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Athlean x inferno shred pdf

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We earn commissions when you purchase through these links. Learn more Hey, it's Kyle (the founder of Noob Gains). I know you came here because you want to know what's inside Athlean-X's premium program, "Inferno Max Shred". First off, thanks for coming to my site. It really means a lot to me that you're interested in the opinions of a few friendly fitness junkies (my team and myself). Now, the full review of Max Shred is still on this page (my current head writer, Jess, did a great job on it too). But I think you should know right off the bat, that there's another program we highly recommend. If you want to develop a lean and muscular body that resembles a strong and powerful athlete... Without having to sweat through tons of cardio... Without having to cut out your favorite foods... And without emptying your wallet (I'll explain)... You should check out Superhero X12. Build a Superhero Body Without Training Like OneGetting in shape isn't easy. But this program gives you a real-life approach to building a leaner, more muscular body without obsessing over fitness 24/7. See, after looking closer at Max Shred, there are a few problems with the program. First, Max Shred only teaches you one thing... how to get shredded. I mean, if you're interested in the program, then that's obviously your goal right now. But what are you going to do three or six months from now when the program is over? Go back to the Athlean-X website and drop another hundred bucks on the next program? Wouldn't you rather save your money and have everything you need in one place? Superhero X12 is different because it covers ALL fitness goals. It's not just a shredding program. This program teaches you everything you need to... Gain muscle Build strength Improve muscle density Build definition Get completely shredded. Take a more AGGRESSIVE shredding approach Or maintain the abs you already have You don't have to waste money buying multiple programs because SX12 has specific workouts, diets, and strategies to help you do it all. Second, there's a ton of cardio in Inferno Max Shred. Multiple times per week you're hopping around, jumping in place, doing mountain climbers, and sweating your ass off. Now... I get it. Athlean-X's programs are meant to not only make you look like an athlete, but move and function like one too. And I'm definitely not saying that cardio is bad. That would be stupid. Doing cardio makes your body more efficient and healthy. But what if you just want to look good? What if you just want to put in the minimum effort that doesn't leave you in a pool of sweat and still see a chiseled six pack when it's all done? Well, Superhero X12 shows you how to get a great body with the least amount of effort. This program uses the 80/20 principle to hone in on the most effective methods with the least psychological resistance to build a shredded body that meshes easily with your current daily routine. You don't have to turn your life completely upside down to get in great shape.

	POOX	ATHLEAN-X
PRICE	\$139	STARTING AT \$67
WORKOUT DURATIONS	60 - 90 min	20 - 30 MIN
WORKOUT FREQUENCY	6-7 days a week	4-4 DAYS A WEEK
FORMAT	DVD Required	GRAB & GO / ONLINE
DESIGNED BY CERTIFIED PRO SPORTS MEDICAL PROFESSIONAL	NO	YES!
KILLER AB WORKOUTS	1	OVER 15
UNIQUE WORKOUTS	13 (that you must repeat)	60 & GROWING WEEKLY
FREE WEEKLY WORKOUTS	NO	YES
RECIPES FREE "GUY FRIENDLY" MEAL PLANS	NO	YES
HASSLE FREE EATING PLAN	Requires Measuring	YES NO CALORIE COUNTING OR MEASURING REQUIRED

