

ATHLEAN-NXT

SHOCKWAVE TRAINING PHASE

WEEK 1

How to Perform This Week's SHOCKWAVE Workouts (M, T, F, Sat)

Begin your workout by working up to your 3-5 RM weight on your lead exercise. For instance, if you were able to bench press 250lbs for 3-5 reps to failure, you'd begin with 2-3 total work up sets after having elevated your core body temp with a quick 5 minute bike, jump rope, jog, etc as always. These sets (in this example) could be using 135lbs, 185lbs and 225lbs taken to a few reps shy of failure in each. Once ready, begin your workout by performing each of the four exercises in the Shockwave Set to failure within their prescribed rep range. Rest time between exercises in the set is "transitional" (enough to get set for the next exercise and catch your breath). After your final exercise in the set, rest 2 minutes and repeat for 5 total sets. Each subsequent day this week, you will rotate the order of the exercises and therefore the rep range that they are subjected to! Yes, we are turning up the frequency, but our overall weekly volume will still be controlled.

Rest time within Shockwave Sets - Transitional rest

Rest time between completed Shockwave Sets - 2 minutes

MONDAY SHOCKWAVE 1.1

COMPLETE 5 TIMES THROUGH

1. Barbell Bench Press x F (Use 3-5 RM)
2. Chin Ups x F at 25 reps (Add weight if needed or drop to assisted band pullups if needed)
3. DB Split Hang Clean / Split Squats x F (Use 8-10 RM each leg)
4. DB Side Lateral Raises - F (Use 12-15 RM - both arms together)

TUESDAY SHOCKWAVE 1.2

COMPLETE 5 TIMES THROUGH

1. DB Cheat Lateral Raises x F (Use 3-5 RM each arm)
2. Barbell Bench Press x F (Use 20-25 RM)
3. Chin Ups x F at 10 reps (Add weight if needed or drop to assisted band pullups if needed)
4. DB Split Hang Clean / Split Squats x F (Use 12-15 RM each leg)

WEDNESDAY AFTERSHOCK 1 - CORE-OSION

InstruXions: Get ready for your first of 4 battle of the burns this month...waged between your abs and your lungs! This core and conditioning one two punch is Burst Training at it's finest (and most brutal). With an alternating lineup of 4 exercises focusing on each of these two main goals, your task in this workout is to complete the following circuit 4 times (only moving on to the next exercise after completing all reps for the exercise you're on!) Rest time should be kept to an absolute minimum and only taken on an "as needed" basis. The first time through you'll be required to complete 20 reps of each exercise, the second time through - 16, third time through - 10 and last time through - 6...until...the Aftershock! Just when you think you're in the home stretch and winding down your workout, the shockwaves will ripple again...as 30 reps will be required from you on the final exercise when you are most fatigued. With this week's workout zeroing in on the core, your 30 rep ripper will be Hanging Cyclone Twists. Either you'll conquer this Aftershock, or become an afterthought. Which will it be?

Conditioning - Mountain Mules x 20/16/10/6

Abs - Twisting Pistons x 20/16/10/6

Conditioning - Double Unders (Jump Rope) x 20/16/10/6

Abs - Hanging Cyclone Twists x 20/16/10/30 (**AFTERSHOCK!**) (10/8/5/15 each side with no rest in between sides)

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SHOCKWAVE TRAINING PHASE

WEEK 1

THURSDAY OFF

FRIDAY SHOCKWAVE 1.3

COMPLETE 5 TIMES THROUGH

1. DB Split Hang Clean / Split Squats x F (Use 3-5 RM each leg)
2. DB Side Lateral Raises x F (Use 20-25 RM - both arms together)
3. Barbell Bench Press x F (Use 8-10 RM)
4. Chin Ups x F at 15 reps (Add weight if needed or drop to assisted band pullups if needed)

