

X-TRON

LIVE TRAINING LEAGUE



X-TRON

12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Standing Barbell press 2) Front raises 3) Cable Side Raise 4) Cable Front Raise		1) Bench Press 2) Incline Bench Press 3) Cable Fly High To Low 4) Cable Fly Low To High 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 2k		Bike 10K		Row 2.5k	Run 2 - 3K	
500M Walk / Run, 1K @80%, 500M Walk /Run		2K Easy, 1 x 6K Effort @80%, 2k Easy		500M Easy, 1 x 1.5k Effort @80%, 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Seated barbell press 2) Reverse Dumbbell Shoulder Press 3) Shoulder Front Raise Double 4) Standing Barbell Single Arm Push		1) Bench Press 2) Decline Bench Press 3) Incline Dumbbell Fly 4) Decline Dumbbell Fly 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 2k		Bike 10K		Row 2.5k	Run 2 - 3K	
10 X 200 Meter as 200m Easy - 200m Hard, Until You Get To 10. 500M Easy Run Or Walk		2K Easy, 1K Best Effort X 3 Sets 1K Easy		500M Easy, 3 X 500M Hard, Row For 2 Min Easy Between Each Interval. 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
<ol style="list-style-type: none"> 1) Standing Barbell press 2) Front raises 3) Cable Side Raise 4) Cable Front Raise 		<ol style="list-style-type: none"> 1) Bench Press 2) Incline Bench Press 3) Cable Fly High To Low 4) Cable Fly Low To High 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head) 		<ol style="list-style-type: none"> 1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light) 	<ol style="list-style-type: none"> 1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method) 	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 2.5k		Bike 11K		Row 2.5k	Run 2 - 3K	
500M Walk / Run, 1.5K @80%, 500M Walk /Run		2K Easy, 1 x 7K Effort @80%, 2k Easy		500M Easy, 1 x 1.5k Effort @80%, 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Seated barbell press 2) Reverse Dumbbell Shoulder Press 3) Shoulder Front Raise Double 4) Standing Barbell Single Arm Push		1) Bench Press 2) Decline Bench Press 3) Incline Dumbbell Fly 4) Decline Dumbbell Fly 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 2.4k		Bike 13K		Row 3k	Run 2 - 3K	
12 X 200 Meter as 200m Easy - 200m Hard, Until You Get To 12.		2K Easy, 1K Best Effort X 4 Sets		500M Easy, 4 X 500M Hard, Row For 2 Min Easy Between Each Interval. 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
500M Easy Run Or Walk		1K Easy		Cool Down		
Cool Down		Cool Down				

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Standing Barbell press 2) Front raises 3) Cable Side Raise 4) Cable Front Raise		1) Bench Press 2) Incline Bench Press 3) Cable Fly High To Low 4) Cable Fly Low To High 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 3k		Bike 12K		Row 3k	Run 2 - 3K	
500M Walk / Run, 2K @80%, 500M Walk /Run		2K Easy, 1 x 8K Effort @80%, 2k Easy		500M Easy, 1 x 2k Effort @80%, 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Seated barbell press 2) Reverse Dumbbell Shoulder Press 3) Shoulder Front Raise Double 4) Standing Barbell Single Arm Push		1) Bench Press 2) Decline Bench Press 3) Incline Dumbbell Fly 4) Decline Dumbbell Fly 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 2.6k		Bike 13K		Row 3k	Run 2 - 3K	
13 X 200 Meter as 200m Easy - 200m Hard, Until You Get To 13. 500M Easy Run Or Walk		2K Easy, 1K Best Effort X 4 Sets 1K Easy		500M Easy, 4 X 500M Hard, Row For 2 Min Easy Between Each Interval. 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Standing Barbell press 2) Front raises 3) Cable Side Raise 4) Cable Front Raise		1) Bench Press 2) Incline Bench Press 3) Cable Fly High To Low 4) Cable Fly Low To High 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 3.5k		Bike 14K		Row 3.5k	Run 2 - 3K	
500M Walk / Run, 2.5K @80%, 500M Walk /Run		2K Easy, 1 x 10K Effort @80%, 2k Easy		500M Easy, 1 x 2.5k Effort @80%, 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Seated barbell press 2) Reverse Dumbbell Shoulder Press 3) Shoulder Front Raise Double 4) Standing Barbell Single Arm Push		1) Bench Press 2) Decline Bench Press 3) Incline Dumbbell Fly 4) Decline Dumbbell Fly 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 3k		Bike 15K		Row 3.5k	Run 2 - 3K	
15 X 200 Meter as 200m Easy - 200m Hard, Until You Get To 15.		2K Easy, 1K Best Effort X 5 Sets		500M Easy, 5 X 500M Hard, Row For 2 Min Easy Between Each Interval. 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
500M Easy Run Or Walk		1K Easy		Cool Down		
Cool Down		Cool Down				

