



/SoCal



# THE 8 WEEK SHRED PROGRAM

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## HOW THE 8 WEEK SHRED WORKS

This program is separated into two sections. The first four weeks are phase 1, and it's all about building strength and muscle. This is designed to get your metabolism revved up, dial in your diet to incorporate more lean meats and healthy carbs, and get you in the habit of hitting the gym regularly.

During this time you'll be eating more food, taking adequate rest days to allow your muscles to repair, and drinking lots of water. It's all about conditioning your body, getting used to eating a clean, healthy diet, and preparing your ligaments and tendons for the rigors of phase 2.

Phase 2 takes it to the next level. Your exercise ramps up a notch to reset your fat burning system, and your diet stays tight and lean. You'll still be drinking plenty of water, getting lots of rest, and eating clean. Cardio workouts stay in play, but the weight training takes a total body approach to achieve muscle development at the same time that fat loss is occurring.



## PHASE 1 WORKOUTS: BUILD THE BASE

The first phase of this 8 week shred consists of 4 weeks of muscle building and moderate cardio. You will rotate through several different workouts, depending on the week, combining cardio and heavily weighted exercises.

All of these workouts in phase 1 should be executed to near failure. What that means is if you can get through the 10 repetitions, and your muscles still have a little left in them, then you need to increase the weight. For the ab exercises, you can simply keep adding repetitions until your abs give out.

Dig out your water bottle, grab your headphones, and be ready to feel the burn!

# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



## YOUR FIRST 4 WEEKS:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	UPPER BODY	REST	CARDIO	LOWER BODY	ABS & CARDIO	UPPER BODY	REST
Week 2	ABS & CARDIO	LOWER BODY	REST	UPPER BODY	CARDIO	REST	UPPER BODY
Week 3	REST	ABS & CARDIO	LOWER BODY	REST	CARDIO	UPPER BODY	ABS & CARDIO
Week 4	LOWER BODY	REST	REST	CARDIO	ABS & CARDIO	LOWER BODY	UPPER BODY

# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### UPPER BODY WORKOUT



#### 3 Rounds of 10: Seated Dumbbell Overhead Press

Sit on the side of a bench with a dumbbell in each hand, palms facing out, and feet close together. Bend at the elbows executing a bicep curl, then rotate palms out at shoulder height and finish by pushing your arms up above your head until the dumbbells almost touch. Your arms should not completely straighten. Reverse the motion and return to the starting position.



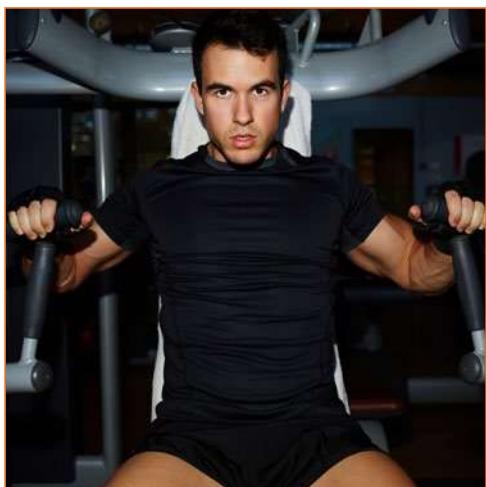
#### 3 rounds of 20: Push-Ups

Begin in a plank position with your arms and hands directly under shoulders, body straight and maybe your hips raised slightly above your legs if you have trouble keeping your back from sagging. It's better to have a slight upside down v-shape than to have your back in a compromising position. Begin bending your elbows to lower your entire body almost to the floor. Reverse the motion and return to a high plank to complete the exercise. If you have limited upper body strength, or previous shoulder injuries, you may want to drop your knees to the ground to reduce the amount of stress on your shoulders and back.



# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### 3 rounds of 8: Chest Press [machine]

Seated at a chest press machine, start with elbows bent and hands positioned so that your hands are gripping the handles slightly below shoulder height. Push forward, extending your arms until they are almost straight. With a controlled motion, return to starting position.



### 3 rounds of 10: Chest Fly [machine]

Adjust the arms of the chest fly machine so they are on either side of your body. Facing away from the weight stack, sit down and grab the handles. With a bent elbow, bring your fists close to one another, squeezing your chest as you go. Keep your elbows elevated to fist height. Don't let them drop down, and reverse the motion, slowly returning to the start position.



### 3 rounds of 12: Kneeling Tricep Kickback

Holding a dumbbell, find a bench and kneel with one foot still on the ground. Bend over and place a palm on the bench to support yourself (the hand on the same side of the body as the knee that's on the bench) and hold the dumbbell with the other hand. With your palm facing in toward your body, raise your elbow to waist height and bring it tight to your side. Extend your hand back to create a straight arm, keeping your elbow still, and hold for a moment before slowly returning your arm to a 90 degree angle.

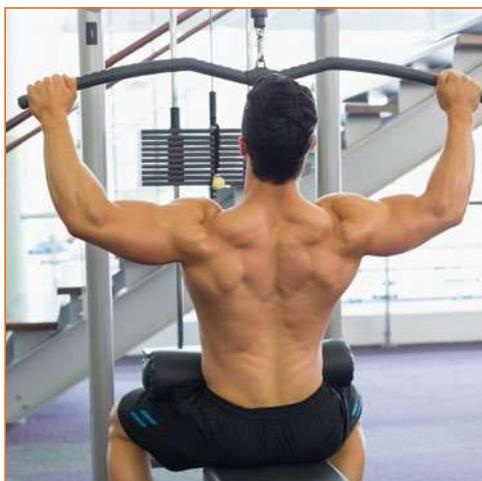
# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### 3 rounds of 8: Tricep Dips

Find a bench and stand facing away from it. Squat down, lowering your body until it is close enough to the bench that you can place your palms face down on the edge of the bench, fingers pointed toward you and curled around the side. Push your feet out to increase the weight on your arms and decrease the weight on your feet until you feel you have reached a weight that your arms can comfortably support, but that doesn't stress your shoulders. Slowly bend your elbows, lowering your trunk until your upper arms are parallel with the ground and elbow is at a 90 degree angle. You may have a greater than 90 degree angle if your body is close to the bench. The important thing here is not to stress your shoulders too much. Reverse the motion and push your arms back to a near straight position. Be careful not to lock your elbows out completely.



