

MONDAY**ULTIMATE ARMS: FIRING RANGE**

How to Perform Today's Ultimate Arm Workout - Choose a weight that you would normally use to reach failure at 10-12 regular reps and perform the set using 1 1/2 reps. This should cause you to reach failure within the 5-7 rep range. Upon reaching failure, immediately cut the weight in half and proceed into the second half of the set. Here; you will attempt to complete at least twice as many reps as you did in the first half, before reaching failure. Remember, the rest time between halves of the doubling set is just as long as it takes you to cut the weight in half. 60 second rest is allowed between completed doubling sets.

Your rest time within Doubling Sets is just enough time to cut the weight in half and transition into the second half of the set. Rest time between completed Doubling Sets is 60 seconds.

BICEPS:

No Mo Curls x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS
DB Spider Curls x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS
DB Hammer Curls x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

TRICEPS:

Elbows Tucked DB Bench Press x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS
Inverted DB Tricep Kickbacks x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS
Incline DB Tricep X-tensions x 5-7 reps (1 1/2 reps) / Transition Rest / x 10-14 more reps (cut weight in half and attempt to double initial reps) - 3 SETS

TUESDAY**C-4 BURST TRAINING (THE PIT)**

How to Perform Today's C-4 Burst Workout - In today's workout, you will experience the unique conditioning and forearm blitz known as C-4, first hand by alternating between the forearm/grip reliant dead arm hang and a jump rope drill. If at any time during any round you are unable to hang for the required time you will find yourself in "the pit". Only way out, is to work your way out! Perform 100 Finger Tip Mountain Climbers and it's back to the bar to complete your hang...and your workout! Should your grip slip again, you'll earn another trip to the pit and have to climb out yet again. Will you conquer "The Pit" or will it just become the pits for you?

COMPLETE THE FOLLOWING CIRCUIT:**ROUND 1:**

Dead Arm Hang x 90 seconds
Jump Rope - Two Foot Hops x 100 reps
REST 30 SECONDS

ROUND 3:

Dead Arm Hang x 45 seconds
Jump Rope - High Knees x 50 reps each leg /
Rope Squats x 25 reps
REST 30 SECONDS

ROUND 2:

Dead Arm Hang x 60 seconds
Jump Rope - High Knees x 50 reps each leg /
Two Foot Hops x 100 reps
REST 30 SECONDS

ROUND 4:

Dead Arm Hang x 30 seconds
Jump Rope - High Knees x 50 reps each leg / **Rope Squats** x 25
reps/ **Double Unders** x 25 reps / **Two Foot Hops** x 100 reps

REST 2 MINUTES AND REPEAT ONE MORE TIME THROUGH.

Note: Each time you are unable to complete your dead arm hang without releasing the bar, you'll need to perform 100 finger tip mountain climbers and then resume your position on the bar for the remaining time. All jump rope reps must be completed before moving on to the bar. There is no penalty for hitting the rope, however you should aim to complete all jumps without ever doing so.

WEDNESDAY

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.

BILATERAL POSTERIOR CHAIN (BPC)

Deadlifts 4 x 8 reps

UNILATERAL ANTERIOR CHAIN (UAC)

DB Bulgarian Split Squats 4 x 10-12 reps each leg

APEX CIRCUIT (APEX)

- A. DB Crush Grip Squats (Anterior)** x 12-15 reps
- B. DB Sprinter Lunges (Posterior)** x 10 reps each leg
- C. DB/KB Swings (Explosive)** x 20 reps

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

THURSDAY

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

Rest 60-90 seconds between traditional sets.
Transitional rest only for the duration of the 21 Rack Salute.

UPPER PULL

Underhand Barbell Dead Rows (AUX) 3 x 8-10

Landmine Parallel Rows 3 x 10-12 each arm

Weighted Pullups 3-4 x F

Prone Grip Dual Handle Pulldowns 3-4 x 10-12

Cable/Tubing Face Pulls 3 x 12-15

BICEPS RE-AX-TION SET

21 Rack Salute - Standing DB Curls (Run the Rack)

Note on BICEPS RE-AX-TION SET: Perform 7 reps each in bottom, top and full range of motion for each weight used (21 style). Run the rack by dropping 10 lbs until using 30lbs and then drop 5 lbs until you're using 15lbs. Total number of reps performed is dependent upon how heavy you start.

FRIDAY

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

Rest 60-90 seconds between traditional sets.
Transitional rest only for the duration of the 21 Stack Salute.

