

10 WEEK SHRED PROGRAM

LET'S GET SHREDDED! THIS WORKOUT PLAN IS DESIGNED TO HELP YOU LOSE FAT WHILE CONTINUING TO BUILD MUSCLE. THROUGHOUT THE 10 WEEKS, THE WORKOUTS ARE DESIGNED TO BUILD OFF OF THE PREVIOUS WEEK. ALL PERCENTAGES ARE BASED OFF YOUR ONE REP MAX FOR THAT EXERCISE. GOOD LUCK! LET'S GET TO WORK...

**SEVERAL WORKOUTS HAVE "YOGA MOVEMENTS" IN THE WARMUP, THESE MOVEMENTS CONSIST OF KNEELING POSE, CHILDS POSE, DOWNWARD DOG, PIGEON POSE, HIGH LUNGE POSE, LIZARD POSE, LOW LUNGE W/ TWIST, DOWNWARD DOG W/ WALK ON HANDS BACK TO TOE TOUCH. RUN EACH EXERCISE FOR THE SPECIFIED AMOUNT OF TIME FOR THAT DAY!*

**SATURDAYS AND SUNDAYS ARE DEDICATED TO ACTIVE RECOVERY AND ARE OPTIONAL, HOWEVER ACTIVE RECOVERY IS LOW IMPACT FORM OF EXERCISE TO CONTINUE TO BURN FAT AND HELP YOUR BODY RECOVER FROM WEIGHT TRAINING. HERE ARE A FEW IDEAS:*

- 30 MINUTE WALK/HIKE*
- 15 MINUTE JOG*
- 45 MINUTE BIKE RIDE*
- 30 MINUTES OF RECREATIONAL SPORTS*
- 20 MINUTE YOGA SESSION*
- 60 MINUTE MOBILITY TRAINING*

**You will see different intensity levels for select workouts, varying from light, moderate, to intense. This is based on your perceived effort, if it says intense try to exert your maximum effort within reason! Remember you are only cheating yourself!*

**For burnout workouts that say "total" try to complete the required reps in the fewest amount of sets possible! LET'S GET SHREDDED!*

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 1

BIKE: 10 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS EACH

BENCH PRESS: 4 X 10 (50%, 55%, 57.5%, 60%)

PULL UPS (UNDERHAND): 3 X 10

MILITARY PRESS (STANDING): 3 X 12 (LIGHT)

HIGH PLANK: 3 X 30 SECONDS

CLEAN TO PRESS: 4 X 5 (LIGHT)

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 10 EACH (LIGHT)

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15 EACH

BURNOUT:

PUSHUPS: 3 X 20

10 WEEK SHRED PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 1

TREADMILL WALK (INCLINE): 8 MINUTES

BACK SQUAT: 4 X 10 (50%, 55%, 57.5%, 60%)

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 8 (LIGHT)

PLANK: 3 X 30 SECONDS

DUMBBELL RDL: 2 X 15 (LIGHT)

SPLIT SQUAT LUNGE HOLD: 3 X 30 SECONDS

CALVE RAISES: 3 X 10

BURNOUT:

SQUAT HOLD: 3 X 30 SECONDS

SQUAT TO JUMP (HANDS TO CEILING): 3 X 12

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 1

TREADMILL WALK (INCLINE): 5 MINUTES

BIKE: 8 MINUTES (MODERATE-INTENSE)

STRAIGHT BAR CURL: 4 X 15

BODYWEIGHT WALL/BAR TRICEP EXTENSIONS: 3 X 10

CHRISTMAS TREE PUSH UP: 4 X 15

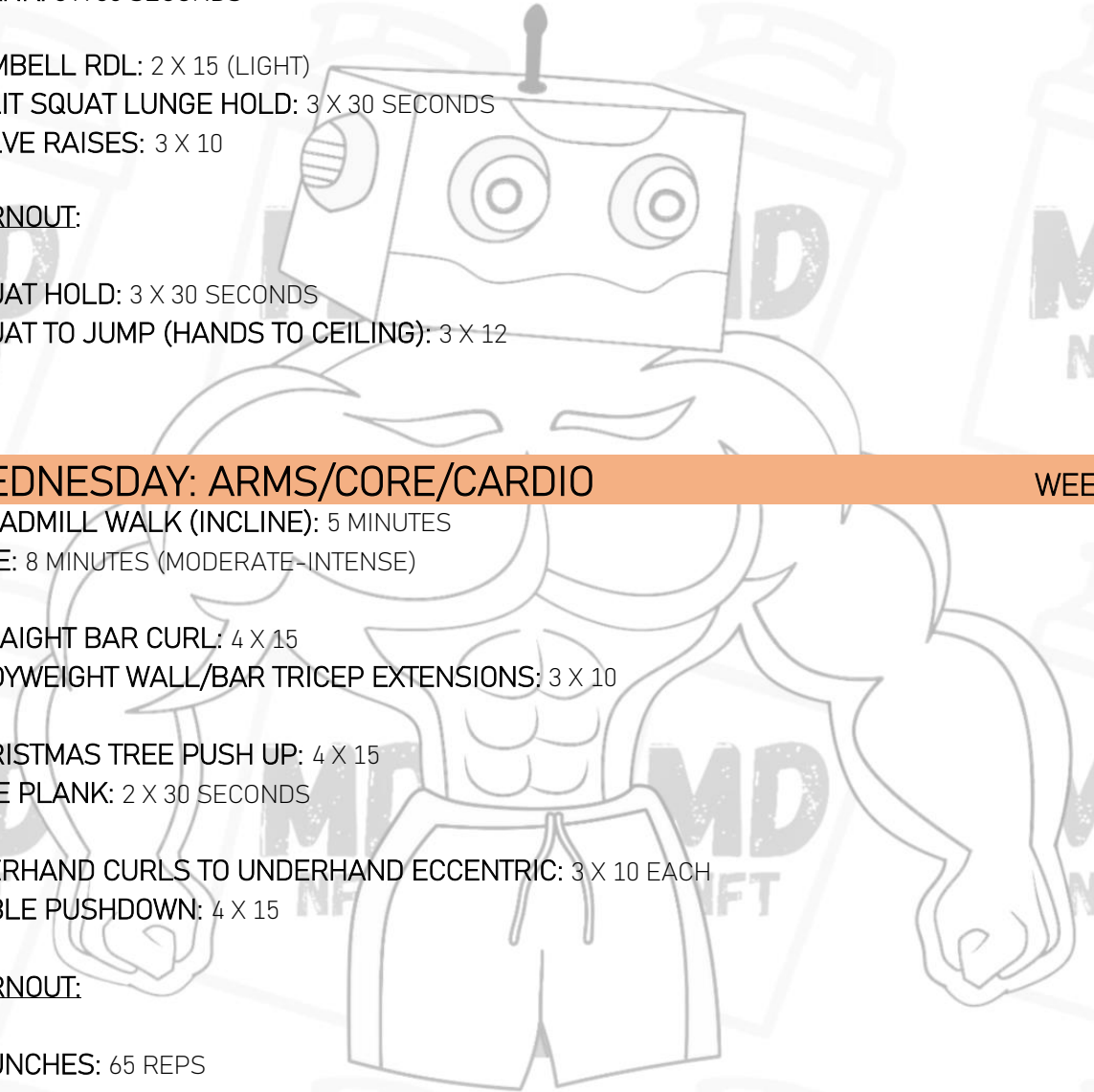
SIDE PLANK: 2 X 30 SECONDS

OVERHAND CURLS TO UNDERHAND ECCENTRIC: 3 X 10 EACH

CABLE PUSHDOWN: 4 X 15

BURNOUT:

CRUNCHES: 65 REPS



10 WEEK SHRED PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 1

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 3 X 15

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 12

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 2 X 18

WIDE GRIP PULLDOWNS: 3 X 12

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 10

BURNOUT:

INVERTED BODYWEIGHT ROW (HOLDS): 3 X 20 SECONDS

MOUNTAIN CLIMBERS: 100 TOTAL

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 1

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL LUNGES: 4 X 5 EACH

SINGLE LEG GLUTE BRIDGES: 3 X 10

FRONT SQUAT: 3 X 10 (LIGHT)

GROIN STRETCH: 3 X 30 SECONDS

BARBELL RDL: 2 X 10 (LIGHT)

