



AVATAR

UPGRADE

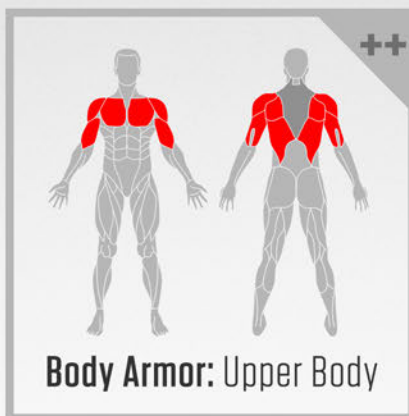
strength & combat

BODYWEIGHT TRAINING

Avatar Upgrade

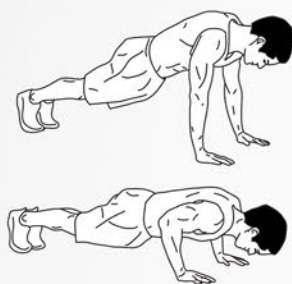
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1 WILDCARD
NORMAL

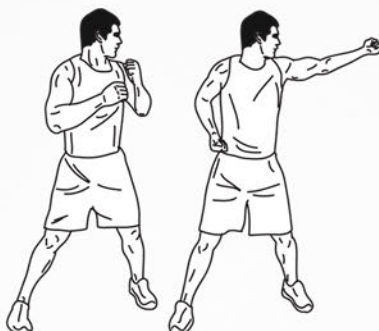


PROTOCOL

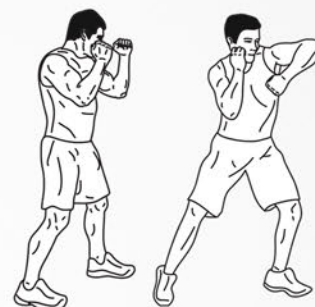
3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



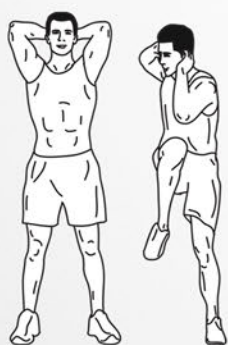
to failure accordion push-ups



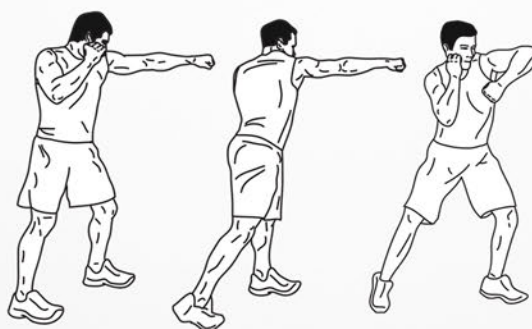
40 backfists



40 elbow strikes



20 knee-to-elbows



20 combos jab + cross + elbow strike



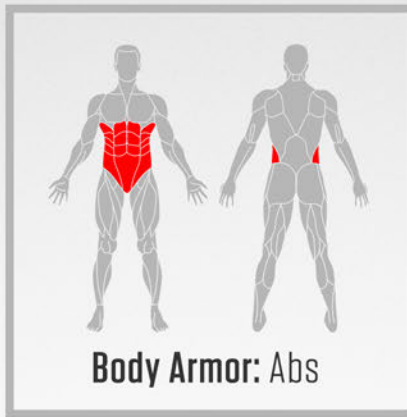
20 combos hook + upper cut

finish each set with **100** "open & close" fists



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2 TEMPERED STEEL
NORMAL



PROTOCOL

3 sets: **50 points** 4 sets: **100 points** 5 sets: **200 points**
up to 2 minutes rest between sets



40 crunches



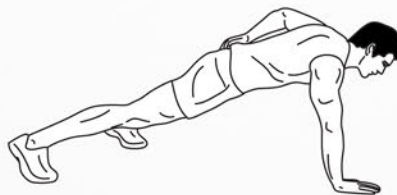
40 leg raises



40 flutter kicks



20 plank jump-ins



40sec one arm plank



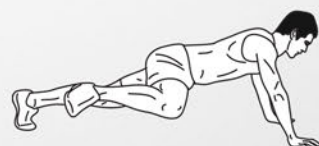
20 climber taps



20 plank jacks



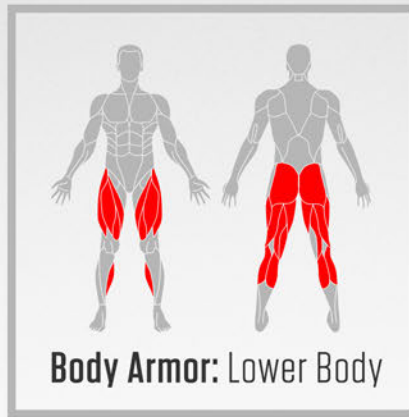
20 plank rotations



20 plank crunches

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3 ULTIMATUM
NORMAL

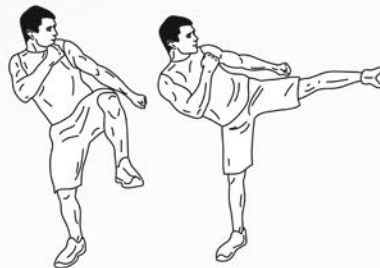


PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



20 side-to-side lunges



20 side kicks



20 hook kicks



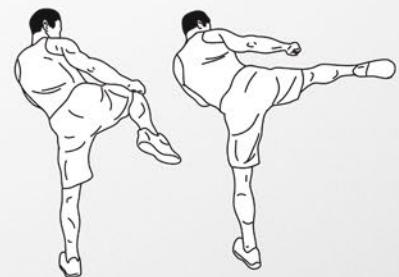
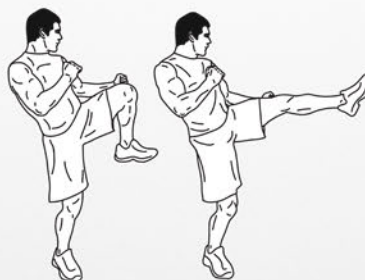
20 high knees



20 lunges



40seconds one leg stand



40combos knee strike + front kick + turning kick

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4 WRAITH
CHALLENGE



PROTOCOL

3 sets: **200 points** 5 sets: **400 points** 7 sets: **600 points**
40 seconds each up to 2 minutes rest between sets



side kick hold



sumo squat hold



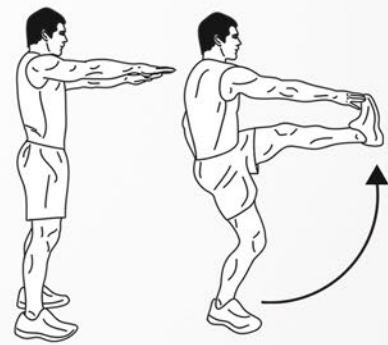
side splits



arm grip hold



bend over hold



leg raise toe tap



side-to-side lunges



toe taps



quad stretch

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5 LIGHTS OUT
LETHAL



PROTOCOL

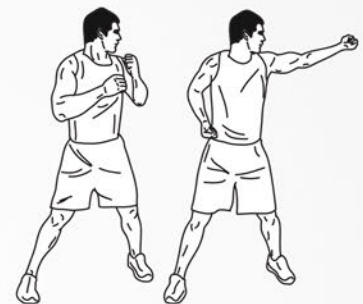
3 sets: **400 points** 5 sets: **600 points** 7 sets: **800 points**
60 seconds each up to 2 minutes rest between sets



