

Click to prove
you're human



Get ready to burn fat and sculpt your dream body with ATHLEAN-XX for Women: **AXX**. This program combines short, high-intensity workouts that are scientifically designed to help you build lean muscle, increase your strength, and torch body fat. Whether you're new to training or looking to level up your fitness, **AXX** adapts to your needs, ensuring you experience the best version of yourself—strong, toned, and confident. It's time to say goodbye to stubborn fat and hello to a body that reflects your strength and dedication. [more] High-intensity workouts that deliver maximum results in minimal time. Full-body strength and conditioning, targeting every muscle group while burning fat. No gym? No problem. Designed for flexibility, with minimal equipment needed. Optimize your results with a simple, step-by-step approach to nutrition. Each program is designed to ensure you accomplish your goal as quickly and as safely as possible. **AXX** is a 90-day fitness system combining strength training and fat-burning cardio for maximum results. With minimal equipment, flexible workouts for home or gym, and simple nutrition guidance, it helps you build lean muscle, burn fat, and sculpt a strong physique. 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-PTS. 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. **ROBERT REID** - 27 Years Old **DARYL EAGLE** - 25 Years Old **MAX BAUER** - 27 Years Old **AUSTIN WILLIAMS** - 17 Years Old **FREDERICK HOMAA** - 24 Years Old **HENRIK ANDERSSON** - 28 Years Old **RUSSELL BYRNE** - 48 Years Old **CHRIS WEBER** - 26 Years Old **Replying to: Substitutes for tennis elbow. I lost about 25lbs so far what can I do to get... Added 30lbs to my bench this month! How do I perform the incline curl with a torn biceps tendon? Replying to: Shoulder pain on pressing moves Replying to: Substitute for heavy lunges w/ bad knees. ALL PROGRAMS COME WITH OUR X-TRA MILE GUARANTEE All you need to get "athlean" is a pair of light and heavy dumbbells (generally in the 5-10 lb and 12-20 lb range respectively for most women), a piece of tubing, a stability ball, and a step. What you'll most likely notice right away is that you already have a bunch of this stuff (just might have to give them a little dusting first). Anything you don't have can be purchased pretty inexpensively at any local sporting goods store (or even subbed out for some common household items for a "no cost" way to get started!) We designed Athlean-XX for Women to be flexible so that you could follow it not just for 90 days, but for a lifetime. When you first start out, you'll follow the beginning modifications and you can increase weight and incorporate advanced modifications as you get stronger! It's a true lifestyle makeover! Scientifically speaking, you may have heard of the male chromosome and the female chromosome that differentiates men and women. Women are normally XX and men are normally XY. Don't let the slight change in one letter fool you though, as accounts for the major differences in the way men and men store fat and develop lean muscle. So, when it comes to weight loss and fitness, there need to be different strategies to get each to their goals the fastest. ATHLEAN-XX addresses this and gives you a program made especially for women! Suddenly, looking great in your "genes" has an entirely new meaning! The best part about the Athlean-XX for Women meal plan is how flexible it is! You've got three options. (1) Follow the 90-day meal plan exactly. (2) Pick and choose the meals from it that you like or that work for your body. (3) Make up your own meal plan using the lists of healthy lean proteins, starchy carbs, fibrous carbs and healthy fats that we provide in the nutrition booklet. This flexibility ensures our meal plan can literally work for anyone! While the only two guarantees in life are death and taxes, we comfortably stake our reputation on your ability to lose permanent pounds with Athlean-XX...for two reasons. First, by putting your body into the "XX" Zone, we will be turning your once crawling metabolism into a fat burning furnace that will allow you to become a calorie burning machine even when you're resting! Second, once you have completed the 90-day program and you're going looking hotter than you even did in high school (and having more fun than ever in doing it!) you'll be so addicted to the breakthrough new way to train that is Athlean-XX that your fitness will finally become part of your life, and you'll never want to quit! Of course not! This is a common fear that women have that lifting weights will make your muscles bulge out like Arnold Schwarzenegger (or perhaps someone less controversial...but big!). However, this program combines weights and heart pumping cardio into single 30 minute sessions that do just one thing...sculpt out strong, lean, athletic bodies based on the science of femininity. No bulkiness, whatsoever. So have no fear; you'll be looking very much like a woman with Athlean XX...a VERY HOT, SEXY WOMAN, at that! Definitely! With any fitness program a key question needs to be: "Can I do this for the rest of my life?" It's one thing to train 60-90 minutes every day for 3 months. But, can you sustain that forever? Probably not. But I bet you can you make time for 30 minute workouts 5 times per week, as we do in the Athlean-XX for Women program. There's another problem with these long, marathon workouts that are 60 minutes per day or more. They put you into the overtraining zone - where metabolism can slow, muscle tone can't grow, injury can occur and results tend to stall. In Athlean-XX for Women, we bump up the intensity but cut the workout time in half (to just 30 minutes) and make sure to give your body rest days for recovery! Not to mention, you're husband won't be giving this workout to build up his muscles (like he may have been with P90X!) Work out smarter, not longer, with a workout tailored to you as a woman...and you can see double the results in half the time! LET ME HELP YOU CHOOSE A PROGRAM | PROGRAM SELECTOR TAKE THE QUIZ Contact Us CALL TO ORDER: 888-4ATHLEANX 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 ©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. 