

# ATHLEAN-X / TNT INTEGRATION MAP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WEEK 1</b> <b>T.N.T. BICEPS</b>	<b>ATHLEAN-X</b> Upper Body Push	<b>SPRINT-ERVALS!</b> AND <b>T.N.T. BACK</b>	<b>ATHLEAN-X</b> Lower Body / Core	Quick Foot Ladder	<b>ATHLEAN-X</b> Upper Body Pull / Core	OFF
<b>WEEK 2</b> <b>T.N.T. BICEPS</b>	<b>ATHLEAN-X</b> Upper Body Push	<b>LINE DRILLS</b> AND <b>T.N.T. BACK</b>	<b>ATHLEAN-X</b> Lower Body / Core	Crunches and Punches	<b>ATHLEAN-X</b> Upper Body Pull / Core	OFF
<b>WEEK 3</b> <b>T.N.T. BICEPS</b>	<b>ATHLEAN-X</b> Upper Body Push	<b>TRACK DRILLS</b> AND <b>T.N.T. BACK</b>	<b>ATHLEAN-X</b> Lower Body / Core	The "Cone Zone"	<b>ATHLEAN-X</b> Upper Body Pull / Core	OFF
<b>WEEK 4</b> OFF	<b>ATHLEAN-X</b> ATHLEAN 400 Challenge	HARD CORE I	<b>JUMP ROPE</b> AND <b>T.N.T. BICEPS</b>	HARD CORE II	<b>ATHLEAN-X</b> ATHLEAN 400 Challenge RETEST	<b>T.N.T. BACK</b>

# ATHLEAN-X / TNT INTEGRATION MAP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 5  OFF	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive I	SPRINT-ERVALS!	HARD CORE I AND <b>T.N.T BICEPS</b>	BUMPS AND JUMPS	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive II	<b>T.N.T. BACK</b>
WEEK 6  OFF	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive I	11-11-11	HARD CORE I AND <b>T.N.T BICEPS</b>	TRACK Workout	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive II	<b>T.N.T. BACK</b>
WEEK 7  OFF	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive I	The “Fantastic Four”	HARD CORE I AND <b>T.N.T BICEPS</b>	Bike Intervals	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive II	<b>T.N.T. BACK</b>
WEEK 8  OFF	<b>ATHLEAN-X</b> ATHLEAN 400 Challenge RETEST	HARD CORE I AND <b>T.N.T BICEPS</b>	<b>ATHLEAN-X</b> ACTIVE REST	HARD CORE II	<b>ATHLEAN-X</b> ATHLEAN “20 UP 20 DOWN” Challenge	<b>T.N.T. BACK</b>

# ATHLEAN-X / TNT INTEGRATION MAP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 9  OFF	<b>ATHLEAN-X</b> Upper Body "2-Play"	Jump Rope AND <b>T.N.T BICEPS</b>	<b>ATHLEAN-X</b> Lower Body "2-Play"	All Hands On "DECK"	<b>ATHLEAN-X</b> Total Body "Fusion Confusion"	<b>T.N.T. BACK</b>
WEEK 10  OFF	<b>ATHLEAN-X</b> Upper Body "2-Play"	Quick Ft Ladder AND <b>T.N.T BICEPS</b>	<b>ATHLEAN-X</b> Lower Body "2-Play"	Track Workout	<b>ATHLEAN-X</b> Total Body "Fusion Confusion"	<b>T.N.T. BACK</b>
WEEK 11  OFF	<b>ATHLEAN-X</b> Upper Body "2-Play"	<b>T.N.T BICEPS</b>	<b>ATHLEAN-X</b> Lower Body "2-Play"	Crunches and Punches II	<b>ATHLEAN-X</b> Total Body "Fusion Confusion"	<b>T.N.T. BACK</b>
WEEK 12  OFF	<b>ATHLEAN-X</b> ATHLEAN 400 Challenge RETEST	HARD CORE I	<b>ATHLEAN-X</b> Light Flush Run	HARD CORE II	<b>ATHLEAN-X</b> ATHLEAN "FINAL X-AM" Challenge	<b>T.N.T BICEPS</b> OR <b>T.N.T. BACK</b>