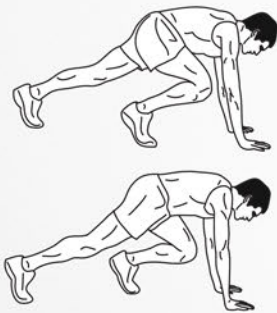
speed bag punches



squat hold punches



backfists



climbers



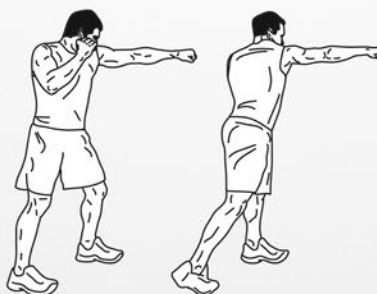
plank-into-lunges



jump squats



sit-outs



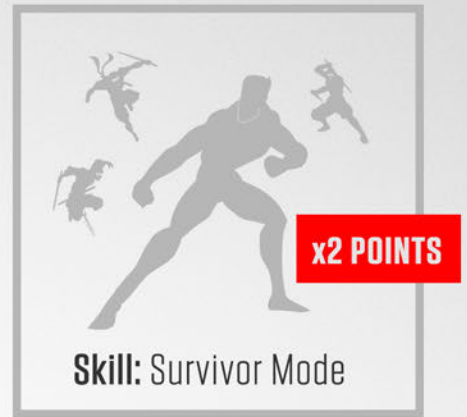
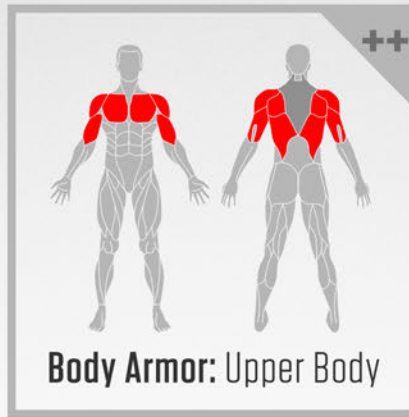
jab + cross



uppercuts

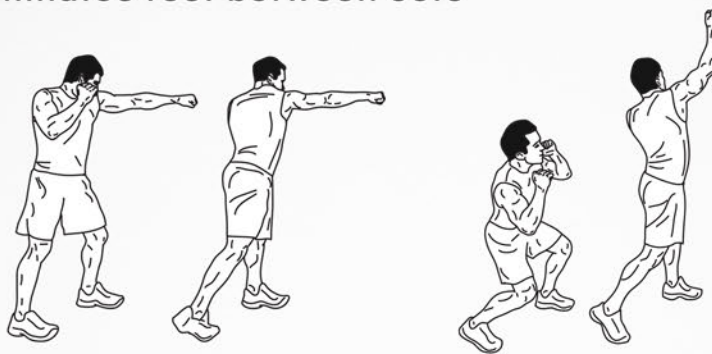
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6 TITANFALL
LETHAL

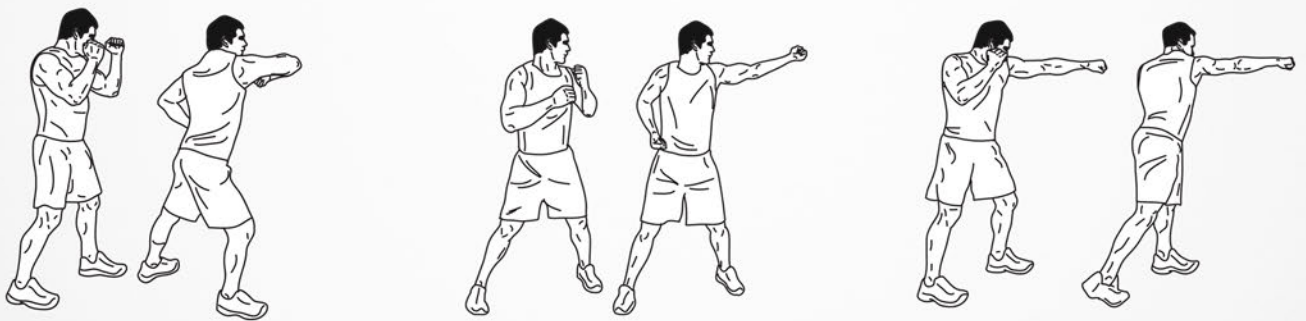


PROTOCOL

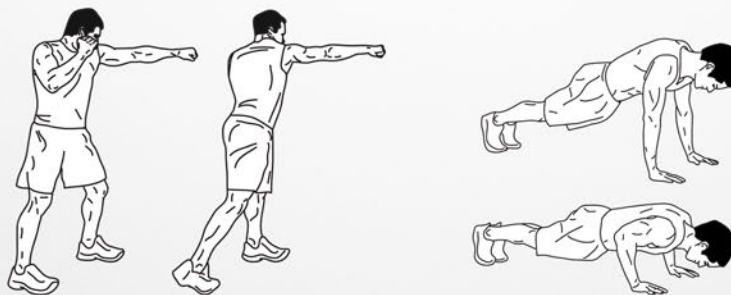
3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



30combos jab + cross + uppercut



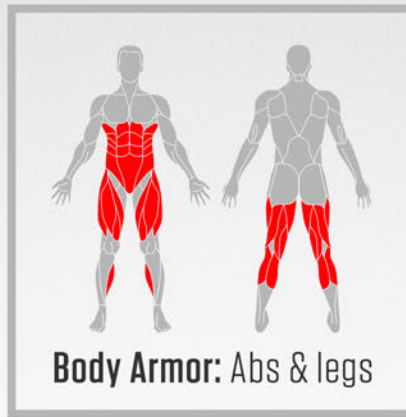
30combos elbow strike + backfist + jab + cross



30combos jab + cross + push-up

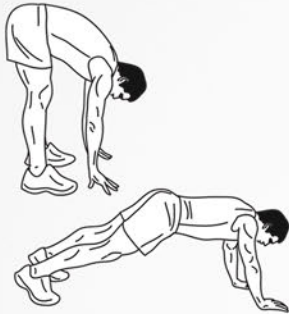
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7 BERSERKER
NORMAL



PROTOCOL

3 sets: **50 points** 4 sets: **100 points** 5 sets: **200 points**
up to 2 minutes rest between sets



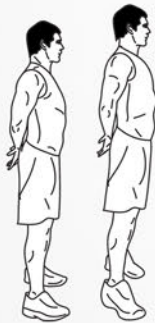
20 plank walk-outs



40 butt-ups



40 forward lunges



40 calf raises



20 squats



40 knee strikes



10 jump knee-tucks



20 front leg raises



10 jump squats

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8 WATCHTOWER
NORMAL

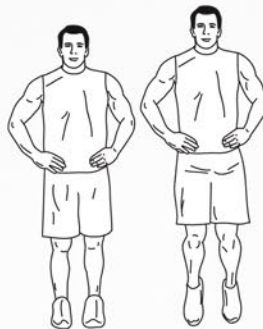


PROTOCOL

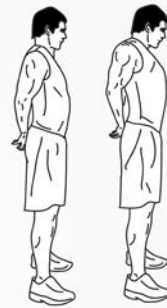
3 sets: **100 points** 5 sets: **200 points** 7 sets: **400 points**
30 seconds each up to 2 minutes rest between sets



