



[Athlean X Workout Pdf 133](#)

**ATHLEAN-X**  
Workouts WEEKS 1-3

**"THE RULES OF THE GAME"**

Be sure to follow the following rules when performing the workouts for WEEKS 1-3 of the **ATHLEAN-X** Training System

- ★ When choosing how much weight to use, be sure to use an amount of weight that allows you to complete the prescribed number of reps in good form. You should find a weight that requires nearly maximum effort to complete.
- ★ If the last repetition is too easy and you find that you can complete at least 2 more reps, increase the load on all subsequent sets.
- ★ If you are unable to complete the prescribed number of reps on a set, lighten the load accordingly on all subsequent sets to prevent this from happening again.
- ★ Rest time between all sets in these 3 weeks of workouts is 60 seconds, except for core exercises, where you want to keep your rest to no more than 30 seconds between each.
- ★ Repetition cadence should be 1-2 seconds on the concentric, slight pause, and then 3 seconds on the eccentric portion.
- ★ Perform all sets of each exercise before proceeding to the next exercise in the workout. This will set the stage for your foundation strength for later in the program.
- ★ Perform all conditioning drills with the best footwork, effort, and determination you can for best results.

**AND LAST BUT NOT LEAST ...**

- ★ Always remember, nothing worth having comes easy. Just when it feels like the workout is too hard...just remember how good you're going to look and push through!

<https://www.athleanx.com/files/1963/ATHLEAN-X-Workouts-Weeks-1-3/>

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