### 3 rounds of 10: Lat Pulldowns [machine]

Sitting at a pulldown machine, reach up and grab the bar by the handles. Keep your back straight and pull down the bar close to your chest, squeezing your shoulder blades together. Hold for a moment and release your arms slowly up to the starting position.



### 3 rounds of 10: Seated Upright Row [machine]

Find a weighted rowing machine and sit facing the handles or cable. Place the pin to hold enough weight so that you will just barely be able to complete 10 repetitions. Sit with a strong neutral spine and pull your arms back, elbows tight to your body, squeezing your shoulder blades together. Pause for a moment and very slowly return your arms to a straight position.



# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### 3 rounds of 10: Seated Bicep Curls

Find two suitably weighted dumbbells and sit on a bench with feet together. Starting with straight arms, bend elbows until fists are near shoulders, palms facing in. Reverse the motion to starting position.



### 3 rounds of 10: Rear Delt Fly (machine)

On a chest fly machine, position arms all the way back behind the seat, and sit facing the weight stack. Grab the handles and push back, arms slightly bent, until hands are straight out on either side of the body. Slowly return to starting position.

# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### LOWER BODY WORKOUT:



#### 4 rounds of 10: Leg Press [machine]

Sit with feet on press plate hip width apart, toes pointed straight forward. Push with feet, squeezing glutes until legs are almost straight. Pause one moment and then reverse the motion slowly bending legs back to starting position. Keep tension on your legs the whole time so that when you return to the beginning of the exercise there is no rest between repetitions.



#### 4 rounds of 18: Weighted Walking Lunges

Start standing upright with a dumbbell in each hand. Step forward about one and a half the length of a walking stride, and begin kneeling down so that your front leg reaches 90 degrees. Don't let your back knee hit the ground. Straighten back up to a standing position by raising up and bringing your back leg to meet your front. Repeat with the other leg. Both legs count as one repetition.

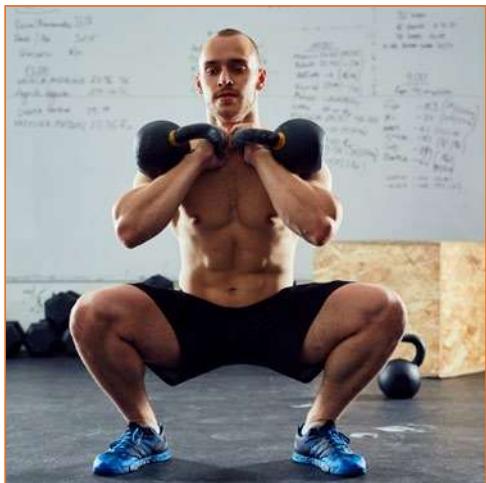
# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### 4 rounds of 8: Barbell Dead Lifts

Stand tall with a barbell on the floor in front of you, feet hip width apart and toes pointed forward. Keep your back as straight as possible and bend at the knees reaching down to grab the barbell. This is the starting position. Grip the bar and push through your legs. Keep your torso upright and return to a standing position while pushing your chest out and squeezing your shoulder blades together. Return to the starting position tapping the barbell on the ground.



### 4 rounds of 10: Dumbbell Sumo Squats

Stand with feet more than shoulder width apart, toes pointed out. Hold a dumbbell by the base and begin to squat down, keeping chest out and torso upright until thighs are parallel with the floor. Push up through your heels to return to standing. Squeeze glutes at the end and repeat.



### 4 rounds of 10: Leg Extensions (machine)

Lie on a hamstring curl machine, or an upright sitting hamstring curl machine. Contract hamstrings and glutes to pull heels toward your glutes and hold for a moment, squeezing glutes before slowly extending legs to a near straight position again. Do not let legs overextend. Keep tension on hamstrings the whole time.



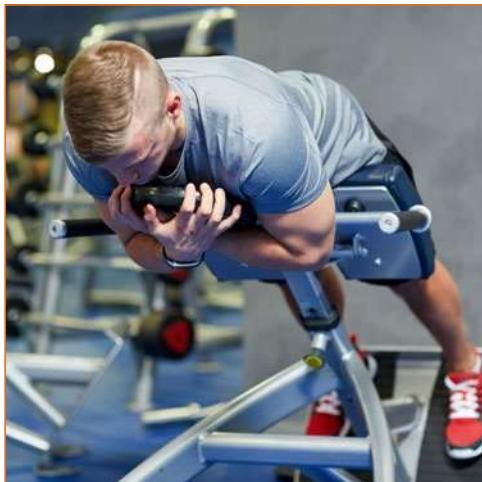
# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### 4 rounds of 10: Hamstring Curls [machine]

Lie on a hamstring curl machine, or an upright sitting hamstring curl machine. Contract hamstrings and glutes to pull heels toward your glutes and hold for a moment, squeezing glutes before slowly extending legs to a near straight position again. Do not let legs overextend. Keep tension on hamstrings the whole time.



### 4 rounds of 10: Back Extensions [machine]

Position your body on a back extension machine so that you are facing the ground with the padded support at hip bone height. You should be able to bend forward to a 90 degree angle comfortably so that the weight of your body is supported by your upper thighs pressing against the pad. Hold a weight plate or two dumbbells against your chest with both hands and slowly bend at the hip joint until your upper body is at a 90 degree angle to your lower body. Contract your hamstrings and glutes to pull your upper body back to a straight position. If possible, position the back extension machine so that you are sideways to a mirror and can view your form to be sure you are not overextending your lower back. You want to return only to a neutral spine, and no farther.



### 4 rounds of 20: Calf Raises [machine or no machine]

Stand on a calf raise machine or hold a dumbbell in each hand to add weight to your body. Lift up, flexing your calves and hold that position on your toes for three seconds. Very slowly return down to a standing position and repeat.

# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)

### AB WORKOUT



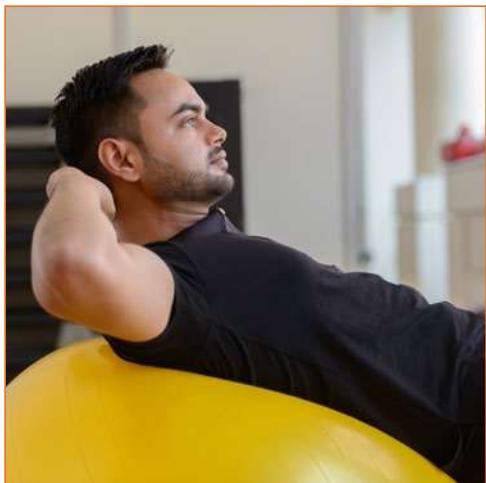
#### 4 rounds of 10: Incline Sit-Ups

Find an incline bench and hook your feet up under the roller pads. Lie down on the bench with your arms crossed over your chest so that your hands are palm down near each shoulder. Pull your upper body up into a seated position by contracting your abs, and immediately lower back down slowly.