hip rotations



hops on the spot



shoulder stretch



hamstring stretch



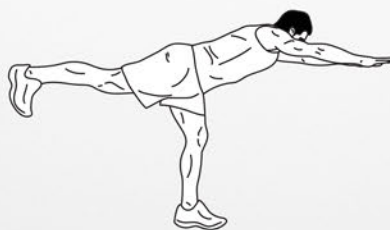
butterfly stretch



side-to-side lunges



knee raise



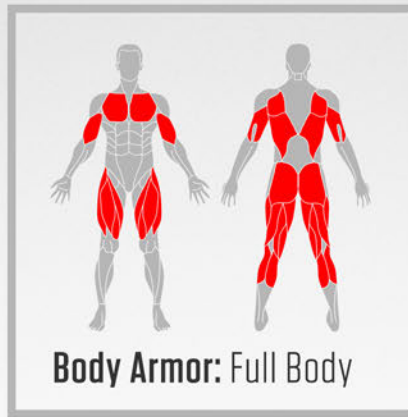
balance stand



knee raise press

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9 FIREWALL
CHALLENGE



Body Armor: Full Body



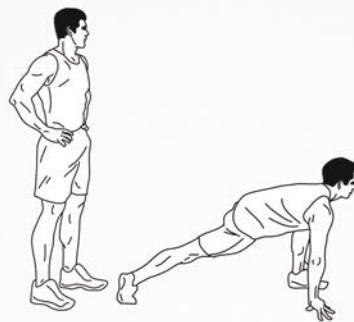
Skill: Endurance

PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



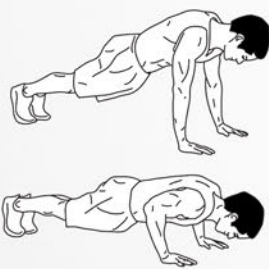
20 jump squats



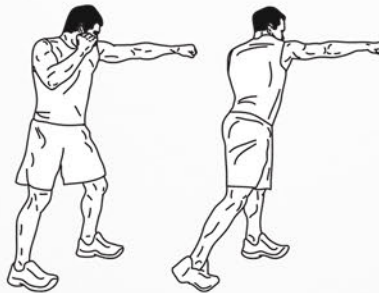
20 deep lunges



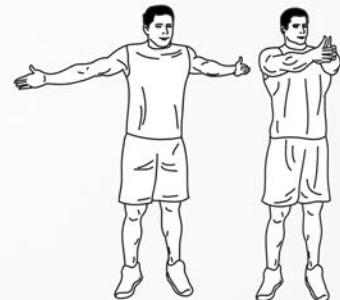
40 calf raises



to failure push-ups



20 jab + cross



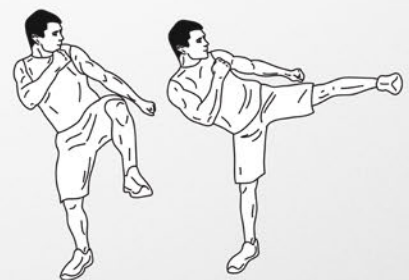
20 chest expansions



20 front kicks



20 combos squat + side kick



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10 HERE AND GONE
NORMAL



Skill: Speed

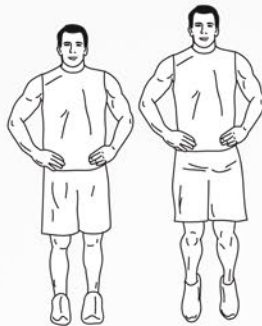
PROTOCOL

3 sets: **100 points**
30 seconds each

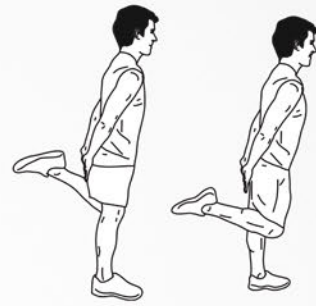
5 sets: **200 points** 7 sets: **400 points**
up to 2 minutes rest between sets



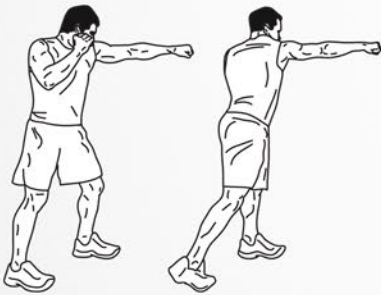
high knees



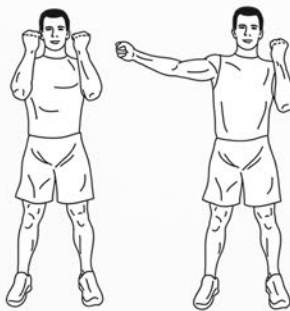
hop on the spot



butt kicks



punches



side-to-side backfists



raised arm rotations



hop heel click



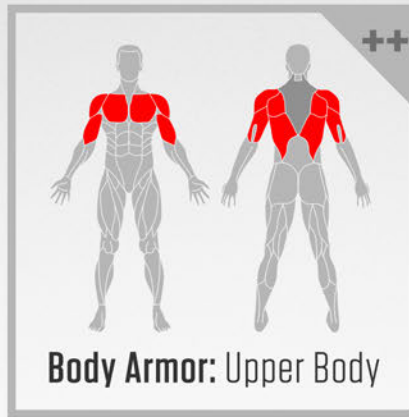
infinity circles



side leg raises

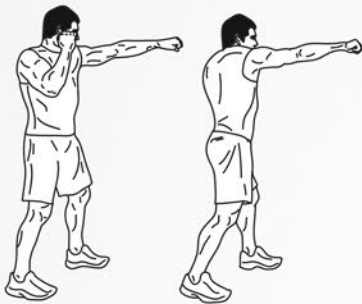
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11 MACE
NORMAL

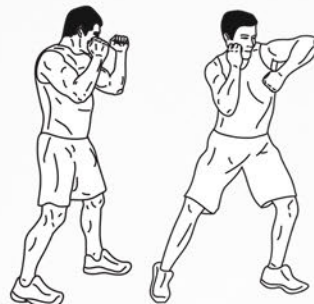


PROTOCOL

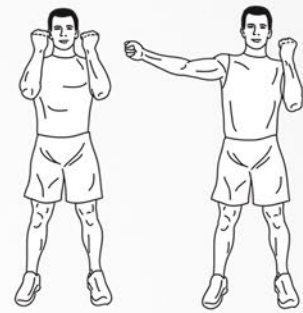
3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



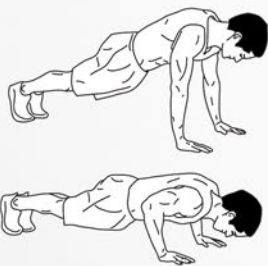
40 straight punches



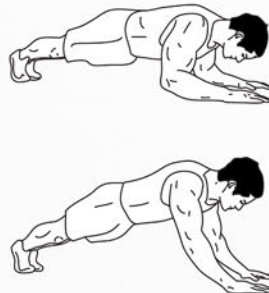
40 elbow strikes



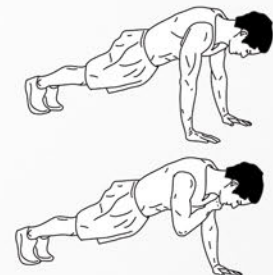
40 side-to-side backfists



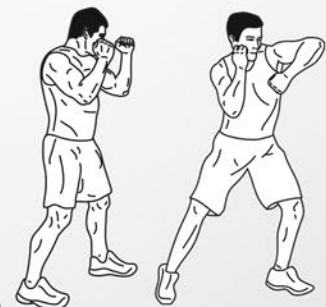
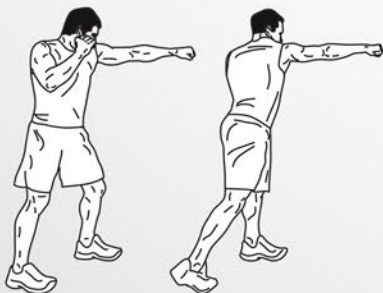
10 push-ups



10 tricep extensions



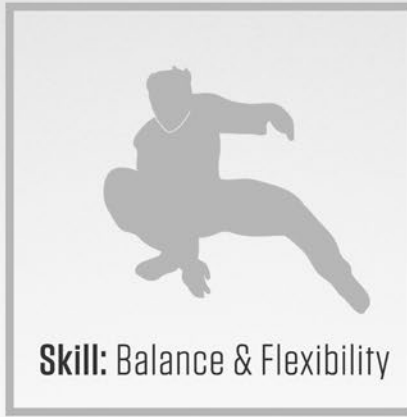
40 shoulder taps



40 combos jab + cross + uppercut + elbow strike

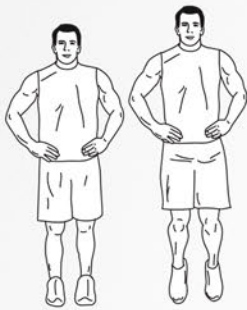
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12 SPY
NORMAL

