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Hi all!t's been a good few months since BEAXST came out, so I thought it would be a good time to get some program reviews? I would certainly be interested to know people's thoughts on this. Cheers SHPage 2 18 comments Download Hey Is Chris. Some of the links on this page can be sponsored - it helps to keep the blog going. Cool? On the article ... HOW READ THIS POST: Warning, this is a very long post, because in it I give a review of every single Athlean X program that is offered. With that said there are two ways you can solve this post... If you already know which Athlean X program you want to purchase and are looking for a review of it just scroll down to the content table below to go directly to this program. Or if you are completely overwhelmed or confused by all the options of Athlean X grab a cup of coffee (or your drink of your choice) and read my review of each program to narrow down the best options for you. Finally, as much as I love Jeff Cavalier's Athlean X programs, I'd do you a disservice if I didn't make a recommendation for Rusty Moore's Visual Impact line of fitness products training. For men, I recommend the visual impact of muscle building (you can see my visual effect muscular building review here), and for women, I recommend its visual impact for women's programs (see my full visual effect for women review here). Enjoy the post! - Chris CannonAthlean-X Introduction Review So you're ready to lose weight, get in better shape, or take what you are currently doing to the next level... and wondering if Athlean-X will help you out there. Guys who are lean, fit, and muscular team have more attention from their peers and get more interest from women. But... maybe you were sitting on the couch too much or stuck at your computer running 60 hours a week and things got a little bland in the middle? If so, you should know that this is happening to the best of us. But that it is quite possible to do something about it. You just have to start with where you are and start working towards your goals. Fitness programs can help you do this. The big question with all the fitness programs on the market is which one is the best? I know this is not the easiest question to answer because there are a lot of fitness plans out there. Some are solid and some are just gimmicky. It is important to be able to tell the difference before you slam down your hard earned money. I'm going to help you do it today. I'll go deep into 11 different Athlean X programs, including looking at what they cover, what fitness level you need for everyone, and what people are saying about them. I hope to present the information in a way that makes it easy to decide if Athlean X is suitable for you and what programs you should start with or do next. Athlean X - Jeff Cavalier Cavalier is the owner and creator of the Athlean X program. His path to super-star fitness training continues to evolve as he develops programs and additives. And the whole Athlean X system is much more reliable than it was just a few years ago. This New York and Connecticut-based physiotherapist and strength coach has created the ATHLEAN-X Training System (ATHLEAN-X), the core of which is a 90-day program largely based on his behind-the-scenes experience with the New York Mets from Major League Baseball.It's easy to accuse Mr. Cavalier of jumping on build lean muscles, burn excess fat while at the same time bandwagon, currently busy with fitness and nutrition heavyweights. As Tom Venuto (Burn Fat, Feed The Muscles), Craig Ballantyne (Turbulence Training), and Tony Horton P90X fame. Note: Click here to see the Athlean X vs. P90X comparison and check out my updated review of V Shred. After all, we all know how lucrative the fitness and food industry is. There are millions and millions of dollars that need to be made. However, before criticizing Jeff's motives for bringing ATHLEAN-X to the public, let's explore his take on fitness and nutrition and see if he lives up to the hype. Athlean X Review - MethodologyIn this review I'll go to each of the programs that Cavalier offers - there are currently 15 different programs - as well as show you the fitness level needed for everyone and explore what chatter about these programs online. By the end of this review, you should be able to determine if one of the Athlean X programs is right for you and which one will work best. First, let's look at the basic premise of the Athlean X program. If nothing else, credit Jeff Cavalier for choosing a catchy name for his program. ATHLEAN-X highlights two (2) main reasons why the program might be for you: To become a better athlete: No matter what kind of sport you participate in and your current level of success, a systematic training program at the bottom line should be to help you perform better. To give you that ripped, LEAN, a muscular body that will keep turning your head. I'm not sure about the X' thing - it seems popular in fitness marketing circles these days lol! One of the things I like most about Athlean X workout programs is that they are evaluated for your fitness level. It's more unusual than you think. And it will help you stay motivated. There is nothing worse than starting a workout program that is too hard and then quit smoking in frustration. It's a better way to get a fitness program that matches your fitness level now and then building from there. With fitness level indicators included in each program, you can choose a program that will meet the needs of where you are right now, making it easier to stay motivated. The Athlean X programs are also detailed and easy to use. Which is a huge plus if you money in fitness mode. But the big thing that is new is that Jeff Cavalier is really honest with what works and what doesn't. It's a breath of fresh air. Especially the fitness space. You can see this very honest approach in the video below where it tells you exactly what doesn't work with supplements. Athlean X Programs - Comprehensive BreakdownAs I mentioned before the Athlean X Suite now up to 11 different programs all targeting a slightly different need. Two things are right for you to determine which program is right for you. Your fitness level. It's a good idea to be 100% honest with yourself here. It's fine to be a beginner, but if you do, then make sure you start with a beginner program so you can see rapid progress. What you want to achieve. There are three main categories under the Athlean X programs: lose fat, gain muscle and lose fat, or just gain muscle. If you know which one you want to achieve, then it's much easier to choose the right program. (fsu_note) Once you've identified these two things, it's time to start looking at the different programs and what they offer. You can view information about all the different programs below, and you can also use the program selector tool here. Section 1: Athlean X Programs for Muscle Gain and Burn Fat In this section, I'll go for 7 Athlean X programs that aim to build muscle and burn fat. The first three programs - AX-1, AX-2, AX-NXT - should be put in order. Most other programs focus on specific targets or specific areas of the body (such as weapons). Athlean XX is designed specifically for women. XERO is a weight program that does not require equipment. When it comes to equipment, you can see my best picks for the best home gym