

ATHLEAN-NXT

THE 4 HORSEMEN TRAINING PHASE

WEEK 1

How to Perform The 4 Horsemen Workouts

Welcome to the 4 Horsemen Training Phase - Can you believe it? The 12th month of NXT is here already, and with it...the arrival of the 4 horsemen to usher in the Athlean Apocalypse...or are they? You see, instead of all things evil (we'll save that for next month...YES, there will be a next month!), the fearsome foursome are here to close out your first year of NXT level training with one helluva ride. That said, the only war being waged here is on your muscles (and your will) using what I regard to be the 4 most powerful, results producing exercises in my stable of thousands! That's right, prepare to launch an all out attack on your body with just 4 carefully selected exercises and 4 brutally intense workouts per week. Whoa...you didn't think that was all did you? This is NXT after all! Introducing the "Finishers"...15 of them to be exact. Each one standing in the way of you successfully completing your day's work. Based around (you guessed it) 4 grueling training progressions, you'll be required to gut your way through one test at a time, only to have the Apocalypse-X Challenge waiting to determine your fate and passage into year two. Oh yea, the horsemen ride again. Better saddle up and come ready to train!

- Rest Time between heavy sets - 2 minutes
- Rest Time between light sets - 1 minute

MONDAY STRENGTH WORKOUT 1

INSTRUCTIONS: In each workout this month you will be performing two of your four horsemen exercises...one heavy and one light. The heavy sets will be performed in the 3-6RM range while the light sets should take you to failure in the 15-20 rep range. Seven sets of each are to be completed. Rest times of 2 minutes between heavy sets and 1 minute between light sets are permitted. After all 14 sets are done, a "finisher" must be conquered in order to put an end to your workout! The finisher will follow one of four different training styles and will be detailed on each day.

1. **HEAVY** - Deadlifts 7 x 4 (Use 3-6 RM)
2. **LIGHT** - DB Incline Bench Press 7 x 15-20 (Use 15-20 RM)

TODAY'S FINISHER: 200 in 4 (or less)

Tubing Jackhammers x 200 reps

Finisher Note: Your task is to complete 200 reps in 4 sets or less. Each time you must break, you are allowed just 30 seconds rest! Feel the burn. Use resistance bands that provide moderate tension throughout the rep.

TUESDAY STRENGTH WORKOUT 2

1. **LIGHT** - DB Bulgarian Split Squats 7 x 15-20 each leg (Use 15-20 RM)
2. **HEAVY** - Barbell Underhand Row 7 x 4 (Use 3-6 RM)

TODAY'S FINISHER: Run the Rack

Sleep Owl - Run the Rack

Finisher Note: Start with your 12RM and perform a set to failure. Grab the next available lighter set of dumbbells and perform to failure again. Continue "running the rack" in descending fashion until you're left using the lightest pair of available dumbbells (or can't perform a single rep in good form with a weight along the way).

Horsemen Workout Training Guide

Didier Musso



Horsemen Workout Training Guide:

Horsemen Workout Training Guide: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Horsemen Workout Training Guide : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Horsemen Workout Training Guide : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Popen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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