

# ATHLEAN-X / TNT INTEGRATION MAP

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

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| WEEK 5       | <b>ATHLEAN-X</b><br>Maximum Metabolic<br>Overdrive I | SPRINT-ERVALS!          | CORE I                          | <b>T.N.T<br/>BICEPS</b> | <b>ATHLEAN-X</b><br>Maximum Metabolic<br>Overdrive II       | Bumps and<br>Jumps      |
| WEEK 6       | <b>ATHLEAN-X</b><br>Maximum Metabolic<br>Overdrive I | 11-11-11                | CORE I                          | <b>T.N.T<br/>BICEPS</b> | <b>ATHLEAN-X</b><br>Maximum Metabolic<br>Overdrive II       | Track Workout           |
| WEEK 7       | <b>ATHLEAN-X</b><br>Maximum Metabolic<br>Overdrive I | The<br>"Fantastic Four" | CORE I                          | <b>T.N.T<br/>BICEPS</b> | <b>ATHLEAN-X</b><br>Maximum Metabolic<br>Overdrive II       | Bike Intervals          |
| WEEK 8       | <b>ATHLEAN-X</b><br>ATHLEAN 400<br>Challenge RETEST  | CORE I                  | <b>ATHLEAN-X</b><br>ACTIVE REST | CORE II                 | <b>ATHLEAN-X</b><br>ATHLEAN<br>"20 UP 20 DOWN"<br>Challenge | <b>T.N.T<br/>BICEPS</b> |

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| WEEK 9       | <b>ATHLEAN-X</b><br>Upper Body<br>"2-Play"          | All Hands On<br>"DECK"     | <b>ATHLEAN-X</b><br>Lower Body<br>"2-Play" | Jump Rope     | <b>ATHLEAN-X</b><br>Total Body<br>"Fusion Confusion"     | <b>T.N.T<br/>BICEPS</b> |
| WEEK 10      | <b>ATHLEAN-X</b><br>Upper Body<br>"2-Play"          | Quick Foot<br>Ladder       | <b>ATHLEAN-X</b><br>Lower Body<br>"2-Play" | Track Workout | <b>ATHLEAN-X</b><br>Total Body<br>"Fusion Confusion"     | <b>T.N.T<br/>BICEPS</b> |
| WEEK 11      | <b>ATHLEAN-X</b><br>Upper Body<br>"2-Play"          | Crunches and<br>Punches II | <b>ATHLEAN-X</b><br>Lower Body<br>"2-Play" | OFF           | <b>ATHLEAN-X</b><br>Total Body<br>"Fusion Confusion"     | <b>T.N.T<br/>BICEPS</b> |
| WEEK 12      | <b>ATHLEAN-X</b><br>ATHLEAN 400<br>Challenge RETEST | CORE I                     | <b>ATHLEAN-X</b><br>Light Flush Run        | CORE II       | <b>ATHLEAN-X</b><br>ATHLEAN<br>"FINAL X-AM"<br>Challenge | OFF                     |