TOE TOUCH ABS: 3 X 30

CALVE RAISES SINGLE LEG: 4 X 12 EACH

BURNOUT:

AIR SQUAT: 50 REPS

BIKE: 10 MINUTES (MODERATE)

10 WEEK SHRED PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 2

BIKE: 10 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 12 (50%, 55%, 57.5%, 60%)

PULL UPS (UNDERHAND): 3 X 5 PAUSE REPS

MILITARY PRESS (STANDING): 3 X 12 (LIGHT)

HIGH PLANK: 3 X 30 SECONDS

ARNOLD PRESS: 3 X 10 (LIGHT PAUSES)

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 12 EACH (LIGHT)

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15 EACH

BURNOUT:

PUSHUPS: 3 X 25

SQUAT TO JUMP (HANDS TO CEILING): 3 X 12

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 2

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 12 (50%, 55%, 57.5%, 60%)

GLUTE BRIDGES: 3 X 15

SPLIT SQUAT: 3 X 6 EACH (LIGHT)

LAYING AB SCISSORS: 3 X 50

DUMBBELL RDL: 2 X 15 (LIGHT)

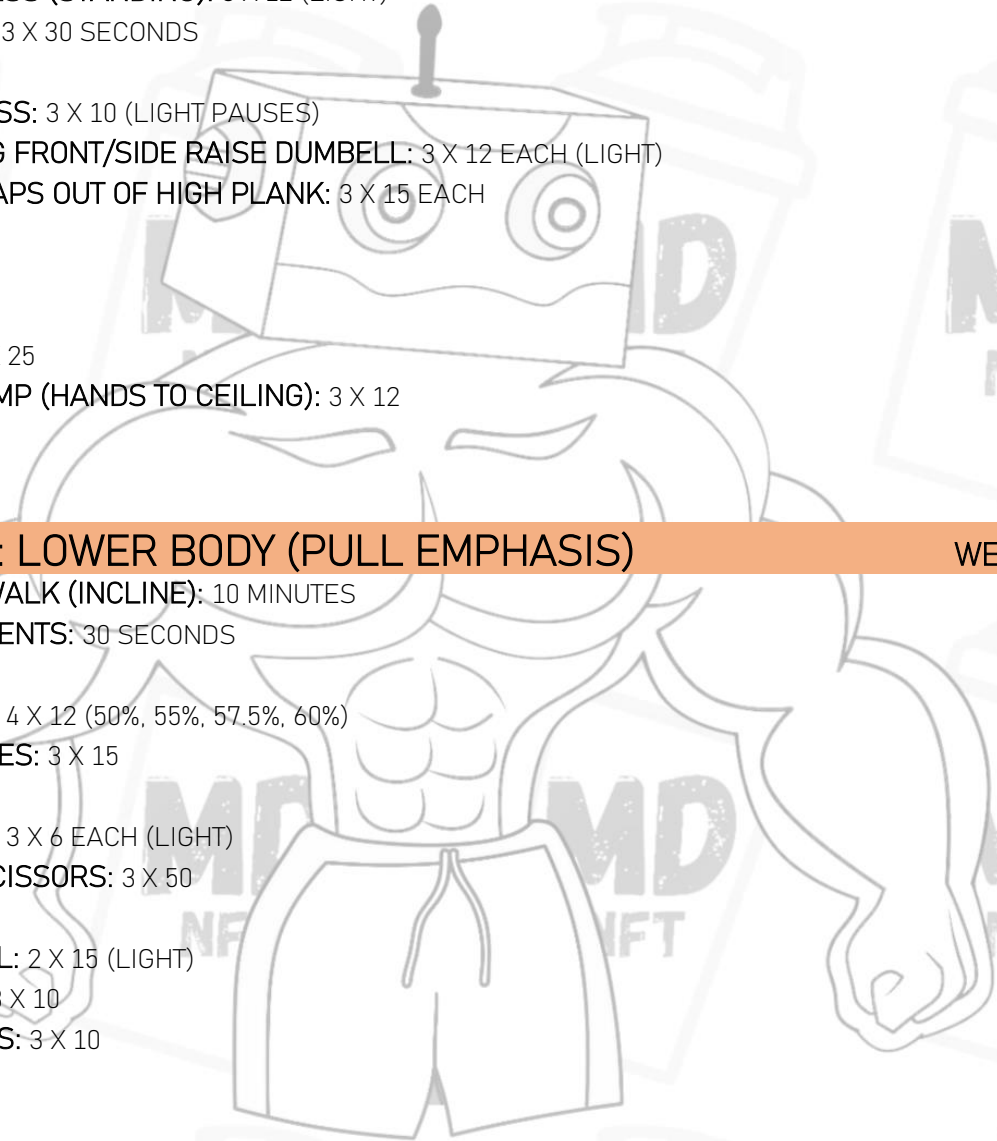
BOX JUMPS: 3 X 10

CALVE RAISES: 3 X 10

BURNOUT:

WEIGHT SQUAT HOLD: 2 X 45 SECONDS

BURPEES: 3 X 8



10 WEEK SHRED PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 2

TREADMILL WALK (INCLINE): 10 MINUTES

BIKE: 8 MINUTES (INTENSE)

EZ BAR CURL: 3 X 20

BODYWEIGHT WALL/BAR TRICEP EXTENSIONS: 3 X 15

CABLE TRICEP EXTENSION: 4 X 15

SIDE PLANK: 2 X 30 SECOND EACH SIDE

OVERHAND CURLS: 3 X 20

DUMBBELL OVERHEAD EXTENSION: 4 X 15

BURNOUT:

WRIST CURLS: 3 X 30

WRIST EXTENSION: 3 X 30

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 2

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 3 X 15 (52.5%, 57.5%, 60%)

BAND PULL APART: 3 X 30

BARBELL BENT OVER ROW: 4 X 12

INVERTED BODYWEIGHT ROWS: 3 X 12

SINGLE ARM DUMBBELL ROW: 4 X 10

CABLE PULLDOWNS SEATED: 3 X 15

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 10

BURNOUT:

ROPE CABLE PULLDOWN: 2 X 50

MOUNTAIN CLIMBERS: 100 TOTAL

10 WEEK SHRED PROGRAM

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 2

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX BAR DEADLIFT: 4 X 10

SINGLE LEG GLUTE BRIDGES: 3 X 10

DUMBBELL OR KETTLEBELL SINGLE ARM SNATCH: 3 X 6 EACH

HAMSTRING CURL: 3 X 15

BARBELL RDL: 2 X 10 (LIGHT)

CABLE CRUNCH: 3 X 20

SINGLE LEG CALVE RAISES: 4 X 10

BURNOUT:

AIR SQUAT: 50 REPS

BIKE INTERVAL TRAINING (8 ROUNDS): MAX EFFORT 15 SECONDS
RECOVER/EASY PACE 30 SECONDS

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 3

BIKE: 12 MINUTES (MODERATE-INTENSE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 10 (52.5%, 55%, 57.5%, 62.5%)

PULL UPS (OVERHAND): 3 X 10

MILITARY PRESS DUMBBELL: 3 X 15 (LIGHT)

SIDE CRUNCH: 2 X 30 EACH

DUMBBELL CLEAN TO PRESS: 4 X 5 (LIGHT)

DUMBBELL ALTERNATING FRONT/SIDE RAISE: 3 X 10E (LIGHT)

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15

BURNOUT:

PUSHUPS: 3 X 25

BURPEE: 3 X 8

10 WEEK SHRED PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 3

TREADMILL WALK (INCLINE): 12 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 10 (50%, 55%, 57.5%, 60%)

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 12 (VERY LIGHT)

HIGH PLANK HOLD: 3 X 30 SECONDS

DUMBBELL RDL SINGLE LEG: 3 X 8 (LIGHT)

LUNGE HOLD: 3 X 30 SECONDS

SKATER HOPS: 3 X 8 EACH

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

PISTOL SQUAT ASSISTED: 3 X 8 EACH

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 3

TREADMILL WALK (INCLINE): 10 MINUTES

BIKE: 5 MINUTES (INTENSE)