equipment for Athlean X here. Program 1. The AX-1The AX-1 training camp is also known as the Athlean X training system. What level of fitness is this program suitable for? It is a balanced approach to both building muscle and burn fat and PERFECT for beginners and intermediate levels of fitness and experience. It's also the core of Jeff Cavalier's system. If you are not sure what to get, then this is a program to buy. NOTE: If you're new to designing and in decent shape you can benefit from going through this 90-day program two or three times before moving on to the next program. If you haven't worked for a long time or never worked, then starting with Max/Shred works well for many people. Max/Shred starts with more weight exercises and comes with 4 levels, so this is a great program to introduce you to the Athlean X family. If you are already at a moderate level of fitness than going through 90 days once should suffice. What is included in AX1? The AX-1 training camp is easy to follow and a step-by-step system. It includes: More than 120 exercises in step-by-step workouts to help you build muscle and fat at the same time. Step by step, meal plans that are easy to follow - don't starve yourself. Know how to eat and eat more. Unlimited AB workout generator - so you'll never get bored your AB workouts. I personally love this feature. Instant Access OnlineWhat Equipment Do I Need for AX-1? To make the Athlean X AX-1 program you will have 4 pieces of basic gym equipment or you can go to your local gym, which is usually stocked with all these things.#1. A bench for training or a ball for exercise. What you get here depends on how much you want to spend. You can get a good workout bench for just over \$100 or a solid workout ball to do the same exercises that tend to cost under \$20.The best choice here is to decide on your budget and space (workout benches are more stable while balls are easier to store) and buy accordingly.#2. A couple of dumbbells you can spend some money on dumbbells or quite a lot depending on what you want. Personally, I love dumbbell kits - because they allow you to vary weight and work up to the weight level that works for you. You can get two types of dumbbell kits. Those that come in individual units and others that are adjustable, so one dumbbell gives you a lot of weight options. Many of you already have dumbbells at home, but if you don't, then for regulated dumbbells it's very affordable. The price is great and they function well. If you have a budget and want to go for everything, I personally love and use the Bowflex SelectTech 1090 Adjustable Dumbbell kit. If you get individual dumbbells in the set it is best to usually visit a local store because the shipping price for these heavy items is baked on Amazon and other online stores and they can get very expensive very quickly. Just keep in mind that an incorrect set of dumbbells can take a huge amount of space.#3. Chin-up bar For me, the chin-up bar is one of the best pieces of home gym equipment. There is almost nothing that can make your upper body stronger faster than doing chin ups. You can't go wrong with Yes4All Doorway Pull Up Bar, which is a bestseller on Amazon.#4. Resistance group tubingIt's not sexy, but it's versatile and it will get your results paired with the AX-2 program. I love this set because it comes with graduated bands along with all the attachments you need to make it work for you. How fast will it work? Like most muscle building programs the results are cumulative from constant effort over time. Here's a testimonial (unpaid) from a Reddit user who used this version of Athlean X twice: The first time I did it about 5 years ago I lost about 4 inches at my waist and was much more muscular looking, stronger. After a very long break from exercise and getting a little chubby again, I just finished the AX1 again recently and lost 3 inches on my again looking more sporty. Just started another round of AX1 with TNTs added. In both cases I did not start to see the results in the mirror until part of the way through month 2 and beyond .Reddit user Ricosuave79 So it's important if you're going to take on one of these programs that you set your expectations correctly and understand that it will take a consistent sequential for months before you see the results. How much does the AX-1 cost? I love that Athlean X Fitness programs are one time fee and there are no monthly fees you have to pay all the time. You can get the entire AX-1 Training Camp for \$77 for 120 days of access or \$97 for lifetime access. The AX-1 also has a companion program called TNT that will help you gain muscle mass in slow-growing muscle groups. Not everyone ends up with muscle groups that don't budge, but this is a fairly common problem and TNT solves it. Program 2: AX-2 Extremef you've gone through AX-1 training camp and want to go to the next level, the AX-2 Extreme is the next logical choice. You can find examples of how intense the AX-2 Extreme is here. What level of fitness is this program suitable for? This program is rated intermediate to advanced, but even if you've worked before or are now quite fit I highly recommend you start with AX-1 Training Camp, so you can get used to Jeff's methodology and intensity before you go to this workout. This workout will allow you to prior to your game and develop even bigger muscles with greater fat loss. It's intense. What is included in the AX-2? AX-2 Extreme includes: 12 brand new and different learning stages from AX-1 training camp -Six Pack Shuffle to keep your AB workouts interestingAn easy to follow a 90-day training systemA 90 Day of FoodWhat plan equipment do I need for AX-2? The AX-2 takes the same basic equipment as the AX-1 - a good workout bench or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), a chin-up bar, and some band resistance. What do people say about the AX-2 Extreme? People who use the AX-2 Extreme and are ready for it really like it, and say that it is very difficult. Here are a few unsolicited comments about the program. It's hard but effective It's hard, but if you're looking at solving muscle imbalances, this is a great program to do it with. AX-2 will find many ways to challenge you and your muscles. However, it will address imbalances because it hits about everything. This is especially true if you use the program the way it is designed (IE, every week week, it's a phase. I've found that the most effective part of the AX-2 pushes itself past your limits to pass the calls.