SATURDAY SHOCKWAVE 1.4

COMPLETE 5 TIMES THROUGH

1. Chin Ups x F at 5 reps (Add weight and hold final rep to failure if needed)
2. DB Split Hang Clean / Split Squats x F (Use 20-25 RM each leg)
3. DB Side Lateral Raises x F (Use 8-10 RM - both arms together)
4. Barbell Bench Press x F (Use 12-15 RM)

SUNDAY OFF

ATHLEAN-NXT

SHOCKWAVE TRAINING PHASE

WEEK 2

How to Perform This Week's SHOCKWAVE Workouts (M, T, F, Sat)

Begin your workout by working up to your 3-5 RM weight on your lead exercise. For instance, if you were able to bench press 250lbs for 3-5 reps to failure, you'd begin with 2-3 total work up sets after having elevated your core body temp with a quick 5 minute bike, jump rope, jog, etc as always. These sets (in this example) could be using 135lbs, 185lbs and 225lbs taken to a few reps shy of failure in each. Once ready, begin your workout by performing each of the four exercises in the Shockwave Set to failure within their prescribed rep range. Rest time between exercises in the set is "transitional" (enough to get set for the next exercise and catch your breath). After your final exercise in the set, rest 2 minutes and repeat for 5 total sets. Each subsequent day this week, you will rotate the order of the exercises and therefore the rep range that they are subjected to! Yes, we are turning up the frequency, but our overall weekly volume will still be controlled.

Rest time within Shockwave Sets - Transitional rest

Rest time between completed Shockwave Sets - 2 minutes

MONDAY SHOCKWAVE 2.1

COMPLETE 5 TIMES THROUGH

1. Underhand DB Incline Bench Press x F (Use 3-5 RM)
2. Barbell Straight Bar Curls x F (Use 20-25 RM)
3. DB Sprinter Lunges x F (Use 8-10 RM - performed alternating for 8-10 reps on each leg)
4. Rotational DB Overhead Press x F (Use 12-15 RM)

TUESDAY SHOCKWAVE 2.2

COMPLETE 5 TIMES THROUGH

1. Rotational DB Overhead Press x F (Use 3-5 RM)
2. Underhand DB Incline Bench Press x F (Use 20-25 RM)
3. Barbell Straight Bar Curls x F (Use 8-10 RM)
4. DB Sprinter Lunges x F (Use 12-15 RM - performed alternating for 12-15 reps on each leg)

WEDNESDAY AFTERSHOCK 2 - X-HAUSTION

Instructions: Next up...your second of 4 battle of the burns this month...waged between your abs and your lungs! This core and conditioning one two punch is Burst Training at it's finest (and most brutal). With an alternating lineup of 4 exercises focusing on each of these two main goals, your task in this workout is to complete the following circuit 4 times (only moving on to the next exercise after completing all reps for the exercise you're on!) Rest time should be kept to an absolute minimum and only taken on an "as needed" basis. The first time through you'll be required to complete 20 reps of each exercise, the second time through - 16, third time through - 10 and last time through - 6...until...the Aftershock! Just when you think you're in the home stretch and winding down your workout, the shockwaves will ripple again...as 30 reps will be required from you on the final exercise when you are most fatigued. With this week's workout zeroing in on your stamina, your 30 rep respiration reaper will be the Triple Skyfalls. Either you'll conquer this Aftershock, or become an afterthought. Which will it be?

Abs - Hanging "X" Raises x 20/16/10/6

Conditioning - Alternating Single Arm Burpee (no jump) x 20/16/10/6 (right and left = 1 total rep)

Abs - Side Plank Knee Tuck Drives x 20/16/10/6 each side

Conditioning - Triple Skyfall x 20/16/10/30 (AFTERSHOCK!)