STRAIGHT BAR CURL: 4 X 15

DUMBBELL SKULL CRUSHERS: 3 X 12

BENCH DIPS: 3 X 25

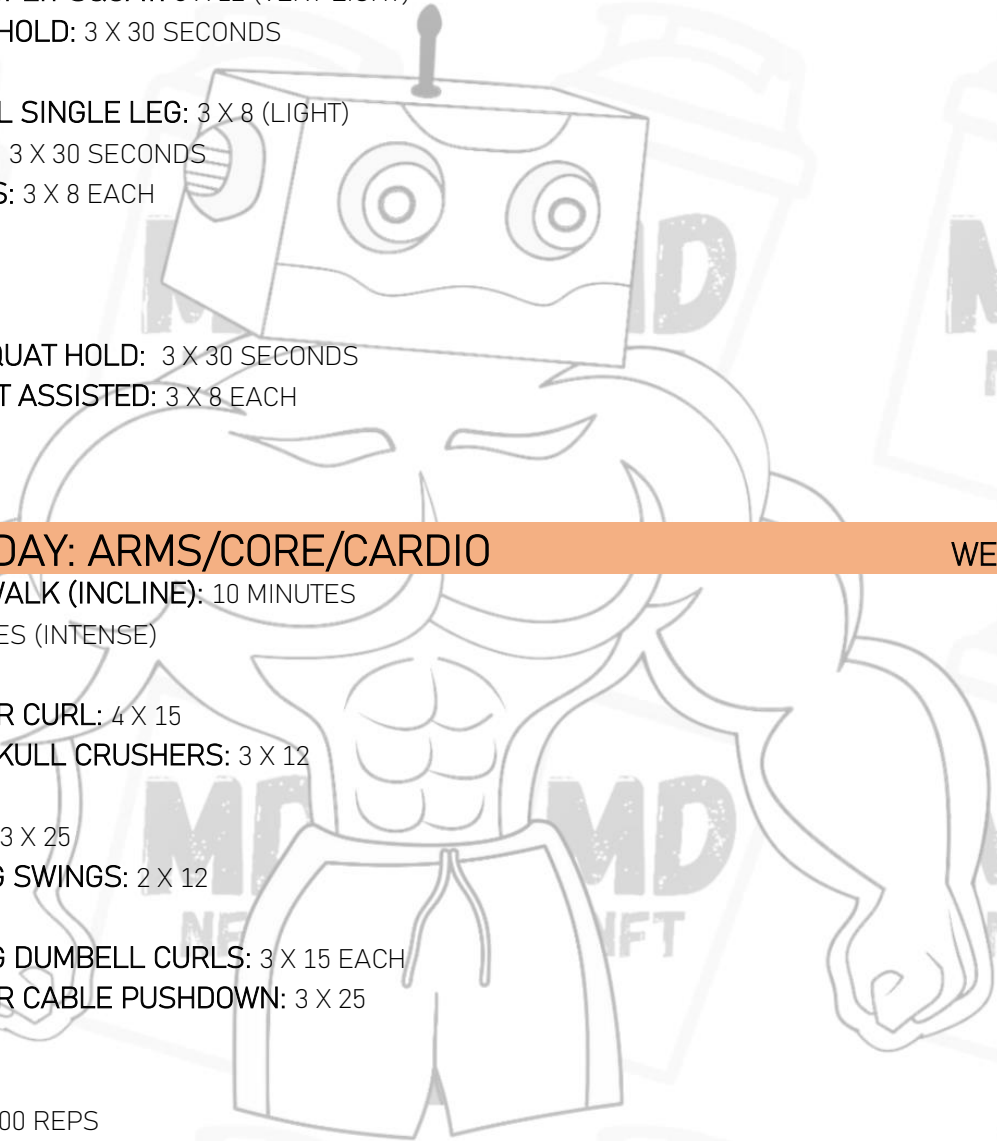
HANGING LEG SWINGS: 2 X 12

ALTERNATING DUMBBELL CURLS: 3 X 15 EACH

STRAIGHT BAR CABLE PUSHDOWN: 3 X 25

BURNOUT:

CRUNCHES: 100 REPS



10 WEEK SHRED PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 3

FRONT PLANK: 45 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 2 X 15; 1 X 20 (55%, 60%, 50%)

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW STRAIGHT BAR: 4 X 8 (HEAVIER)

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 3 X 10 (HEAVIER)

CLOSE GRIP CABLE PULLDOWNS: 3 X 12

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15 EACH

BURNOUT:

PUSHUPS: 3 X 30

MOUNTAIN CLIMBERS: 120 TOTAL

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 3

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BARBELL SPLIT SQUAT: 4 X 8 EACH

WEIGHTED GLUTE BRIDGES: 3 X 10

FRONT SQUAT: 3 X 12 (LIGHT)

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

SEATED VERTICAL JUMPS: 3 X 10

TOE TOUCH ABS: 3 X 30

GOBLET SQUAT: 3 X 15

BURNOUT:

RAPID BUNNY HOPS: 2 X 25

BIKE: 10 MINUTES (MODERATE)

10 WEEK SHRED PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 4

BIKE: 15 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 8 (60%, 62.5%, 65%, 70%)

INVERTED BODYWEIGHT ROWS: 3 X 10

MILITARY PRESS: 3 X 10

HIGH PLANK: 2 X 45 SECONDS

MEDICINE BALL PUSH UPS: 3 X 15

INCLINE HEX PRESS: 3 X 10

PIKE PRESS: 3 X 15

BURNOUT:

PAUSE REP PUSH UP: 3 X 4 (5 SECOND HOLD TOP AND BOTTOM)

SQUAT TO JUMP (HANDS TO CEILING): 3 X 12

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 4

TREADMILL WALK (INCLINE): 12 MINUTES

YOGA MOVEMENTS: 45 SECONDS

SPLIT STANCE DL: 3 X 8

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 8

LOW PLANK TO PUSH UP: 3 X 6 EACH

DUMBBELL RDL ELEVATED: 2 X 12

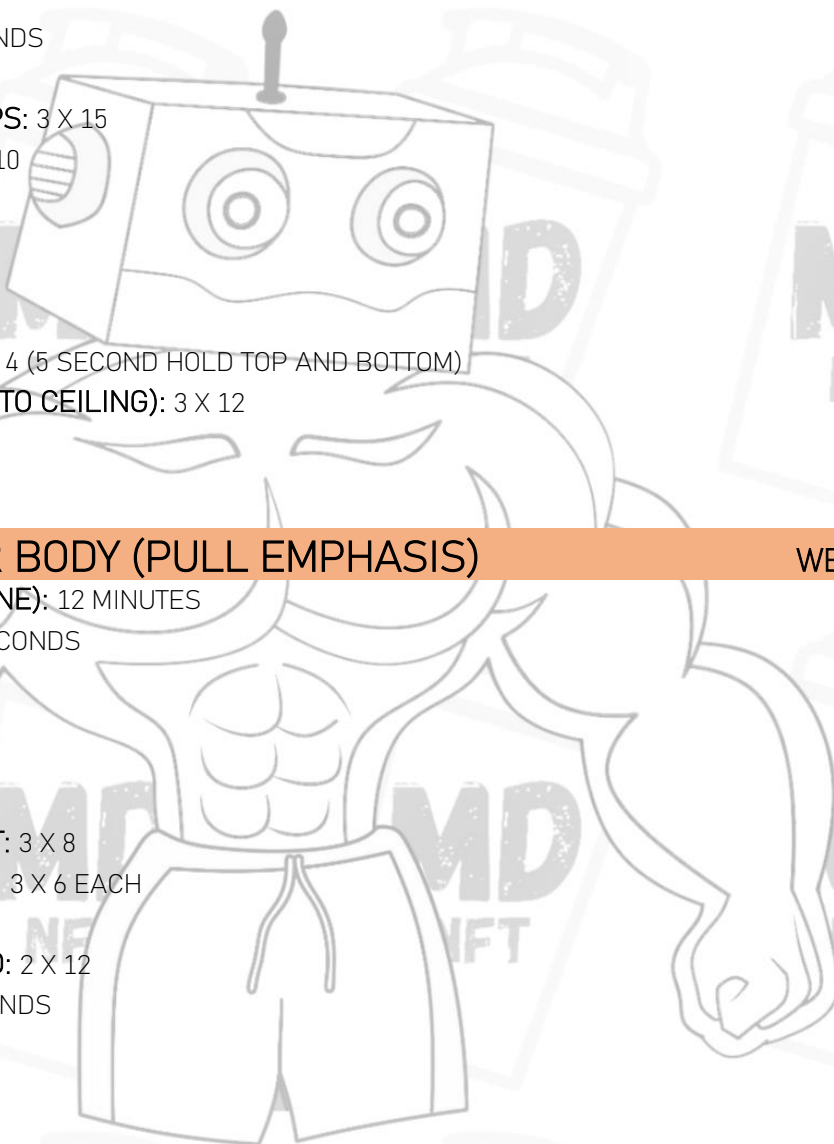
LUNGE HOLD: 3 X 30 SECONDS

CALVE RAISES: 3 X 25

BURNOUT:

