

\*\*Days not noted are rest days.

DAY 1 STRENGTH TRAINING I		X-TENDED FAILURE WORKOUT		
EXERCISE	SETS	REPS	COMMENTS	
1A. X Flys Pushups (X-TENDED: Counter Top Dips)	3	To Failure	No rest between A/B exercises. Rest 60 seconds between sets.	
1B. Step Through Pushups		To Failure		
2A. Thumb Up Pushups	3	To Failure	No rest between A/B exercises. Rest 60 seconds between sets.	
2B. Reverse Elbow Pushups (Back Widows) (X-TENDED: Wide Grip Counter Top Rows)		To Failure		
3A. Power Plank Ups	3	To Failure	No rest between A/B exercises. Rest 60 seconds between sets.	
3B. Cobra Pushups		To Failure		
4A. Single Leg Heel Touch Squats (X-TENDED: Hi Low Stair Pistol Squats)	3	To Failure*	*Performs on each leg without resting, then go into Rolling Scissor Squats.	
4B. Rolling Scissor Squats		To Failure	No rest between A/B exercises. Rest 60 seconds between sets.	
5A. Power Pushaways	3	To Failure	No rest between A/B exercises. Rest 60 seconds between sets.	
5B. Bodyweight Side Lateral Raise (X-TENDED: Delt Door Jammers)		To Failure* 60 seconds		*Each arm without resting between arms

DAY 2 "ATHLEAN BURST" — ERRATI-CORE		ZERO REST PROTOCOL	
IT'S TIME TO CREATE A SIX PACK SMOCK			
1	Mountain Climbers for 60 — Superman Planks for 60 (right leg/left arm) — Mountain Climbers for 60 — Superman Planks for 60 (left leg/right arm)	REST (ZERO REST PROTOCOL)	
2	Rolling Planks for 60 — Side Scissor Planks for 30 (right leg/left arm) — Rolling Planks for 60 — Side Scissor Planks for 30 (left leg/right arm)	REST (ZERO REST PROTOCOL)	
3	Alpine Mountain Climbers for 60 — Girthinger Planks for 15 — Alpine Mountain Climbers for 60 — Girthinger Planks for 15	REST (ZERO REST PROTOCOL) — REPEAT FOR A TOTAL OF 2 ROUNDS	

DAY 4 "ATHLEAN BURST" — HERSMAN HITMAN		NO ZERO REST PROTOCOL	
1ST THROUGH 4TH DOWNS			
High Knees for 30 — In In Out Out for 30 — 3 Point Skyrockets for 30 — 4 Shuffle Burpees within 30"			
REST 1 MINUTE AND REPEAT (2ND-4TH DOWNS) REMEMBERING TO DO 2 MORE SHUFFLE BURPEES PER DOWN			
* If you fail to make the number of burpees in a time period you get to rest 30 seconds and try again. Accumulate a 4th failed burpee and you're done!			

DAY 5 STRENGTH TRAINING II		"ZERO SUM" PROGRESSION WORKOUT (Exercises Below)				
EXERCISE	SETS	REPS	ZERO SUM SET 100	ZERO SUM SET 150	ZERO SUM SET 200	ZERO SUM SET 250
1. Wall Spiderman Pushups (X-TENDED: Alternating Incline Flys Pushups)	3	To Failure				
2. Jamb Hammer Rows	3 Each Arm	To Failure				
3. Single Leg Heel Touch Squats	3 Each Leg	To Failure				
4. Diamond Cuffor Pushups (X-TENDED: Standing Triceps Extensions)	3	To Failure				
5. Long Leg Plank Marches (X-TENDED: Single Leg Slick Floor Curts)	3	To Failure				
6. Pike Pushups	3	To Failure				
Rest 60-90 seconds between sets, (but not between individual arms or legs when applicable).						

CHEST  
 BACK  
 SHOULDERS  
 TRICEPS  
 BICEPS  
 LEGS  
 CORE



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