SX12 shows you how to do it so training revolves around you (not the other way around). Finally, if you follow the Max Shred meal plan rules... you can't eat sweets. Do professional athletes eat sweets? Probably not. But are you professional athlete? Probably not. Athlean-X argues that lots of people are addicted to sweets and since they add practically nothing to the muscle-building and fat-loss equation, you shouldn't eat them. Surprisingly, I actually agree with that. Sweets really don't add any nutritional benefits to your diet. However, what sweets do add to your diet is enjoyment. And when you enjoy your diet, you're more likely to stick to it. That's why Superhero X12 shows how you can eat your favorite foods every day and still lose body fat easily. There are real people getting real results on the program because it's easy and enjoyable to follow for a long time. You don't have to force down bland, tasteless meals if you don't want to. Don't you want to keep eating foods you like and still get the body you want? I cover these points (and more) in my detailed review of Superhero X12. But this is why I recommend Superhero X12 if you want to build a shredded, aesthetic physique. You don't have to waste your money on multiple programs because every fitness goal is covered in a single program You can use the least amount of effort to build an awesome body because the program adapts to your lifestyle And you can keep eating your favorite foods every day and still drop pounds of body fat easily But don't take my word for it. I'm just a random guy on the internet. Click here to check out SX12 for yourself and see if it's really as good as I say it is. Build a Superhero Body Without Training Like OneGetting in shape isn't easy. But this program gives you a real-life approach to building a leaner, more muscular body without obsessing over fitness 24/7. Now, onto the review... There are dozens of workout programs to choose from when you sign up as a member of Athlean-X. The Athlean-X Inferno MAX Shred Program is built for anyone who wants to see serious gains and get absolutely shredded. So, let's find out if this is the program for you.

Before you spend any money on a workout program, you have to make sure that you're getting a program that's legit. You don't want to spend your hard-earned money on a program made by some random guy who goes to the gym here and there. That's not the case with Jeff Cavaliere. Jeff Cavaliere is the creator of Athlean-X, a resource for anyone serious about getting jacked, getting shredded, and getting fit. He offers a good amount of free content on his website and his YouTube channel, but most of his workouts are behind a paywall. But seriously... who is this guy? Jeff Cavaliere was a former trainer and physical therapist for the championship Mets team and he's currently a Certified Strength and Conditioning Specialist. With years of experience and two degrees under his belt, Cavaliere seeks to bring science back to the gym. His goal is to help with muscle mass, fat loss, and injury prevention. And he's pretty popular on the internet too. The brand's YouTube account has over 10 million subscribers and his Instagram account has over 2 million followers. There are literally dozens of programs to choose from on Athlean-X. And each one is a little bit different in its own way. So, what does Athlean-X Inferno Max Shred supposedly do? Well, this program is split into three phases: Mobilization, Incineration, and Total Inferno. The first four weeks are in the Mobilization Phase and focus on getting the body to use and burn body fat during exercise. Most of these workouts include bodyweight exercises like push-ups as well as exhausting conditioning workouts like jumping rope. The next month of the program is in the Incineration Phase and helps to build muscle mass while still burning fat. This phase of the program transitions to more resistance training exercises like deadlifts and kettlebell swings.

The final four weeks are the Total Inferno Phase that'll get you to further tone your muscles while obliterating whatever fat is still leftover.



For your final phase, you'll be focusing on HAEs (heavy ass exercises) and insane conditioning. By the completion of this 12-week (84 days) program, you should see noticeable gains in the form of muscle mass and significantly less body fat. You should be absolutely shredded (hopefully). This program isn't as simple as a basic four-day split. In fact, you'll be doing different workouts each and every day as well as different styles of workouts scattered throughout the week. Let's go through the ins and outs of this program and what you should expect. You'll notice as you work your way through this program that just about everything is in reference to fire or infernos (hence the name). There are four different versions of nearly every workout with each level being called an "alarm." The alarms range from 1 to 4, with 4 being the most intense. The change in intensity can be in just about any sense.

File Name: day 2 WT.mp4
File Size: 27.2 MB (28,610,198 bytes)
Resolution: 640x360 (16:9)
Duration: 00:04:58