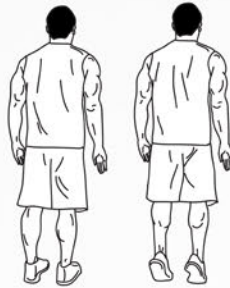


PROTOCOL

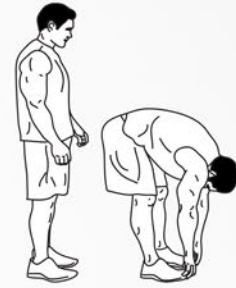
3 sets: **100 points** 5 sets: **200 points** 7 sets: **400 points**
30 seconds each up to 2 minutes rest between sets



hops on the spot



calves stretch



toe touches



deep lunge stretch



squad stretch



elbow to knee lunge stretch



one leg stand



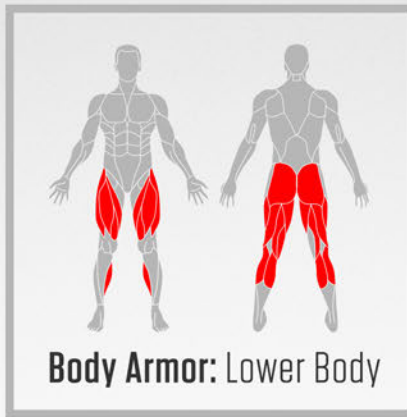
push-up plank hold



tricep dip hold

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13 PROMETHEUS
NORMAL

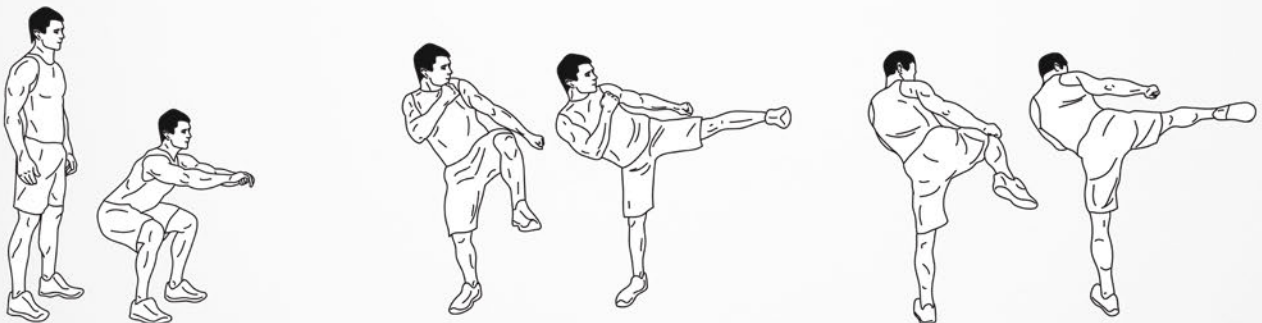


PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



40combos turning kick mid height + turning kick low + backfist



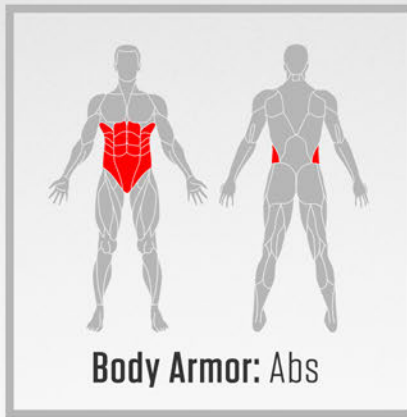
40combos squat + side kick + turning kick



40combos jump knee tuck + front kick + turning kick

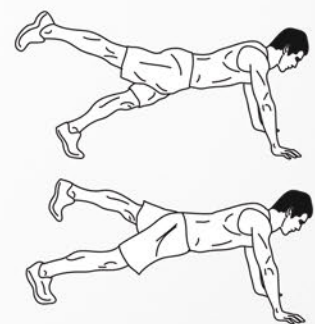
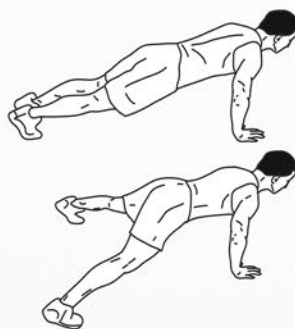
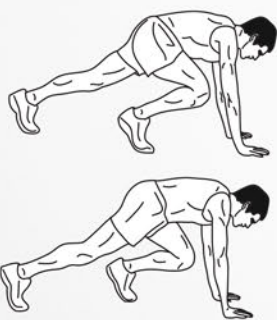
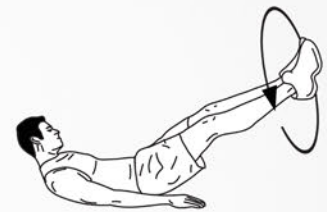
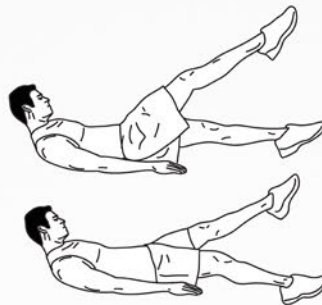
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14 TRUE ALPHA
NORMAL



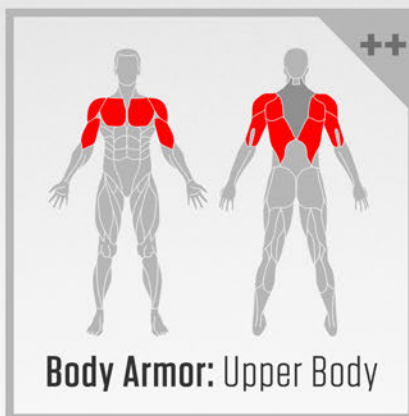
PROTOCOL

3 sets: **50 points** 4 sets: **100 points** 5 sets: **200 points**
up to 2 minutes rest between sets



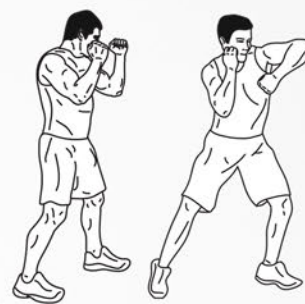
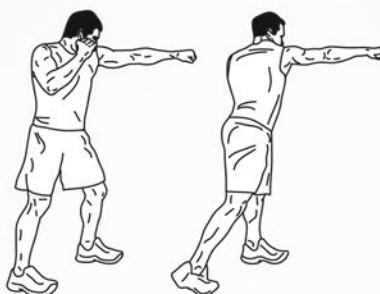
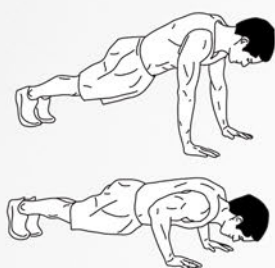
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15 ASSASSIN
LETHAL



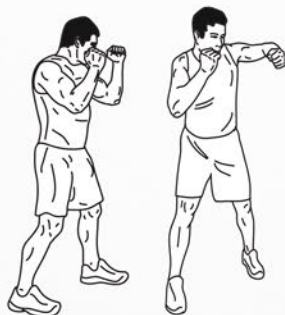
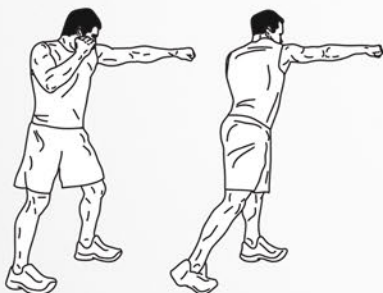
PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



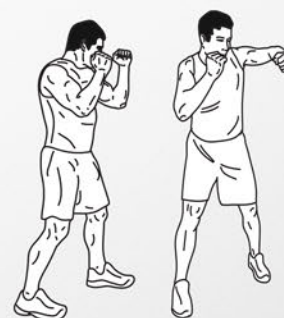
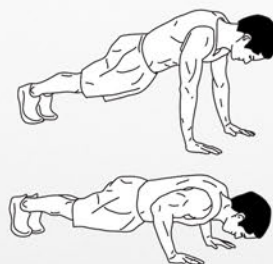
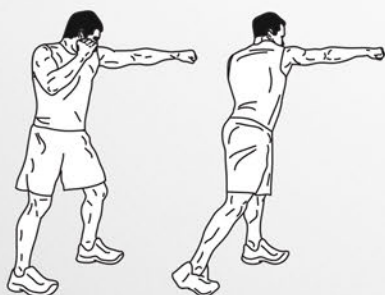
20combos

push-up + jab + cross + elbow strike



20combos

jab + cross + hook + uppercut

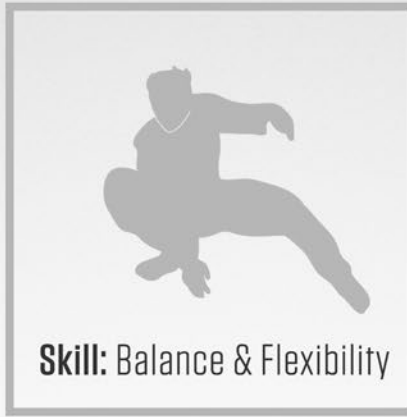


20combos

jab + cross + push-up + hook

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16 FIREFLY
NORMAL



Skill: Balance & Flexibility

PROTOCOL

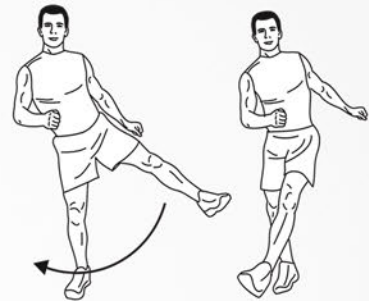
3 sets: **100 points** 5 sets: **200 points** 7 sets: **400 points**
30 seconds each up to 2 minutes rest between sets