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SHOCKWAVE TRAINING PHASE WEEK 2

THURSDAY OFF

FRIDAY SHOCKWAVE 2.3

COMPLETE 5 TIMES THROUGH

1. DB Sprinter Lunges x F (Use 3-5 RM - performed alternating for 3-5 reps on each leg)
2. Rotational DB Overhead Press x F (Use 20-25 RM)
3. Underhand DB Incline Bench Press x F (Use 8-10 RM)
4. Barbell Straight Bar Curls x F (Use 12-15 RM)

SATURDAY SHOCKWAVE 2.4

COMPLETE 5 TIMES THROUGH

1. Barbell Straight Bar Curls x F (Use 3-5 RM)
2. DB Sprinter Lunges x F (Use 20-25 RM - performed alternating for 20-25 reps on each leg)
3. Rotational DB Overhead Press x F (Use 8-10 RM)
4. Underhand DB Incline Bench Press x F (Use 12-15 RM)

SUNDAY OFF

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SHOCKWAVE TRAINING PHASE

WEEK 3

How to Perform This Week's SHOCKWAVE Workouts (M, T, F, Sat)

Begin your workout by working up to your 3-5 RM weight on your lead exercise. For instance, if you were able to bench press 250lbs for 3-5 reps to failure, you'd begin with 2-3 total work up sets after having elevated your core body temp with a quick 5 minute bike, jump rope, jog, etc as always. These sets (in this example) could be using 135lbs, 185lbs and 225lbs taken to a few reps shy of failure in each. Once ready, begin your workout by performing each of the four exercises in the Shockwave Set to failure within their prescribed rep range. Rest time between exercises in the set is "transitional" (enough to get set for the next exercise and catch your breath). After your final exercise in the set, rest 2 minutes and repeat for 5 total sets. Each subsequent day this week, you will rotate the order of the exercises and therefore the rep range that they are subjected to! Yes, we are turning up the frequency, but our overall weekly volume will still be controlled

Rest time within Shockwave Sets - Transitional rest

Rest time between completed Shockwave Sets - 2 minutes

MONDAY SHOCKWAVE 3.1

COMPLETE 5 TIMES THROUGH

1. Lying DB Triceps X-tensions into Elbows Tucked DB Bench Press x F (Use 3-5 RM weight for first part and rep out to failure on second part)
2. 1 Arm Alternating S/P DB Row x F each arm (Use 20-25 RM)
3. DB Bulgarian Split Squats x F each leg (Use 8-10 RM)
4. Sumo High Pulls x F (Use 12-15 RM)

TUESDAY SHOCKWAVE 3.2

COMPLETE 5 TIMES THROUGH

1. Sumo High Pulls x F (Use 3-5 RM)
2. Lying DB Triceps X-tensions into Elbows Tucked DB Bench Press x F (Use 20-25 RM weight for first part and rep out to failure on second part)
3. 1 Arm Alternating S/P DB Row x F each arm (Use 8-10 RM)
4. DB Bulgarian Split Squats x F each leg (Use 12-15 RM)

WEDNESDAY AFTERSHOCK 3 - SHOCK ABS-ORBER!

InstruXions: Here it is, your 3rd of 4 battle of the burns this month...waged between your abs and your lungs! This core and conditioning one two punch is Burst Training at it's finest (and most brutal). With an alternating lineup of 4 exercises focusing on each of these two main goals, your task in this workout is to complete the following circuit 4 times (only moving on to the next exercise after completing all reps for the exercise you're on!) Rest time should be kept to an absolute minimum and only taken on an "as needed" basis. The first time through you'll be required to complete 20 reps of each exercise, the second time through - 16, third time through - 10 and last time through - 6...until...the Aftershock! Just when you think you're in the home stretch and winding down your workout, the shockwaves will ripple again...as 30 reps will be required from you on the final exercise when you are most fatigued. With this week's workout zeroing in on the core, your 30 rep ripper will be Hanging Clocks. Either you'll conquer this Aftershock, or become an afterthought. Which will it be?

