns - 3 x 10-12 (5-6 reps in each direction)

Pullups (Set 2)

Bodyweight Triceps Xtensions - 3 x 12-15

Pullups (Set 3)

Power Plank Ups - 3 x F

Pullups (Set 4)

Triple Hover Plyo Push Ups - 3 x F

Pullups (Set 5)

# ATHLEAN-NXT

PULL UP OR SHUT UP!

WEEK 4

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DAY ONE: OFF

DAY TWO: PULLUPS + CHEST

Pullups (Set 1)  
DB Flat Bench Press - 3 x 10-12  
Pullups (Set 2)  
1 Arm Posted Push Ups - 3 x F each arm  
Pullups (Set 3)  
Thumbs Up DB Incline Press - 3 x 10-12  
Pullups (Set 4)  
Prowler Pushups - 3 x F  
Pullups (Set 5)

DAY THREE: PULLUPS + LEGS

Pullups (Set 1)  
Pulldown Squats - 3 x 8-12  
Pullups (Set 2)  
Overhead Rotational DB Lunge - 3 x 10-12 each leg  
Pullups (Set 3)  
DB RDL's - 3 x 10-12 each leg  
Pullups (Set 4)  
Split Squat Jumps - 3 x F  
Pullups (Set 5)

DAY FOUR: OFF

DAY FIVE: PULLUPS + SHOULDERS

Pullups (Set 1)  
DB Hang Clean and Press - 3 x 10-12  
Pullups (Set 2)  
Sumo High Pulls - 3 x 10-12  
Pullups (Set 3)  
DB UCV Raises - 3 x 10-12  
Pullups (Set 4)  
Tubing Upper Limit Lateral Burnouts - 3 x F  
Pullups (Set 5)

# ATHLEAN-NXT

## PULL UP OR SHUT UP!

### WEEK 4

#### DAY SIX: PULLUPS + TRICEPS

- Pullups (Set 1)
  - Triceps Upright Dips - 3 x F
- Pullups (Set 2)
  - Cobra Push Ups - 3 x F
- Pullups (Set 3)
  - Elbow Tucked DB Bench Press - 3 x 10-12
- Pullups (Set 4)
  - Physioball Kickbacks - 3 x 10-12
- Pullups (Set 5)

#### DAY SEVEN: THE PULL UP-ROAR CHALLENGE

**INTRODUCTION:** Time to find out if you'll be the king of the iron jungle, or just a pussy...cat! The Pull Up-ROAR Challenge is test of both upper body strength and judgement. Your performance will be greatly impacted by not just your brawn but your brain as you map out your 10 minute plan of attack. Will you try to bang out as many pullups as you can without any rhyme or reason or will you be more strategic and conserve your efforts along the way? It really doesn't matter, but you better use the one that is going to work for you. You only get one shot. Will I hear you roar, or will you whimper your way through this beastly challenge?

**INSTRUCTIONS:** It doesn't get any more straight forward than this one. Take out your stop watch and get up on that bar...as many times as you can in 10 minutes! No kipping allowed. This is ATHLEAN-X after all and I want quality reps! That means chin over bar and arms straight at the bottom. Count every rep that you complete in those 10 minutes and divide that total by your max pullup number to determine whether you did more than just pull your own weight this month...but took a spot on the leaderboard as the pullup king!

#### THE WORKOUT:

As Many Pullups As You Can in 10 Minutes (Any Questions??)

**Note:** You may rest as much as you want, just remember, the clock is ticking and every second your not doing pullups you're letting someone else on TEAM ATHLEAN pass you!

MAX PULLUPS	1-3	4-6	7-10	11-15	16-20	21-25	26+
BASIX	5x	5x	4x	4x	3.5x	3x	3x
SOLID	5.5x	6x	5x	5x	4x	3.5x	3.5x
PRO	6x	6.5x	6x	6x	4.5x	4x	4x
ELITE	7x	7x	7x	6.5x	5x	4.5x	4.5x
XTREME	8x	7.5x	7.5x	7x	6x	5x	5x

**SCORING:** ATHLEAN XTREME - Pull Up Powerhouse!  
ATHLEAN ELITE - Up Loaded!  
ATHLEAN PRO - Up Rising  
ATHLEAN SOLID - Up to Par  
ATHLEAN BASIX - Shut Up