UPPER PULL

Reverse Iron Cross (AUX) 3 x F

Incline DB Bench Press 3-4 x 10-12 reps

DB Wide Arc Shoulder Press 3-4 x 8-10 reps

Weighted Dips (Planche Mod) 3 x F

Prowler Push Ups 3 x F

TRICEPS RE-AX-TION SET

21 Stack Salute - Tricep Pushdowns (Run the Stack)

Note on TRICEPS RE-AX-TION SET: Use slightly less than your normal 10-12RM as your starting weight. Lighten the stack by 10lbs each time you fail until you cannot perform any meaningful reps. For a more intense challenge, perform each in "21" style with 7 reps in the top half, 7 in the bottom half and 7 full reps at each plate level! Total number of reps performed is dependent upon how heavy you start.

MONDAY**ULTIMATE ARMS: FIBER OPT-X**

How to Perform Today's Ultimate Arm Workout - Perform the prescribed sets in a circuit fashion, moving from one exercise to the next with only enough rest to get in position. For the Fiber Blast sets, it's important to select a weight that is slightly less than you're used because the pulsing portion of the set is harder than a lot of people realize. In order to truly maximize the intensity of that contraction, it's important that you have complete command over the weight so you're not giving into momentum. It's also important to focus on contracting the triceps during the stretch portion of the biceps curl to achieve greater strength on the biceps contraction.

Rest time within each combo is transitional.
Rest time between completed combos is 60-90 seconds.

BICEPS - 4 SETS EACH:

- 1A.** Fiber Blast - **Inverted Chin Curls** x F
- 1B.** Stretch Reflex - **Incline DB Curls** x F

- 2A.** Fiber Blast - **3-D Curls** x F
- 2B.** Stretch Reflex - **Incline DB Curls** x F

Note: Remember to contract the triceps actively prior to every rep of the incline curls to further enhance the strength of the biceps contraction.

TRICEPS - 4 SETS EACH:

- 1A.** Fiber Blast - **Rocking Tricep Pushdowns** x F
- 1B.** Stretch Reflex - **Lying Triceps X-tensions** x F

- 2A.** Fiber Blast - **Cobra Pushups** x F
- 2B.** Stretch Reflex - **Lying Triceps X-tensions** x F

TUESDAY**C-4 BURST TRAINING (DON'T DROP THE BELL 2.0)**

How to Perform Today's C4 Burst Workout - Today's workout will continue the assault on your cardiovascular system while simultaneously crushing your grip and arm strength/endurance. You will perform each of the prescribed exercises for 10 reps followed by 30 seconds of Kettlebell swings. You will not be able to drop the bell until you've reached the end of the circuit and reached the 60 second rest period. If at any point you need to put the bell down you will accrue punishment reps. These punishment reps come in the form of 5 burpees. Keep track of your punishment number and perform the burpees at the end of the workout...preferably in one straight set.

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

- 1. KB/DB Step Back Curls** x 10 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 2. KB/DB Swings** x 30 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 3. KB/DB Press Outs** x 10 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 4. KB/DB Swings** x 30 reps
REST 30 SECONDS IN 90 DEGREE ELBOW BEND POSITION
- 5. KB/DB Thrusters** x 10 reps

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: Each time you have to put the bell down, you are penalized 5 burpees. Add all burpees up and perform as one set at the end of the workout.

WEDNESDAY

APEX LEG TRAINING

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

BILATERAL ANTERIOR CHAIN (BAC)

High Bar Squats 4 x 8-10 reps

UNILATERAL ANTERIOR CHAIN (UAC)

DB Single Leg RDL's 4 x 10-12 reps each leg

APEX CIRCUIT (APEX)

- A. Prisoner Squats (Anterior) x 30 reps
- B. High Hip Bucks (Posterior) x 30 reps
- C. 3-Way Speed Lunge (Explosive) x 10 reps each direction

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

THURSDAY

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

Rest 60-90 seconds between traditional sets.
Rest 30-60 seconds each time you fail on the way to completing Blast and Burn.

UPPER PULL

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

Note on BICEPS RE-AX-TION SET: Use approximately 20% less weight than you would use for a full range of motion 12RM Spider Curl.

BICEPS RE-AX-TION SET

Blast and Burn - DB Spider Curls x 100 reps

FRIDAY

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

Rest 60-90 seconds between traditional sets.
Rest 30-60 seconds each time you fail on the way to completing Blast and Burn.

UPPER PUSH

- Reverse Iron Cross (AUX) 3 x F
- Incline DB Squeeze Press (AUX) 3-4 x 10-12 reps
- DB Wide Arc Shoulder Press 3-4 x 8-10 reps
- Weighted Dips (Planche Mod) 3 x F
- Prowler Push Ups 3 x F

TRICEPS RE-AX-TION SET

Blast and Burn - DB Inverted Kickbacks x 100 reps

Note on TRICEPS RE-AX-TION SET: Use approximately 20% less weight than you would use for a full range of motion 12RM Kickback.