0 ratings% found this document useful. 0 votes% liked this document. 0 views% liked this document. This document provides an overview and description of the Athlean Xero bodyweight training program from Athlean-X. Some key points: - It is an intense bodyweight training program that requi... Al-enhanced title and descriptionSaveSave athlean x meal plan free. download For Later0%0% found this document useful, undefined Face pulls are one of the best corrective exercises to help offset poor posture and shoulder dysfunction. They help strengthen the chronically weak... There are many ways to measure body fat percentage; some wildly expensive and most inaccurate. It's time to give you an alternative method that... Why Your Biceps Aren't GrowingHave you ever felt that no matter how much you trained your biceps you're left saying... "My Biceps STILL Aren't Growing?" I believe I know... We'll be following my "Six Pack Progression" sequence as we choose each of the beginner and advanced ab exercises for each abdominal movement... How To Incline Bench Press CorrectlyThe Incline Bench Press is one of the best upper chest exercises there is, but there's one major problem preventing us from getting the maximum... The Best Dumbbell Exercises for ChestToday I'm going to share my favorite chest exercises... but there's a catch. We can only use dumbbells! I'll show you what to do whether you... If you want a versatile back workout that hits every angle, challenges muscle recruitment patterns, and provides consistent tension, then you can't... Long Head Tricep ExercisesThe triceps make up two-thirds of the size of your arm so the bigger your triceps, the bigger your arm muscles. But not only muscle heads of the... Today, we're diving deep into the most underrated piece of equipment in your workout arsenal for chest workouts - the cable machine. The constant... Unlike barbell or dumbbell bench workouts, cables offer consistent tension throughout the exercise, a key factor that can lead to better... Watch the YouTube version of this article WELCOME Congratulations on your decision to take your training to the next level with AX-2, the ATHLEAN X-TREME™ Training System! In AX-1, you were exposed to an entirely new way to train, recover and eat for maximum results in a 90 day period. Among many things, you learned that not only is "bulking" and "cutting" an archaic training approach...but a complete waste of time...when you can build athletic lean muscle and get ripped simultaneously by following the science based ATHLEAN-X training and nutrition principles. My goal in creating AX-2, ATHLEAN X-TREME™, was to not only build even further on these principles to etch them even deeper into your training DNA but to take them, as promised, to the next level...where "X-treme" results are possible. As always, nutrition is a large part of that equation. In fact, when you're working out as intensely as you are going to be over these next 90 days, getting it right behind the plate becomes even more imperative. To ensure that you do, you'll recognize a new helpful customization tool to complement the already effective "X-Factor Meal Plans" you've come to rely on for simplified eating. This time around, the "LEAN" and "X-TREME" classifications step in to provide an even faster and focused path to burning or building...should your goals point directly at one. Guiding the way as always, are my "ATHLEAN AXIOMS". Don't worry, this is no dictatorship, but rather my sincere and strong recommendations to get you locked in for life on your nutrition, based on the results of thousands of hours of research and plain old trial and error. The AXIOMS are in place to give you the best way to utilize this nutrition plan of attack so that it actually WORKS for you! Nothing drives me more nuts than meal plans that are just totally unrealistic and impossible to follow for the long haul! That said, once again, you won't find any 7-course meals here! In fact, even the new "recipes" we've included (based on what YOU and the rest of "TEAM ATHLEAN" have asked for) will never require you to be the next food network star to make them and will take less than 10 minutes to prepare! Now that's eating efficiency! Let's face it...with ATHLEAN-X™, you've discovered a brand committed to X-cellence. Now it's time to put yourself to the latest test we've laid out for you. It's time to get "X-TREME"! Stay Strong, Founder/Creator of ATHLEAN-X™ Training Systems 1 THE ATHLEAN PYRAMID x Eat Train Recover YOUR ATHLEAN BODY You've all heard of food pyramids. The USDA food pyramid. The Mayo Clinic food pyramid. The Vegan food pyramid. The Egyptian food pyramid, etc., etc., etc. Enough already! All these pyramids do is mislead and confuse. Getting ripped and muscular through proper eating doesn't have to be that complicated. To illustrate this, I figured I would enter the world of food pyramids with my own AthLEAN Pyramid! Let me explain. The X