

### DAY 1 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

DB or BB Bench Press - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Lying DB/EZ Bar Tricep Extensions - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Squats - 4 x 10-12 RM\*

Barbell Hip Thrust - 4 x 10-12 RM\*

Single Arm Hi Pulley Rows - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

### BEAST MODE & TOTAL BEAST MODE ONLY

Single Arm Straight Arm Pushdowns - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

DB or BB Bench Press - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Lying DB/EZ Bar Tricep Extensions - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

\* Perform to failure using a weight that you can manage without a spotter

### DAY 2 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

### DAY 3 - TOTAL BODY WORKOUT II

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Weighted Chins - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB High Pulls - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell OHP - 4 x 10-12 RM\*

Weighted Dips - 4 x 10-12 RM\*

DB Step Ups - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

### BEAST MODE & TOTAL BEAST MODE ONLY

DB Reverse Sprinter Lunges - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Weighted Chins - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB High Pulls - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

\* Perform to failure using a weight that you can manage without a spotter

### DAY 4 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

### DAY 5 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Deadlifts - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Alt. Reverse Barbell Lunges - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Rows - 4 x 10-12 RM\*

Barbell Curls - 4 x 10-12 RM\*

3D Crossovers - 15/10/5 Ladders using 15RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

### BEAST MODE & TOTAL BEAST MODE ONLY

Alternating DB Bench Press - 15/10/5 Ladders using 20RM (alternate right/left each rep) (60 sec rest / 30 sec rest)

Deadlifts - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Alt. Reverse Barbell Lunges - 2 x 4-6 RM\*

TOTAL BEAST: Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

\* Perform to failure using a weight that you can manage without a spotter

### DAY 8 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Barbell OHP - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Weighted Dips - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Deadlifts - 4 x 10-12 RM\*

Alternating Reverse Barbell Lunges - 4 x 10-12 RM\*

Lat Pulldowns - Race to 100 (use 15-20RM to start) - Drop pin 2 spots when no more than 5 reps

### BEAST MODE & TOTAL BEAST MODE ONLY

Straight Arm Pushdowns - Race to 100 (use 12-20RM to start)

Barbell OHP - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Weighted Dips - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

\* Perform to failure using a weight that you can manage without a spotter

### DAY 9 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

### DAY 10 - TOTAL BODY WORKOUT II

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Barbell Rows - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Curls - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

DB or BB Bench Press - 4 x 10-12 RM\*

Lying DB/EZ Bar Tricep Extensions - 4 x 10-12 RM\*

Low Pulley Goblet Squats - Race to 100 (use 12-20RM to start)

### BEAST MODE & TOTAL BEAST MODE ONLY

Pullthroughs - Race to 100 (use 12-20RM to start)

Barbell Rows - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Curls - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

\* Perform to failure using a weight that you can manage without a spotter

### DAY 11 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

### DAY 12 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST BURN SETS

TOTAL BEAST LEVEL

Barbell Squats - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Hip Thrusts - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Weighted Chins - 4 x 10-12 RM\*

DB High Pulls - 4 x 10-12 RM\*

X Crossovers - Race to 100 (use 15-20RM to start)

### BEAST MODE & TOTAL BEAST MODE ONLY

Pushup Progression - Race to 100 (decline => flat => flat kneeling => incline => incline kneeling)

Barbell Squats - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

Barbell Hip Thrusts - 2 x 4-6 RM\*

**TOTAL BEAST:** Perform as Triple X Set with 4-5RM - Stop when you can't perform at least 2 reps

\* Perform to failure using a weight that you can manage without a spotter

# THE BAR CHALLENGE WITH SHEAMUS AND CESARO

**HOW TO PERFORM THE BAR CHALLENGE:** In today's workout you will be performing a barbell complex using a weight that is your 12 RM on Strict Standing Overhead Press. All components of the complex would make up one rep. Your task is to see how high you can climb up an ascending rep ladder before you tap out. For example, In round 1, you would complete 1 rep of the complex, in round 2 you would perform 2 reps of the complex in a row without resting between reps, continuing up the ladder in this fashion with an ultimate goal of hitting 10 straight reps of the complex without rest between reps. Whatever round you finish in is your final score! The Bar Complex and rest between rounds are listed below.

## BAR COMPLEX - PERFORM REPS IN ASCENDING LADDER STYLE

Dead Row => Mid-Range RDL => Hang Clean => Reverse Lunge (Right and Left leg) => Push Press

## REST TIME BETWEEN COMPLETED ROUNDS

Rounds 1-3 = 30 seconds

Rounds 4-6 = 60 seconds

Rounds 7-8 = 90 seconds

Rounds 9-10 = 120 seconds

How high can you raise the bar? Perform this complex in an ascending ladder and try to make it all 10 rounds. Whatever round you finish at is your final score!