#### 4 rounds of 10: Bicycles

Lie on your back and bring both knees up so legs are at a 90 degree angle. Place hands behind head and extend your right leg straight out while simultaneously crunching up to bring the elbow of the right elbow toward the left knee. Repeat on the opposite side. This counts as one repetition.



#### 4 rounds of 25: Exercise Ball Crunches

Lie on an exercise ball with your lower back supported by the ball. Place hands behind head and crunch up creating a hollow shape with your abdomen. Repeat for a count of 25.

# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)



### 4 rounds of 20: Dumbbell Side Bends

Hold a dumbbell in each hand with arms extended down by your hips. Slowly bend at the waist toward the left dumbbell and repeat on the other side.



### 4 rounds of 10: Leg Lifts

Lie on your back with hands wedged under your lower back for support. Lift legs straight into the air so your body is at a 90 degree angle, with the bottom of your feet facing the ceiling. Slowly lower feet toward the ground, stopping before your lower back begins to arch. Pull belly button toward spine to tighten abs and bring the legs back up to an upright position.

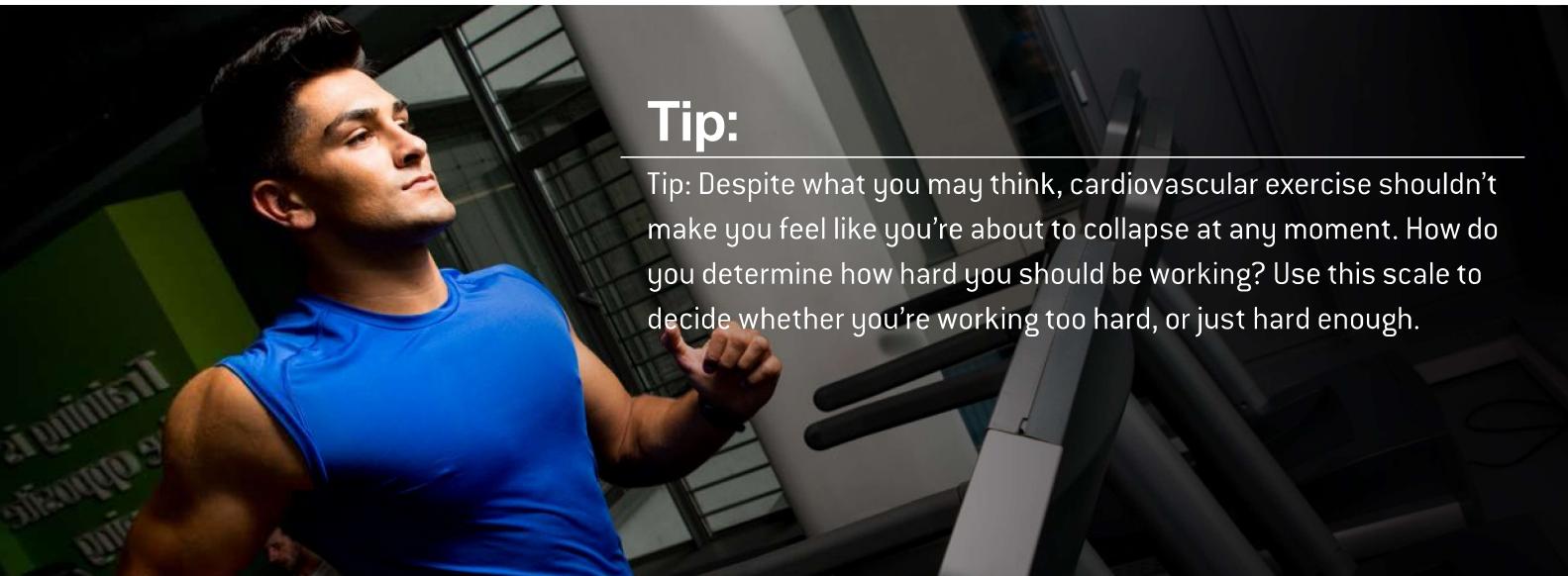


### 4 rounds of 10: Exercise Ball Pikes

From the start of a push-up position in a high plank, bring the front of the shins up to rest on the top of an exercise ball. Bring the hips up toward the ceiling so that the ball rolls forward toward your chest and you end with your body in an upside down "V" position with the tops of your feet resting on the ball. Slowly lower down to a straight plank position.

## The 8 Week Shred Program

### PHASE 1 WORKOUTS (CONT.)



#### Tip:

Tip: Despite what you may think, cardiovascular exercise shouldn't make you feel like you're about to collapse at any moment. How do you determine how hard you should be working? Use this scale to decide whether you're working too hard, or just hard enough.

## CARDIO WORKOUTS

Cardio exercises come in many shapes and forms. Depending on your fitness level when you start the 8 week shred, you can determine which option is best for you, and play around with different types of cardio to find what feels best as you progress and become more fit.

#### *Too easy:*

*You could easily carry on a conversation with a friend.*

#### *Just right:*

*You could probably carry on a conversation, but you're working so hard that you'd really rather not.*

#### *Too hard:*

*You are breathing so hard you could not talk to a friend, even if you wanted to.*

Don't forget to include a 5 minute easy warm up and cool down before and after your cardio session.

# The 8 Week Shred Program

## PHASE 1 WORKOUTS (CONT.)

### CARDIO OPTIONS:

#### Option 1

Walk on a treadmill at an incline, ride a stationary bike, elliptical, or stair machine for 45 minutes.

#### Option 2

Jog on a treadmill for 30 minutes.

#### Option 3

Alternate running and walking on the treadmill, completing the following circuit three times.

