



WHAT IS THE PROGRAM ABOUT?

This program wasn't designed on a whiteboard, it was built by pushing my own limits day after day until there was nowhere left to hide. I wanted to know how much I could truly endure and how far I could go when recovery was short, motivation dropped, and stopping would have been the sensible choice. **Impossible X** is for those who have been training consistently and still know there is another gear left. It is for anyone who is tired of comfortable workouts and predictable progress. This is where you stop pacing yourself and start showing up fully, giving everything you have that day.

The workouts are demanding, the volume adds up, and your strength, endurance, and grit are all tested. Not to break you, but to show you what you are actually capable of. If you have ever wondered whether you have truly trained at your full potential, this is where you find out. There are no half measures here, you go all in or you do not start.

WEEK 1

DAY 1	WEEK 1	Upperbody Battle
DAY 2		Lowerbody Battle
DAY 3		Cardio & Core
DAY 4		Upperbody Limit
DAY 5		Ground Breaker
DAY 6		Rest Day
DAY 7		Rest Day

WEEK 2

DAY 8	WEEK 2	Rapid Fire
DAY 9		Upper Body Strength
DAY 10		Core Control
DAY 11		Lower Body Strength
DAY 12		Athlete X lvl 1
DAY 13		Rest Day
DAY 14		Rest Day

WEEK 3		
DAY 15	WEEK 3	Upper Body Battle
DAY 16		Ground Breaker
DAY 17		Cardio & Core
DAY 18		Upper Body Limit
DAY 19		Lower Body Battle
DAY 20		Rest Day
DAY 21		Rest Day

WEEK 4		
DAY 22	WEEK 4	Upper Body Pure Strength
DAY 23		Rapid Fire
DAY 24		Core Control
DAY 25		Lower Body Pure Strength
DAY 26		Athlete X Lvl 1
DAY 27		Rest Day
DAY 28		Rest Day

WEEK 5		
DAY 29	WEEK 5	Athlete X Lvl 2
DAY 30		Upper Body Pure Strength
DAY 31		Lower Body Pure Strength
DAY 32		Upper Body Strength
DAY 33		Lower Body Strength
DAY 34		Athlete X Lvl 3