MONDAY**ULTIMATE ARMS: CXc**

How to Perform Today's Ultimate Arm Workout - Perform the first straight set using your usual 10-12 rep max. As always, look to increase the weight whenever possible without sacrificing form. Upon completion of the set 1, jump immediately into the set 2; utilizing a 40 on / 20 off, 30 on / 30 off, 20 on / 40 off etc... upon completing the reps in set 2 move immediately onto set 3 using 50% of the weight you used in set 1. Make sure you leave it all on the table with this set pushing through the burn.

30 seconds between each exercise within a cXc.

Rest as prescribed during the eccentric drop; 60-90 seconds between cXc's.

BICEPS - 5 SETS:

Concentric - Standing Alternating DB Curls x F (10-12RM)

REST 30 SECONDS

Eccentric Drop - Negative Hangs x 40 on / 20 off => 30 on / 30 off => 20 on / 40 off => 10 seconds on

REST 30 SECONDS

Concentric - Standing Alternating DB Curls x F (50% of original weight used)

TRICEPS - 5 SETS:

Concentric - Elbows Tucked DB Bench Press x F (10-12RM)

REST 30 SECONDS

Eccentric Drop - Bodyweight Tricep Extensions x 40 on / 20 off => 30 on / 30 off => 20 on / 40 off => 10 seconds on

REST 30 SECONDS

Concentric - Elbows Tucked DB Bench Press x F (50% of original weight used)

TUESDAY**C-4 BURST TRAINING (HEAVY HANDED)**

How to Perform Today's C4 Burst Workout - Perform the prescribed exercises in circuit fashion. Make every attempt to push through the pain and work for the entire amount of time/reps given. Use an empty olympic barbell for this workout. Upon completing the forearm circuit you will perform 200 single unders taking your final 60 second rest period only after you've accumulated all 200 jumps. After your rest period start back at the top and work your way down through the circuit again for a total of 5 rounds. There is no punishment for breaks during this workout but that doesn't mean you should take any!

COMPLETE 5 ROUNDS OF THE FOLLOWING:**EXERCISES:**

Barbell Wring Outs (underhand) x 60 seconds

Barbell Wring Outs (overhand reverse) x 60 seconds

Barbell Wring Outs (switch grip) x 10 reps each (right over left / left over right)

Jump Rope - Two Foot Hops x 200 jumps

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: Use an empty olympic barbell for this workout. If you must rest, take just long enough to shake out those forearms and pick up the barbell to resume your continuous circuit.

WEDNESDAY

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.

BILATERAL POSTERIOR CHAIN (BPC)

Deadlifts 4 x 8-reps

UNILATERAL ANTERIOR CHAIN (UAC)

DB Bulgarian Split Squats 4 x 10-12 reps each leg

APEX CIRCUIT (APEX)

- A. DB Crush Grip Squats (Anterior)** x 12-15 reps
- B. DB Sprinter Lunges (Posterior)** x 10 reps each leg
- C. KB/DB Swings (Explosive)** x 20 reps

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

THURSDAY

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

Rest 60-90 seconds between traditional sets.
Rest 20 seconds between each 40 second set on the way to completing S.O.B. 320.

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
- Prone Grip Dual Handle Pulldowns** 3-4 x 10-12 reps
- Cable/Tubing Face Pulls** 3 x 12-15 reps

Note on BICEPS RE-AX-TION SET: Use approximately 50% of your 10-12 rep max.

BICEPS RE-AX-TION SET

S.O.B. 320 - DB Curls x 8 sets (40 seconds on / 20 seconds off)

FRIDAY

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

Rest 60-90 seconds between traditional sets.
Rest 20 seconds between each 40 second set on the way to completing S.O.B. 320.

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 Dips (Planche Mod)** 3 x F
- Prowler Push Ups** 3 x F

Note on TRICEPS RE-AX-TION SET: Use approximately 50% of your 10-12 rep max.

TRICEPS RE-AX-TION SET

S.O.B. 320 - Tricep Pushdowns x 8 sets (40 seconds on / 20 seconds off)

MONDAY**ULTIMATE ARMS: JEFF'S LADDER**

How to Perform Today's Ultimate Arm Workout - Perform the prescribed exercises in circuit fashion resting only long enough to transition. Upon completing an A-B combo, move immediately onto the following A-B combo proceeding down the list until you've completed all of the combos. If rest is absolutely needed; keep it as brief a period as possible in order to regroup. Your weight selection should cause you to fail somewhere in the 8-12 rep range. If you find your reps dipping below 8 in the subsequent sets, drop the weight as needed in order to maintain the rep range.

Transitional rest between exercises.
60-90 seconds between completed rounds.

