

DAY 29**ULTIMATE ARMS: TRIPLE CONTRAXION**

How to Perform Today's Ultimate Arm Workout - In each strength workout, you will attack two muscle groups. Each one will start with a "Triple ContraXion" set where you fail three consecutive times (in drop set fashion) concentric, isometrically and eccentrically. After completing three of these descending failure "Triple contraXion" sets you'll move on to perform the prescribed work for the antagonist muscle group. See the specific notes on rest times, rep selection and weight selection below for more details. Rep Selection - Use weights specific to you that cause you to reach failure in the 10-12 rep range concentrically. Isometric failure is achieved on just one rep and eccentric (negative) failure should occur at a number less than the initial 10-12. Weight Selection - Use weights specific to you that cause you to reach failure in the 10-12 rep range concentrically. Increase the weight by 10% and perform your isometric contraction. Increase the weight again by another 10-20% and perform your eccentrics.

Transitional rest within Triple ContraXion sets.
60-90 seconds between completed Triple ContraXions.

BICEPS:

TRIPLE CONTRAXION - Barbell Curls x 3 sets to FAILURE (Concentric, Isometric, Eccentric)
TRIPLE CONTRAXION - Bicep Chinups x 3 sets to FAILURE (Concentric, Isometric, Eccentric)
TRIPLE CONTRAXION - Dual Lip Busters x 3 sets to FAILURE (Concentric, Isometric, Eccentric)

TRICEPS:

TRIPLE CONTRAXION - Bodyweight Triceps Extensions x 3 sets to FAILURE (Concentric, Isometric, Eccentric)
TRIPLE CONTRAXION - Rev. Woodchopper Ext. x 3 sets to FAILURE (Concentric, Isometric, Eccentric)
TRIPLE CONTRAXION - Diamond Cutter Pushups x 3 sets to FAILURE (Concentric, Isometric, Eccentric)

DAY 30**C-4 BURST TRAINING (HOME SWEAT HOME)**

How to Perform Today's C4 Burst Workout - Today's workout starts with farmers carries. For this exercise to be effective you have to go as heavy as you can. Ideally you would use a weight that is at least equal to your total bodyweight. For example a 180lb man would use 90lb dumbbells for the farmer walk portion of the workout. If you are unable to use that much weight, go as heavy as you safely can. If you don't have access to dumbbells that heavy you can also use a loaded trap bar. To perform the workout choose a point to call your home base. This will be the point you start and return to during the carry portion of the workout. Grab your weights, walk out 15 steps from your home base, turn around and return for a total of 30 steps. If space is a limiting factor, either march in place or in a small circle for more of a challenge as instructed in the video, making sure to count out your 15 steps. Upon completion of the carry portion of this workout move immediately into the Sweat Circuit moving from exercise to exercise with as little rest as needed. A 60 second rest period will be earned at the completion of your circuit. There IS a punishment in this workout. If you fail to complete any carry portion during this workout, you have to complete the sweat circuit an additional time, wherever you were forced to put down the dumbbells. After completing the punishment circuit grab the dumbbells and finish out your carry section completing the sweat circuit again, as always, when you reach your home base.

COMPLETE 6 ROUNDS OF THE FOLLOWING:**CARRY:**

DB Farmers Carry x 30 steps

SWEAT CIRCUIT:

Finger Tip Mountain Climbers x 90 seconds
Alternating Side Kickthroughs x 60 seconds
Ninja Tuck Jumps x 30 seconds

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: If possible, attempt to carry the equivalent of your bodyweight (i.e. if you weigh 180 lbs, carry 90lbs).

DAY 31**APEX LEG TRAINING**

Rest 60-90 seconds between BPC and UAC sets. No rest between exercises within the APEX circuit.
90 seconds between completed rounds of the circuit.

UNILATERAL ANTERIOR CHAIN (UAC)

DB Step Ups 4 x 10-12 reps each leg

BILATERAL POSTERIOR CHAIN (BPC)

Barbell Hip Thrusts 4 x 8-10 reps

APEX CIRCUIT (APEX)

- A. DB Overhead Lunges (Anterior)** x 12 reps each leg
- B. DB Heel Touch Squats (Posterior)** x 12 reps each leg
- C. Ninja Tuck Jumps (Explosive)** x F

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

DAY 32**UPPER BODY STRENGTH: PULL (WITH BICEPS RE-AX-TION)**

Rest 60-90 seconds between traditional sets.
Rest/pause no more than 15 seconds at any time after reaching failure during the In10sity set.

UPPER PULL

- Underhand Barbell Dead Rows (AUX)** 3 x 8-10 reps
- Landmine Offset Underhand Row (AUX)** 3 x 10-12 reps each arm
- Weighted Chinups (AUX)** 3-4 x F
- Dual Handle Underhand Pulldowns (AUX)** 3-4 x 10-12 reps
- Cable/Tubing Supinated Face Pulls (AUX)** 3 x 12-15 reps

BICEPS RE-AX-TION SET

In10sity - Barbell Curls x 5 minutes (10-12 RM)

Note on BICEPS RE-AX-TION SET: Rest/Pause no more than 15 seconds at any time after reaching failure. Continue cranking out high intensity reps for the entire 5 minutes.

DAY 33**UPPER BODY STRENGTH: PUSH (WITH TRICEPS RE-AX-TION)**

Rest 60-90 seconds between traditional sets.
Rest/pause no more than 15 seconds at any time after reaching failure during the In10sity set.

