

ATHLEAN-NXT

WOLVERINE BEASTMODE TRAINING PHASE

PHASE 1

How to Perform ANIMAL STRENGTH Workouts

With brute strength the name of the game in this initial phase of Wolverine: Beastmode, the focus is going to be on using heavy weights and moving them as quickly as we can. Additionally, we will be concentrated on performing high intensity QUALITY reps in lieu of QUANTITY! To do this we introduce the “Force Cluster” set (or FC25 as defined for this phase). To perform the FC25's, you will use 85-90% of your 1RM on a given exercise (feel free to use the RM calculator in the NXT Tools section of your dashboard) with the goal of completing 25 Reps in as few sets as needed. You move from one FC25 exercise to the next only when all 25 reps are completed. Between each failure along the way to 25, you will rest up to 2 minutes to allow for enhanced strength recovery. After completing your 25 reps, perform the “negative-only” sets prescribed to failure. I stress again, while reps are low here, quality must be high and these should all be some damn heavy and challenging reps!

- Rest time within FC25's - Up to 2 minutes at each failure point
- Rest 2 minutes following your negative-only sets
- Complete all sets for an exercise BEFORE performing the Negative-Only Sets

MONDAY BICEPS

- FC25 - Barbell Straight Bar Curls x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Inverted Chin Curls x F
- FC25 - Weighted Behind the Neck Chinups x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Inverted Chin Curls x F
- FC25 - Incline DB Curls (utilize triceps contraction) x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Inverted Chin Curls x F

TUESDAY CHEST

- FC25 - Thumbs Up DB Incline Bench x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Weighted Dips x F
- FC25 - 3D Crossovers x 25 each arm (Use 85-90% of 1RM - 4-5 rep range) (Alternate right/left arms without rest)
Negative-Only - Weighted Dips x F
- FC25 - Weighted Dips x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Weighted Dips x F
- FC25 - Springboard Pushups x 25

WEDNESDAY BACK

- FC25 - Weighted Creeping Pullups x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Weighted Pullups - 1 x F
- FC25 - DB Pullovers x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Weighted Pullups - 1 x F
- FC25 - 1 Arm Landmine Row x 25 each arm (Use 85-90% of 1RM - 4-5 rep range) (Alternate right/left arms without rest)
Negative-Only - Weighted Pullups - 1 x F
- FC25 - Straight Arm Pushdowns x 25 (Use 85-90% of 1RM - 4-5 rep range) (Use rope, straight bar, favorite attachment or band)

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THURSDAY OFF

FRIDAY SHOULDERS

- FC25 - DB Shoulder Wide Arc Presses x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - DB 2 Up 1 Down Shoulder Presses - 1 x F
- FC25 - DB Side Laterals x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - DB 2 Up 1 Down Shoulder Presses - 1 x F
- FC25 - Plate/DB Chest Presses x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - DB 2 Up 1 Down Shoulder Presses - 1 x F
- FC25 - Rear Delt Cable Row x 25 (Use 85-90% of 1RM - 4-5 rep range)

SATURDAY LEGS

- FC25 - DB Split Squat Drops x 25 each leg (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Physioball Bench Glute / Ham Raise - 1 x F
- FC25 - Barbell Pulldown Squats x 25 (Use 85-90% of 1RM)
Negative-Only - Physioball Bench Glute / Ham Raise - 1 x F
- FC25 - DB Step Ups x 25 each leg (Use 85-90% of 1RM)
Negative-Only - Physioball Bench Glute / Ham Raise - 1 x F
- FC25 - Stiff Legged RDL's x 25 (Use 85-90% of 1RM)

SUNDAY OFF

MONDAY TRICEPS

- FC25 - Elbows Tucked DB Bench Press x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Bodyweight Triceps Extensions - 1 x F
- FC25 - Lying Triceps X-Tensions x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Bodyweight Triceps Extensions - 1 x F
- FC25 - Rope Pushdowns x 25 (Use 85-90% of 1RM - 4-5 rep range)
Negative-Only - Bodyweight Triceps Extensions - 1 x F