COMPLETE 5 ROUNDS OF THE FOLLOWING:**BICEPS/TRICEPS:**

- 1A. DB Straight Bar Curls x F
- 1B. Elbows Tucked DB Bench Press x F

- 2A. 3-D Curls x F
- 2B. Tricep Pushdowns x F

- 3A. Bicep Chin Curls (assisted if necessary) x F
- 3B. Diamond Cutter Pushups x F

- 4A. Tubing Curls x F
- 4B. Tubing Tricep Pushaways x F

TUESDAY**C-4 BURST TRAINING (DISARMED)**

How to Perform Today's C4 Burst Workout - By now you should be familiar with the structure of this workout. You are to perform the prescribed exercises for their noted set and rep scheme. Dropping the weight at any time results in a punishment of 5 Double Unders that are to be performed at the end of your workout. An important detail to note about this workout is the position of your arms. After completing the dead arm hang, you're allowed to lower your arms only long enough to grab the DBs and get them over head for the overhead farmers carry. That's a lot of air time for those arms if you're keeping score at home...and that's exactly the purpose! The remainder of the workout is no less forgiving, just done with your arms at your side (which you'll see can become pretty cumbersome as well). Keep rest periods to the amount of time it takes to get into position. When choosing a weight for the overhead carry, try and shoot for 20% less than your 10RM overhead dumbbell pressing weight. If it feels too easy, feel free to increase the weight.

COMPLETE 5 ROUNDS OF THE FOLLOWING:**EXERCISES:**

- Dead Arm Hang x 30 seconds
- DB Overhead Farmer's Carry x 30 steps (march in place if needed)
- DB Deadlifts x 30 reps
- DB Farmer's Carry x 30 steps (march in place if needed)
- Finger Tip Mountain Climbers x 50 on each leg
- Finger Tip Pushups x 25 reps

REST 60 SECONDS AND REPEAT UNTIL ALL ROUNDS ARE COMPLETE

Note: Weight used here should be 20% less than your 10RM overhead dumbbell press. If you have to put the dumbbells down at any point in the circuit, you accrue 5 jump rope double unders that will all need to be performed at the end of the workout.

WEDNESDAY

APEX LEG TRAINING

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

BILATERAL ANTERIOR CHAIN (BAC)

High Bar Squats 4 x 8-10 reps

UNILATERAL POSTERIOR CHAIN (UPC)

DB Single Leg RDL's 4 X 10-12 each leg

APEX CIRCUIT (APEX)

- A. Prisoner Squats (Anterior)** x 30 reps
- B. High Hip Bucks (Posterior)** x 30 reps
- C. 3-Way Speed Lunge (Explosive)** x 10 reps each direction

REST 90 SECONDS AND REPEAT FOR A TOTAL OF 3 ROUNDS

THURSDAY

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

Rest 60-90 seconds between traditional sets
No rest within the Plysometric Step Ladder

UPPER PULL

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

Note on BICEPS RE-AX-TION SET: Perform a plyometric rep (using approximately 20% less than your normal 10-12RM curl weight) followed by a 5 sec isometric hold in the midrange of the movement. Next, perform 2 plyometric reps followed by a 5 sec isometric hold in the midrange. Continue to progress up the "ladder" adding an additional plyo rep until you reach failure. After reaching failure, drop the weight approx 10-20 lbs and continue until your last set is performed with just the bar.

BICEPS RE-AX-TION SET

Plysometric Step Ladder - Barbell Plyo Curls
Sets and Reps: TBD (Based on your performance)

FRIDAY

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

Rest 60-90 seconds between traditional sets
No rest within the Plysometric Step Ladder

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
- Prowler Push Ups** 3 x F

Note on TRICEPS RE-AX-TION SET: Perform a plyometric rep (with your legs extended behind you) followed by a 5 second isometric hold in the midrange of the movement. Next, perform 2 plyometric reps followed by a 5 second isometric hold in the midrange. Continue to progress up the "ladder" adding an additional plyo rep until you reach failure. After reaching failure, move your feet closer to the bar and repeat your ladder. Continue stepping down the intensity to allow for more ladders.

TRICEPS RE-AX-TION SET

Plysometric Step Ladder - Bodyweight Triceps Extensions
Sets and Reps: TBD (Based on your performance)

MONDAY**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) concentrically, 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)

TUESDAY**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).

WEDNESDAY

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

THURSDAY

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.

FRIDAY

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.

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.

MONDAY**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 weeks 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

TUESDAY**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)

DB/KB 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

WEDNESDAY**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. If possible, attempt to carry the equivalent of your body weight (i.e. if you weigh 180 lbs, carry 90 lbs in each hand.)

COMPLETE 4 ROUNDS OF THE FOLLOWING:**EXERCISES:****KB/DB 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

THURSDAY**OFF**

FRIDAY**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 50 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 50 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 AFTERALL!
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