<b>ATHLEAN XTREME</b>	9 OR MORE ROUNDS	You ARE The Bar
<b>ATHLEAN ELITE</b>	8 ROUNDS	Above The Bar
<b>ATHLEAN PRO</b>	7 ROUNDS	Set The Bar
<b>ATHLEAN SOLID</b>	6 ROUNDS	Reach The Bar
<b>ATHLEAN BASIX</b>	5 ROUNDS OR LESS	Crushed Under The Bar

## DAY 15 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Deadlift - 4 x 6-8 RM\*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Reverse Iron Cross ISO - 2 x 6 reps (6 seconds) | Total BEAST MODE &amp; TOTAL BEAST MODE ONLY

DB or BB Bench Press 4 x 6-8 RM\*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Floor Pin Press ISO - 2 x 6 reps (6 seconds) | Total BEAST MODE &amp; TOTAL BEAST MODE ONLY

Weighted Chins 4 x 6-8 RM\*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Biceps Bar Breaker ISO - 2 x 6 reps (6 seconds) | Total BEAST MODE &amp; TOTAL BEAST MODE ONLY

Alternating Reverse Barbell Lunges - 3 x 10-12 RM\*

EZ Bar Tricep Extensions - 3 x 10-12 RM\*

DB High Pulls - 3 x 10-12 RM\*

\* Perform to failure using a weight that you can manage without a spotter

## DAY 16 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

## DAY 17 - POWER DAY I

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 3 sets of 30 seconds each (rest 60 seconds between)

2. Barbell Hang Clean and Press - 3 x 8 (use 60% of 1RM) (rest 60 seconds between sets) | Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set

3. BB Dead Rows - 3 x 8 (use 60% of 1RM) (rest 60 seconds between sets)

POWER LADDER 1 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, TOTAL BEAST = 4 at 2/4/6/8 reps each) Rest twice as long as it takes to complete each rep tier explosively

4A. Plyo Pullups (Base Mode - Plyo Inverted Rows)

4B. Plyo Pushups

4C. Split Squat Jumps

## DAY 18 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

## DAY 19 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Squats - 4 x 6-8 RM\*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Squat Pin Press ISO - 2 x 6 reps (6 seconds) | Total BEAST MODE &amp; TOTAL BEAST MODE ONLY

Barbell OHP - 4 x 6-8 RM\*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Leaning Pushout ISO - 2 x 6 reps (6 seconds) | Total BEAST MODE &amp; TOTAL BEAST MODE ONLY

Barbell Rows - 4 x 6-8 RM\*

TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.

Bent Row Pin Pull ISO - 2 x 6 reps (6 seconds) | Total BEAST MODE &amp; TOTAL BEAST MODE ONLY

Barbell Hip Thrusts - 3 x 10-12 RM\*

Weighted Dips - 3 x 10-12 RM\*

Barbell Curls - 3 x 10-12 RM\*

\* Perform to failure using a weight that you can manage without a spotter

### DAY 22 - TOTAL BODY WORKOUT I

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Alternating Reverse Barbell Lunges - 4 x 6-8 RM\* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Leg Lockout ISO - 2 x 6 reps (6 second rest) **BEAST MODE & TOTAL BEAST MODE ONLY**

EZ Bar Tricep Extensions - 4 x 6-8 RM\* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Triceps Groundbreaker ISO - 2 x 6 reps (6 second rest) **BEAST MODE & TOTAL BEAST MODE ONLY**

DB High Pulls - 4 x 6-8 RM\* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Cable High Pull ISO - 2 x 6 reps (6 second rest) **BEAST MODE & TOTAL BEAST MODE ONLY**

Deadlift - 3 x 10-12 RM\*

DB or BB Bench Press - 3 x 10-12 RM\*

Weighted Chins - 3 x 10-12 RM\*

\* Perform to failure using a weight that you can manage without a spotter

### DAY 23 - BEAST REGENERATION

Choose today's workout from one of the Group A Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

### DAY 24 - POWER DAY II

BEAST STRENGTH SETS

BEAST SIZE SETS

POWER LADDER

TOTAL BEAST LEVEL

1. Cyclone Ninja Box Jumps (Box Jumps - Base Mode) - 3 sets of 45 seconds each (rest 60 seconds between)

2. Barbell Hang Clean and Press - 4 x 6 (use 70% of 1RM) (rest 60 seconds between sets) | Base Mode - DB Hang Clean and Press - 4 x 6 each arm - complete both arms each set

3. BB Dead Rows - 4 x 6 (use 70% of 1RM) (rest 60 seconds between sets)

POWER LADDER 2 x (Base = 2 at 2/4/6 reps each, Beast = 4 at 2/4/6 reps each, **TOTAL BEAST = 4 at 2/4/6/8 reps each**) Rest twice as long as it takes to complete each rep tier explosively

4A. Plyo KB Gorilla Rows

4B. KB Speed Press

4C. KB Swings

### DAY 25 - BEAST REGENERATION

Choose today's workout from one of the Group B Flush Conditioning Workout options at the end of your download.

After finishing Flush Conditioning, complete an Ab Shuffle Workout.

### DAY 26 - TOTAL BODY WORKOUT III

BEAST STRENGTH SETS

BEAST SIZE SETS

BEAST ISO SETS

TOTAL BEAST LEVEL

Barbell Hip Thrusts - 4 x 6-8 RM\* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Hip Thrust Pin Press ISO - 2 x 6 reps (6 second rest) **BEAST MODE & TOTAL BEAST MODE ONLY**

Weighted Dips - 4 x 6-8 RM\* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Dip Crossover ISO - 2 x 6 reps (6 second rest) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell Curls - 4 x 6-8 RM\* **TOTAL BEAST: Perform as 10-12RM HELL Set for 6 Minutes. 30 second rests within. OITT throughout.**

Biceps Breakout ISO - 2 x 6 reps (6 second rest) **BEAST MODE & TOTAL BEAST MODE ONLY**

Barbell Squats - 3 x 10-12 RM\*

Barbell OHP - 3 x 10-12 RM\*

Barbell Rows - 3 x 10-12 RM\*

\* Perform to failure using a weight that you can manage without a spotter