-Deadeye37Challenged on every RepJust finishing the AX2 Protraction phase of the week, and I have to say that it was crazy hard! Before I started with this stage I thought it wouldn't be as hard as I needed to get only 5-6 reps in each set with a slow 8 pace. But I was so wrong! I had never trained at such a slow pace, and I felt challenged at every Time just seemed to slow down so much that 8 seconds felt like 8 minutes. By the end of the workouts, my muscles were doing so despite training at such a slow pace. Jeff goes on to say that phase Xtinction is the most challenging phase of AX2, AX2. I realized that the Protraction phase was even more complicated. Side note, this stage also kind of made me appreciate every second of life! --ancientnucleusWritten and video InstructionI've bought and completed four different programs, and here's what I can tell you: No app, no music. What you get is a good portal (site, looks great on a mobile phone) with a calendar. Every day is a different training session. Click on the day and it will have detailed instructions on the training format. It's usually like writing and a short video. Each exercise has a good sketch and even a short 15-30sec video with a demonstration. I would recommend previewing a workout day at home just to familiarize myself with the exercises and not wasting time (and bandwidth) at the gym. After a few weeks, you will learn the workout more and the preview will be less necessary. You can track your progress/times on the website if desired. Plus, you get access to meal plans and more, but I think it's widely accepted that Jeff's ideas about meal plans are far inferior to traditional meal plan programs. But this is the place to start. What else? I think there are forums where you can discuss your workout with others or at least after times to compare, but I miss this. I believe with the purchase of any program, you will get access to the AX6, a six minute AB/core program that I absolutely love. You can set it up for complexity and available equipment and you get a challenging workout that is different every day. Good luck! If this is your first program, you will have an amazing time. I recommended Athlean X to a few friends and they all purchased different programs but loved it. Train hard, eat right and you'll be where you want to be at any time.-Dreston F1 How much AX-2? The AX-2 Extreme is priced at \$77 for 120-day access or \$99 for lifetime access. Both are excellent value for the amount of detailed information and the quality of the workouts provided. For me personally, I like the package of life because I would like to return to old workouts after a period of time. Program 3: The Athlean NXTThis program is slightly different from the AX-1 and AX-2 in the way it is formatted. NXT is a monthly program with new cycles released every month. This gives you a first look at what the Cavalier is doing while training its elite athletes. You can see Jeff explaining in the video here. What level of fitness is this program suitable for? Athlean NXT is an elite and challenging program designed for a moderate and advanced level of fitness and training ability. Athlean NXT is best suited for people who have successfully completed both the AX-1 and the AX-2. If you train seriously you can try it without completing these two programs, but it works best if you do them in order. What is included in NXT? NXT has several one month cycles to move through. And new workouts are added on a regular basis to keep the program fresh and you move forward. 28-day workouts now include: Anabolix - 8 new explosion training type workouts designed to get you in. Muscle. Hurricane Hypertrophy. Build more new muscles with NXT lab-approved training. Half Life - Explosion training that's not for the demented. This workout will always match your abilities and give you great benefits. Turning Point- This mode of learning DESIGNED to make you break. You will compete for points in choosing your own adventure program like nothing else. Shockwave Training - Stand just on the right side of overtraining with this carefully designed program and super-intense SHOCK WEEK. Wolverine Beastmode - Get a new spin on the original Wolverine workout with Animal Strength, Pursuit, and Ruthless Aggression Training.3-D HD Training - This super intense 28 days includes weekly 3rd degree Burn workouts that will fuel your metabolism. IN10sity Training - This month is designed for slacker proof with a specific protocol of P.R.O. reps to push you to your limit. Pull up or shut up - whether you can do 3 pull-ups or 25 to start, this training mode will challenge you for your best pull up game. Lady Luck - Check out the successes you've made so far with NXT using surprises in Lady Luck. The last challenge of this cycle surprises everyone. Coremax-EST - This 28 days focuses on Energy System Learning (EST) and gives you all new ways to improve performance. 4 Riders - Cavalier is the four most powerful exercises in 4 incredibly intense workouts each week. These are 12 programs that can be purchased separately or as part of the program. There are 6 more programs that are only available if you stay enrolled for an additional 6 months after you receive the first 12 programs in your subscription. You get access to one new program every month - which always keeps things fresh and interesting. What equipment do I need for NXT? NXT takes the same basic equipment as the AX-1 or AX-2 - exercise bench or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable Dumbbells), a lawyer chin stand up, and some resistance bands. They don't really talk about it on the website, but you also need heavier dumbbells with at least 90 pounds each or a barbell and weight vest or a plunge belt and plate. Some people find going to the gym to make your workout easier and more cost effective than buying extra equipment. All workouts also have alternatives if you don't have the equipment, but they are pretty hard to complete without it. What do people say about Athlean NX-1? The overwhelming consensus of people who make Athlean NX-T is that the program is very intense and creates amazing results along with soreness due to intensity. Keep Shocking Muscles! just started month 2, I planned on writing a review a few months So far I like it, I definitely hurt quite a bit, it has you doing some interesting things that keep the muscles shocking. My goal is to increase the size, so I made the maximum size before that and the nxt (so far) is more like this than what ax1 and ax2. You'll take advantage of gym membership on nxt and and Size, unlike ax1 and 2, which could be more easily done at home.-jff70chevelllett is effective, No Doubt! has just finished the Athlean NXT Anabolix phase, and will begin the hurricane hypertrophy phase tomorrow. Here are my thoughts on the Anabolix phase: First of all, it is effective, no doubt. It has you lifting 90% of your 1 max repetition on a regular basis, and with only 20 seconds or so of rest between sets, these workouts are killer. However one thing I liked about the Athlean X is that it can be done with minimal equipment. For Anabolix this is not the case, you will need either heavy dumbbells (more than 90 pounds each), or a barbell. There are many exercise rods in the Anabolix phase, there is always the option of dumbbells if you do not have the barbells available, however I have always felt like a second class citizen when not making a barbell option. I felt strongly enough about that I ended up buying barbells and squat stands so I could do the program as intended. You also need a weight vest or dipping belt/plates to do weighted bodyweight exercises, which were not part of the Athlean X or AX2. The problem with this phase is that many workouts are long. Many workouts took about an hour and 15 minutes to an hour and a half to complete. Jeff likes to promote the Athlean X as a quick workout, but that's certainly not the case for the Anabolix NXT phase. I've already got a hurricane hypertrophy phase. It also does not look very Athlean X, it consists of working one part of the body to death in one day (i.e. day 1: biceps, day 2 breasts, etc.). It also doesn't have cardio/air conditioning explosion workouts, it looks pretty much like a bodybuilding