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
<ol style="list-style-type: none"> 1) Standing Barbell press 2) Front raises 3) Cable Side Raise 4) Cable Front Raise 		<ol style="list-style-type: none"> 1) Bench Press 2) Incline Bench Press 3) Cable Fly High To Low 4) Cable Fly Low To High 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head) 		<ol style="list-style-type: none"> 1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light) 	<ol style="list-style-type: none"> 1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method) 	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 4k		Bike 16K		Row 4k	Run 2 - 3K	
500M Walk / Run, 3K @80%, 500M Walk /Run		2K Easy, 1 x 12K Effort @80%, 2k Easy		500M Easy, 1 x 3k Effort @80%, 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Seated barbell press 2) Reverse Dumbbell Shoulder Press 3) Shoulder Front Raise Double 4) Standing Barbell Single Arm Push		1) Bench Press 2) Decline Bench Press 3) Incline Dumbbell Fly 4) Decline Dumbbell Fly 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 4k		Bike 18K		Row 4k	Run 2 - 3K	
20 X 200 Meter as 200m Easy - 200m Hard, Until You Get To 20. 500M Easy Run Or Walk		2K Easy, 1K Best Effort X 6 Sets 1K Easy		500M Easy, 6 X 500M Hard, Row For 2 Min Easy Between Each Interval. 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
<ol style="list-style-type: none"> 1) Standing Barbell press 2) Front raises 3) Cable Side Raise 4) Cable Front Raise 		<ol style="list-style-type: none"> 1) Bench Press 2) Incline Bench Press 3) Cable Fly High To Low 4) Cable Fly Low To High 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head) 		<ol style="list-style-type: none"> 1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light) 	<ol style="list-style-type: none"> 1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method) 	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 4.5k		Bike 18K		Row 4.5k	Run 2 - 3K	
500M Walk / Run, 3.5K @80%, 500M Walk /Run		2K Easy, 1 x 14K Effort @80%, 2k Easy		500M Easy, 1 x 3.5k Effort @80%, 500M Easy	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	
Cool Down		Cool Down		Cool Down		

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12 WEEK BASIC PROGRAM (Follow Our User Slides)

WEEK 12

Now Try Our Intermediate Program

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHOULDERS		CHEST AND TRI		BACK AND BICEP	LEGS	
Warm up		Warm Up		Warm Up	Warm Up	
1) Seated barbell press 2) Reverse Dumbbell Shoulder Press 3) Shoulder Front Raise Double 4) Standing Barbell Single Arm Push		1) Bench Press 2) Decline Bench Press 3) Incline Dumbbell Fly 4) Decline Dumbbell Fly 5) Tricep Cable Push down 6) Cable Tricep Rope Push (Behind The Head)		1) Lat Pull Down 2) Bent Over Row 3) Shrug 4) Barbell Bicep Curl 5) Bicep Hammer Dumbbell Curl (Double) 6) Single Arm Dumbbell Curl (Slow and Light)	1) Squat (Bar only or Light Weight) 2) Calf Raises 3) Calf Raised Squat 4) Leg Press Machine 5) Barbell Hip Thrust (Use Correct Method)	
Stretch Off		Stretch Off		Stretch Off	Stretch Off	
Run 5k (Best Effort And Record Your Time) Push For A PR.		Bike 20K Best Effort, It's PR Day!		Row 5K Best Effort	Run 2 - 3K	
Cool Down		Cool Down		Cool Down	Very Easy Run / Walk To Actively Recover The Legs Post Your Weeks Training.	

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