SQUAT HOLD WEIGHTED: 3 X 30 SECONDS

ALT LUNGE JUMPS: 3 X 8 EACH



10 WEEK SHRED PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 4

TREADMILL WALK (INCLINE): 10 MINUTES

BIKE: 10 MINUTES (INTENSE)

OVERHAND STRAIGHT BAR CURL: 3 X 12

BODYWEIGHT WALL/BAR TRICEP EXTENSIONS: 3 X 15

DIPS: 3 X 10

SIDE PLANK: 2 X 30 SECONDS

COWBOY CURLS: 3 X 10 EACH

ROPE CABLE PUSHDOWN: 4 X 15

BURNOUT:

CRUNCHES: 150 TOTAL

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 4

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 3 X 20

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 12

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 3 X 12

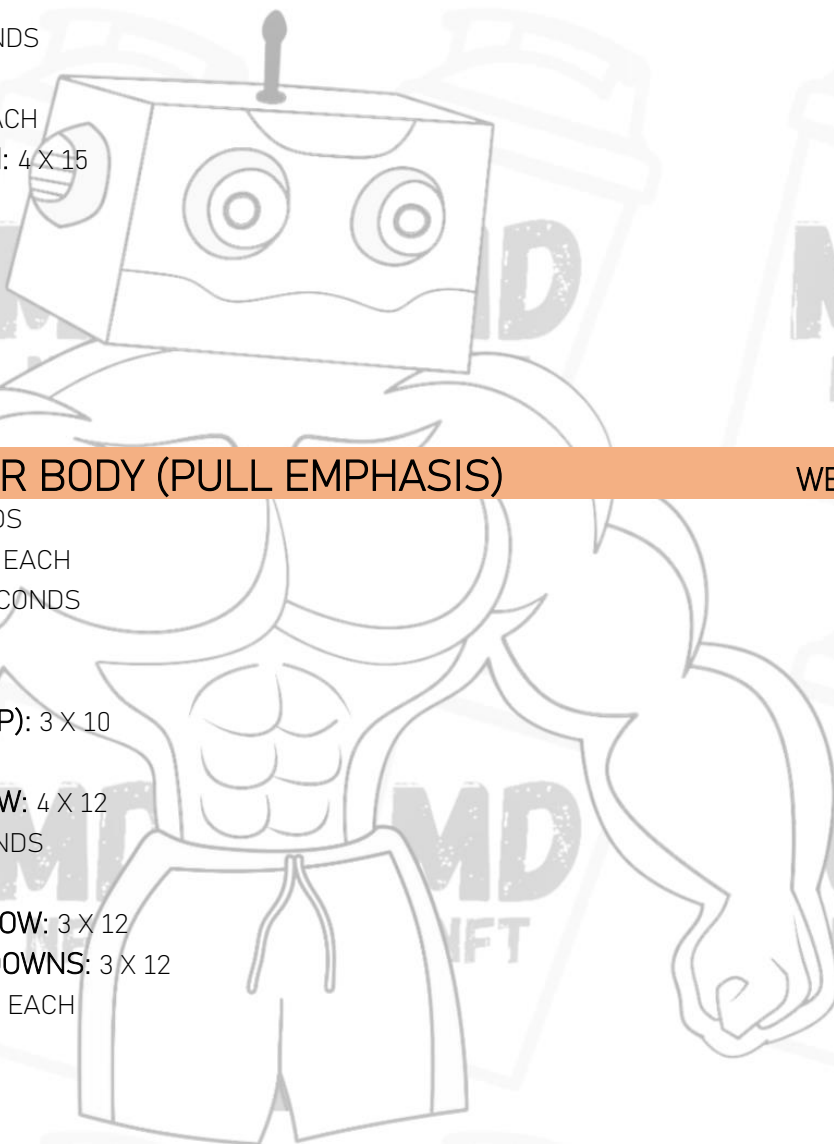
WIDE GRIP CABLE PULLDOWNS: 3 X 12

CROSS CRUNCHES: 3 X 15 EACH

BURNOUT:

PAUSE REP PUSH UPS: 3 X 12

MOUNTAIN CLIMBERS: 150 TOTAL



10 WEEK SHRED PROGRAM

FRIDAY: LOWER BODY (PULL EMPHASIS)

WEEK 4

TREADMILL WALK (INCLINE): 15 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX-BAR DEADLIFT: 4 X 12

GLUTE BRIDGES: 3 X 15

BACK SQUAT: 3 X 15 (LIGHT)

HAMSTRING CURL: 3 X 10

BARBELL RDL: 3 X 12

TOE TOUCH ABS: 3 X 30

CALVE RAISES SINGLE LEG: 4 X 10 EACH

BURNOUT:

WEIGHTED BOUNCING SQUATS: 50 REPS

BIKE INTERVAL TRAINING (10 ROUNDS): MAX EFFORT: 15 SEC
RECOVER/COAST: 30 SEC

WEEK 5: ACTIVE RECOVERY (ALL BODYWEIGHT)

MONDAY:

15 MINUTE BIKE
100 AIR SQUATS
50 PUSH UPS
40 PULLUPS
5 MINUTE PLANK

TUESDAY:

15-MINUTE TREADMILL INC WALK
60 AIR SQUATS
40 PUSHUPS
30 PULLUPS
2 MINUTE SIDE PLANK EACH

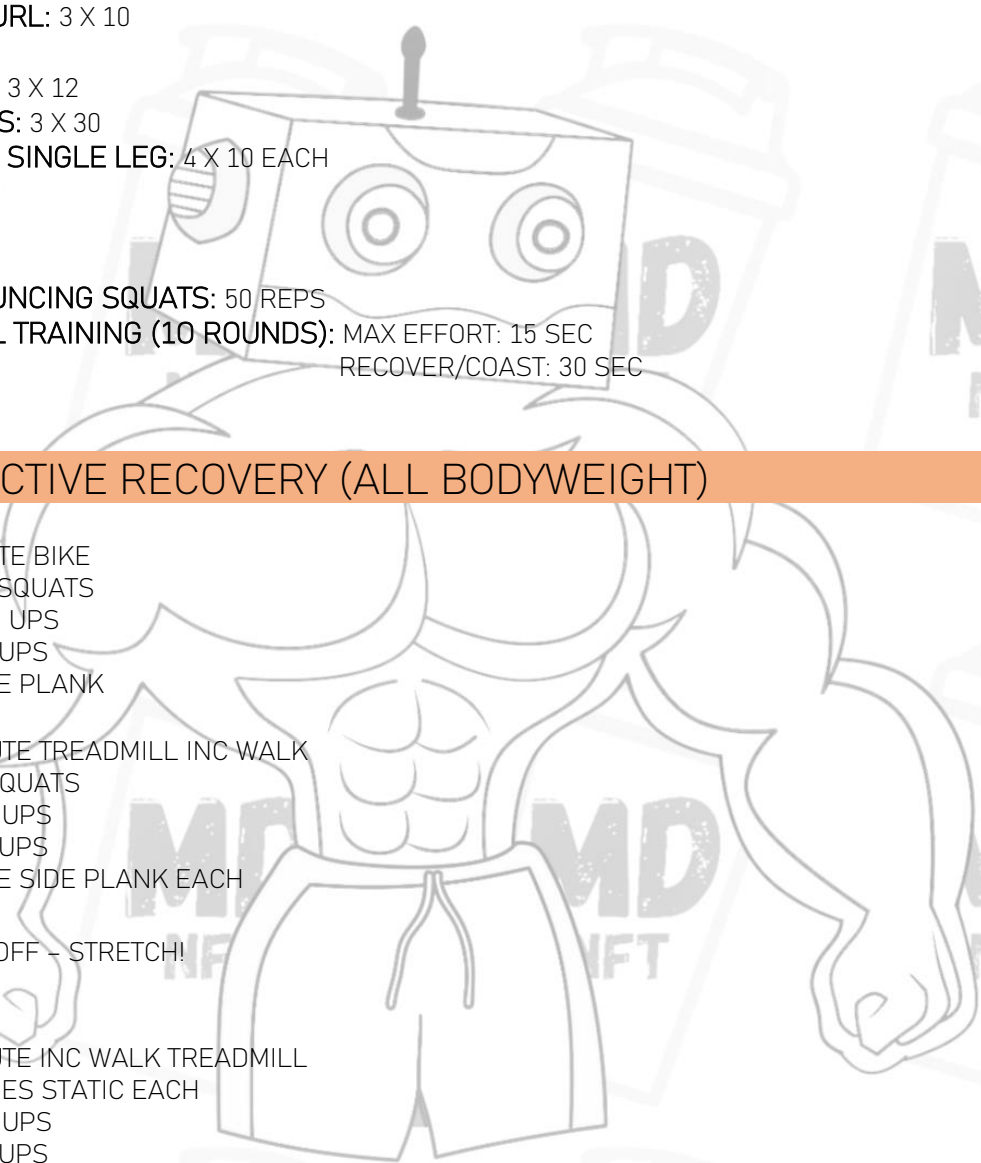
WEDNESDAY: OFF - STRETCH!