split. -erasermanDo AX1 and AX2 FirstNXT while one of the goals, yes, is to build muscle and be aesthetic, many days you want you to have a foundation of AX programs. I was on the same boat as you, missed the AX and went directly to the size and thought about getting into the NXT because you know I can beat it ez, but no, it was a humiliating experience implementing WTF my body can not cope with some exercises ... But you can give it a go, and if you feel it's good on you, then keep going, if not, go back to the AX1 and push yourself. One misconception with the NXT or Maxs program is that it created a stigma that AX1 is a step backwards, which is not the case, and you say that your goal is cosmetic and sporty so yes AX seems good, its only 6 months program between AX 1 and AX2, then NXT 18 months! - VillaGave How many Athlean NXT? Athlean NXT is a monthly program that lasts 18 months. For one program it is \$49.50. If you commit to two, then you will get a third for free, and if you subscribe to a monthly program you will get it for \$29.50 per month. You can cancel at any time and you get to save all the months you paid except the last (don't know why, it's just politics). Program 4: Ultimate Arms Is a six-week program to achieve the perfect balance between mass and definition. Like all Jeff Jek program, it's not about getting huge, but getting a lean and powerful build. What level of fitness is this program suitable for? This program is rated as intermediate and advanced. You can do Ultimate Arms as a self-learning, but I recommend at least going through the AX-1 first so that you have a good foundation in Cavalier's methods. What is included in Ultimate Arms? The Athlean X Ultimate Arms program comes with 6 progressive modules, one for each week of the program. Here's a review of each one. Shooting Range: This training wakes up the arm muscles to make the rest of the trainings more effectiveFiber Opt-X: You will learn methodologies that create stronger contractions in the muscles of the hands for maximum profit. CXC: Get more from each representative with this unique training. Jeff's Ladder: Learn how to increase the threshold so as not to slow down the results. Triple Contraction: This module gets into super intensity and teaches you how to prevent plateaus. Arm-Ageddon: Can you pass the ultimate hand call? Bonus: Apex Legs Training: This bonus module will give you everything you need to make foot day success without taking away from your hand workouts. Jeff's hand program also includes his X-factor nutrition plan and a vascular roadmap to get weapons with veins and arteries that appear. Overall, it's a complete program that does what it's meant to do - give you all the resources you need to start developing (or continue developing) a great weapon. What gym equipment do I need for Ultimate Arms? You'll need the same equipment as the AX-1. Workout bench or exercise ball, a pair of adjustable dumbbells (or Bowflex Adjustable Dumbbells), a chin-up bar, and some band resistance. But many people do this program in the gym where they can use standard gym equipment. What do people say about Ultimate Arms? When reading what people are saying about this program it is clear that it is effective, but not as intense as the AX-2 or NXT, so if you are looking for a break and want to work on your hands, this is a good program to choose from. Adds VascularityYes I completed it. It's worth it. However, Ultimate Arms focuses more on vascularity more than size. My hands were more wiry after the end of this program. You'll do a blast of training and forearm work on Tuesdays, too. -Platinum247365Full body with Arm EmphasisUA is awesome. I've done it more than six times, it's a six-week program. A full body, with a focus on guns. As the progress moves of the weeks are tweaked to emphasize the arms (ie lat pull-up will pull the biceps).- Littlefoot30Best Program for Pure SizeUA Arm is probably the best program for sheer arm size. I used it, and my hands grew considerably, though I AX for several years. Highly recommended - HalfSleeveTeeShirt How much Athlean X Ultimate Arms? The final weapons training package is a flat fee of \$79.50 for lifetime access. Program 5: Wolverine: Beastmode Wolverine: Beastmode Program Designed to Develop a Body Full Body and the definition of muscles during the 30-day program. What level of fitness is this program suitable for? This program is designed for intermediate and advanced users. I highly recommend taking the AX-1 first to get used to Jeff's style of training before immersing yourself in this training. If you want to start here, you should be already working with the scales on a permanent basis. What's on? Wolverine: Beastmode includes 3 cycles over 30 days. Here are 4 workouts: Animal Power 2.0: Get size and strength as Cycle One sets you up for great success. Relentless Aggression 2.0: Train explosively in this cycle and keep the momentum going. Pursuit 2.0: Make sure you can control the weight you are moving and overcome any obstacles. What training equipment do I need for wolverine Beast? Most people can do this workout with the same equipment needed for the AX-1 (training bench or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), a chin-up bar, and some band resistance)... But because of the emphasis on massive elevators, many people find that going to the gym to make workouts easier in terms of equipment. How much does it cost? The 30-day Wolverine program is \$49.99 for lifetime access. Program 6: Athlean-XX For Women This article is clearly written mainly for men, because the Athlean X program is mostly male physique focused, but Athlean X also offers a program for women (Athlean-XX for women) that examines their different physiology and usually different goals. Here's what Jeff Cavalier has to say about this program: Scientifically speaking, you may have heard of the male chromosomes and female chromosomes that distinguish between men and women. Typically, xx women and men tend to be XY. Don't let a slight change in one letter fool you though, as it explains the major differences in how women and men store fat and develop muscle mass. So when it comes to weight loss and fitness, there have to be different strategies to get each of their goals faster. ATHLEAN-XX addresses this and gives you a program made specifically for women! Suddenly, looking great in your genes makes a whole new meaning! - Jeff CavalierWhere this program shines is a balanced emphasis on fitness and strength. To get a lean toned look, muscle building is key. But building it in a way that creates thinness and definition rather than bulk is what most women are looking for. And that's exactly what this program provides. What level of fitness is this program suitable for? This program is designed for beginners to intermediate levels of physical fitness. It is also designed to be used several times as a lifelong fitness regimen. What is included in Athlean-XX? Athlean-XX For women includes A series of 9 daily workouts that are 33 minutes or less each and a group of quick workouts when you are pressed on time. It's also a meal plan that promises that you'll never measure or count calories again. Here are the details of what's in daily workouts: Fabulous Abs: Full core workout to eliminate eliminate Top and get sexy abs. Amazing Hands: Lean, sexy and sculpted arms! This routine