

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

Rachel Sandford



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