MPC-HC



For some exercises, you're simply doing a more difficult version of the exercise (like bench dips on flat feet vs. bench dips on your heels). Other times, the difference will be shorter rest time, more reps, or more rounds. Here's how to figure out which alarm to start with (don't worry, you can switch at any time). Alarm 1: Can't do 20 push-ups straight Alarm 2: Can do 20 push-ups straight Alarm 3: Can do 20 push-ups straight, take a 30-second break, and then do another 20 Alarm 4: Previous experience with Athlean-X programs Just like there are different levels of workouts, there are also different styles of workouts that you'll encounter every week or month. Most weeks will give you two to three rest days. Here's a look at the styles of workouts that you'll be faced with during your 12-week program. Workouts: These are just regular workouts you'll do during the week. Depending on the phase of the program you're in, this might be heavier in strength training or conditioning. This type of workout usually gives you 5 rounds of about 5 exercises. Burn Down: These are sometimes called "Heatwave Challenges" and involve 5 different "waves." You'll be given a set list of exercises, each one given a point value. For example, Wave 1 might ask you to do 100 points, Wave 2 at 90, and so on. Time how long it takes you to get through all 5 waves and compare your stats to other users. Burn Up: This is a pretty similar concept to the burndown but increases the number of points needed per wave. You're going to be absolutely drained by the end of this one since you're using ascending sets. Fire Drills: These are very short conditioning workouts seen in phase one of the program. You'll be working on speed and agility exercises like shuffles and butt kicks. Black Widow Burst Workouts: If you find women yelling at you to be motivated, then you'll love these weekly workouts. Athlean-X coach Melissa will walk you through several rounds of cardio or circuit training. One thing can be said for Athlean-X Inferno MAX Shred: You won't be bored. Every single workout will be different and something to look forward to. Unlike a lot of workout programs out there, the Athlean-X Inferno MAX Shred Program also gives you a little insight into what you should be eating to maximize your results. Most workout days will come with a nutrition plan that you can customize. This module will break down what you're eating for breakfast, lunch, dinner, and three snacks per day. It'll also touch on why you're eating each ingredient (i.e. Protein, starchy carbs, etc.). This part of the program also infuses something called "Shred Swaps." Shred Swaps are healthier, lower fat, or lower-calorie versions of the standard meal in the plan. You have the option to choose between the standard meal or the Shred Swap for each of the major meals during the day. Here's a look at the guidelines for how many Shred Swaps you should be getting per day. 30%+ Body Fat: 3 Shred Swaps 15-29% Body Fat: 2 Shred Swaps <14% Body Fat: 1

Shred Swap The goal of the variety is to get you the optimal "shred" by the end of the program. So if you have a high percentage of body fat, you're going to be eating more Shred Swaps during the day that'll help you to cut down body fat quicker. This is just a feature of the dashboard, but it's actually pretty neat. It's a calculator of sorts where you fill out what time you go to sleep, when you work out, and when you eat. It'll then calculate when you should take your pre-workout, post-workout, and muscle recovery. Now, this might not be that useful to you if you don't take any additional supplements, but it'll definitely help you to plan out your usage to get the best results overall.

There's a lot going on in the dashboard and it's impossible to mention everything. So, here are a few extra details that are worth mentioning that you can link into more if you'd like. Workouts typically last anywhere between 10 and 50 minutes (on average). For \$20, you can get unlimited access to the program for a lifetime. You'll need equipment like dumbbells, barbells, a pull-up bar, resistance bands, and an adjustable bench. You might be able to swap the barbell and dumbbells and vice versa. Most workouts have the option to add in some extra ab work at the end. All exercises, workouts, and alarm levels come with individual workouts explained and demonstrated clearly. You can change your alarm level at any time. Well, that about covers the basics of this program. It's time to go over what's good and what's not so good about this program. If you're like a lot of us, you can't stick to the same workout routine for long. You eventually get bored of going to the gym X number of days per week and doing the same thing every day. The only thing that ever changes is the weight you're using.

The best part of this program is that you're not doing the same thing every day. In fact, you're probably never going to be doing the same exact workout more than once during the entire 12-week program. Some days are easier with a short 10-minute conditioning workout while others might be 50-minute long Heatwave Challenges that put your muscles to the test. You're 100% going to be surprised with every workout. Plus, you can be sure that the workouts are safe knowing they're created by the pros. It seems like there are unanswered questions about every workout program that you can find online. For example, some workout programs just include workout aspects and completely neglect the entire diet portion. Others are unclear when it comes to the number of reps, sets, and rest during a workout. This program could not be more clear. Every single day, you can check out what you're supposed to eat all the way down to each and every ingredient. You can even use the RX Supplement Scheduler to find out the exact time you should be taking your supplements to maximize gains. Each individual workout is very easy to follow too. Every exercise comes with a video and a description that goes over exactly how to do the exercise. There are also different tabs you can switch between depending on the alarm level you're currently working at. There's no point in doing a workout program if you can't even see how much you've progressed from day 1 to day 84. For all you know, you didn't make any progress and wasted a bunch of time at the gym. You'll clearly be able to see your progression as you work through this program. For example, let's talk about Heatwave Challenges. You'll be doing the same workout as you near the end of each phase. In this case, you could see you've made progress by completing the 5 waves in a shorter period of time. You can also tell there was an insane amount of thought that went into creating this program. You can see that the first four weeks focus on building up a little strength and clearing out some fat through bodyweight exercises. Each and every week, you're doing new exercises or adding reps, sets, or rounds to your previous workouts.