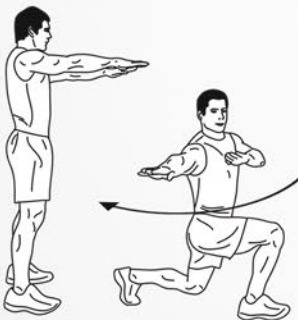
high front leg raise



high side leg raise



side cross swings



lunge torso twists



calf stretch against the wall



arm stretch lock



leg to chest stretch



heel hold stretch



legs back stretch

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17 SCOUT
CHALLENGE



Skill: Speed

PROTOCOL

3 sets: **200 points** 5 sets: **400 points** 7 sets: **600 points**
30 seconds each up to 2 minutes rest between sets



side-to-side side kicks



side leg hold



wall-sit



speed bag punches



raised arm circles



push-up hold



calf raise hold



front leg raise hold



side splits

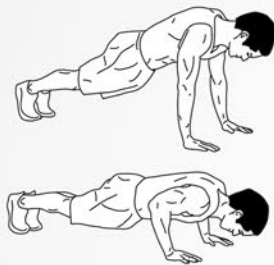
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18 RED RAIN
CHALLENGE



PROTOCOL

3 sets: **50 points** 4 sets: **100 points** 5 sets: **200 points**
to failure each exercise up to 2 minutes rest between sets



push-ups



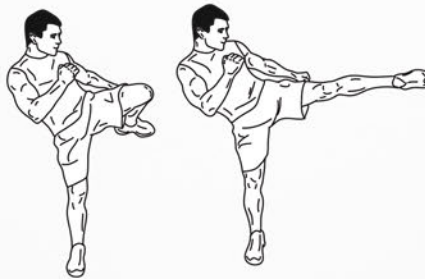
overhead punches



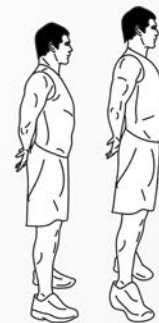
raised arms hold



squats



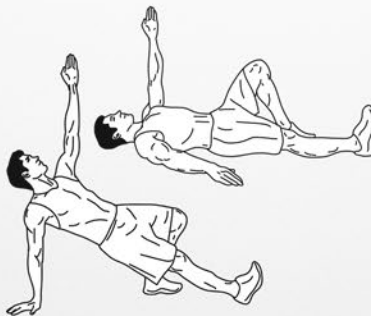
turning kicks



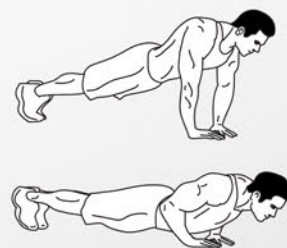
calf raises



speed bag punches



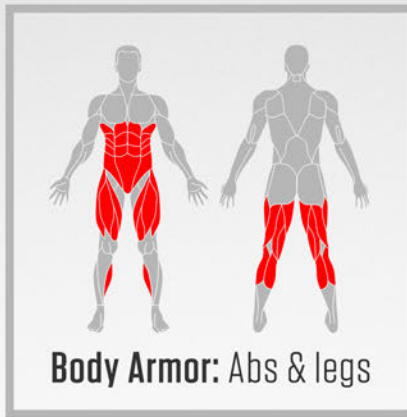
get-ups



diamond push-ups

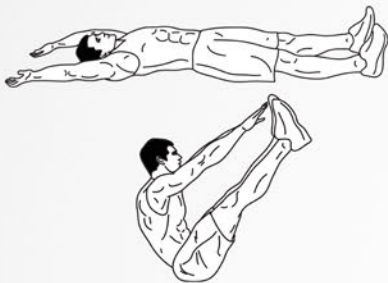
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19 IRONCLAD
NORMAL



PROTOCOL

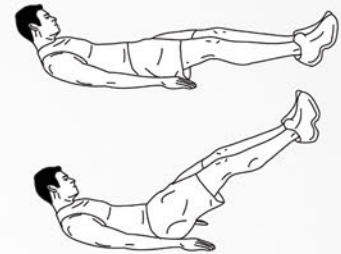
3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



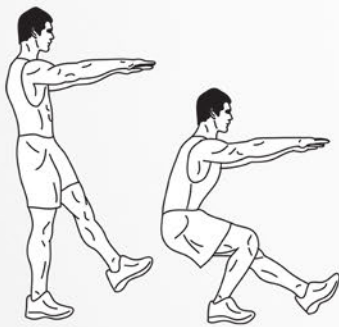
20 V-ups



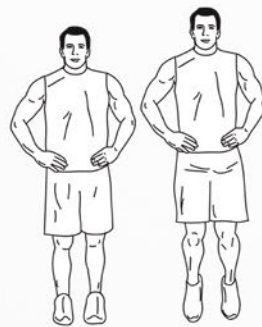
20 sitting twists



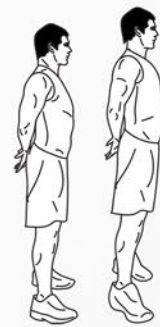
20 leg raises



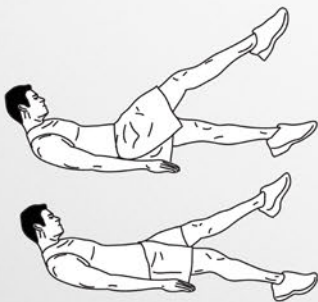
10 half pistol squats



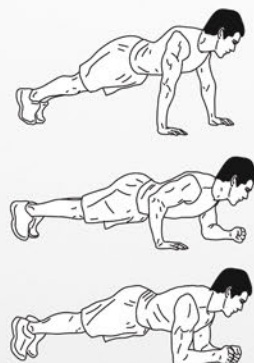
20 hops on the spot



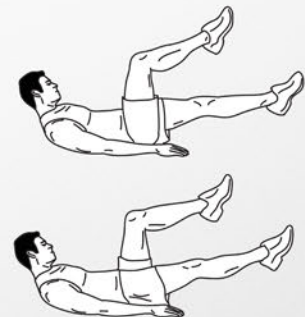
10 calf raises



20 flutter kicks



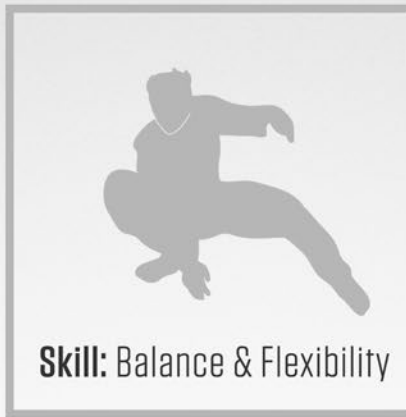
20 up & down planks



20 air bike crunches

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20 DEFENDER
NORMAL

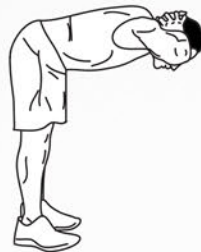


PROTOCOL

3 sets: **100 points** 5 sets: **200 points** 7 sets: **400 points**
30 seconds each up to 2 minutes rest between sets



deep side lunges (toes up)



bend over hold



leg to chest stretch



side stretch



lunge back stretch



raised knee hold



legs apart stretch



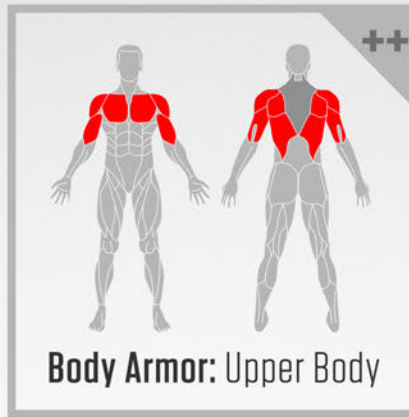
sumo squat hold



side splits

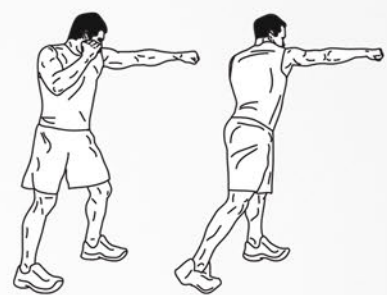
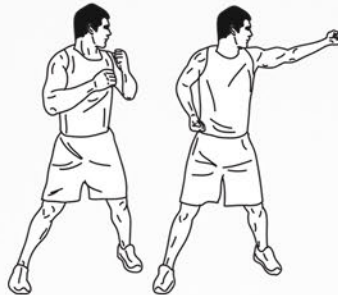
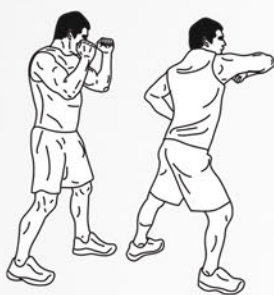
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21 DANGER ZONE
NORMAL