- Walk 4 minutes
- Run 1 minute full speed
- Walk 3 minutes
- Run 2 minutes 80 percent of full speed
- Walk 2 minutes
- Run 4 minutes 5 percent of full speed





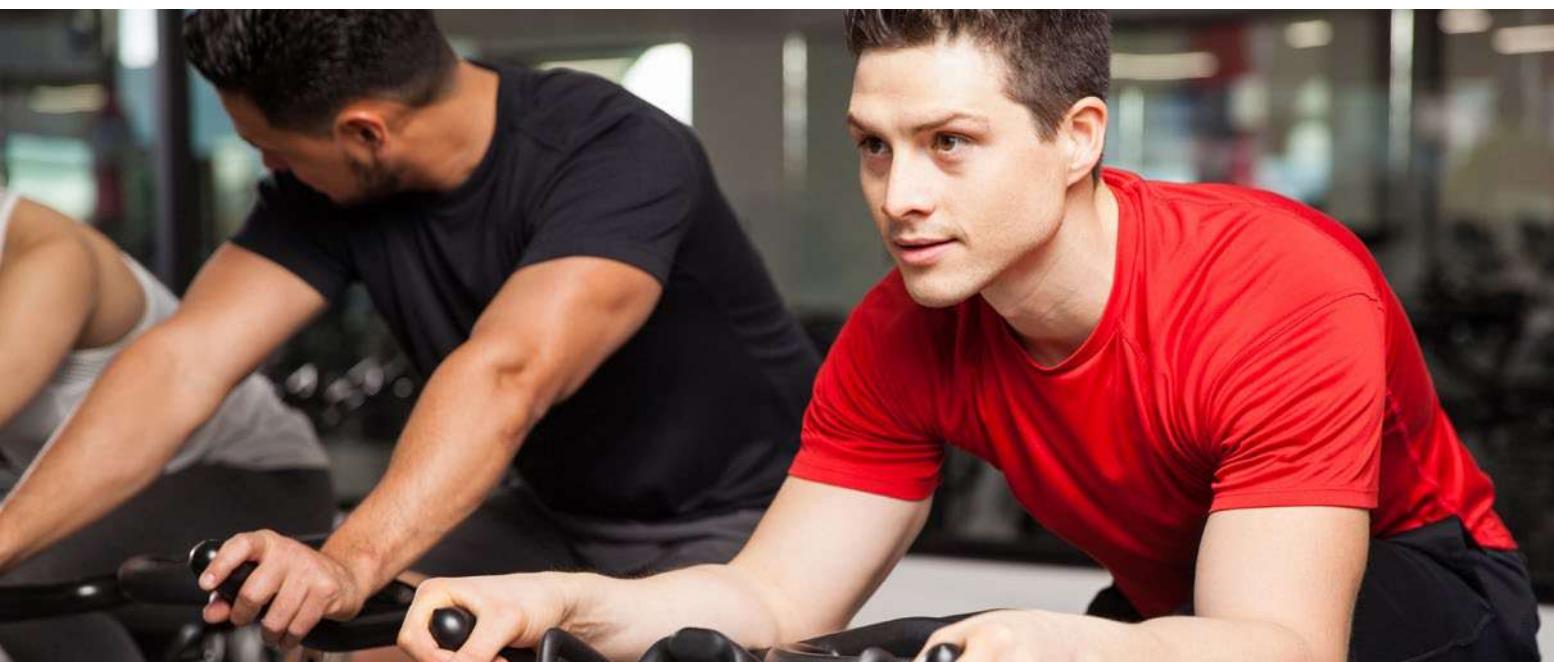
## PHASE 2 WORKOUTS: TRIM THE FAT!

Now that we have built some muscle, let's switch up the workouts to trim the fat and reveal the amazing muscle tone you've worked so hard for. Hopefully you've been drinking lots of water and staying hydrated along the way. You can't build muscle or assist the fat burning process without adequate hydration.

For the next four weeks we are switching gears and moving from heavy lifting, to a more core-centric workout that will challenge the whole body at the same time. Arms, legs, and core will all be involved in nearly every exercise. Don't be surprised if you feel like you're breathing and working just as hard during your weight training sessions as you are during your cardio days.

# The 8 Week Shred Program

## PHASE 2 WORKOUTS (CONT.)



### YOUR NEXT 4 WEEKS:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1	CIRCUIT 1	REST	CARDIO	CIRCUIT 2	CIRCUIT 3	CIRCUIT 4	REST
Week 2	REST	CIRCUIT 3	REST	CIRCUIT 1	CARDIO	CIRCUIT 2	CIRCUIT 4
Week 3	REST	CIRCUIT 4	CIRCUIT 3	REST	CARDIO	CIRCUIT 2	CIRCUIT 1
Week 4	CIRCUIT 2	REST	REST	CARDIO	CIRCUIT 4	CIRCUIT 1	CIRCUIT 3

# The 8 Week Shred Program

## PHASE 2 WORKOUTS (CONT.)

### CIRCUIT 1

#### 4 rounds of 15: Standing Dumbbell Overhead Press

Stand with feet hip width apart and a dumbbell in each hand, palms facing out. Bend at the elbow executing a bicep curl, then rotate palms out at shoulder height and finish by pushing your arms up above your head until the dumbbells almost touch. Your arms should not completely straighten. Reverse the motion and return to the starting position.

#### 4 rounds of 30: Butt Kicks

Stand with feet facing forward and parallel. Begin jogging in place and bring each heel to meet your glutes. Each time you contact one heel with a glute counts as 1.

#### 4 rounds of 20: Push-Ups

Begin in a plank position with your arms and hands directly under shoulders, body straight and maybe your hips raised slightly above your legs if you have trouble keeping your back from sagging. It's better to have a slightly inverted v-shape than to have your back in a compromising position. Begin bending your elbows to lower your entire body almost to the floor. Reverse the motion and return to a high plank to complete the exercise. If you have limited upper body strength, or previous shoulder injuries, you may want to drop your knees to the ground to reduce the amount of stress on your shoulders and back.

#### 4 rounds of 18: Exercise Ball Dumbbell Chest Press

Hold a dumbbell in each hand against your chest and sit on an exercise ball. Lie back on the ball, slowly lowering your torso so your neck and upper back are supported and your glutes are holding your hips elevated in a tabletop position. Raise the dumbbells above your chest and rotate palms forward. Bend at the elbows until your arms are at 90 degrees, or your upper arms are parallel with the ground. Reverse the motion, pushing fists toward each other until the dumbbells almost touch.

