

I'm not a bot



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You can perform any NXT title as a standalone program or subscribe and perform them all in succession. [more] Step into the elite training facility used by NFL All-Pro wideout Brandon Marshall and the New England Patriots and let me train you with this incredible kickoff to NXT. Anabolix was designed with one purpose in mind...to get you more muscular, and most importantly, stronger then ever before. With advanced never before seen training techniques and 8 all new lung busting burst training workouts, Anabolix will pull results out of even the most seasoned AX athletes. From the first workout to the last, you're going to have to earn every inch of progress you make this month...but then again, would you expect anything less? This is the next level of training. This is NXT. [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 Get ready to unleash a category 5 hurricane...inside your muscles, as you build all new muscle with one of the most intense 28 days of training you've ever faced from ATHLEAN-X! When you see the training techniques ripped straight from the NXT lab in these workouts, you'll swear that I'm equal parts physical therapist and mad scientist! [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 It's still your set! NXT takes extended training to a whole new level with Half Life. Utilizing the incredibly intense "decay" and "doubling" sets, your muscles will have no option of giving up since the loads will match your ability (even when utterly fatigued!) Burst training bursts back on the scene as well, and this time, it's "phase-like"! Are you catching on by now that NXT is not for the weak willed (or just plain weak for that matter!) [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 How much can you take before you break? We're going to find out! Breaking point introduces a "choose your own fate" feature into your training, allowing you to push yourself to your limits like no phase has to date. Points (and your pride) are at stake this month as you seek to rank among the elite on TEAM NXT, while racing against the clock in the mind messing "counter point" workouts! Everyone breaks in Breaking Point, but the question is...when will you? [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 It's time to send some serious shockwaves through your muscles as you unleash the most staggering training frequency overload ever seen in A-X programming! Through careful manipulation of loading parameters and off days however, as always, you can be assured of never crossing the into the realm of overtraining while reaping the benefits of what happens by flirting with it! And...just when you thought it was safe to go back into the gym, you'll have to survive the intensity of "SHOCK WEEK"...4 brutal tests of toughness, culminating in the oh so humbling SHELLSHOCKED Challenge! It's time to "wave" goodbye to routine training forever! [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 It's BAAACK! But don't let the name fool you, there's nothing comical about this chapter of NXT. A-X diehards will recognize the name from the original (and still talked about!) Wolverine Workout, but rest assured, Beastmode takes fierce training to a whole new level. Beastmode ratchets up the intensity of the original and puts a whole new spin on each of the three characteristic Wolverine phases of training (Animal Strength, Stalking, and Ruthless Agression) to get you Jackman-like jacked in exchange for your hard work! After 5 months of laying the physical and mental groundwork, it's time to finally let the beast out of it's cage to come out and play! It's time to go Beastmode! [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 It's time to step out of your comfort zone and into the future of training. 3 dimensions of misery overlap with a revamped version of one of AX-2's most popular training phases to yield perhaps the most athletically inspired and results producing workouts yet seen in NXT! Making these 28 days of training even harder are the weekly "3rd Degree Burn" workouts guaranteed to fuel the fire of even the most slow burning metabolisms. 3D-HD Training is the future, and your future starts now... [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 Welcome to In1osity, where everything you do this month will feel ten times harder...because it is! Anyone training long enough knows that even the best designed workout performed without high effort will produce less than impressive results. But we know that already, and that's why we programmed our "slacker proof" protocol of "P.R.O." reps and a heavy dose of well earned active recovery! From your first ignition set to your last blast set, you're about to feel what it would be like if you were standing in the middle of a mack truck and a bulldozer during a game of chicken...and neither one gave in! Did I mention this month is intense? [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 You've heard the old saying...put up or shut up right? It means, time to show me what you've got right now or forever be doubted. Well, as only AX can do, I've got a little spin on that for you. This month, you'll have no choice but to Pull Up or Shut Up! Time to seriously turn up the volume and get you performing more of what most will agree is the greatest upper body exercise of all time...the pullup! Worried about overtraining? Don't even think about it. My Pullup Progression principles will scientifically vary your loads to ensure progression without regression. You might say, 'But I'm not good at pullups' or 'I can only do 3', again not to worry. I have your back, and have created a tool to accommodate all levels of pullup prowess! Athletes that have performed this phase have finished it not only adding to their overall number of pullups (some adding as many as 40% to their max) but also adding measurable size to their upper arms and lats. Will you Pull Up or...? [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 Step right up and don't be shy! She's a beauty alright but don't let her winning smile fool you. You will quickly learn no matter how you approach this lady there is no getting lucky! Each week of Lady Luck training has a winning combo of new techniques and training modalities that will continue to expand upon the gains you've made with your NTX training. Don't let the fun and games fool you, this is more of the hardcore training that you've come to expect from your NXT training and the final challenge will surprise even the longest members of Team Athlean! Trust me, you're not ready!!!! This phase is going to test your conditioning, your mettle and push the limits of your strength with strength mods that hit you from every angle on every strength workout. [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 During a particularly hard training session with one of my elite athletes we discovered that he wasn't great at a certain exercise. I expected him to get frustrated since he is truly a top level performer. Instead he said, good...now I know