

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

Tom Ainslie



Horsemen Workout Training Guide:

1982 Tax Handbook for Horsemen Kenneth A. Wood, 1982 **Modern Horseman's Countdown to Broke** Sean Patrick, 2017-08-01 It's time to get real that is real do it yourself horse training Professional trainer Sean Patrick has created the ultimate guide to the complete riding horse whether a performance working or just for fun prospect Quite simply you begin at Lesson Number 33 and count your way down through the basic exercises the primary education every horse needs And when you get to Lesson 1 you've done it you've prepared your horse for advanced work in any number of equestrian disciplines You can't get lost along the way There's no room for confusion Sean clarifies the point and explains the gist of every step The happy result He trains you to be a trainer Whether your horse is a foal or five guilelessly green or imperfectly veteran he will benefit from the Countdown a true foundation program serving to prepare him for the endless variety of activities and jobs horses perform today From indispensable handling sacking out and tying exercises to how you the rider can control the different parts of the horse's body from the ground and the saddle from mounting on both the left and the right to performing flawless flying lead changes you'll be amazed at how effective and efficient this program is The Rider's Fitness Program Dianna Robin Dennis, John J. McCully, Paul M. Juris, 2004-01-01 Here is the perfect book for beginning riders who are using muscles they never knew they had before advanced riders who want to stay in top form especially as they get older and weather bound riders who want to be fit when spring arrives The Rider's Fitness Program details a fun and effective six week program that strengthens the muscles riders use while improving overall balance flexibility and coordination The book features more than 85 exercises designed to help new riders get over the aches and pains of getting started and experienced riders hone their skills and technique and prevent injuries The routines are flexible so you can customize the workout you need for jumping dressage reining endurance polo or rodeo The exercises are accompanied by step by step photographs that demonstrate how to perform each action properly with an emphasis on safety They progress from basic to advanced and are suitable for riders at all fitness levels The authors also include fundamental information on diet general health and safety and clothing and equipment RIDE SMARTER: ON TO THE NEXT LEVEL OF HQ Craig Cameron, 2013-10-15 Since 2004 when Craig Cameron's book Ride Smart was printed the clinician's popularity has only grown With his 2010 championship at the prestigious Road to the Horse he gained even more followers to his no nonsense approach to training and riding Cameron's easygoing teaching style beloved by his students is now found in this follow up to his popular first book In Ride Smarter readers learn to further develop their horsemanship skills and continue on the road to becoming true horsemen and women Cameron continues to build on some of the topics covered in his first volume and adds valuable information that riders of all levels of expertise can use in improving their riding experiences Early chapters in this second book talk about the qualities that make a good horseman and the responsibilities each person has to his or her horse Cameron gives tips on selecting the right horse making a smart purchase and knowing when it's time to

change horses He discusses caring for your horse at home and on the road something he's familiar with after logging thousands of miles with his horses in tow In *Ride Smarter's* later chapters Cameron addresses the advantages of different bits and then delves into the use of cues and how important they are He also discusses the fine art of correction and helps readers understand when discipline is necessary and offers tips on understanding and riding the different gaits One of Cameron's goals when training is to develop a horse that does anything the horseman asks and in one chapter Cameron relates how to create what he calls the brave horse He then discusses the advantages of cross training between the arena and the trail and patterns and obstacles that you can use to advance both your and your horse's skills In his clinics Cameron answers numerous questions about problem horses and Chapter 15 addresses the most frequently discussed problems and the clinician's approach to fixing each one Cameron also takes a humorous look at some people problems that your horse might tell you about if he could talk And finally this top hand talks about setting goals for your horse and your horsemanship and how valuable having that sense of direction can be As in Cameron's first book chapters in this second book *Ride Smarter* include a True Story a personal anecdote about a memorable experience Here's How with simple and practical training tips and A Better Way which provides workable approaches to common problems encountered in achieving horsemanship and horse handling goals Anyone who has been to Cameron's clinics can appreciate the straightforward instruction the Texas horseman offers Those who haven't had the pleasure of meeting Craig Cameron in person get a good look at the training techniques and coaching skills that have earned him a reputation as the Cowboy's Clinician *Ride Smarter* helps readers advance in the adventure of horsemanship

Predicting Individual Responses to Exercise Interventions Vassilis Mougios, Brendon Gurd, Giuseppe D'Antona, 2021-02-09 *The Complete Idiot's Guide to Horses* P. J. Dempsey, Sarah Montague, 2003-03-04 Improve your horse sense This indispensable guide will introduce new and prospective owners to every aspect of buying riding grooming handling stabling training and caring for horses *The Complete Idiot's Guide Horses* gives you everything you need to know about these magnificent animals In this *Complete Idiot's Guide* you get Detailed information on the daily care needed to keep a horse happy and healthy Smart advice on how to keep your horse free of infections and parasites Helpful hints on evaluating riding instructors and what to look for and what to watch out for when choosing a lesson barn In depth descriptions of the various riding styles Expert tips on rider safety and fitness and the right gear for the job **The Horse-Lover's Encyclopedia, 2nd Edition** Jessie Haas, 2017-03-21 Here is a completely revised full color second edition of the established go to source for equestrian information This comprehensive A to Z guide covers everything horse and bridges gaps in the equestrian universe between English and Western styles More than 1 700 entries explain wide ranging topics such as breeds tack facilities equine care and management health and safety issues riding styles and disciplines shows and much more Whether you're a rodeo hand thoroughbred racer seasoned professional or armchair admirer you'll get everything you need from noted equestrian author Jessie Haas clear and thorough descriptions American

Horse Publications Association s Equine Media Awards Winner Smart Woman's Guide to Midlife Horses Melinda Folse, 2011-05-23 WHEN YOU WERE A LITTLE GIRL did you dream of horses choosing Breyers over Barbies plastic horses over plastic dolls FOR THE PAST SEVERAL DECADES has your life been more about taking care of others than taking care of yourself while your dreams have gathered dust on long forgotten shelves ARE YOU AT THAT POINT IN LIFE when you ve begun to wonder whether you ll ever find the courage to do all the things you wanted to do someday Offering horses as both metaphor and solution to the natural malaise that often rears its head just about the time we blow out that midlife birthday candle this is the book that will help you ask and answer What about my dreams and Is it my turn yet and If not now when and best of all If now how **The Equine Athlete** ,1994 *Ainslie's Complete Guide to Thoroughbred Racing* Tom Ainslie, 1988-03-15 The author describes the handicapping of thoroughbred horse races covering such factors as the use of computers what to watch before a race and the best jockeys and horse trainers He also explains 60 ways to build a betting system Library of Congress description

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