#### 4 rounds of 15: Exercise Ball Tricep Kickback

Hold a dumbbell in each hand against your chest and sit on an exercise ball. Lie back on the ball, slowly lowering your torso so your neck and upper back are supported and your glutes are holding your hips up in a tabletop position. While holding the dumbbells up above either side of your head, palms facing one another, bend at the elbows and let your fists come closer to your head until your forearms are parallel to the ground. Push arms straight to complete the exercise.

# The 8 Week Shred Program

## PHASE 2 WORKOUTS (CONT.)



## CIRCUIT 2

### 4 rounds of 15: Dumbbell Squat w/ Overhead Press

Stand with feet hip width apart, toes pointed straight forward. Holding a dumbbell in each hand at shoulder height, lower down into a squat until upper thighs are parallel with the ground. Raise up to standing while simultaneously pushing the dumbbells up, palms facing forward, until they almost touch above your head.

### 4 rounds of 25: Bodyweight Walking Lunges

Start from standing with feet hip width apart. Step forward about one and a half times the length of a walking stride, and begin kneeling down so that your front leg reaches 90 degrees. Don't let your back knee hit the ground. Straighten back up to a standing position by raising up and bringing your back leg to meet your front. Repeat with the other leg. Both legs count as one repetition.

### 4 rounds of 18: Jump Squats

Stand with your feet hip width apart and toes pointed forward. Lower into a squat until your upper thighs are parallel with the ground, then jump to a standing position coming up off the ground and landing gently, dropping right back into a squat again.

### 4 rounds of 10: Exercise Ball Hamstring Curls

Lie on your back with your legs elevated and an exercise ball under your heels. Lift up at the hips to create a straight line down the length of your body and curl your heels toward your buttocks. Make sure your hips are moving up while your heels are coming in toward your torso. Slowly let your legs back out and return to starting position.

### 4 rounds of 10: Bridge

Lie on the ground with your knees up, and feet resting on the ground hip width apart. Your heels should be just far enough from your glutes that you can barely touch them with the tips of your fingers. Place each hand on either side of your body, palm down, for support. Raise your hips up toward the ceiling until your body forms a straight line from your knees to your shoulders. Hold and contract your buttocks at the top for the count of three, then very slowly return to the ground.

# The 8 Week Shred Program

## PHASE 2 WORKOUTS (CONT.)

### CIRCUIT 3

#### 4 rounds of 3x30 seconds: Plank

Start in a push-up position with your arms straight and your body elevated off the ground in a straight line. Hold this position for 30 seconds, then rest and repeat for a total of three repetitions.

#### 4 rounds of 10: Bicycles

Lie on your back and bring both knees up so legs are at a 90 degree angle. Place hands behind head and extend your right leg straight out while simultaneously crunching up to bring the elbow of the right elbow toward the left knee. Repeat on the opposite side. This counts as one repetition.

#### 4 rounds of 25: Burpees

Start by standing with your feet shoulder width apart and toes facing forward. Jump to a push-up position with your body straight and hands directly beneath your shoulders. Execute a push-up (if you can't do a standard push-up you can drop to your knees) and then, with your hands still on the floor, jump your feet forward to meet them in a crouched position. Jump straight up with your arms in the air with enough force that your feet leave the ground, and land with your arms by your side. This counts as one full burpee.

#### 4 rounds of 20: Single Leg Dumbbell Side Bends

Stand on your left foot only, holding your right foot off the ground. Hold a dumbbell in your left hand down by your side. Bend at the waist toward your left side letting the dumbbell drop down past your hip. Repeat on the other side with your right foot on the ground and a dumbbell in your right hand, bending to the right.

#### 4 rounds of 10: Exercise Ball Pikes

From the start of a push-up position in a high plank, bring the front of the shins up to rest on the top of an exercise ball. Bring the hips up toward the ceiling so that the ball rolls forward toward your chest and you end with your body in an upside down "V" position with the tops of your feet resting on the ball. Slowly lower down to a straight plank position.

#### Tip:

If you aim to place your feet wide outside of your hands during second part of this exercise, and are flexible enough in your hamstrings, you can minimize the bend in your knees and make the jump forward faster and easier.

# The 8 Week Shred Program

## PHASE 2 WORKOUTS (CONT.)



## CIRCUIT 4

### 4 rounds of 25: Ice Skaters

Stand with your feet slightly wider than shoulder width apart and facing forward, then crouch down until your knees are directly over your toes. Move your left foot to meet your right, then quickly reverse the motion, placing your left foot back at the starting position, and bringing your right foot to meet your left. Each complete movement with both legs counts as 1 repetition.

### 4 rounds of 12: Pull-Ups

Grip a high stationary bar with your hands slightly wider than shoulder distance apart, and palms facing away from you. Pull your elbows toward your midsection, bringing your body up to meet the bar, ending with your chin slightly above the bar. Slowly reverse the motion lowering yourself down to starting position. \*If you can't pull your body up from a straight hang, grab a bench or a stool and position it under the bar so you can jump up to a pull-up position, then slowly lower yourself with control back to the bench or stool.

### 4 rounds 3x15 seconds: Side Plank

Lie down on your side with one elbow propping your upper body up. Stack your feet, one on top of the other, and lift the weight of your body up into a straight line, upper body supported by your elbow. If this position is too difficult to hold, you can bend and drop your lower leg so that your knee touches the ground to support you. This modification may require rotating your body slightly so that your chest is angled down.

### 4 rounds of 25: Single Leg Calf Raises

Raise one foot off the ground and wrap it around the standing calf to secure it. Hold on to a stable object, such as a wall or workout machine to steady your balance, and raise up onto the toe of the standing foot. Slowly lower back down to the ground. For an extra challenge and more calorie burn on this exercise, you can try doing the calf raises without holding on to a stabilizing object, and even add a dumbbell in each hand if you are up to it!

# The 8 Week Shred Program

## PHASE 2 WORKOUTS (CONT.)

### 4 rounds of 18: Side Lunge

Stand with your feet together, toes pointed forward, arms extended straight out in front of you. Reach your left leg out to the side so your feet are nearly twice hip width apart, and lower down until the upper thigh of your left leg is parallel with the ground. Squeeze your glute and push back to a standing position bringing your feet back together. Repeat on the other side.

## CARDIO:

### Option 1

Walk on a treadmill at an incline, ride a stationary bike, elliptical, or stair machine for 30 minutes.

### Option 2

Run on a treadmill for 30 minutes.