THURSDAY:

10-MINUTE INC WALK TREADMILL
60 LUNGES STATIC EACH
75 PUSHUPS
50 PULLUPS
5 MINUTE PLANK

FRIDAY:

BIKE 20 MINUTES
JUMPING ALT LUNGES 40 REPS EACH
PAUSE REP PUSHUPS 40 REPS
2-MINUTE-HIGH PLANK
2-MINUTE-LOW PLANK



10 WEEK SHRED PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 6

BIKE: 10 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS EACH

BENCH PRESS: 4 X 10 (55%, 57.5%, 60%, 65%)

PULL UPS (OVERHAND): 3 X 10

MILITARY PRESS: 3 X 15 (LIGHT)

HIGH PLANK: 3 X 30 SECONDS

BARBELL SNATCH: 4 X 5 (LIGHT)

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 10 EACH (LIGHT)

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15 EACH

BURNOUT:

DUMBBELL FARMER CARRIES: 3 REPS – 30 STEPS

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 6

TREADMILL WALK (INCLINE): 8 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 10 (55%, 57.5%, 60%, 65%)

GLUTE BRIDGES: 3 X 12

BULGARIAN SPLIT SQUAT: 3 X 10 (LIGHT)

LOW PLANK: 3 X 30 SECONDS

DUMBBELL RDL: 2 X 15 (LIGHT)

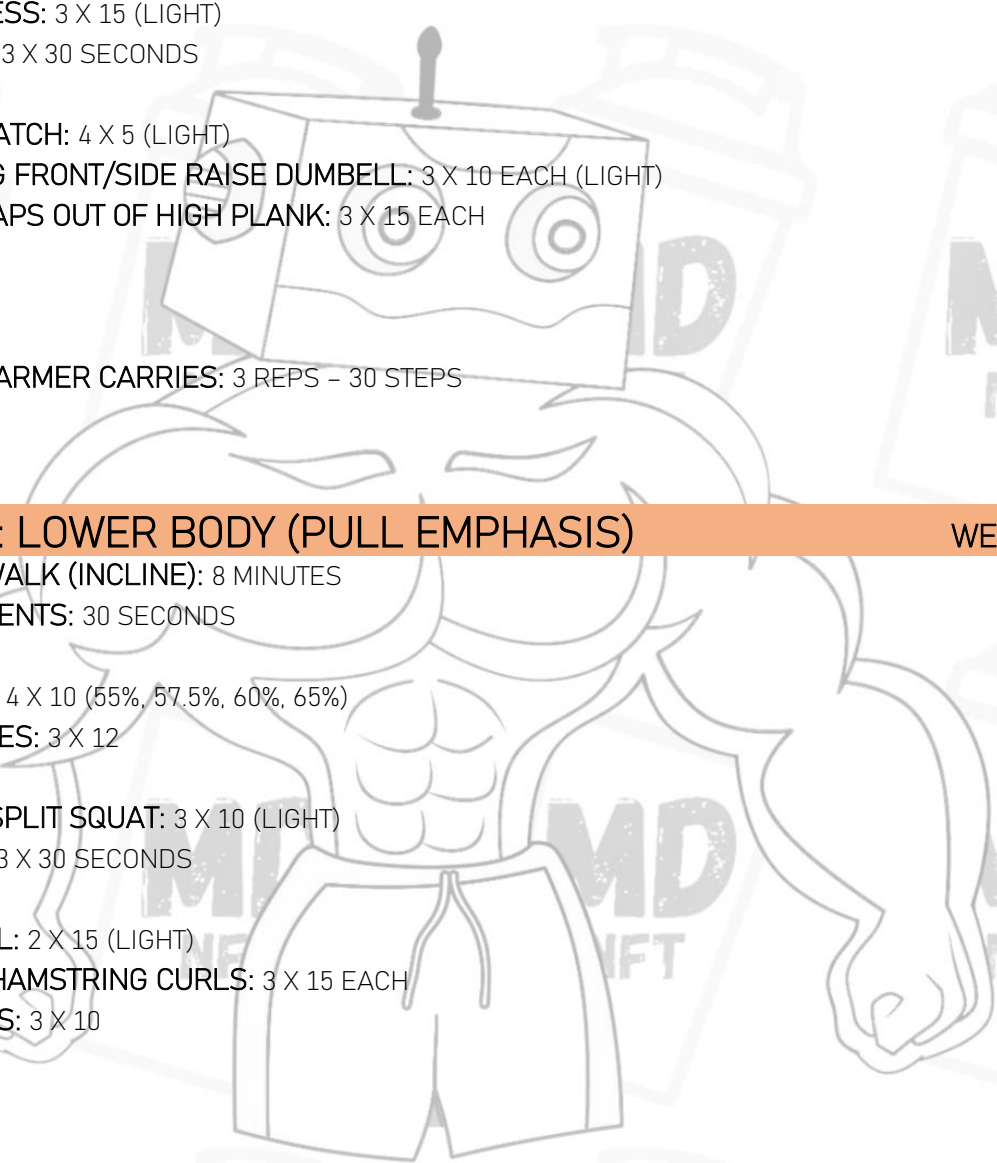
SINGLE LEG HAMSTRING CURLS: 3 X 15 EACH

CALVE RAISES: 3 X 10

BURNOUT:

SUITCASE DUMBBELL SQUAT HOLD: 3 X 30 SECONDS

SQUAT TO JUMP (HANDS TO CEILING): 3 X 10



10 WEEK SHRED PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 6

TREADMILL WALK (INCLINE): 5 MINUTES

BIKE: 8 MINUTES (MODERATE-INTENSE)

EZ BAR OVERHAND CURL: 4 X 15

BODYWEIGHT WALL/BAR TRICEP EXTENSIONS: 3 X 20

CHRISTMAS TREE PUSH UP: 4 X 15

SIDE PLANK: 2 X 30 SECONDS

DUMBBELL OVERHAND CURLS TO UNDERHAND ECCENTRIC: 3 X 10 EACH

ROPE CABLE PUSHDOWN: 4 X 15

BURNOUT:

CRUNCHES: 100 REPS

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 6

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 3 X 15

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 12

CHATURANGA PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 2 X 18

NEUTRAL GRIP PULLDOWNS: 3 X 12

MEDICINE BALL SLAM: 3 X 15

BURNOUT:

INVERTED BODYWEIGHT ROW (HOLDS): 3 X 30 SEC

MOUNTAIN CLIMBERS: 150 TOTAL

10 WEEK SHRED PROGRAM

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 6

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

WALKING DUMBBELL LUNGES: 4 X 5 EACH

SINGLE LEG GLUTE BRIDGES: 3 X 10

FRONT SQUAT: 3 X 10 (LIGHT)

GROIN STRETCH: 3 X 30 SECONDS

BARBELL RDL: 3 X 10 (LIGHT)

TOE TOUCH ABS: 3 X 30

SINGLE LEG CALVE RAISES: 3 X 12 EACH

BURNOUT:

BOUNCING SQUATS: 50 REPS

BIKE 10 MINUTES: MODERATE

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 7

BIKE: 10 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 12 (55%, 55%, 57.5%, 62.5%)