uses dumbbells to help create that look and get rid of grandma's waves forever. Glam Gams: This covers the inner thighs, outer thighs, and creates dress-worthy legs. Fast Way to the Goddess: You can do this workout scheme indoors or outdoors (there are two options). This cycle increases metabolism and produces results. Booty-ful Butt: Get firm, raised the bottom with new and exciting exercises. Trady... Install... Burn: Light a fat burning stove with this super fast cardio blast on the treadmill. XX-Hale: Recovery Day! Use this unique yoga/plates/stretch to keep your muscles flexible and your body limberSexy back and gorgeous girls: This is a workout that is designed to give your girls a lift and protect your spine and back. Fast: If you have little time on a particular day, then you can use one of these 5 or 10-minute workouts to go down the path. Seductive Shoulders: Great look in sleeveless dresses as you design sleek and sexy shoulders with this routine. What equipment do I need for Athlean-XX? You will need a step, stability (or exercise ball), exercise tubes, and a pair of light (5 to 10 pounds) dumbbells and a pair of heavy (12 to 20 pounds) dumbbells. It's basically the same as the Athlean X-1 (training bench or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), a chin-up bar, and some band of resistance, but with the addition of a step. The Athlean XX Women's Program makes 3 payouts of \$29.99 or one payment of \$79.99 for lifetime access. You can see my full Athlean-XX for Women review here. Note: If you are looking for a women's workout program that focuses on getting slim, fit, and feminine appearance, then I highly recommend visual

impact for Rusty Moore women. You can see my full visual effect for women review here. Program 7: XeroXero is unique in the Althean X portfolio because it is a 100% body weight based program that requires absolutely no equipment at all. Related: See my full review of the Athlean X Xero here. What level of fitness is this program suitable for? Xero requires some pretty intense body weight exercises and it's a good idea to be a moderate fit before you start. I recommend being able to complete the AX-1 before you start on Xero.What is included in the Athlean X Xero? Xero includes:150 Weight Exercises30 completely unique workouts that put these exercises togetherBrand new tasksVideos for each workoutIt's also Athlean X-Factor Meal Plan to help you build muscle and shed fat quickly. Do I need any gym equipment for Athlean Xero?No. All you need for this program is a moderate level of fitness and you. What do people say about XERO? Many people use XERO to stay in shape when they are on the road. It is also common for people to have problems they start by completing some exercises in some of the tasks. The key is to keep going until you can do it using the change if necessary. Great if you don't have access to WeightsI will recommend Xero if you don't have access to weights. Weight is not going to bulk you up more than Xero. Your weight gain is more related to your diet. I use Xero when I travel. Workouts can work a little long, since each force exercises fail. But, you're definitely making a profit.- Belly 84AX-1 vs. XEROXero was my first program. I have since completed the AX1 and AX2. I am currently finishing my second run through Xero with a modification to wear a weight vest this time around, as well as some replacements for pull exercises. Whether the program is harder or simpler than others is hard to say because, in my opinion, any of the programs are as hard as you want them to be. It is a difficult task in a different way and that there are no targeted repetitions for most exercises. Because of the nature of body weight exercises they are almost exclusively made for failure. Not 12 repetitions of Max failure, but an absolute complete failure, even if it takes 40 or more reps. Because of the way the program is configured, workouts can take a little longer than the average ax1 workout, since getting to failure using body weight for something like leg can take some time. That's the main reason I started to include the weight of the vest. There are benefits to weight training, learning to move your body through space is always good.- kearvek22 How much is it? Lifetime access to XERO is a \$79.95 fixed fee. Section 2: Athlean X Muscle Creation Program In this section I will go for three Athlean X programs that are designed specifically for muscle building. If you're already on your body fat percentage goals and have already taken AX-1, then this is a good next step to get mass and determination. Program 1: Max SizeMax Size is built around an old-school lift, but with new modern twists based on the science of muscle building quickly. Related: See my full Athlean X Max Size review here. What level of fitness is this program suitable for? This is for intermediate and advanced users and I highly recommend starting with the AX-1 before you move on to this program because you will need training as Max Size is super intense. What's in Max Size? Max Size is a multi-faceted program that lasts for 12 weeks. It has three stages, 3 finishers to get you to maximum profit, and 3 intense tasks. Max Size also comes with the X-Factor Extreme Meal Plan, which helps turn your body into a muscle construction machine even if you don't have a lot of muscle to start with or if you have a hard time getting muscle. Phases are: Phase 1 - Weeks 1 to 4 - Ignition: Start recruiting and get your body ready for even greater profits. ton of hard work at this stage. Phase 2 - Weeks 5-8 - Growth: Put the finishers to action and muscle growth enhancer. Phase 3 - Weeks 9-12 - Development: Mix Mix with brand new methods for greater muscle growth. Overall, it is a super intensive program that requires tremendous commitment. Workouts are often long with some in phase 2 synchronization in 1.5 hours, and most workouts are 45 minutes to 1-hour range. What equipment do I need for Max Size? You can use the same equipment that is used in the AX-1 (bench training or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), chin up bar, and some resistance bands), but for Max Gains you will also need a full set of barbells to effectively use the program. I like this barbell set for the price and the number of weights you get with it. If you have the right set up, you can do this workout at home. But many people prefer to do this workout in the gym, where there are often more reliable options for barbells and dumbbells. What do people say about Max Gains? Guys who are dedicated to gaining muscle mass LOVE max benefits. That's what some of them say. Makes you feel like a beast just got the last call left and I have to say that I'll probably restart it and have another go at it as soon as I make the call and finish the xero program. It makes you feel like a beast, making connections, old school elevators that build the muscles needed to not only feel like a beast, but also look like one. It starts pretty challenging in the first month and gets harder as you get with the program in the coming months. The first month consists of a German amount of training with a finisher for each workout. For a month two is centered around more isometric holds and insulation. The third and last month push/pull where you do a two day push and one day rest and then two days pull with another day of rest before repeating the cycle. It focuses on the pace at which you make the first of each type focusing on the concentric part of the elevator, while the next day is eccentric. Both have a 5/1/1 or 1/1/5 pace, and each workout involves the legs of some kind.