### Option 3

- Jump rope for 1 minute
- Rest 30 seconds
- 30 Burpees
- Rest 30 seconds
- 30 Jump Squats
- Rest 1 minute
- 30 Jumping Jacks
- Rest 2 minutes
- Repeat 6 times

## FAT SHREDDING MEALS

Food during this process doesn't have to be boring! Good clean food tastes fresh, wholesome, and more importantly, helps you show your trim and fit waistline FAST! You have 4 options for each meal, and you must eat at least 5 small meals per day spaced 3-4 hours apart. Choose 1 option for each meal, and alternate through them as you wish.



FAT SHREDDING MEALS (CONT.)

## BREAKFAST



### OPTION 1:

- *Rolled Oats w/Blueberries*
- *Scrambled eggs*

Get a good dose of fiber and energy with organic steel cut oats and fresh or frozen blueberries. The eggs will give you your needed protein for your workouts.

### OPTION 2:

- *1 piece of whole grain toast with whole fruit spread*
- *3 Breakfast Egg Cups*

#### Breakfast Egg Cup recipe

Whisk 12 eggs together in a large bowl. Add chopped green onion, mushrooms, and one 8 oz. package of low fat sharp cheddar cheese. Mix together with a spoon and portion egg mixture evenly into a 12 muffin tins. Bake at 400° for 20 minutes. Recipe yields 4 servings.

*Tip for the Egg Recipe: A silicone muffin tin works wonderfully with this recipe. Other materials tend to allow the egg to stick and are a heck of a mess to clean up. If you decide to use a silicone muffin tin, place it on a cookie sheet before you fill the cups and add 5-10 minutes to the baking time.*



## The 8 Week Shred Program

### FAT SHREDDING MEALS (CONT.)



#### *OPTION 3: Totally Fruity Breakfast Smoothie*

##### Ingredients:

- 1/2 cup low fat Greek yogurt
- 1 tsp stevia
- 1 cup frozen mixed berries
- 1/2 cup almond milk

Blend well and enjoy immediately.



#### *OPTION 4: Southwestern Breakfast Burrito*

##### Recipe

Brown 3 oz of lean ground beef or turkey in a skillet along with 1 cup chopped white onion. Warm a large whole grain tortilla in the microwave for 30 seconds and then combine ground beef along with 1/4 cup refried black beans in tortilla with 2 tablespoons of salsa.

##### Instructions:

Place all ingredients into a bowl and cover with salsa. Squirt with lime wedge.

## LUNCH

### OPTION 1:

#### *Whole Grain Turkey Sandwich*

##### Ingredients:

- Two pieces whole grain bread
- 3 slices deli turkey
- lettuce, tomato
- yellow mustard
- hummus
- $\frac{1}{2}$  avocado

Spread hummus on either piece of bread, then layer remaining ingredients between the two pieces of bread and enjoy.



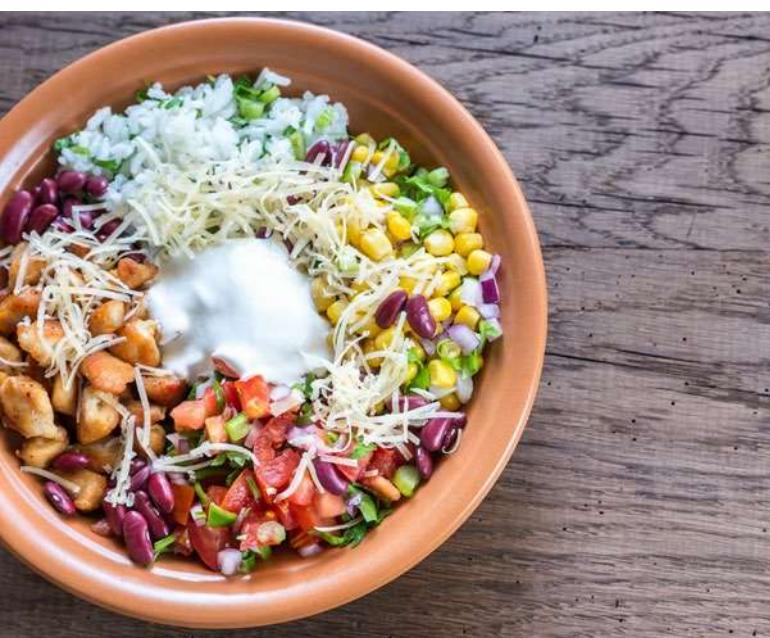
### OPTION 2:

#### *Burrito Bowl*

##### Ingredients:

- 4 oz grilled chicken breast
- $\frac{1}{4}$  cup black beans
- $\frac{1}{4}$  cup brown rice
- $\frac{1}{4}$  cup salsa
- $\frac{1}{2}$  cup shredded lettuce
- $\frac{1}{2}$  avocado
- $\frac{1}{2}$  a lime

Combine all ingredients in a bowl and add salt and lime juice to taste.



**FAT SHREDDING MEALS (CONT.)**

**OPTION 3:**

*Clean Chef's Salad*

**Ingredients:**

- 1 large chicken breast, diced
- 1 cup chopped iceberg lettuce
- 1 diced tomato
- 2 sliced hard boiled eggs
- 1/2 avocado
- 5 large slices of cucumber.



**Dressing**

- 2 tbsp balsamic vinegar
- 1 tbsp extra virgin olive oil
- 1 tsp Italian seasoning and a pinch of salt.

Place vinegar, Italian seasoning, and salt in a bowl. Gradually whisk in oil until well combined. Toss with salad.

**OPTION 4:**

*Greek Pita*

**Ingredients:**

- 1/2 grilled chicken breast chopped
- 2 tbsp hummus
- 1/4 cup chopped iceberg lettuce
- 2 quartered black olives
- 1 tsp lemon juice
- 1 tsp olive oil, pinch of salt
- one pita pocket

**Instructions:**

Mix all ingredients together in a bowl with a pinch of salt and stuff into two halves of the pita pocket.