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WOLVERINE BEASTMODE TRAINING PHASE PHASE 2

How to Perform WOLVERINE STALKING Workouts

The focus has now shifted away from simply moving large amounts of weight to now placing a high priority on your ability to control it! With the introduction of the ASCENDING ISO technique, you'll be asked to overcome not only your own internal voices telling you to quit but the challenge of inertia and just how tough it is to generate momentum from a nonmoving state. Each working set on your main exercises will require that you initiate the rep from an isometric hold within the toughest range of that exercise's strength curve. If that wasn't enough, that hold time will begin to feel like purgatory as you will be required to hold it for an extra second with each passing rep. Failure will occur somewhere between 8 and 12 reps here if you load the weights properly (which should be somewhere between 25-50% less than your normal 10-12 RM for that exercise. Finally, to complete your transformation into a full on Wolverine, you'll need to up that conditioning as well. You'll get your chance here. In between each of your completed ASCENDING ISO exercises you'll be given a BURST CONDITIONING task to complete. These will change from workout to workout this week in order to challenge varying aspects of your muscle endurance and stamina. If for some reason you can't perform one of them or simply don't have room to jump rope, choose one of the others from this week and sub it in. There is no escaping this part of this phase! Finally, rest between individual AI sets is 60-90 seconds... minimal rest is encouraged before and after your burst exercises to maximize the conditioning benefits. Good luck!

Rest between ASCENDING ISO - 60-90 seconds

Proceed to your CONDITIONING BURST as soon as you complete your last ASCENDING ISO for each exercise
Complete all sets for an exercise BEFORE performing the Conditioning Bursts

TUESDAY BICEPS

Barbell Straight Bar Curls - 4 x ASCENDING ISO (Use 25-50% less than normal 10-12RM)
(Hold at midpoint)

Conditioning Burst - Jump Rope Double Unders x 35

Behind the Neck Chinups - 4 x ASCENDING ISO (Hold in lower 1/3 of rep)

Conditioning Burst - Jump Rope Double Unders x 35

Incline DB Curls - 4 x ASCENDING ISO (Use 25% less than normal 10-12RM) (Hold at midpoint)

Conditioning Burst - Jump Rope Double Unders x 35

WEDNESDAY CHEST

Thumbs Up DB Incline Bench - 4 x ASCENDING ISO (Use 25-50% less than normal 10-12RM)
(Hold at 90 degrees)

Conditioning Burst - Box Jumps x 25

3D Crossovers - 3 x ASCENDING ISO each arm (Alternate right/left arms without rest) (Hold in first 1/3 of rep)

Conditioning Burst - Box Jumps x 25

Dips - 4 x ASCENDING ISO (Add weight if needed to fail in 10-12 rep range) (Hold at 90 degrees)

Conditioning Burst - Box Jumps x 25

Clapping Plyo Pushups - 1 ASCENDING ISO / 1 DESCENDING ISO (Rep to failure if you make it to the end of the descending ISO)

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THURSDAY OFF

FRIDAY BACK

Creeping Pullups - 3 x ASCENDING ISO (Add weight if needed) (Hold in mid rep)

Conditioning Burst - Side Kickthroughs x 20 each side

DB Pullovers - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold at bottom of rep)

Conditioning Burst - Side Kickthroughs x 20 each side

1 Arm Landmine Rows - 3 x ASCENDING ISO each arm (Use 25% less than normal 10-12RM) (Hold in mid rep) (Alternate right/left arms without rest)

Conditioning Burst - Side Kickthroughs x 20 each side

Straight Arm Pushdowns - 4 x ASCENDING ISO (Use 25% less than normal 10-12RM) (Hold in upper 1/3 of rep)

SATURDAY SHOULDERS

DB Shoulder Wide Arc Presses - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold at bottom of rep)

Conditioning Burst - KB/DB Swings x 30

DB Side Laterals - 3 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold in first 1/3 of rep)

Conditioning Burst - KB/DB Swings x 30

Plate/DB Chest Presses - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold in first 1/3 of rep)