- Plebbimobli's IntenseIm currently on it, and one thing is it certainly is its intense. If you do it exactly as you said and focus on making sure that every representative count you will have a very tough workout. Im generally finished every workout in an hour, so its not super time consuming either. I didn't actually use the meal plan because I use my fitnesspal, but I made some of the dishes on offer to try new things. I am a month in so can't comment on any longx benefits except 10x10 feet a day has definitely improved my ability to work the distance without me actually working very regularly. My 3 mile time came down about 3 minutes without running since I started it when I went for a run last week. Intensity definitely with the stamina that, looking forward to month 2 and 3, you need. Every day of the program there are video guides on how to make it all so for me as a pretty new lift that was very useful. It also includes the AB Shuffle Thing Hes showcased before in his 7 minute AB workout video, which does abs are more interesting than doing the same routine every time. Im personally enjoying this and it seems to be a well rounded routine that doesn't double at no cost and showed me a few different exercises to hit different areas.- KerrigarLooking forward to do it againI loved Max size. I'm looking forward to doing it again. Time wise, workout for Max Size take a little longer. Nothing crazy, but when you do a great connection lift it just takes a little longer to get a squat rack and adjust and break the weight than just grabbing a couple of dumbbells. I think it also depends on how busy your gym is, but you're still looking at the 45min-1hr range for both.- thebeev22One of the things that are really interesting about this program is that so many people say they're going to do it again. For me, it's a sign of a great routine. How much does it cost? Max Size is a single payment of \$77.00 for 120 days of access or lifetime access for \$97.00.Program 2: Breakoutout is designed for EXPERIENCED lifts that have already hit a plateau in profits and want to break through the training plateau. What level of fitness is this program suitable for? It's an advanced program. If you are an experienced lifter you can dive straight into this program, but I highly recommend taking AX-1 and Max Gains first as they will prepare you for The Intensity Breakout.If you are not an experienced lifter than my recommendation is to go through the progression of AX-1, AX-2, AX-NXT, and Max Profits before deciding this very intensive program. What's on? This program includes three different methods of hypertrophy: eccentric damage, metabolic stress and progressive overload. These three methods are designed to snatch you from any plateau. This 12-week program also includes three stages: breakdown, burnout, and escape. Finally, you get an X Factor meal plan specially designed to help you get the best results from your lifts. What gym equipment do I need for Breakout? To make the breakthrough you need all the equipment recommended in the AX-1 (training bench or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), chin-up bar, and some band resistance) plus a good set of barbells like the one I recommended in Max Size.This program is intense and requires tons of weightlifting, so many men find it easier to complete in a well-equipped gym. How much does it cost? Breakthrough is a single payment of \$77.50 for 120 days of access or \$97.50 for lifetime access. Program 3: Total Beast (BEAXST)Total Beast, also known as BEAXST, is a general body separation program that is designed not only to increase muscle size, but also to increase athleticism, power and What level of fitness is this program suitable for? This program is interesting. It has three different pathways designed for different levels of fitness. Three ways include basic mode, beast mode, and the whole Beast Mode.The only real premise is that you have some experience with the weight room - either at home or in the gym. If I'm new to I recommend starting with AX-1 and then switching to Total Beast.What's included? In total, the Beast includes 12 weeks of training. And because it has three levels, if you are a beginner with weight experience, then you can get a full 36 weeks out of this program as you level up. This makes it uniquely good value within the Althean X programs. This program has 3 levels of training including: Beast size and strength: This hypertrophy is focused stages that are designed to increase mass and strength. The Power of the Beast: Specific days of strength as part of the explosive movement development program. Animal Regeneration: Serious recovery days that contain adjustments to help speed up recovery. This program also contains 4 specific problems to keep you motivated and on track, as well as a day-to-day meal plan. What gym equipment do I need for BEAXST? For this program gym membership is highly recommended, although you can do workouts at home with the right equipment. You'll need all the equipment listed in the AX-1 (bench training or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), a chin-up bar, and some resistance bands) plus high-quality rods set up and good quality ropes. For good jump rope quality you don't need to spend a lot of money. But you need one with adjustable length and one that can withstand heavy use. I like this one. It's under \$15 and has all the features that you need to get a great cardio workout. What do people say about BEAXST? This program was launched in November 2018 and got off to a slightly rocky start. But it's more complete now and the people who get it now really like it. Feeling the pain in Good WayAm week at Beaxst. Even now I can tell you that this will be an effective program. I feel pain over my body (in a good way). I also like the fact that there is much more focus on corrective exercises than on his previous programs. I feel like regeneration days also gives you a little more freedom to listen to your body and recover as you need to. The best part is that the program is scalable, so you can push yourself as hard as you need.- Deadeye37Heart PumpingI really missed the fast pace and heart pump AX-1. Beaxst really really scratched that itch. I just completed Week 1 and I love it even though it's kicking my. There are heavy lifts as well so I'm sure I'll build muscle, but it also doesn't make me bored, which I really like. Hope that helped, even if only a little.