## DINNER

### OPTION 1:

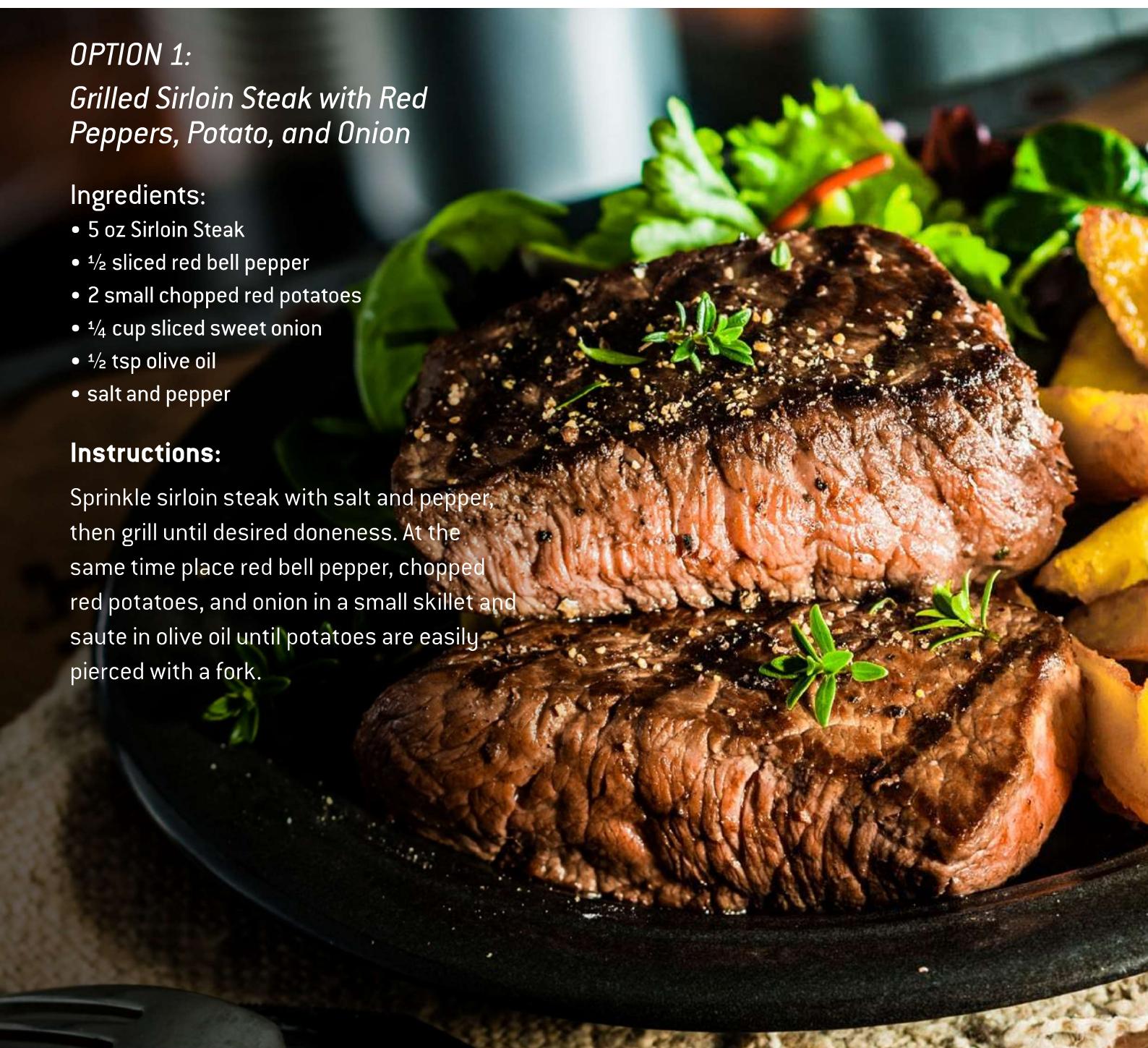
#### *Grilled Sirloin Steak with Red Peppers, Potato, and Onion*

##### Ingredients:

- 5 oz Sirloin Steak
- ½ sliced red bell pepper
- 2 small chopped red potatoes
- ¼ cup sliced sweet onion
- ½ tsp olive oil
- salt and pepper

##### Instructions:

Sprinkle sirloin steak with salt and pepper, then grill until desired doneness. At the same time place red bell pepper, chopped red potatoes, and onion in a small skillet and saute in olive oil until potatoes are easily pierced with a fork.



**FAT SHREDDING MEALS (CONT)**

**OPTION 2:**

**Fish Tacos**

**Ingredients:**

- 3 corn tortillas
- $\frac{1}{2}$  cup of cooked flaked salmon
- $\frac{1}{2}$  cup shredded green cabbage
- $\frac{1}{4}$  avocado sliced
- 1 tbsp chopped cilantro
- several small lime wedges

**Sauce**

Combine  $\frac{1}{4}$  cup plain Greek yogurt,  $\frac{1}{4}$  cup salsa, and 1 tsp chili powder. Mix Greek yogurt, salsa, and chili powder together. Set aside.

Divide cabbage between the three tortillas, followed by the fish, then the avocado, and cilantro. Finally with a spoon, drizzle sauce across each taco and squirt lime on each.



**OPTION 3:**

**Turkey Burger**

**Burger Patty**

- 1 pound lean ground turkey,
- 1 tsp garlic salt
- 1 pinch of pepper
- 1 egg,
- $\frac{1}{4}$  cup whole grain bread crumbs.

Mix together in a bowl, portion into 4 patties. Grill over medium heat until well done (makes 4 servings).

**1 Burger**

1 whole grain burger bun, 1 slice of a large tomato, lettuce, onion, mustard, and hummus. Spread hummus on one side of the bun, and hummus on the other. Place hamburger patty, tomato, lettuce, and onion on the bun and enjoy.

FAT SHREDDING MEALS (CONT)

**OPTION 4:**

*Grilled Salmon, asparagus, and baked sweet potato*

**Ingredients:**

- 4 oz fillet of salmon
- ½ a sweet potato
- 8 spears of asparagus

**Instructions:**

Place salmon and asparagus on the grill and cook until the salmon flakes apart easily and the asparagus is cooked throughout. Bake the sweet potato until it pierces easily with a fork.

FAT SHREDDING MEALS (CONT)

## SNACKS

### OPTION 1:

*Hummus w/cucumber slices and carrot sticks*



### OPTION 2:

*Spicy Oven-Roasted Chickpeas*

#### Ingredients:

- 2 15-ounce cans of chickpeas (drained)
- 2 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- pinch of cayenne pepper
- sprinkle of salt

#### Instructions:

Dry chickpeas by rolling them around on paper towels. Combine olive oil, lemon juice, paprika, garlic powder, onion powder, cayenne pepper, and salt together in a bowl. Add dry chickpeas and mix to coat evenly.