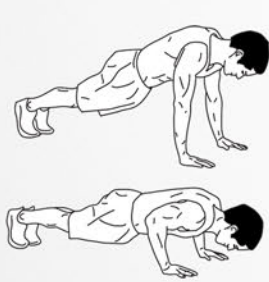


PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



40combos elbow strike + backfist + jab + cross

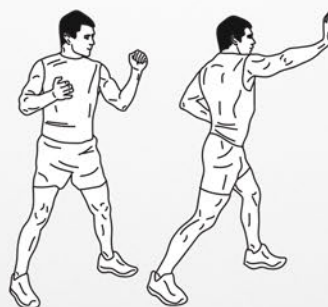


40combos push-up + jab + cross

40combos backfist + backfist + elbow strike



20 diamond push-ups



20combos palm strike + elbow strike

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22 SPARKS
LETHAL



Skill: Speed

PROTOCOL

3 sets: **400 points** 5 sets: **600 points** 7 sets: **800 points**
60 seconds each up to 2 minutes rest between sets



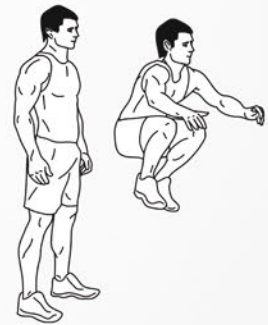
high knees



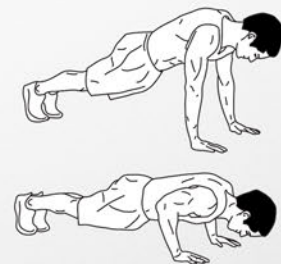
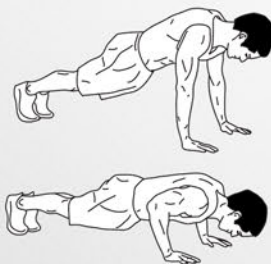
fast knee-to-elbows



speed bag punches



speed combo: squat + high knees x4 + jump knee tuck



speed combo: push-up + jump squat + push-up

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23 RAGNAROK
CHALLENGE



x3 POINTS

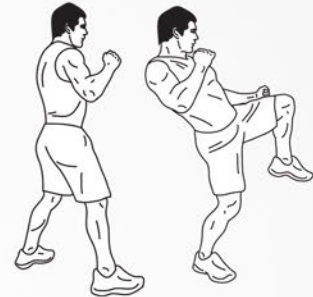
Skill: Endurance



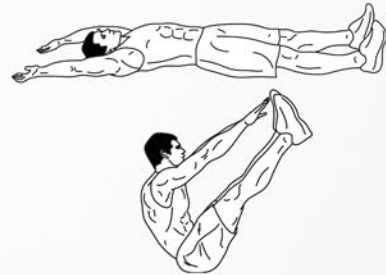
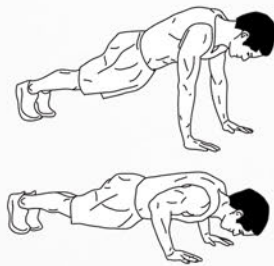
Skill: Range Combat

PROTOCOL

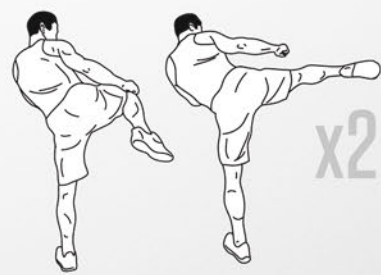
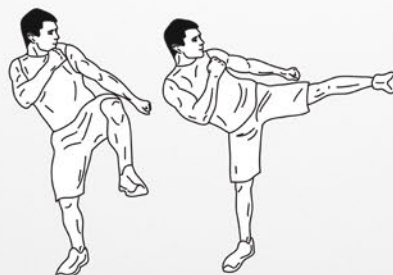
3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



20combos squat + knee strike + knee strike



20combos squat + push-up + roll over and V-up

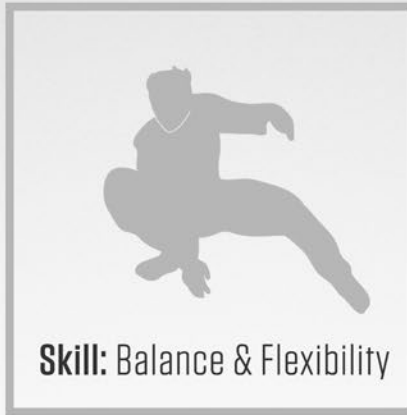


x2

20combos squat + side kick + double turning kick

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24 CYPHER
CHALLENGE



Skill: Balance & Flexibility

PROTOCOL

3 sets: **200 points** 5 sets: **400 points** 7 sets: **600 points**
30 seconds each up to 2 minutes rest between sets



splits



body fold



hamstrings stretch #1



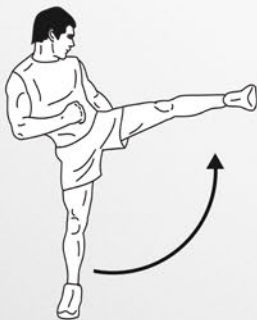
bend over reach



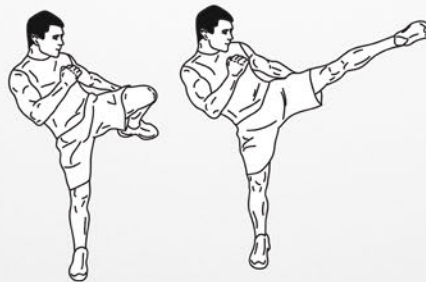
hamstring stretch #2



body fold #2



high side leg raise



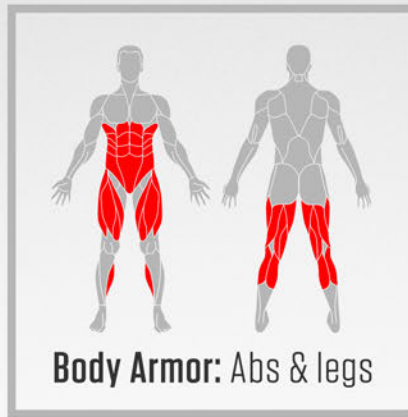
high turning kick



high side kick

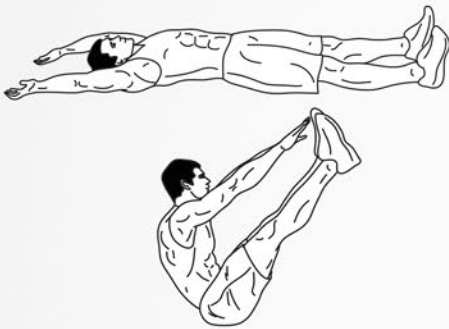
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25 INFINITY
NORMAL

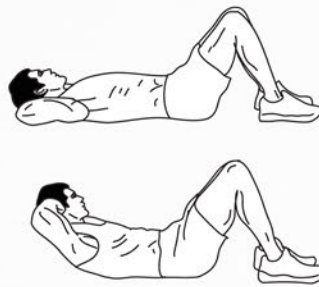


PROTOCOL

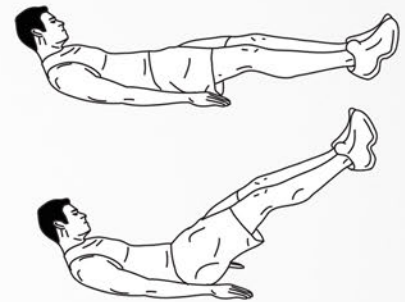
3 sets: **50 points** 4 sets: **100 points** 5 sets: **200 points**
up to 2 minutes rest between sets