Conditioning - Skier Single Leg Burpees (each side counts as one) x 20/16/10/6

Abs - Sledgehammer Swings x 20/16/10/6 each side

Conditioning - Taps x 20/16/10/6

Abs - Hanging Clocks (alt. cw/ccw each direction counts as one) x 20/16/10/30 (**AFTER-SHOCK!**)

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SHOCKWAVE TRAINING PHASE WEEK 3

THURSDAY OFF

FRIDAY SHOCKWAVE 3.3

COMPLETE 5 TIMES THROUGH

1. DB Bulgarian Split Squats x F each leg (Use 3-5 RM)
2. Sumo High Pulls x F (Use 20-25 RM)
3. Lying DB Triceps X-tensions into Elbows Tucked DB Bench Press x F (Use 8-10 RM weight for first part and rep out to failure on second part)
4. 1 Arm Alternating S/P DB Row x F each arm (Use 12-15 RM)

SATURDAY SHOCKWAVE 3.4

COMPLETE 5 TIMES THROUGH

1. 1 Arm Alternating S/P DB Row x F each arm (Use 3-5 RM)
2. DB Bulgarian Split Squats x F each leg (Use 20-25 RM)
3. Sumo High Pulls x F (Use 8-10 RM)
4. Lying DB Triceps X-tensions into Elbows Tucked DB Bench Press x F (Use 12-15 RM weight for first part and rep out to failure on second part)

SUNDAY OFF

ATHLEAN-NXT

SHOCKWAVE TRAINING PHASE

WEEK 4

MONDAY SHOCKWAVE 4.1

InstruXions: You thought the last three AFTERSHOCK workouts were hard? We were just getting warmed up. This final rendition didn't get its Seismic Slaughter name without reason, and kicks off Shock Week for good reason! In exactly the same manner as previous aftershock workouts, you'll need to complete 4 "rest-free" circuits of 4 exercises (with alternating core and conditioning focus). As always, each exercise must be performed until all prescribed reps are completed before being allowed to move forward in any given circuit. Rep structure is tweaked just slightly with 20, 15 and 10 reps required for the first three rounds. The big shake up comes in round 4 however! This is where the slaughter sets in. You'll round out your workout with a 30 rep requirement on ALL 4 of the exercises rather than just the last one. By the time you're through, you will have completed 300 total reps and proven just how un-shakeable you really are! It's Shock Week...and we're just getting started!

COMPLETE 5 TIMES THROUGH

Abs - Hanging Leg Raises x 20/15/10/30 (AFTERSHOCK!)

Conditioning - Lateral Frog Hops x 20/15/10/30 (AFTERSHOCK!)

Abs - "21" Crunch x 20/15/10/30 (AFTERSHOCK!)

Conditioning - Ninja Box Jumps x 20/15/10/30 (AFTERSHOCK!)

TUESDAY LOCK, SHOCK AND SMOKING BARRELS!

InstruXions: There are three phases to this arm annihilator! The first is the "LOCK" phase in which you'll be concentrating on your isometric peak contraction strength. You are to superset the two exercises (no rest in between), taking each to failure. Perform this 3 times, resting 60-90 seconds between completed supersets. Rest 2 minutes after the entire "LOCK" phase is completed and move onto the "SHOCK" phase where you'll once again perform two exercises in superset fashion (this time concentrating on variable range of motion stress). Finally, complete your workout with the "SMOKING BARREL" phase where you'll be overlapping strength curves and feeding the inferno in your arms to an all out 5 alarm fire! Remember, rest time is 2 minutes between each of the Lock, Shock and Smoking Barrel phases and minimal or transitional between exercises in the supersets.