- ksskarthik628Stuff Missing at the beginning - Now ThereDid anyone else to buy the program and feel like things are missing? I noticed that there is no introduction video for any of the workouts or explaining phases (as with all other Athlean X programs), just 1 minute video with a run through each elevator. I also noticed the instructions button is empty when you click on it, unlike other programs They've added more stuff since I originally posted -- both the video phase and Tuesdays and Thursdays (at least for Week 1). Hopefully they will add instructions and fill out the rest of the week by the time I reach week 2. ... - Jhayes4655 How much is it? BEAXST is \$97.75 for lifetime access. Program 4: Monster MakerMonster Maker has a dual focus of sports power and focused strength training. It is aimed at gaining mass, determination and strength. This is a good program for those who want to train a specific area of their body, although there is a fair amount of feedback from users that NXT is the best overall program. What level of fitness is this program suitable for? This program is, surprisingly, designed for all levels of fitness. The program scales according to your individual strength levels. What's on? Monster Maker is a highly customizable program that allows you to focus on the area where you want to make a profit. If you want to make a profit in your chest, shoulders, or develop strength with a specific exercise, then Monster Maker can help with that. It includes a menu plan as well as workouts that cover power lifting, sports training, and bodybuilding. What do I need? For Monster, you'll need a barbell, dumbbells, pull-up strip, resistance bands and a bench for the Monster Maker program. What do people say about the Monster? Let's you choose the muscular group to focus on- I think it's better than Beaxst. It actually focuses on you lifting strength.-I like that it allows you to choose what muscle group to work with. How much does it cost? GuiltyVeeKDynamic days for Athleticism So I love the fact that dynamic days for MM include sprinting and jumping. I want to continue to be athletic and the fact that this day is dedicated to these events is great. Th3Rush22 How much is it worth? Monster is a single payment of \$97.99 for the life of Access. Section 3: Athlean X Fat Burning Program There is one program in the Athlean X catalog that aims to burn fat over muscle creation. It is called Max/Shred.Program 1: Max/ShredMax/Shred is designed specifically to accelerate fat loss for both men and women. It uses a lot of body weight exercises to do this, so you gain strength. But with this program, power usually comes in the way of definition, not bulk. What level of fitness is this program suitable for? Max/Shred is ideal for any level of fitness. And it's a great workout to start if the AX-1 feels too demanding at first. That's because Max/Shred has 4 different tracks that you can move through which are designed in stages - all the way from beginner to advanced fitness levels. What's on? Max/Shred is a 12-week program that includes three stages: Phase 1: Mobilization Phase - at this stage you will train your body to begin mobilizing the stored Phase 2: Burning Phase - Get muscle gains and accelerate fat loss. Phase 3. Total Inferno - This is where the first 8 weeks start to really pay off and your body becomes a fat burning machine. Max/Shred also includes three unique challenges for this program to keep you motivated as well A nutrition plan. What do I need? While a lot of Max/Shred is based on body weight exercises, you'll need some equipment including all the equipment listed for the AX-1 (training bench or exercise ball, a pair of adjustable dumbbells (or Bowflex Adjustable Dumbbells), a chin-up bar, and some resistance bands) and a barbell. What do people say about Max/Shred? It is often seen as people say that Max/Shred is their favorite Athlean X program. Shred was my favorite I did it, along with several other AX programs. Creed was my favorite and as a coincidence would it be, I start it again tomorrow. Keep in mind that your weight scale tell very few stories. Don't focus on this amount and instead focus on your goals of increasing cardio, muscle gain, grinding - whatever it is. I am convinced that if any person would do any AthleanX program at 100% intensity, there would always be a significant improvement. Is Shred Better For You Now? If you want to have a cardio-intensive but still weight-based workout, then yes. I find this sweet spot between boring LISS and hard work. It's fun, it's fast and it's sporty. Most of all (on the top level of alarm) is f--ing hard.- DrestonF1Can to be enlarged or downMax Shred unlike all the other programs I've tried. It's a combination of body weight and weighted exercise, but the goal of each workout is really to keep your heart rate up to maximum burn. A lot of time patterns that can be increased up or down by changing the number of reps and the rest of the time. Really great program.- ManofzimmerKeepers I'm interestedIA just finishing month 1 Max Shred. So far, it's basically like 20-40 minutes of HIIT workouts for a calorie/fat burn I find. Soft weight training is included, but it seems to be mostly for conditioning work and I really enjoy :). Workouts are good and full-body, and change enough every week to keep me interested anyway.- Barricore How is that? Max/Shred is \$77.00 for 120 day access or \$97.00 for lifetime access. Program 2: Core4 AbsCore4 Abs is a program designed specifically to strengthen your core. Core strength often reduces the overall rate of injury and make all your other workout programs more effective. What level of fitness is this program suitable for? This program has an adjustable level of difficulty and works for both beginners and advanced athletes. What's on? Different levels of training for different levels of fitness. This includes training for all AB muscle groups including: Lower recuts/TAUpper/mid rectus abdominisObliques/serratus frontlow back/lumbar with this program you get 3 phase workouts including: CoreCombat coreChampionship coreYou also get a meal plan with Core4 Abs to help you shed fat faster. What do I need? You will need an advanced home gym or a commercial gym for this program. You will need a bench, weight, ball medicine, pull up and the resistance group. What Do People Say About Core4 Abs? Improved lower back strength has seen a marked improvement in lower back strength and oblique strength and development. Nothing visible yet because of the fat in the abdomen. JackedLikeThorWorks Well with your main program I'm entering the 4th week and I've never trained my abs so much. Exercises in the first week seem pretty easy, but if you apply the right intensity and intent, it kills yours, or you abs ☺Aso that fits well into the portal with the main program. It takes 10 to 15 minutes, a maximum of 20. Together with Monster Maker, that does quite a long workout. When it's too long, I'm MM in the morning or lunchtime and Core4Abs in the evening. So far, you can do everything with body weights, stripes and benches (dumbells and chin-up bar required sometimes). The only difference is that he uses the extinction protocol, not time. If you only want to look good on the beach, I think 6 Pack Shuffle or Xtinction Abs will suffice. Core4 Abs to create a powerful core and looks great on the beach. That's how Jeff describes it in marketing. There are many different exercises. Jeff made a video recently about old-school AB training where he scanned some of the exercises.zuckermd How much is it? Core4 Abs is a single payment of \$84.99 for lifetime access. Section 4: Special ProgramsIn addition to the programs above, Jeff Cavalier offers two specialty programs. TNT works with AX-1 to help you grow slow-growing muscle groups and Special Tactix is designed specifically to make you ready for physical exams that you may have to take for the military or become a firefighter or police officer. Program 1: TNTSome guys have a slow growing muscle band. It is an