40 V-ups, alt foot tap



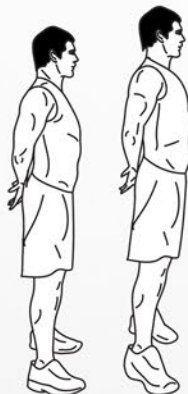
20 crunches



20 leg raises



20 raised leg infinity circles



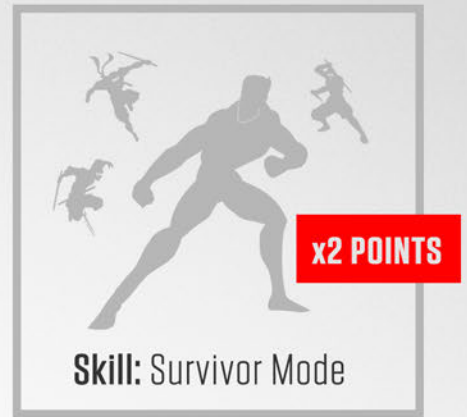
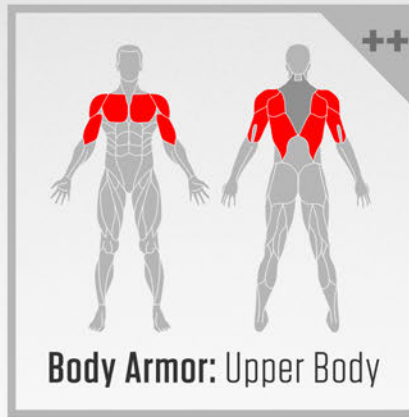
20 calf raises



40 knee-to-elbows

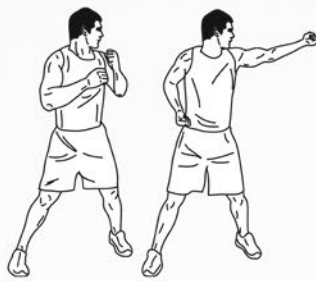
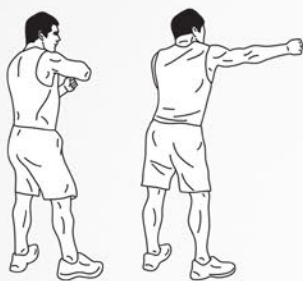
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26 HERO
LETHAL



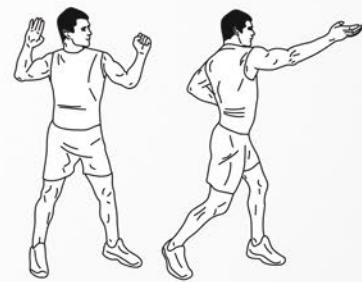
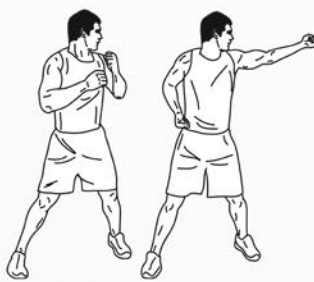
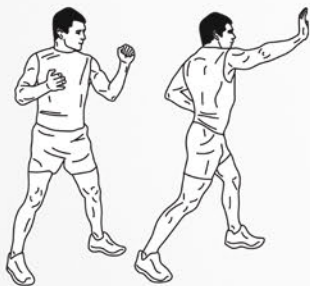
PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



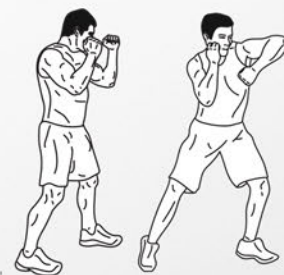
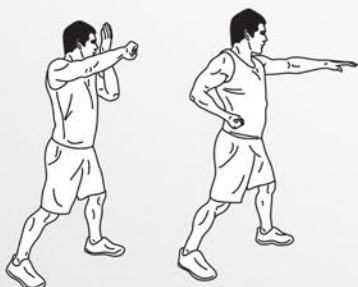
40combos

backfist + backfist + upward elbow strike



40combos

palm strike + backfist + inward knife hand strike



40combos

outward knife hand strike + upward palm strike + elbow strike

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27 LIGHTNING
CHALLENGE



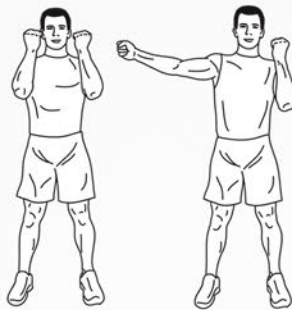
Skill: Speed

PROTOCOL

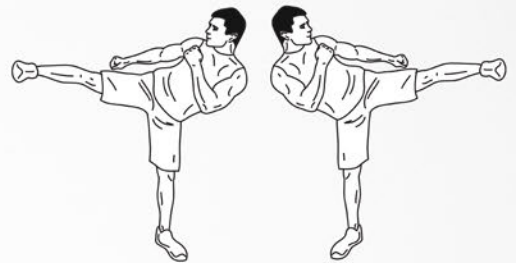
3 sets: **200 points** 5 sets: **400 points** 7 sets: **600 points**
60 seconds each up to 2 minutes rest between sets



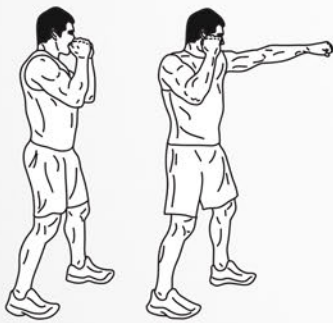
speed bag punches



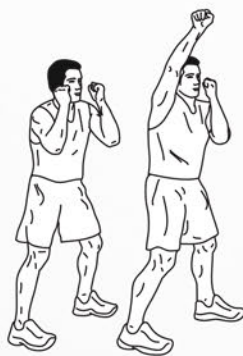
side-to-side backfists



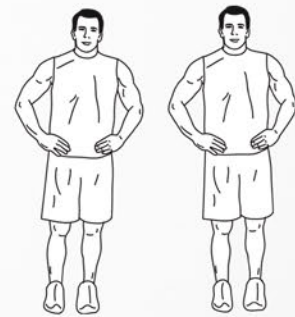
side-to-side side kicks



straight punches



overhead punches



side-to-side hops



high knees



squat hold punches



front kicks

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28 LOST CHAPTER
NORMAL



PROTOCOL

3 sets: **100 points** 5 sets: **200 points** 7 sets: **400 points**
30 seconds each up to 2 minutes rest between sets



quad stretch



cross neck elbow stretch



gravity toe stretch



knees to chest hold



bow fold hold



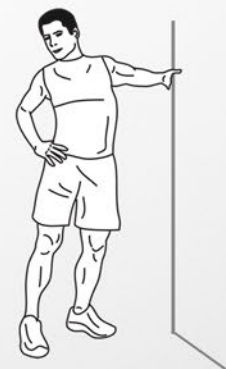
groin stretch



side stretch



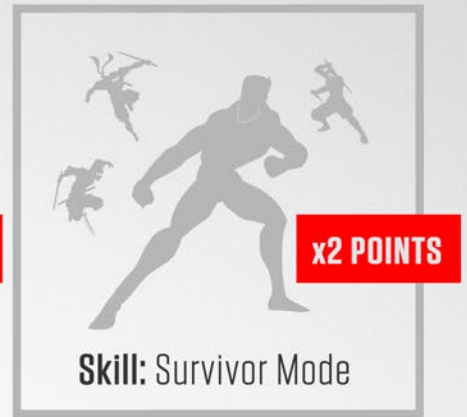
lunge back stretch



wall body tilt

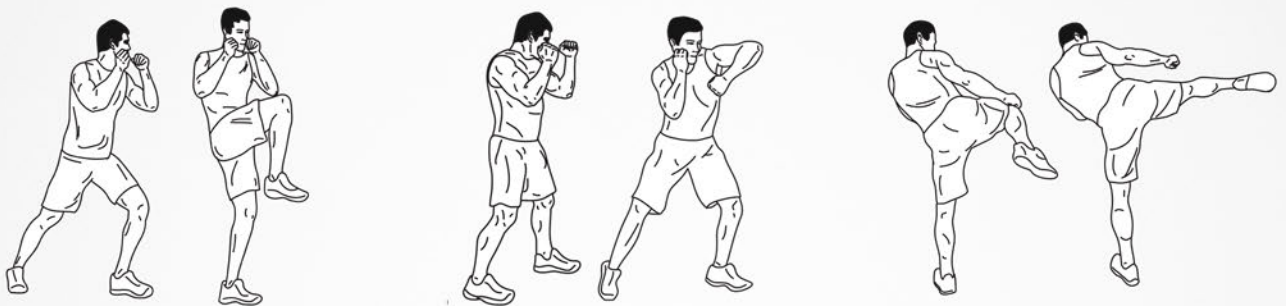
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29 GAMBIT
LETHAL