Conditioning Burst - KB/DB Swings x 30

Rear Delt Cable Row - 3 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold in peak contraction)

SUNDAY OFF

MONDAY LEGS

DB Split Squat Drops - 3 x ASCENDING ISO each leg (Use 25-50% less than what you normally use for 10-12RM) (Hold at bottom of rep)

Conditioning Burst - Burpees x 30

Barbell Pulldown Squats - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold at bottom of rep)

Conditioning Burst - Burpees x 30

DB Step Down Holds into Step Ups - 3 x ASCENDING ISO each leg (Use 25-50% less than what you normally use for 10-12RM) (Hold in top 1/3 of rep)

Conditioning Burst - Burpees x 30

Stiff Legged RDL's - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold in lower 1/3 of rep)

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TUESDAY TRICEPS

Elbows Tucked DB Bench Press - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold in first 1/3 of rep)

Conditioning Burst - Lopsided Farmer's Walk to fatigue

Lying Triceps X-Tensions - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold at bottom of rep)

Conditioning Burst - Lopsided Farmer's Walk to fatigue

Rope Pushdowns - 4 x ASCENDING ISO (Use 25-50% less than what you normally use for 10-12RM) (Hold in first 1/3 of rep)

Conditioning Burst - Lopsided Farmer's Walk to fatigue

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WOLVERINE BEASTMODE TRAINING PHASE PHASE 3

How to Perform RUTHLESS AGRESSION Workouts

Accelerative strength workouts are a critically important part of any athletes training, the problem is, done incorrectly...you could be minimizing many of the gains that you're hoping to get from these grueling workouts. You see, in most cases...as a lifter accelerates through a repetition he subconsciously decelerates the movement as the rep range comes to an end. Can't blame them, it's protective physiology after all. However, there is a way to overcome this and we do just that in Phase 3 of Beast Mode! On each rep of every workout in these next 6 workouts you'll be "sticking the contraction"! This technique demands that you not only can control the weight but that you reinitiate muscle exertion where others are easing up on the gas pedal. Every rep will end with a 2 second forceful contraction of the working muscle using a weight that you would normally use to reach failure within 10-12 reps. Not unlike the other phases of Wolverine however, your work in this phase is only half done. Between completed exercises here you'll be performing a RAPID REPS set. As you could imagine, this will involve quick, explosive reps on a target exercise that lends itself to speed! Eliminate the tendency to want to cheat your way through these by ditching the momentum and placing the work where it's supposed to be...as you add that final burn to your muscles to push them over the edge and into a new realm of growth, strength and performance. Rest time between sets here is once again 60-90 seconds with all sets required to be completed before moving onto the RAPID REPS SETS that follow.

Rest time within FC25's - Up to 2 minutes at each failure point

Rest 2 minutes following your negative-only sets

Hold each contraction for at least 2 seconds

Complete all sets for an exercise BEFORE performing the Rapid Reps Sets

WEDNESDAY BICEPS

Barbell Straight Bar Curls - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Barbell Curls x F (use 50% of normal 10-12 rep working weight and burn out to failure!)

Behind the Neck Chinups - 4 x F (Accelerate the reps and stick the contraction!)

Rapid Reps Set - Barbell Curls x F (use 50% of normal 10-12 rep working weight and burn out to failure!)

Incline DB Curls - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Barbell Curls x F (use 50% of normal 10-12 rep working weight and burn out to failure!)

THURSDAY OFF

FRIDAY CHEST

Thumbs Up DB Incline Bench - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Lizard Walk Pushups x F

3D Crossovers - 3 x 10-12 each arm (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Lizard Walk Pushups x F

Dips - 4 x F (Accelerate the reps and stick the contraction!)

Rapid Reps Set - Lizard Walk Pushups x F

Fingertip Follow Through Pushups - 3 x F (Accelerate the reps and stick the contraction!)

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SATURDAY BACK

Creeping Pullups - 3 x F (Accelerate the reps and stick the contraction!)