Transfer chickpeas to a foil or parchment lined baking sheet and bake at 400 degrees for approx 25-35 minutes, shaking the tray halfway through, or until chickpeas are browned and crispy.

\*adapted from: <http://www.foodnetwork.com/recipes/claire-robinson/spicy-baked-chickpeas-recipe.html>

FAT SHREDDING MEALS (CONT.)

*OPTION 3:*

*Sliced apple  
and 2 tbsp almond/peanut butter*



*OPTION 4:*

*Low Fat Cottage Cheese & Fruit*



# The 8 Week Shred Program

## FAT SHREDDING MEALS (CONT.)

### CUSTOMIZE YOUR PLAN

You can adjust each meal option to make it your own by swapping out any component of any meal with a different lean meat, starchy carbohydrate, vegetable, or fat from the following list:

#### BEEF

- Lean ground beef (10% fat or less)
- Beef tenderloin
- Top round steak
- Eye of round steak
- Bottom round steak
- Top sirloin

#### PORK

- Lean ground pork
- Pork tenderloin
- Pork loin

#### POULTRY

- Ground turkey breast
- Turkey breast
- Ground chicken breast
- Chicken breast

#### FISH

- Salmon
- Halibut
- Mahi mahi
- Shrimp

#### VEGETARIAN

- Tofu
- Tempeh
- Split peas
- Lentils
- Chickpeas,
- Edamame
- Legumes (Kidney Beans, White Beans, Black Beans, etc.)

#### EGGS & DAIRY

(also good potential sources of protein)

- Eggs
- Low fat cottage cheese
- Low fat Greek yogurt
- Kefir

#### FRUITS

- Berries
- Cherries
- Apricots
- Peaches
- Apples
- Oranges
- Pears
- Kiwi

## The 8 Week Shred Program

### FAT SHREDDING MEALS (CONT.)

#### VEGETABLES

- Asparagus
- Sugar snap peas
- Cucumber
- Green beans
- Artichoke
- Onion
- Lettuce
- Cabbage
- Cauliflower
- Broccoli
- Zucchini
- Mushrooms
- Kale
- Spinach
- Radishes
- Tomatoes
- Eggplant
- Celery
- Daikon

#### STARCHY CARBOHYDRATE

- Rolled oats
- Brown rice
- Quinoa
- Amaranth
- Corn
- Corn tortillas
- Buckwheat
- Bulgur
- Millet
- Wheat germ
- Whole grain pasta
- Carrots
- Sweet potatoes
- Red potatoes

#### HEALTHY FAT

- Avocado
- Oils (coconut oil, olive oil, safflower oil, flax oil, grapeseed oil)
- Nuts (almonds, pistachios, cashews, walnuts)
- Nut butters (almond butter, peanut butter, cashew butter)
- Seeds (chia seeds, sunflower seeds, flax seeds)

### KEEP YOUR EYES ON THE PRIZE

8 weeks can seem like a long time, but if you just focus on one day at a time, and work the program, you'll be ready to show off in no time at all.

Drink lots of water, get plenty of sleep, and avoid processed food as much as possible. Who knows, you may even find that this way of eating and exercising becomes a lifelong habit that leads to a healthier body, peace of mind, and a better overall quality of life.





## ABOUT GOLD'S GYM

Gold's Gym has been the authority on fitness since 1965. It was then that fitness legend Joe Gold took the knowledge and expertise he gained from training at the world famous "Muscle Beach" and opened up the first Gold's Gym on Pacific Avenue in Venice, California.

Opened long before the modern day health club existed, the original Gold's Gym featured homemade equipment and an unrivaled dedication to getting results. It was an instant hit. Early fitness enthusiasts flocked to the gym, and in 1977, Gold's Gym received international attention from "Pumping Iron" – a bodybuilding documentary starring Arnold Schwarzenegger and Lou Ferrigno. With its storied reputation of being THE place to go for the latest training techniques, and its legendary history of producing bodybuilding champions, Gold's Gym Venice became known as "The Mecca Of Bodybuilding." Hollywood celebrities and professional athletes soon followed and by 1980, Gold's Gym began expanding to locations around the globe.

Today Gold's Gym is the most recognized name in fitness serving more than 3 million members in 38 states and 22 countries around the world. Always at the forefront of the fitness revolution, Gold's Gym has continually evolved its profile by equipping gyms with the best amenities and the latest in cardio and strength training equipment as well as the most dynamic group exercise programs including Zumba, yoga, group cycling, mixed martial arts, muscle endurance training, and Pilates. At Gold's Gym, you'll find an energetic, supportive environment full of all kinds of people who are committed to achieving their goals.

Today more than ever, Gold's Gym realizes that strength comes in many forms...whether it's the strength to be a better parent, the strength to overcome diabetes or the strength to be a better athlete.

At Gold's Gym, our goal is simple: We're here to help you Know Your Own Strength®.

## FIND A CLUB NEAR YOU

### ARCADIA (SANTA ANITA)

400 South Baldwin Avenue, Arcadia, CA 91007  
(626) 447-1500

### CULVER CITY

6000 Sepulveda Blvd., Culver City, CA 90230  
(310) 313-0033

### FULLERTON

1973 W. Malvern Avenue, Fullerton, CA 92833  
714-773-1990

### HOLLYWOOD

1016 Cole Avenue, Hollywood, CA 90038  
(323) 462-7012

### LOS ANGELES (DOWNTOWN)

735 South Figueroa Street Suite 100  
Los Angeles, CA 90017  
(213) 688-1441

### MONTCLAIR

5150 Moreno Street, Montclair, CA 91763  
(909) 399-9992

### NORTH HOLLYWOOD

6233 Laurel Canyon Blvd., North Hollywood, CA 91606  
(818) 506-4600

### SANTA ANA

1945 E. 17th Street, Santa Ana, CA 92705  
(714) 558-9700

### SIMI VALLEY

1357 E. Los Angeles Avenue, Simi Valley, CA 93065  
(805) 581-4653

### THOUSAND OAKS

197 North Moorpark Road, Thousand Oaks, CA 91360  
(805) 496-9331

### VALENCIA

24445 Town Center Drive, Valencia, CA 91355  
(661) 288-1818

### WEST COVINA

502 Plaza Drive, West Covina, CA 91790  
626-338-2444



[www.goldsgym.com](http://www.goldsgym.com)

