



[Athlean X Meal Plan Download Pdf -](#)

Day 2	Week 5	Week 6	Week 7	Week 8
	1. KB Swing 20 reps Sprint 15 sec followed by Pushups x12	1. KB Swing 25 reps Sprint 20 sec followed by Pushups x15	1. KB Swing 30 reps Sprint 25 sec followed by Pushups x12	1. KB Swing 20 reps Sprint 15 sec followed by Pushups x12
	2. KB Swing 20 reps Sprint 15 sec followed by Pushups x12	2. KB Swing 25 reps Sprint 20 sec followed by Pushups x15	2. KB Swing 30 reps Sprint 25 sec followed by Pushups x20	2. KB Swing 20 reps Sprint 15 sec followed by Pushups x12
	2. KB Swing 20 reps Sprint 15 sec followed by Pushups x12	2. KB Swing 25 reps Sprint 20 sec followed by Pushups x15	2. KB Swing 30 reps Sprint 25 sec followed by Pushups x20	2. KB Swing 20 reps Sprint 15 sec followed by Pushups x12
	<b>Rest 2 minutes</b>	<b>Rest 2 minutes</b>	<b>Rest 2 minutes</b>	<b>Rest 2 minutes</b>
	4. KB Goblet Squat 20 Sprint 15 sec followed by Inverted Row x10	4. KB Goblet Squat 20 Sprint 20 sec followed by Inverted Row x12	4. KB Goblet Squat 20 Sprint 25 sec followed by Inverted Row x15	4. KB Goblet Squat 20 Sprint 15 sec followed by Inverted Row x8
	5. KB Goblet Squat 20 Sprint 15 sec followed by Inverted Row x10	5. KB Goblet Squat 20 Sprint 20 sec followed by Inverted Row x12	5. KB Goblet Squat 20 Sprint 25 sec followed by Inverted Row x15	5. KB Goblet Squat 20 Sprint 15 sec followed by Inverted Row x8
	6. KB Goblet Squat 20 Sprint 15 sec followed by Inverted Row x10	6. KB Goblet Squat 20 Sprint 20 sec followed by Inverted Row x12	6. KB Goblet Squat 20 Sprint 25 sec followed by Inverted Rows x15	6. KB Goblet Squat 20 Sprint 15 sec followed by Inverted Row x8
	<b>Rest 2 minutes</b>	<b>Rest 2 minutes</b>	<b>Rest 2 minutes</b>	<b>Rest 2 minutes</b>
	7. KB Swing x20 Sprint 15 sec followed by Alt. Lunges x12	7. KB Swing x25 Sprint 25 sec followed by Alt. Lunges x20	7. KB Swing x20 Sprint 30 sec followed by Alt. Lunges x24	7. KB Swing x20 Sprint 15 sec followed by Alt. Lunges x12
	7. KB Swing x20 Sprint 15 sec followed by Alt. Lunges x12	7. KB Swing x25 Sprint 25 sec followed by Alt. Lunges x20	7. KB Swing x20 Sprint 30 sec followed by Alt. Lunges x24	7. KB Swing x20 Sprint 15 sec followed by Alt. Lunges x12
	7. KB Swing x20 Sprint 15 sec followed by Alt. Lunges x12	7. KB Swing x25 Sprint 25 sec followed by Alt. Lunges x20	7. KB Swing x20 Sprint 30 sec followed by Alt. Lunges x24	7. KB Swing x20 Sprint 15 sec followed by Alt. Lunges x12
<b>Finisher</b>	3 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	4 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	5 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	3 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets

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<b>Finisher</b>	3 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	4 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	5 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets	3 sets 30 Burpees for time. Record the time. Rest 2 min b/t sets

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