where my weakness is and I can work on it. The mark of a true competitive athlete! Guess what? Since you're in NXT following the same protocols the best of the best are...now it's your turn to see how you feel about this!! NXT ups the ante yet again with Core MAX EST. This month we're going to focus on energy system training (EST) and the three primary energy systems that we use in training: phosphocreatine, glycolytic, and aerobic or muscular endurance...but it doesn't end there. Much like in the past where we've overlapped strength curves to elicit even greater gains than any single strength curve could generate on it's own, you'll be getting a heavy dose of system overlap...allowing you to tap into all three in EVERY WORKOUT! [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 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 I will 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 days work. Oh yes, the horsemen ride again. Better saddle up and come ready to train! [more] ONE TIME PAYMENT LIFETIME ACCESS \$49.50 BILLED MONTHLY LIFETIME ACCESS \$29.95 Originally created by Coach Cavaliere for pro athletes, NXT was released as the next step after AX-2 XTREME. Designed for intermediate to elite athletes, each 4-week phase builds muscle, strength, and athleticism, stacking seamlessly for up to 18 months of elite training. Our simple to follow meal plan provides the step by step guidance needed to make sure your nutrition never gets in the way of your results again. All meals are adaptable and flexible to your specific tastes. Access your programs, meal plans, instructional videos, and private forum for sharing workout advice, motivation or challenging other members of Team ATHLEAN-X to see how you stack up against the competition. Join our active, private community where you can connect with fellow members and Team ATHLEAN X-PERTS. Share ideas, ask questions or challenge other members of TEAM ATHLEAN. Stay motivated by being a part of our growing community. The 6-Pack Shuffle allows you to indicate at what level you want to train, how often you want to train the core muscles and what equipment you have available to use. This means you can do your ab workouts literally anywhere, including at home. FREDERIK HOMAA - 24 Years Old CHRIS WEBER - 26 Years Old ROBERT REID - 27 Years Old AUSTIN WILLIAMS - 17 Years Old RUSSELL BYRNE - 48 Years Old DARYL EAGLE - 25 Years Old MAX BAUER - 27 Years Old HENRIK ANDERSSON - 28 Years Old How do I perform the incline curl with a torn biceps tendon? Added 30lbs to my bench this month! I lost about 25lbs so far what can I do to get... Shoulder pain on pressing moves Replying to: Substitutes for tennis elbow. Replying to: Replying to: Substitue for heavy lunges w/ bad knees. ALL PROGRAMS COME WITH OUR X-TRA MILE GUARANTEE Equipment requirements for NXT will be almost identical to AX-1 and AX-2 (dumbbells, resistance band, pullup bar, and a bench or something to lay on) with the inclusion of a barbell and some plates. HOWEVER similar to XERO, we will be providing you with alternatives in case you lack something so that you can do an equivalent exercise with what you DO have. So, as always, no x-cuses! As has always been my philosophy, I believe you can either work out hard or long...but not both! Well, in NXT you're going to encounter some of my most grueling workouts so you can expect the same 20-40 minute workout durations that will cause maximal stimulation and muscle growth without annihilation and overtraining! First of all, let's get this straight...if you decide to take advantage of the membership offer, you can cancel at any time! I'm not doling out life sentences here so if you need to cancel for any reason I'd be sad to see you go but wouldn't hold it against you (ok, maybe a little!). That said, while other membership programs cancel your complete access to the private content when you are no longer a member...that's not how I wanted to run it! Instead, you'll keep up to one month less than the number of months you were enrolled. So, for instance if you were enrolled for 6 months, you'll keep access to 5! Yes, NXT is much cooler than those other memberships! If you decide to rejoin NXT at a later date you'll be able to resume where you left off. For example, if you were enrolled for 7 months, left for 2 months to tour the world as an A-X ambassador and then signed up again...you'd start in month 8. This ensures that you stay on the continuous progressive path established from month to month while always still allowing you the flexibility to back track a few months and get yourself up to speed. There is no meal plan included or written specifically for NXT, however if you own the X-Factor Meal Plan from a previous A-X program you may absolutely use that in conjunction with your NXT workouts. You can, but I'm not sure you'll be 100% ready to tackle it. As you know, I take training progression seriously since my physical therapy background demands it. AX-2 is meant to pick up where AX-1 left off in your development...and NXT does the same for guys having completed AX-2. Again, the choice is yours, but the AX-2 beast is the ultimate prep for the demands of NXT. LET ME HELP YOU CHOOSE A PROGRAM | PROGRAM SELECTOR TAKE THE QUIZ Contact Us CALL TO ORDER: 888-4-ATHLEANX 888-428-4532 MONDAY - FRIDAY: 8am - 5pm EST Sports Performance Factory LLC P.O. Box 5054 Westport, CT. 06881 The ATHLEAN-X Training System™ and the ATHLEAN-RX™ are registered trademarks and may not be copied or used for any purpose without express written consent. A Sports Performance Factory LLC Production - Copyright ©MMXVIII Sports Performance Factory LLC P.O. Box 5054 Westport, CT. 06881 (888)4-ATHLEANX (888-428-4532). The materials and content contained in this website, products, emails, messages, or consulting are for general health information only and are not intended to be a substitute for professional medical advice, diagnosis or treatment. †† We here at athleanx.com are committed to providing you our visitor/user with a safe and reliable website experience. Coach Jeff Cavaliere (the owner of ATHLEAN-X™) and Sports Performance Factory LLC) and staff have conducted all steps possible to verify the testimonials and reviews that appear on this site. That said, as with all fitness programs, the best results are not uncommonly correlated with the best efforts, discipline, diligence, and so on, and therefore the results depicted and featured cannot be construed as common, typical, expected, normal, or associated with the average user's experience. Results, as always, will vary from individual to individual for these reasons and you are responsible for understanding that atypical outcomes may not reflect your experience. ROLL BACK THE HANDS OF TIME! Designed for everyone from elite athletes to those battling poor posture, The 28-Day Reset delivers targeted solutions to restore your strength, balance, enhance your mobility, and give you a renewed sense of complete physical wellness. WRITTEN BY A PHYSICAL THERAPIST Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy.