

ATHLEAN-X / TNT INTEGRATION MAP

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

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WEEK 5	ATHLEAN-X Maximum Metabolic Overdrive I	SPRINT-ERVALS! AND T.N.T. SHOULDERS	CORE I	Bumps and Jumps	ATHLEAN-X Maximum Metabolic Overdrive II	T.N.T. TRICEPS
WEEK 6	ATHLEAN-X Maximum Metabolic Overdrive I	11-11-11 OR T.N.T. SHOULDERS	CORE I	Track Workout	ATHLEAN-X Maximum Metabolic Overdrive II	T.N.T. TRICEPS
WEEK 7	ATHLEAN-X Maximum Metabolic Overdrive I	"Fantastic Four" AND T.N.T. SHOULDERS	CORE I	Bike Intervals	ATHLEAN-X Maximum Metabolic Overdrive II	T.N.T. TRICEPS
WEEK 8	ATHLEAN-X ATHLEAN 400 Challenge RETEST	CORE I AND T.N.T. SHOULDERS	ATHLEAN-X ACTIVE REST	CORE II	ATHLEAN-X ATHLEAN "20 UP 20 DOWN" Challenge	T.N.T. TRICEPS

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