

# ATHLEAN-X / TNT INTEGRATION MAP

Sunday (OFF)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 1	ATHLEAN-X Upper Body Push	T.N.T. BACK	ATHLEAN-X Lower Body / Core	Quick Foot Ladder AND T.N.T. CHEST	ATHLEAN-X Upper Body Pull/ Core	SPRINT-ERVALS!
WEEK 2	ATHLEAN-X Upper Body Push	T.N.T. BACK	ATHLEAN-X Lower Body / Core	Crunches & Punches AND T.N.T. CHEST	ATHLEAN-X Upper Body Pull / Core	Line Drills
WEEK 3	ATHLEAN-X Upper Body Push	T.N.T. BACK	ATHLEAN-X Lower Body / Core	"Cone Zone" AND T.N.T. CHEST	ATHLEAN-X Upper Body Pull / Core	Track Workout
WEEK 4	ATHLEAN-X ATHLEAN 400 Challenge	CORE I AND T.N.T. CHEST	ATHLEAN-X Jump Rope Conditioning	CORE II	ATHLEAN-X ATHLEAN 400 Challenge RETEST	T.N.T. BACK

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Sunday (OFF)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 5	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive I	SPRINT-ERVALS! AND <b>T.N.T. CHEST</b>	CORE I	<b>T.N.T. BACK</b>	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive II	Bumps and Jumps
WEEK 6	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive I	11-11-11 OR <b>T.N.T. CHEST</b>	CORE I	<b>T.N.T. BACK</b>	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive II	Track Workout
WEEK 7	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive I	"Fantastic Four" AND <b>T.N.T. CHEST</b>	CORE I	<b>T.N.T. BACK</b>	<b>ATHLEAN-X</b> Maximum Metabolic Overdrive II	Bike Intervals
WEEK 8	<b>ATHLEAN-X</b> ATHLEAN 400 Challenge RETEST	CORE I AND <b>T.N.T. CHEST</b>	<b>ATHLEAN-X</b> ACTIVE REST	CORE II	<b>ATHLEAN-X</b> ATHLEAN "20 UP 20 DOWN" Challenge	<b>T.N.T. BACK</b>

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