PULL UPS (UNDERHAND): 3 X 5 PAUSE REPS

MILITARY PRESS (STANDING): 3 X 12 (LIGHT)

LOW PLANK: 2 X 45 SECONDS

ARNOLD PRESS: 3 X 12 (LIGHT PAUSES)

ALTERNATING FRONT/SIDE RAISE DUMBBELL: 3 X 12 EACH (LIGHT)

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15 EACH

BURNOUT:

PUSHUPS: 3 X 35

SQUAT TO JUMP (HANDS TO CEILING): 3 X 12

10 WEEK SHRED PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 7

TREADMILL WALK (INCLINE): 8 MINUTES - 2 MINUTE JOG

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 12 (55%, 55%, 57.5%, 62.5%)

SINGLE LEG GLUTE BRIDGE: 3 X 8

SPLIT SQUAT: 3 X 8 EACH (LIGHT)

LAYING AB SCISSORS: 3 X 50

DUMBBELL RDL: 3 X 15 (LIGHT)

BOX JUMPS: 3 X 10

CALVE RAISES W/ QUARTER SQUAT HOLD: 3 X 15

BURNOUT:

WEIGHT SQUAT HOLD: 2 X 45 SECONDS

BURPEES: 3 X 8

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 7

TREADMILL WALK (INCLINE): 10 MINUTES

BIKE: 8 MINUTES (INTENSE)

EZ BAR CURL: 3 X 20

BODYWEIGHT WALL/BAR TRICEP EXTENSIONS: 3 X 15

UNDERHAND CABLE TRICEP EXTENSION: 4 X 15

SIDE PLANK: 2 X 30 SECOND EACH SIDE

OVERHAND CURLS: 3 X 20

DUMBBELL OVERHEAD EXTENSION: 4 X 15

BURNOUT:

WRIST CURLS: 3 X 50

WRIST EXTENSION: 3 X 50

10 WEEK SHRED PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 7

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 3 X 15 (55%, 57.5%, 62.5%)

BAND PULL APART: 3 X 30

BARBELL BENT OVER ROW: 4 X 12

MACHINE ROWS: 3 X 15

SINGLE ARM DUMBBELL ROW: 4 X 10

CABLE PULLDOWNS SEATED: 3 X 15

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 10

BURNOUT:

ROPE CABLE PULLDOWN: 2 X 50

MOUNTAIN CLIMBERS: 100 TOTAL

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 7

TREADMILL WALK (INCLINE): 10 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX BAR DEADLIFT: 4 X 10

SINGLE LEG GLUTE BRIDGES: 3 X 10

DUMBBELL OR KETTLEBELL SINGLE ARM SNATCH: 3 X 6 EACH

HAMSTRING CURL: 3 X 15

BARBELL RDL: 2 X 10 (LIGHT)

CABLE CRUNCH: 3 X 30

SINGLE LEG CALVE RAISES: 4 X 10

BURNOUT:

AIR SQUAT: 50 REPS

BIKE INTERVAL TRAINING (10 ROUNDS): MAX EFFORT: 15 SECONDS

RECOVER/COAST: 20 SECONDS

10 WEEK SHRED PROGRAM

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 8

BIKE: 12 MINUTES (MODERATE-INTENSE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 10 (55%, 60%, 62.5%, 65%)

PULL UPS (OVERHAND): 3 X 10

MILITARY PRESS DUMBBELL: 3 X 15 (LIGHT)

SIDE CRUNCH: 2 X 30 EACH

KETTLEBELL CLEAN TO PRESS: 4 X 5 (LIGHT)

DUMBBELL ALTERNATING FRONT/SIDE RAISE: 3 X 10 EACH (LIGHT)

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15

BURNOUT:

PAUSE REP PUSHUPS: 3 X 20

BURPEE: 3 X 10

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 8

TREADMILL WALK (INCLINE): 12 MINUTES

YOGA MOVEMENTS: 30 SECONDS

BACK SQUAT: 4 X 10 (55%, 60%, 62.5%, 65%)

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 12 (VERY LIGHT)

HIGH PLANK HOLD: 3 X 30 SECONDS

DUMBBELL RDL SINGLE LEG: 3 X 8 (LIGHT)

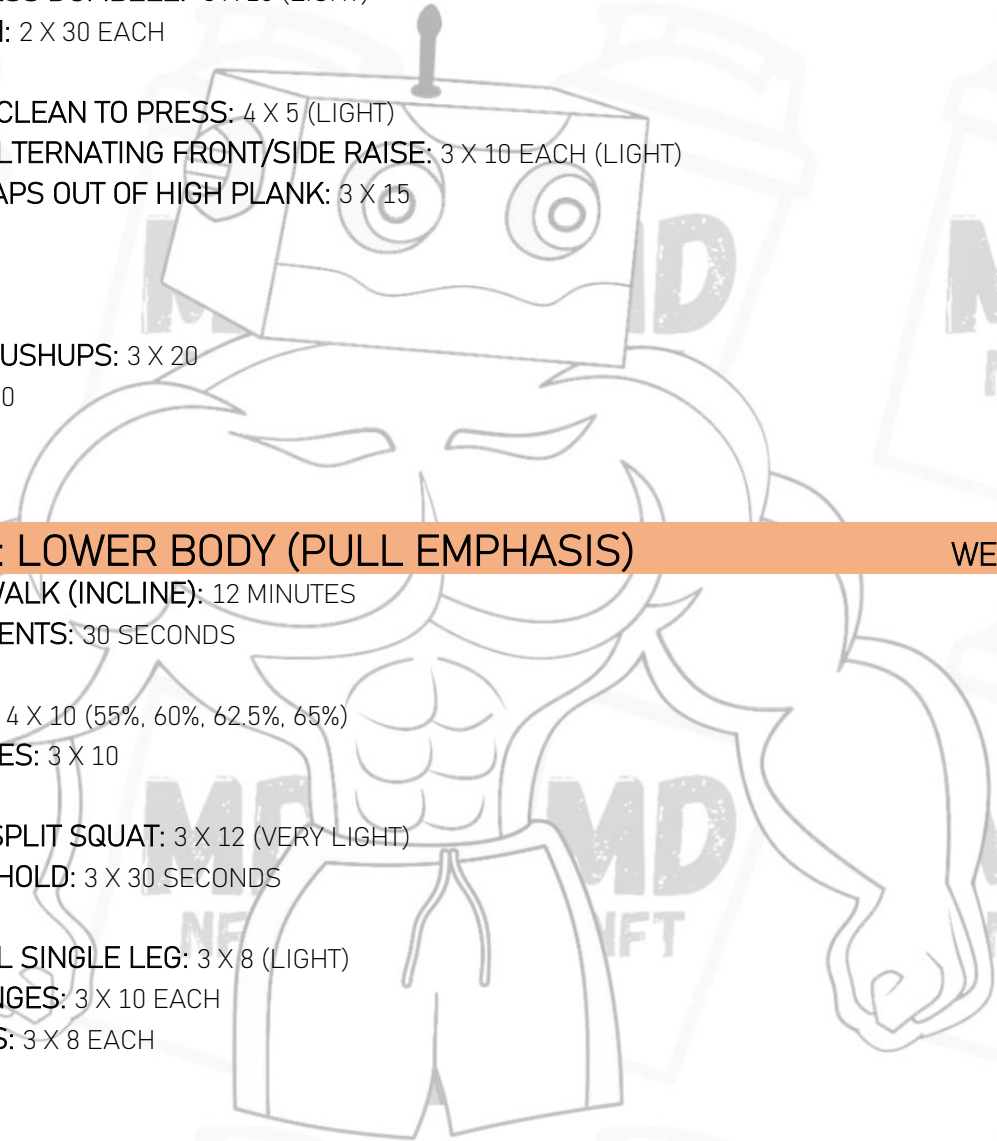
LATERAL LUNGES: 3 X 10 EACH

SKATER HOPS: 3 X 8 EACH

BURNOUT:

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

PISTOL SQUAT ASSISTED: 3 X 8 EACH



10 WEEK SHRED PROGRAM

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 8

TREADMILL WALK (INCLINE): 10 MINUTES

BIKE: 5 MINUTES (INTENSE)

