

AthLEAN-X STRIPPED

Workouts WEEKS 1-3

"THE RULES OF THE GAME"

Be sure to follow the following rules when performing the workouts for
WEEKS 1-3 of the AthLEAN-X Training System

- ★ When choosing how much weight to use, be sure to use an amount of weight that allows you to complete the prescribed number of reps in good form. You should find the last repetition of the set to require nearly maximum effort to complete.
- ★ If the last repetition is too easy and you find that you can complete at least 2 or 3 more, increase the load on all subsequent sets.
- ★ If you are unable to complete the prescribed number of reps on a set, lighten the load accordingly on all subsequent sets to prevent this from happening again.
- ★ Rest time between all sets in these 3 weeks of workouts is 60 seconds, except for core exercises, where you want to keep your rest to no more than 30 seconds between each.
- ★ Repetition cadence should be 1-2 seconds on the concentric, slight pause, and then 3 seconds on the eccentric portion.
- ★ Perform all sets of each exercise before proceeding to the next exercise in the workout. This will set the stage for your foundation strength for later in the program.
- ★ Perform all conditioning drills with the best footwork, effort, and determination you can for best results.

AND LAST BUT NOT LEAST....

- ★ *Always remember, nothing worth having comes easy. Just when it feels like the workout is too hard...just remember how good you're going to look and push through!*

Athlean X Training System Workouts

IM Harris



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Table of Contents Athlean X Training System Workouts

1. Understanding the eBook Athlean X Training System Workouts
 - The Rise of Digital Reading Athlean X Training System Workouts
 - Advantages of eBooks Over Traditional Books
2. Identifying Athlean X Training System Workouts
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Athlean X Training System Workouts
 - User-Friendly Interface
4. Exploring eBook Recommendations from Athlean X Training System Workouts
 - Personalized Recommendations
 - Athlean X Training System Workouts User Reviews and Ratings
 - Athlean X Training System Workouts and Bestseller Lists
5. Accessing Athlean X Training System Workouts Free and Paid eBooks

- Athlean X Training System Workouts Public Domain eBooks
- Athlean X Training System Workouts eBook Subscription Services
- Athlean X Training System Workouts Budget-Friendly Options
- 6. Navigating Athlean X Training System Workouts eBook Formats
 - ePub, PDF, MOBI, and More
 - Athlean X Training System Workouts Compatibility with Devices
 - Athlean X Training System Workouts Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Athlean X Training System Workouts
 - Highlighting and Note-Taking Athlean X Training System Workouts
 - Interactive Elements Athlean X Training System Workouts
- 8. Staying Engaged with Athlean X Training System Workouts
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Athlean X Training System Workouts
- 9. Balancing eBooks and Physical Books Athlean X Training System Workouts
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Athlean X Training System Workouts
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Athlean X Training System Workouts
 - Setting Reading Goals Athlean X Training System Workouts
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Athlean X Training System Workouts
 - Fact-Checking eBook Content of Athlean X Training System Workouts
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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