UPPER PUSH

- Reverse Iron Cross (AUX)** 3 x F
- Incline DB Squeeze Press (AUX)** 3-4 x 10-12 reps
- Landmine Shoulder Press (AUX)** 3-4 x 8-10 reps
- Weighted Tricep Upright Dips (AUX)** 3 x F
- Dive Bomber Push Ups (AUX)** 3 x F

TRICEPS RE-AX-TION SET

In10sity - Tricep Pushdowns x 5 minutes (10-12RM)

Note on TRICEPS RE-AX-TION SET: Rest/Pause no more than 15 seconds at any time after reaching failure. Continue cranking out high intensity reps for the entire 5 minutes.

DAY 36**UPPER BODY TOUCH UP (MINIMIZE BICEP/TRICEP ENGAGEMENT)**

How to Perform Today's Upper Body Touch Up - This week is all about preparation for the Ultimate Arms Challenge. Whereas previous upper body workouts were designed to recruit more of your arms, this week we're doing just the opposite. You'll notice that each exercise in today's workout includes as minimal biceps and triceps involvement as possible. We don't want anything to get between you and your ability to crush it in this week's challenge. Despite its lack of arm involvement, don't think that you're going to skate through these exercises. You can still give your upper body a great workout - so load up and give it everything you've got. Perform the prescribed exercises for the required set and rep ranges provided. The exercises selected in this workout were chosen for their minimal arm involvement. Take that opportunity to thoroughly trash the appropriate muscle group by really focusing in on its contractions.

Rest 60-90 seconds between sets for all exercises.

EXERCISES:

DB Lat Pullovers 3 x 12-15 reps
Cavaliere Crossover 3 x 12-15 reps
DB Lateral Raises 3 x 12-15 reps
DB Front Raises 3 x 12-15 reps
DB Chest Pullovers 3 x 12-15 reps

DAY 37**APEX LEG TRAINING**

How to Perform Today's Apex Leg Workout - It's the last day of Apex leg training and that means the focus is on EXPLOSIVE posterior and anterior exercises during this round of leg training. An explosive anterior exercise will kick off today's workout - Step Up Thrusts,. Afterwards, head into the next exercise, an explosive posterior based move. Once you finish your straight set, move onto the Apex leg circuit. Each circuit is going to feature both anterior and posterior exercises, as well as featuring an explosive move. This is A-X after all and we need to remain quick and explosive. If it seems like Apex leg training has it all; it does, and that's the point. Get in get, get jacked, and get going.

Rest 60-90 seconds between EX-A and EX-P sets. No rest between exercises within the APEX circuit.
90 seconds between completed rounds of the circuit.

EXPLOSIVE ANTERIOR CHAIN (EX-A)

Step Up Thrusts 4 x F each leg

EXPLOSIVE POSTERIOR CHAIN (EX-P)

KB/DB Skier Hop Switch 4 x F

APEX CIRCUIT (APEX)

A. DB Crush Grip Squats (Anterior) x 12-15 reps
B. Long Leg Plank Marches (Posterior) x 20 reps each leg
C. Split Squat Jumps (Explosive) x F

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

DAY 38**C-4 BURST TRAINING (FATAL FORE)**

How to Perform Today's C4 Burst Workout - Today's C-4 Burst Training workout is simple in execution but no less challenging in practice. Perform the four exercises in circuit fashion moving from exercise to exercise until you reach the rest portion. Each exercise, and subsequent rest period are 60 seconds in length. Don't underestimate the demands this workout will make on your conditioning as well as your hand strength by trying to keep your rest periods as short as possible.

COMPLETE 4 ROUNDS OF THE FOLLOWING:**EXERCISES:**

Skier Hops x 60 seconds

KB/DB Skier Hop Switch x 60 seconds

KB/DB Swing x 60 seconds

KB/DB Swing Switch x 60 seconds

PENALTY:

KB 90 Degree Hold: Every time you have to rest, you accrue 20 seconds of hold time at the end of the workout. If you have to rest during the penalty, you may, but you must complete all accrued penalty time in order to complete the workout.

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

DAY 39**OFF**

DAY 40**ARMAGEDDON CHALLENGE (CONTINUE TO NEXT PAGE)**

FINAL CHALLENGE

ARM-AGEDDON

HERE IS THE WORKOUT

BICEPS:

- A. **Barbell Curls** using 10RM starting with 5 reps (5 reps min 1, 6 reps min 5, 7 reps min 9, 8 reps min 13, 9 reps min 17, 10 reps min 21)
 - B. **DB Alternating Curls** starting with 50% of your 10RM for 10 reps (Perform in 2nd, 6th, 10th, 14th, 18th and 22nd min)
 - C. **Tubing Curls** x 60 seconds (Perform in 3rd, 7th, 11th, 15th, 19th and 23rd min)
- *Rest 60 seconds after completing this exercise and repeat until all 6 rounds are completed.

TRICEPS:

- A. **Lying DB Triceps Extensions** using 10RM starting with 5 reps (5 reps min 1, 6 reps min 5, 7 reps min 9, 8 reps min 13, 9 reps min 17, 10 reps min 21)
 - B. **Tricep Pushdowns** starting with 50% of your 10RM for 10 reps (Perform in 2nd, 6th, 10th, 14th, 18th and 22nd min)
 - C. **Tubing Tricep Pushaways** x 60 seconds (Perform in 3rd, 7th, 11th, 15th, 19th and 23rd min)
- *Rest 60 seconds after completing this exercise and repeat until all 6 rounds are completed

HERE ARE THE RULES

Please refer to the complete instructions in the Athlean Online portal as well as the walkthrough video for details on how to perform and score this challenge.

SCORING

BEAT THE BOSS!	36	ARMS ARE MY THING AFTER ALL!
ATHLEAN XTREME	34-36	ARMED AND DANGEROUS
ATHLEAN ELITE	30-33	ARMS OF ARMOR
ATHLEAN PRO	26-29	DO NO ARM
ATHLEAN SOLID	20-25	DIS-ARMED!
ATHLEAN BASIX	Less than 20	ARM-ATEUR