

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

Christian G. Meyer



Horsemen Workout Training Guide:

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, **Horsemen Workout Training Guide** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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contains pre-lab questions and lab experiments demonstrating how to model the Quanser. SRV02 ... SRV02 User Manual This module is designed to mount to a Quanser rotary servo plant (SRV02). The sensor shaft is aligned with the motor shaft. One end of a rigid link is mounted ... SRV02_Rotary Pendulum_User Manual.sxw The following table describes the typical setup using the complete Quanser solution. It is assumed that the ROTPEN is being used along with an SRV02, UPM and Q8 ... SRV02 Gyroscope User Manual The Quanser SRV02 and gyroscope system provides a great platform to study gyroscope properties along with control experiments that resemble real-life ... Rotary Servo Base Unit The Rotary Servo Base Unit is the fundamental element of the Quanser Rotary Control family. It is ideally suited to introduce basic control concepts and ... Control Systems Lab Solutions Quansers lab equipment for control systems are precise, robust, open architecture solutions for a wide range of teaching and research applications. World in the Twentieth Century, The - Pearson World in the Twentieth Century, The: From Empires to Nations. Published 2013. Access details. Instant access once purchased; Fulfilled by VitalSource ... World in the Twentieth Century, The: From Empires to ... The World in the Twentieth Century, 7/e, discusses the major political and economic changes that have reshaped global relations. The central theme of the book ... World in the 20th Century, The: A Thematic Approach Book overview · The effects of technology on world history · Changing global identities · Shifting borders · Globalization. World Civilizations by PN Stearns · 2011 · Cited by 132 — This book, paying attention to Western develop- ments as part of the larger world story, and showing their interac- tion with other societies and other ... World in the Twentieth Century, The 7th edition World in the Twentieth Century, The: From Empires to Nations 7th Edition is written by Daniel R. Brower; Thomas Sanders and published by Pearson. (PDF) Reading in the Twentieth Century | P. David Pearson This is an account of reading instruction in the twentieth century. It will end, as do most essays written in the final year of any century, ... The Cold War: A Global History with Documents by EH Judge · 2011 · Cited by 12 — This book is meant for both groups. It is, in fact, a combined, revised, and updated edition of our two highly acclaimed Cold War books, A Hard and Bitter. The World in the Long Twentieth Century by Edward Ross ... by ER Dickinson · 1980 · Cited by 19 — Spanning the 1870s to the present, this book explores the making of the modern world as a connected pattern of global developments. Students will learn to think ... Twentieth-Century Literature Focusing on literary-cultural production emerging from or responding to the twentieth century, broadly construed, Twentieth-Century Literature (TCL) offers ... The Networked University Pearson is the world's learning company. We're experts in educational course ware and assessment, and provide teaching and learning services powered by ...