LOCK - Superset x 3 (no rest between exercises)

Bicep Chin Up Hold to Failure

DB Physioball Kickback Hold to Failure (use between 5-20lbs each hand)

REST 2 MINUTES

SHOCK - Superset x 3 (no rest between exercises)

DB "21" Curls x 21 (use 12RM of incline db curl weight)

21 Dips x 21 (top third, lower third, full ROM)

REST 2 MINUTES

SMOKING BARRELS - Superset x 3 (no rest between exercises)

DB / Tubing Combo Curls x F (use slightly less than 12RM failure weight)

DB/Band Skullcrusher Combo x F (use slightly less than 12RM failure weight)

WEDNESDAY OFF

ATHLEAN-NXT

SHOCKWAVE TRAINING PHASE

WEEK 4

THURSDAY FINAL CHALLENGE - SHELLSHOCKED!

InstruXions: The Shellshocked Challenge consists of 4 exercises that need to be performed individually until their goal reps are completed. If along the way to completing your goal reps for an exercise, you fail, you will need to jump to the next exercise in the list and perform 4 reps of that as a penalty. Immediately resume your task of completing your goal reps. If you must stop again due to another failure, simply move once again to the next exercise in the "wave" and perform 4 penalty reps of that. Continue waving through the penalty exercises until all goal reps are completed for that exercise. Once complete, move to the next exercise in the challenge and proceed exactly the same way. In a perfect world, if you never failed on your way to your goal rep totals for each of the four exercises in this challenge, you'd have a total of 180 reps performed at the end. Ummm, we don't live in a perfect world, and that's not likely to happen! Therefore, your total score will be determined by how many reps over "par" you are at the end of the challenge (when factoring in your penalty reps). The closer you are to 180 the better! Good luck, and try not to be "shellshocked" when you see just how many reps you may wind up performing!

1. **DB Thrusters** x 40 (Use 40-50% of your BW for combined dumbbell weight)
2. **Knee Up Pullups** x 50
3. **Hannibal Pushups** x 50
4. **Floating V Ups** x 40 (Use 10-20lb dumbbell)

SCORING:

ATHLEAN BASIX - COMPLETE IN GREATER THAN 252 REPS (LOW TIDE)

ATHLEAN SOLID - COMPLETE IN 236 REPS OR LESS ("MICRO" WAVE)

ATHLEAN PRO - COMPLETE IN 220 REPS OR LESS (UNWAVERED)

ATHLEAN ELITE - COMPLETE IN 212 REPS OR LESS (TIDAL WAVE)

ATHLEAN XTREME - COMPLETE IN 200 REPS OR LESS (TSUNAMI!)

NOTE: If you reach failure at any point on your way to your goal reps for any exercise, immediately drop down to the next exercise in the list...perform 4 reps, and resume towards goal reps. Keep moving to the next exercise in the "wave" each time you fail until all goal reps are complete.

FRIDAY SHOCK THERAPY

InstruXions: There's no better remedy after giving it your all in SHELLSHOCKED than some SHOCK THERAPY! This first of its kind NXT x-clusive delivers the perfect blend of recovery-inducing flexibility and mobility in one smooth flowing routine made up of 10 movements. The entire protocol can be completed in just 15 minutes and easily adopted into your future months of NXT as needed...when you are feeling particularly stiff, sore or sluggish! Both the upper and lower body will be targeted in SHOCK THERAPY, making this an ideal total body solution and one we are highly recommending you perform twice before wrapping up this month of training (currently slotted in for the first two days after your challenge). Rest up, you've earned it!

LOWER BODY

1. Crossover Pretzel Stretch x 1 minute each leg
2. 90/90 Hip and Reach High x 1 minute each leg
3. Rollover V Sits x 1 minute
4. The Immovable Squat x 1 minute
5. Walking Alpine Climbers x 1 minute
6. Lunge Opens x 1 minute each leg

UPPER BODY

7. RC Wand Stretch x 1 minute each arm
8. Prone Ab Stretch on elbows (with elbow tucks) x 1 minute
9. T-Spine Bridge x 1 minute each arm
10. Physioball Rolling Y's x 1 minute

TOTAL ELAPSED TIME: 15 MINUTES

SATURDAY SHOCK THERAPY

Repeat from Friday.

SUNDAY OFF