



*KASRAT*

# **12** ***WEEKS SHREDDING PROGRAM***

DAYS	WORKOUT SPLIT
MONDAY	CHEST & TRICEP (STRENGTH DAY) + ABS
TUESDAY	BACK & BICEP (STRENGTH DAY) + CARDIO
WEDNESDAY	LEG & SHOULDER (STRENGTH DAY) + ABS
THURSDAY	CHEST & TRICEP (ENDURANCE DAY) + CARDIO
FRIDAY	BACK & BICEP (ENDURANCE DAY) + ABS
SATURDAY	LEGS & SHOULDERS (ENDURANCE DAY) + CARDIO
SUNDAY	OFF

#### SUNDAY – CHEST & TRICEP (STRENGTH DAY) +ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.PUSHUPS + TRICEP PRESS DOWN(LIGHT WEIGHT)	2	20-25	-----
SUPERSET	2A. BARBELL BENCH PRESS 2B BARBELL SKULL CRUSHER	5 5	6-8 6-8	2-3MINUTES
SUPERSET	3A. INCLINE BENCH PRESS 3B. OVERHEAD DB EXTENSION	5 5	6-8 6-8	2-3MINUTES
SUPERSET	4A. WEIGHTED PUSH-UPS 4B. WEIGHTED DIPS	5 5	6-8 6-8	2-3MINUTES
ABS				
REGULAR SET	1.REVERSE CRUNCHES	3	15-20	45SEC
REGULAR SET	2.ROPE CRUNCHES	3	15-20	45SEC

### MONDAY – BACK & BICEPS (STRENGTH DAY)

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. ROWS + DB CURL (LIGHT WEIGHT)	2	20-25	-----
SUPERSET	2A. WIDE GRIP LATS PULLDOWN 2B BARBELL CURL	5 5	6-8 6-8	2-3MINUTES
SUPERSET	3A. DUMBBELL ROWS 3B. DUMBBELL HAMMER CURL	5 5	6-8 6-8	2-3MINUTES
SUPERSET	4A. T-BAR ROWS 4B. REVERSE BAR CURL	5 5	6-8 6-8	2-3MINUTES
CARDIO				
TREADMILL	20MINS WALK + 10MINS JOGGING	30MINS	-----	-----

### TUESDAY - LEG & SHOULDER (STRENGTH DAY) + ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1. BODYWEIGHT SQUAT + SHOULDER PRESS (LIGHT)	2	20-25	-----
SUPERSET	2A. BARBELL SQUAT 2B BARBELL SHOULDER PRESS	5 5	6-8 6-8	2-3MINUTES
SUPERSET	3A. BARBELL RACK DEADLIFT 3B. DUMBBELL FRONT RAISE	5 5	6-8 6-8	2-3MINUTES
SUPERSET	4A. WEIGHTED PUSH-UPS 4B. WEIGHTED DIPS	5 5	6-8 6-8	2-3MINUTES
ABS				

REGULAR SET	1.REVERSE CRUNCHES	3	15-20	45SEC
REGULAR SET	2.ROPE CRUNCHES	3	15-20	45SEC

### WENESDAY – CHEST & TRICEP (ENDURANCE DAY)

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.PUSHUPS + TRICEP PRESS DOWN(LIGHT WEIGHT)	2	20-25	-----
SUPERSET	2A. DUMBBELL INCLINE PRESS 2B TRICEP PRESS DOWN	3-4 3-4	12-15 12-15	1-2MINUTES
SUPERSET	3A. DUMBBELL FLY 3B. DUMBBELL KICK BACK	3-4 3-4	12-15 12-15	1-2MINUTES
SUPERSET	4A. CABLE CROSS OVER 4B. WEIGHTED DIPS	3-4 3-4	12-15 12-15	1-2MINUTES
CARDIO				
TREADMILL	20MINS WALK + 10MINS JOGGING	30MINS	-----	-----

### THURSDAY – BACK & BICEPS (ENDURANCE DAY)

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.ROWS + DB CURL (LIGHT WEIGHT)	2	20-25	-----
SUPERSET	2A. REVERSE CHIN UPS 2B CABLE CURL	3-4 3-4	12-15 12-15	1-2MINUTES
SUPERSET	3A. SEATED ROWS 3B. CONCENTRATION CURL	3-4 3-4	12-15 12-15	1-2MINUTES

SUPERSET	4A. DB PULL OVER 4B. HIGH ANGLE CURL	3-4 3-4	12-15 12-15	1-2MINUTES
ABS				
REGULAR SET	1.REVERSE CRUNCHES	3	15-20	45SEC
REGULAR SET	2.ROPE CRUNCHES	3	15-20	45SEC

### FRIDAY - LEG & SHOULDER (STRENGTH DAY) + ABS

STRENGTH	EXERCISE	SETS	REPS	REST
WARM UP	1.BODYWEIGHT SQUAT + SHOULDER PRESS (LIGHT)	2	20-25	-----
SUPERSET	2A. DB FRONT SQUAT 2B DB PRESS	3-4 3-4	12-15 12-15	1-2MINUTES
SUPERSET	3A. DB SPLIT SQUAT 3B. DB LATERAL RAISE	3-4 3-4	12-15 12-15	1-2MINUTES
SUPERSET	4A. BARBELL HIP THRUST 4B. DB REVERSE FLY	3-4 3-4	12-15 12-15	1-2MINUTES
ABS				
TREADMILL	20MINS WALK + 10MINS JOGGING	30MINS	-----	-----