stands for your X Factor. Are you starting with the necessary motivation to make a change in your body? Are you finally sick of not being able to put on the muscle that you have always wished you could? Are you determined to do a step-by-step path to your new body...with everything clearly laid out for you? Are you ready to change your body more in the next 90 days than you have in the last 3 years? If you've answered "YES" to these questions...then you've got the "X" Factor! EAT The purpose of this meal plan guide is to show you how to eat for fat loss and muscle growth. However, more than just that...it's intended to show you how to eat realistically! Let's face it...most guys aren't going to want to start eating tofu and salads to get a six-pack! It's just not worth it. Instead, in this program, you are actually encouraged to eat...and eat real food...and lots of it! TRAIN By choosing the ATHLEAN X-TREME 90 Day Training System, you have by far chosen the best program for adding lean muscle in record time! This proven system is the exact same one used by many of today's top professional athletes and celebrities to get "that look" you've long wished for. 2 THE ATHLEAN PYRAMID RECOVER With your intense, muscle building exercises that will be doing over the next 90 days, it becomes crucial that you are not only eating well, but recovering also! Aim for 7 hours of sleep a night to give your body the best ability to recuperate and restore your energy levels to allow for yet another results producing workout every time you step into the gym. Keep your eye on the prize and don't shortchange your efforts in the weight room by ignoring the equally important time spent away from the iron...where your body really goes to work on building a "new" you! Finally...the AthLEAN Body is yours! With everything else in place, you have no choice but to get that "ATHLEAN" BODY you've always wanted! It is that simple...just follow along with this "Done For You" body transformation program and you will be looking at a new person in the mirror in a short 90 days and you will be fine. Some of you out there will look in on 2 or 3 breakfasts that don't work! Put the ATHLEAN Pyramid to work for you now! 3 THE ATHLEAN AXIOMS As promised...here are your rules to eat by for the 90-Day Meal Plans. As I said, don't worry...I'm not out to make this impossible or to drown you in the fine print. On the contrary, My rules are going to be brief, will add clarity, and will hopefully make this way of eating even better than you ever could have imagined. All without the unnecessary work that most other "meal plans" would require of you! Now without any further delay...let's get started! 1. Cut out the calorie counting! That's right. Forget counting calories. Forget measuring things. Forget wasting your time worrying about all this stuff. Why? It's really not necessary. The minute I get my clients to believe in this concept, it's like a light bulb goes off and everything else becomes easy. Let me ask you a question. Would you rather look more muscular and ripped or would you like to know how many calories a day you consume? Seriously, I'm sure there are still some stubborn guys out there that would say "the calories" but that's just because old habits and conventional wisdom die hard. I'm telling you that you don't need to know specific calories as long as the food choices you are making are good ones. This program revolves around making good food choices...and then letting you eat as much of those foods as you'd like. You will get full on this meal plan before you get fat! That is my promise. Take all the unnecessary math out of the picture here and instead concentrate on improving your food choices and you will be much more successful on this eating plan than any one you've ever followed before. 2. If you don't like something...don't eat it! I know this should probably go without saying, but if you really don't like something that is suggested on a given day in the meal plans...by all means, don't eat it. There are too many meals spread out over the next 90 days (540 to be exact) for me to have nailed every one for everybody! That said by the way...this is why most meal plans are garbage. They make you feel as if they suggest you eat oatmeal in the morning for breakfast, and you don't eat it because it just so happens that you HATE OATMEAL, then you won't get good results! Nonsense! If you don't like oatmeal, don't have it. Feel free to substitute any other breakfast meal that I have on here within the next 90 days and you will be fine. 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I know this should probably go without saying, but if you really don't like something that is suggested on a given day in the meal plans...by all means, don't eat it. There are too many meals spread out over the next 90 days (540 to be exact) for me to have nailed every one for everybody! That said by the way...this is why most meal plans are garbage. They make you feel as if they suggest you eat oatmeal in the morning for breakfast, and you don't eat it because it just so happens that you HATE OATMEAL, then you won't get good results! Nonsense! If you don't like oatmeal, don't have it. Feel free to substitute any other breakfast meal that I have on here within the next 90 days and you will be fine. Some of you out there will look in on 2 or 3 breakfasts that don't work! Put the ATHLEAN Pyramid to work for you now! 3 THE ATHLEAN AXIOMS As promised...here are your rules to eat by for the 90-Day Meal Plans. 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