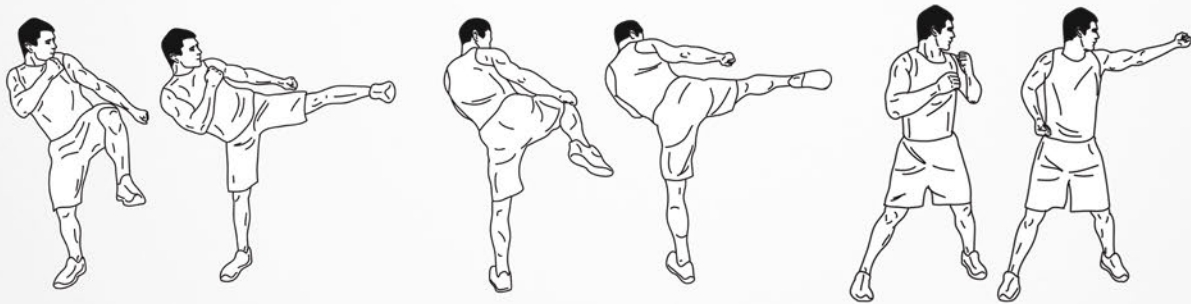


PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



40combos knee strike + elbow strike + turning kick



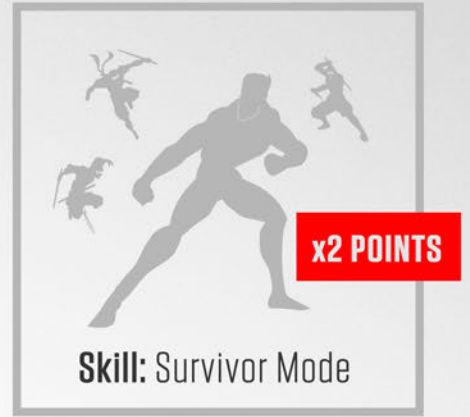
40combos side kick + turning kick + backfist



40combos double turning kicks + cross + side kick

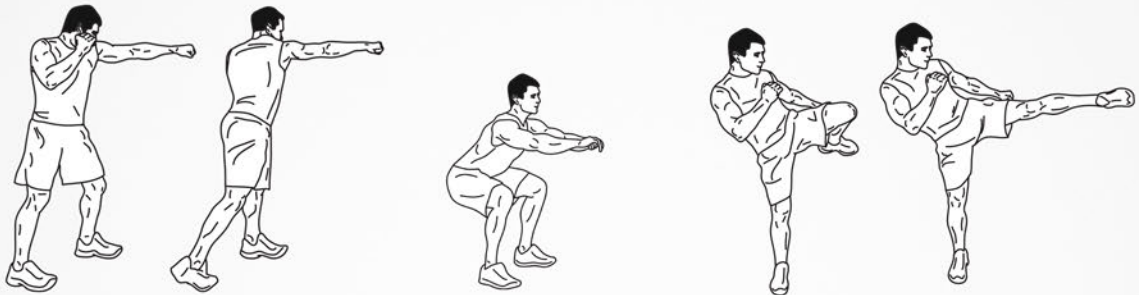
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30 THE PITS
LETHAL

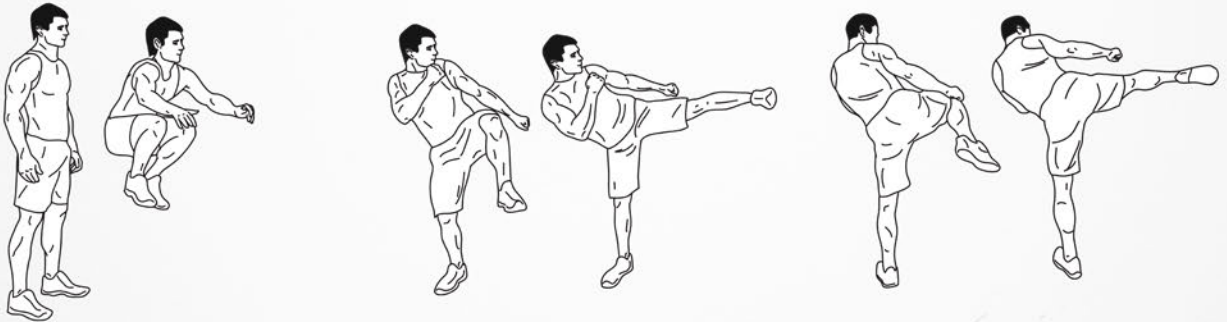


PROTOCOL

3 sets: **50 points** 5 sets: **100 points** 7 sets: **200 points**
up to 2 minutes rest between sets



40combos jab + cross + squat + front leg turning kick



20combos jump knee tuck + side kick + turning kick

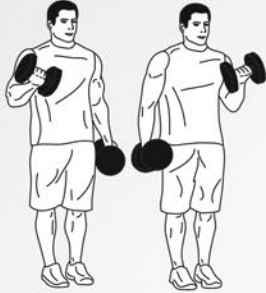


40combos jab + cross + uppercut + knee strike

The Avatar

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Add additional work to your upgrade on the following days by completing **gravity +** or **gravity ++** extra routines.

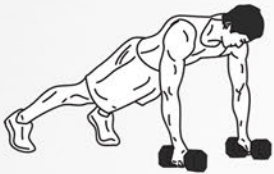


Gravity + Dumbbells

CARD 1
20 bicep curls
20 renegade rows
x 3 sets
2 minutes rest
between sets

CARD 6
10 bicep curls
20 punches
10 renegade rows
x 5 sets
2 minutes rest
between sets

CARD 11
10 slow bicep curls
2 minutes rest
10 slow renegade rows
2 minutes rest
x 5 sets



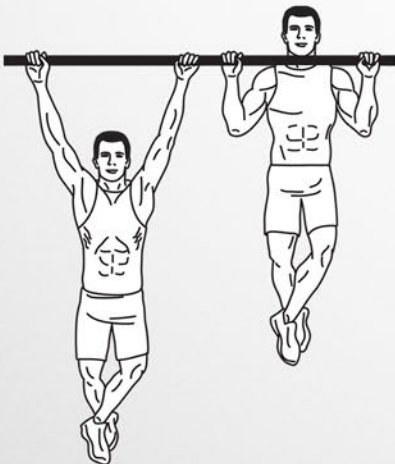
CARD 15
20 bicep curls
20 renegade rows
x 4 sets
2 minutes rest
between sets

CARD 21
10 bicep curls
20 overhead punches
10 renegade rows
x 5 sets
2 minutes rest
between sets

CARD 26
20 slow bicep curls
2 minutes rest
20 slow renegade rows
2 minutes rest
x 5 sets



Gravity ++ Pull-Ups



CARD 1
pull-ups
to failure
x 4 sets
2 minutes rest
between sets

CARD 6
20 pull-ups
in total
throughout the day

CARD 11
pull-ups
to failure
x 4 sets
2 minutes rest
between sets

CARD 15
30 pull-ups
in total
throughout the day

CARD 21
pull-ups
to failure
x 4 sets
2 minutes rest
between sets

CARD 26
40 pull-ups
in total
throughout the day



The Avatar

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Armor



Combat



Endurance



Speed



Flexibility



200 points = 1 bar points for each attribute for the day

The Avatar

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Armor



Combat



Endurance



Speed



Flexibility



200 points = 1 bar points for each attribute for the day

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