area of the body like the chest or arms that just won't seem to budge no matter how hard the workout is. TNT is designed to be used with the AX-1 as a supplement or can be used as a standalone program. What level of fitness is this program suitable for? This program is intense. If you have successfully gone through the AX-1 once and want a raise, then this is a great fit. Or if you've been working for a while and doing AX-1, but want to make sure that the slow-growing muscle group is starting to get it also a good fit. What's on? TNT includes specific orientations to the chest, biceps, triceps, shoulders and back. You can also buy a program for 1 goal, all 5 or any number in between. It also includes an integration plan for the AX-1, so the two programs work together seamlessly. What do I need? You will need the same equipment that is needed for the AX-1 (training bench or exercise ball, a pair of adjustable dumbbells (or Bowflex adjustable dumbbells), bar, and some bands of resistance) plus good quality barbells. You can for all TNTs at home, but many people find that doing them at well-equipped gym jobs people talking about TNT? You'll see people say that you have to go through the AX-1 once before you add TNT, but that TNT can really help grow stubborn areas. It would help a lot I would first make Athleanx 1 without TNT. So if you repeat you will know which muscle group is weaker than the rest. Also, if you add TNT you have your workout schedule going to be 6 days, or you can do them on bust training days. I came back and shoulders TNT and they helped a lot. I see people using finishers (from a YouTube channel) rather than TNT. I hope this helps you.- firehazzardWorks featured when... TNTs work best if you choose two a month. You can only do a maximum of two at a time. They are usually done on blast workout days in addition to a workout explosion. On the portal when you buy them you can download integration cards that will tell you when to make them depending on which ones you want to make. Jeff organizes them based on those you do so you don't overtrain. TNTs provide exercises that are home based equipment along with gym equivalent ones. Kind of like how gym swaps are used in AX1. Edit: forgot to add when I made them, I made chest and back one month, biceps and triceps another and then shoulders and back for another month. But if you want, you can certainly only do two all three months.- ricosuave79 How much is it? TNT is priced depending on how many TNT targeted workouts you buy. The more you buy, the cheaper they are for workout.1 and \$382 \$663 and \$884 \$995 and \$111Note: While many people really love TNT modules, there are some reviews that you can get similar results with AX-1 plus free YouTube videos. Program 2: The TactixThis Special Program is slightly different from other Athlean X programs. What level of fitness is this program suitable for? This program is designed for intermediate and advanced fitness levels and can be used as a fully self-sufficient program or after AX-1. What's on? Special Tactix is a four-week program that focuses more on jogging, jogging and sprinting than Jeff's other programs. It includes 5 units: H.I.I.T. Andn Run 1 and 2 - Improve your enduranceSwarm Tactix 1 and 2 - massive reps and huge volume to get real results Guerrilla Warfare 1 and 2 - Improve your physical and mental strengthCore Wars 1-4 - All about the work of your coreAir Raid 1 and 2 - 20-minute blast training This program also includes an exclusive challenge to your progress. What do I need? Just like TNT, you'll need the same equipment as the AX-1 (training bench or exercise ball, pair Dumbers (or Bowflex adjustable dumbbells), chin-up bar, and some bands of resistance) and good quality barbells. What do people say about Special Tactix? If you are preparing for a physical readiness exam this is a program to get. Gets You ReadyIt is the only program where the conditioning primarily focuses on running/running/sprinting. That's it. To get you both physically and mentally ready for intense military physical training or testing.- tilapiah6Had digging deepToday's explosion of workout conditioning has brought us back to the style used in AX1's bumps and jumps. Perform a certain number of repetitions of this exercise every minute per minute for a certain number of rounds. For this workout, the odd minutes were 10 hanging leg raises, and even minutes had seven triple skyfalls (a split squat jump in a jump jab in the burpee). Unfortunately, I trained in my parents' basement without a pull-up bar to hang off, so I replaced hanging leg raises for an AB exercise called jackknives (basically crunching with perpendicular straight legs off the ground, switching legs to each representative) and did 12 reps on each side. Killer workout, to say the least. I managed to work 30 minutes. These types of workouts always seem to make me dig deep and use every last bit of energy and sand that I left in me.- triple_skyfall2Passed LEO exam with flying colors I have taken several LEO exams. Personally, the best method is to drop as much body quickly as possible (i.e., losing 1-1.5lbs/week) and remain on a strength-training program. Take a look at the special Tactix program (. I have used this in the past to prepare for a few NOIs physical and passed with flying colors. How much does it cost? Special Tactix is \$49.95 for lifetime access. The bottom line on Jeff Cavalier's Athlean XAll programs is excellent. If you follow them they will give you a lean and sculpted body. I recommend starting with the AX-1, even if you have experience. This will allow you to learn about Jeff's style. Whatever you do, don't jump into one of the advanced programs like Total Beaxst without making AX-1 and AX-2 in the first place. You will most likely get your butt kicked. Frequently asked questions about the Athlean X and Jeff CavalierAre Athlean X program well? Based on customer feedback and my personal experience, the Athlean X programs are very good. Make no mistake about it, the programs are very strict and demanding, but the results are well worth the effort. As mentioned above, I recommend starting with the main program and then moving on to the more advanced Athlean X programs. Athlean X workouts can range from 15 to 45 minutes depending on what program you are doing. How much does Athlean X cost? The Athlean X's main program, the AX-1, is \$77 for 120-day access or \$97 for lifetime access. Other programs vary in price, but at a comparable price; See each program above for price information. How old is Jeff Cavalier? Jeff Cavalier was born on June 28, 1975, making it 45 years old at the time of writing. Where did Jeff Cavalier go to college? Jeff Cavalier graduated Connecticut in 1997 with a Bachelor of Applied Sciences degree in Physionomology. He also received a master's degree in physical therapy from the University of Southern Medicine 2000.Is Jeff Cavalier's physiotherapist? Jeff Cavalier served as chief physiotherapist and assistant strength coach at the New York Mets from 2006 to 2009 before moving on to start his own company, ATHLEAN-X Training.Is Athlean X better than the P90X? The best program is determined by your specific goals and situation. Both programs work well and are very effective. You can see this post comparing the Athlean X vs. P90X.

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