You're always doing more and going bigger. It's also pretty cool that each workout is tailored to your current level of fitness. This helps to give you something to work toward without having to force yourself through workouts that are insanely easy or impossible for you right now. When you get to the Burn-Up and Burn Down workouts, you'll notice a leaderboard on the far right of your screen.

This will show you how quickly others doing the program were able to finish the workout. If you like competition, this can be a huge motivating factor. But seeing that some other users can complete the workout in 10 minutes while you struggled to finish it in 30 might be a letdown. This could be enough to get you to quit, especially if you're hard on yourself and don't see your progress as worthwhile. The price actually isn't too bad if you know you can stick to a program in both the nutritional and fitness aspects. But this program might be a waste of money for you if you start slacking in one or the other and limit your gains. You might end up not gaining as much muscle or losing as much fat as you'd like. That's over \$70 that you'll never get back (unless you bought the lifetime edition!). It'd be a better idea to try some sort of free program first so you can prove to yourself that Athlean-X Inferno MAX Shred is worth the investment. If you can stick to a program for even 6 weeks, you might want to go for it. If you've never done an Athlean-X program before, then you should know that Cavaliere believes in using all fitness tools available to you to get the fastest results possible. For Max Shred, this is a combination of resistance training, cardio workouts, and dieting.



However, if you're not a fan of cardio, you're probably not going to like this program and you're not going to get great results.

That's because cardio is a large component to the program and the diet doesn't necessarily fixate on creating a quantifiable caloric deficit. So if you want to get shredded without doing cardio, check out something different like Superhero X12 by FitMole instead since it probably works better with your current lifestyle. As confusing as the dashboard might seem at first, there aren't many workout programs as comprehensive as the Athlean-X Inferno MAX Shred. You'll be able to see exactly what your daily workout entails via video, tabs, and descriptions. Every workout is different and you'll slowly progress from one stage to another as your ideal body begins to take shape. This might be more than enough to keep you on your toes and dedicated for all 12 weeks. But it can be a little expensive if you're not fully committed to changing both your diet and your workout routine. You also might find it intimidating to compare your progress to others on the same program. Athlean-X Inferno MAX Shred is definitely worth the investment if you want to pack on some muscle mass and get shredded. Just make sure you're willing to stick to the 12-week program no matter what the workouts entail. Like I said at the very beginning (Kyle here again), I think Athlean-X's Max Shred isn't the best option for the average person. First, Max Shred only moves you towards one goal... getting shredded. Superhero X12 teaches how to lose body fat, gain lean muscle, and even maintain ab definition year-round. SX12 is like having 3 programs in one so you don't have to pay for additional programs. Second, Max Shred is heavy on cardio and sweating off body fat. Superhero X12 shows you how to lose body fat without doing any cardio if you don't want to. Just see our review to learn more. Finally, the Max Shred diet is restrictive and doesn't let you eat sweets. Superhero X12 is flexible and let's you eat your favorite foods every day. This way you're more likely to stick to it for a long time. Superhero X12 is a flexible program designed for beginners to build an elite, Hollywood body without completely ruining your life. Build a Superhero Body Without Training Like OneGetting in shape isn't easy. But this program gives you a real-life approach to building a leaner, more muscular body without obsessing over fitness 24/7. You're Reading a Free Preview Pages 7 to 14 are not shown in this preview. You're Reading a Free Preview Pages 18 to 27 are not shown in this preview.