Rapid Reps Set - Tubing Jackhammers x F

DB Pullovers - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Tubing Jackhammers x F

1 Arm Landmine Rows - 3 x 10-12 each arm (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Tubing Jackhammers x F

Straight Arm Pushdowns - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

SUNDAY OFF

MONDAY SHOULDERS

DB Shoulder Wide Arc Presses - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Rapid Overhead Press x F

DB Side Laterals - 3 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Rapid Overhead Press x F

Plate/DB Chest Presses - 3 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Rapid Overhead Press x F

Rear Delt Cable Row - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

TUESDAY LEGS

DB Split Squat Drops - 3 x 10-12 each leg (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Split Squat Jumps x F

Jumping DB Squats - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate through contraction!)

Rapid Reps Set - Split Squat Jumps x F

Jumping Step Ups - 3 x 10-12 each leg (Choose weight causing failure within rep range - Accelerate through contraction!)

Rapid Reps Set - Split Squat Jumps x F

Stiff Legged RDL's - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

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WEDNESDAY TRICEPS

Elbows Tucked DB Bench Press - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Diamond Cutter Pushups x F

Lying Triceps X-Tensions - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Diamond Cutter Pushups x F

Rope Pushdowns - 4 x 10-12 (Choose weight causing failure within rep range - Accelerate the reps and stick the contraction!)

Rapid Reps Set - Diamond Cutter Pushups x F

THURSDAY OFF

FRIDAY THE "X-MAN" CHALLENGE

InstruXions: Your score will be determined by how quickly you can make your way through this 5 "character" circuit while executing proper form as always. Complete each of the circuits for each "character", in order, resting only when needed. You may notice, with each successive "character" you'll be adding one exercise to the circuit. For instance, the "TOAD" sequence is two exercises, "STORM" three, "Magneto" four, etc. Speaking of Magneto...given his power of magnetic attraction (ok, so it is important to know his power for this at least!), I figured, what more appropriate time than now to bring back one of our old favorites from Month 1 Anabolix... to show you just how far you've come! That's right, the Shackled challenge is back. What used to be sufficient for a day of your training is now just one fifth of what I'm expecting of you today! Complete that and you've still got one leg left in this killer challenge...the "BEAST"! I've selected one exercise each (my greatest hits if you will) from each of the first four "characters" and thrown in a 10 thrusters to punctuate every one. If you're not sure why this fifth and final round gets called the "BEAST", you will by the time you're done. Remember, the only thing standing between a comical performance on this challenge and one earning you professor status is the ticking of the clock. Every second counts. Now make your effort count and leave nothing on the floor, but a puddle of sweat!

"Cyclops" Hanging Bat Crunches x 40
"Toad" Lateral Frog Hops x 30 ⇒ Frog Crunches x 50
"Storm" Tornado Chinups x 25 ⇒ Tornado Pushups x 25 ⇒ Tornado Jump Squats x 25
"Magneto" (Note: Use your bicep curl 12 RM weight for this circuit) Front Squats x 20 ⇒ Push Press x 10 ⇒ Barbell Bent Row x 20 ⇒ Barbell Curls x 10
"Beast" Hanging Bat Crunches x 40 ⇒ Thrusters (using) x 10
Lateral Frog Hops x 30 ⇒ Thrusters (using) x 10
Tornado Pushups x 25 ⇒ Thrusters (using) x 10
Barbell Curls x 10 ⇒ Thrusters (using) x 10

SCORING:

ATHLEAN BASIX - COMPLETE IN OVER 30 MINUTES (COMICAL)

ATHLEAN SOLID - COMPLETE IN 25 - 30 MINUTES (SUPERHERO SIDEKICK)

ATHLEAN PRO - COMPLETE IN 21 - 25 MINUTES ("X" MAN STATUS)

ATHLEAN ELITE - COMPLETE IN 19 - 21 MINUTES (EXECUTIONER)

ATHLEAN XTREME - COMPLETE IN UNDER 19 MINUTES (PROFESSOR "X" STATUS)

SATURDAY OFF

SUNDAY OFF