EZ BAR CURL: 4 X 10 PAUSE REPS

EZ BAR SKULL CRUSHERS: 3 X 15

BENCH DIPS: 3 X 25

HANGING LEG SWINGS: 2 X 12

ALTERNATING DUMBBELL CURLS: 3 X 10 EACH

V-BAR CABLE PUSHDOWN: 3 X 25

BURNOUT:

CRUNCHES: 150 REPS

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 8

FRONT PLANK: 60 SECONDS

SIDE PLANK: 45 SECONDS EACH

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 2 X 15; 1 X 20 (60%, 62.5%, 55%)

PULL UPS (NEUTRAL GRIP): 3 X 12

BARBELL BENT OVER ROW STRAIGHT BAR: 4 X 8 (HEAVIER)

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 3 X 10 (HEAVIER)

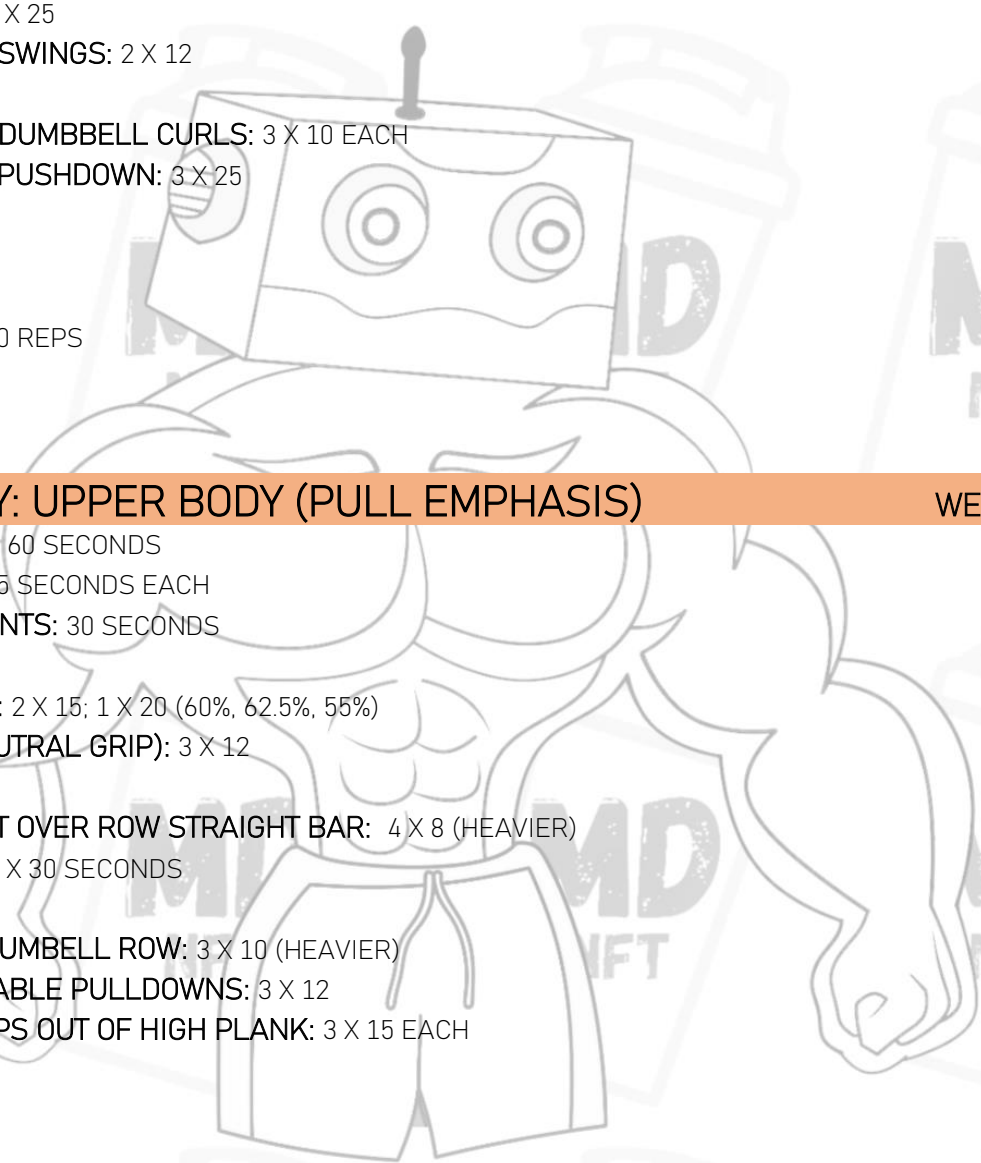
CLOSE GRIP CABLE PULLDOWNS: 3 X 12

SHOULDER TAPS OUT OF HIGH PLANK: 3 X 15 EACH

BURNOUT:

PUSHUPS: 3 X 30

MOUNTAIN CLIMBERS: 150 TOTAL



10 WEEK SHRED PROGRAM

FRIDAY: LOWER BODY (PUSH EMPHASIS)

WEEK 8

TREADMILL WALK (INCLINE): 12 MINUTES

BIKE: 5 MINUTES (INTENSE)

YOGA MOVEMENTS: 30 SECONDS

BARBELL SPLIT SQUAT: 4 X 8 EACH

WEIGHTED GLUTE BRIDGES: 3 X 10

FRONT SQUAT: 3 X 12 (LIGHT)

WEIGHTED SQUAT HOLD: 3 X 30 SECONDS

SEATED VERTICAL JUMPS: 3 X 10

SIDE CRUNCHES: 3 X 30

GOBLET SQUAT: 3 X 15

BURNOUT:

RAPID BUNNY HOPS: 2 X 25

BIKE: 10 MINUTES (MODERATE)

MONDAY: UPPER BODY (PUSH EMPHASIS)

WEEK 9

BIKE: 15 MINUTES (MODERATE)

YOGA MOVEMENTS: 30 SECONDS

BENCH PRESS: 4 X 8 (62.5%, 65%, 65%, 72.5%)

INVERTED BODYWEIGHT ROWS: 3 X 10

MILITARY PRESS: 3 X 10

HIGH PLANK: 2 X 45 SECONDS

MEDICINE BALL PUSH UPS: 3 X 15

INCLINE HEX PRESS: 3 X 10

PIKE PRESS: 3 X 15

BURNOUT:

PAUSE REP PUSH UP: 3 X 4 (5 SECOND HOLD TOP AND BOTTOM)

SQUAT TO JUMP (HANDS TO CEILING): 3 X 12

10 WEEK SHRED PROGRAM

TUESDAY: LOWER BODY (PULL EMPHASIS)

WEEK 9

TREADMILL WALK (INCLINE): 12 MINUTES

YOGA MOVEMENTS: 45 SECONDS

SPLIT STANCE DL: 3 X 12

GLUTE BRIDGES: 3 X 10

BULGARIAN SPLIT SQUAT: 3 X 8

LOW PLANK TO PUSH UP: 3 X 6 EACH

DUMBBELL RDL ELEVATED: 2 X 12

QUAD EXTENSIONS: 3 X 30

CALVE RAISES: 3 X 25

BURNOUT:

SQUAT HOLD WEIGHTED: 3 X 30 SECONDS

ALT LUNGE JUMPS: 3 X 8 EACH

WEDNESDAY: ARMS/CORE/CARDIO

WEEK 9

TREADMILL WALK (INCLINE): 10 MINUTES

BIKE: 10 MINUTES INTENSE

OVERHAND STRAIGHT BAR CURL: 3 X 12

BODYWEIGHT WALL/BAR TRICEP EXTENSIONS: 3 X 15

DIPS: 3 X 10

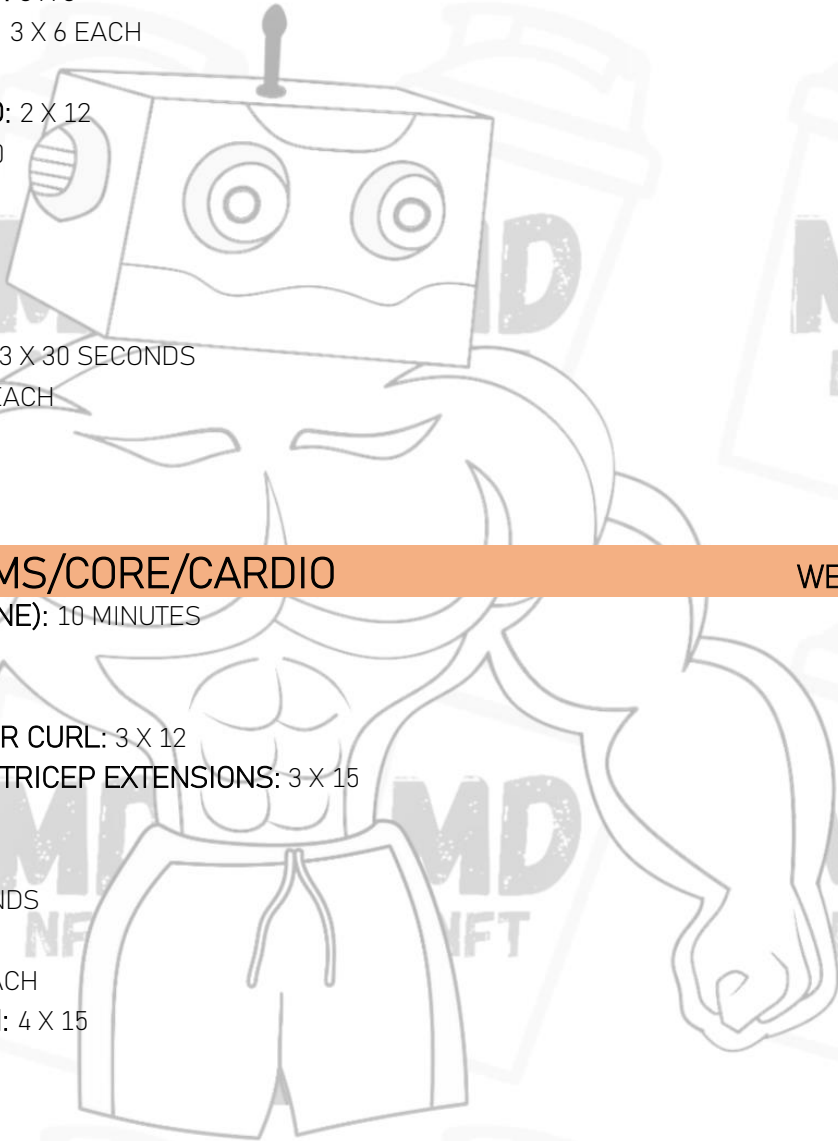
SIDE PLANK: 2 X 30 SECONDS

COWBOY CURLS: 3 X 15 EACH

ROPE CABLE PUSHDOWN: 4 X 15

BURNOUT:

CRUNCHES: 150 TOTAL



10 WEEK SHRED PROGRAM

THURSDAY: UPPER BODY (PULL EMPHASIS)

WEEK 9

FRONT PLANK: 30 SECONDS

SIDE PLANK: 30 SECONDS EACH SIDE

YOGA MOVEMENTS: 30 SECONDS

DUMBBELL PRESS: 3 X 20

PULL UPS (NEUTRAL GRIP): 3 X 10

BARBELL BENT OVER ROW: 4 X 12

HIGH PLANK: 3 X 30 SECONDS

SINGLE ARM DUMBBELL ROW: 3 X 12

WIDE GRIP CABLE PULLDOWNS: 3 X 12

CROSS CRUNCHES: 3 X 15 EACH

BURNOUT:

PAUSE REP PUSH UPS: 3 X 12

MOUNTAIN CLIMBERS: 150 TOTAL

FRIDAY: LOWER BODY (PULL EMPHASIS)

WEEK 9

TREADMILL WALK (INCLINE): 15 MINUTES

YOGA MOVEMENTS: 30 SECONDS

HEX-BAR DEADLIFT: 4 X 12

HAMSTRING CURL: 3 X 15

BACK SQUAT: 3 X 15 (LIGHT)

FORWARD FOLD STRETCH: 3 X 30 SECONDS

BARBELL RDL: 3 X 12

TOE TOUCH ABS: 3 X 30

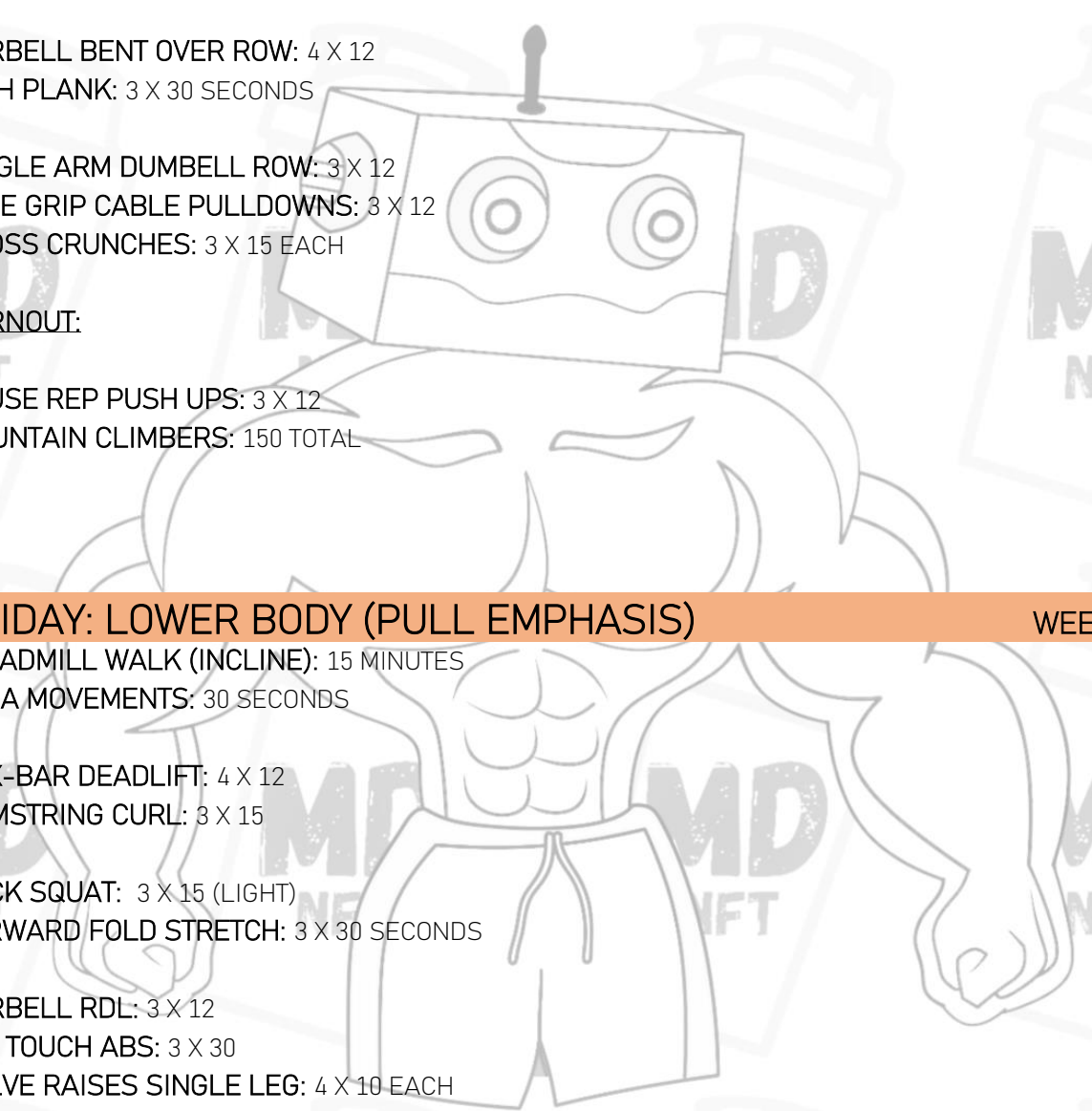
CALVE RAISES SINGLE LEG: 4 X 10 EACH

BURNOUT:

WEIGHTED BOUNCING SQUATS: 50 REPS

BIKE INTERVAL TRAINING (10 ROUNDS): MAX EFFORT: 20 SECONDS

RECOVER/COAST: 20 SECONDS



10 WEEK SHRED PROGRAM

WEEK 10: ACTIVE RECOVERY (ALL BODYWEIGHT)

MONDAY:

15 MINUTE BIKE
100 AIR SQUATS
50 PUSH UPS
40 PULLUPS
5 MINUTE PLANK

TUESDAY:

15-MINUTE TREADMILL INC WALK
60 AIR SQUATS
40 PUSHUPS
30 PULLUPS
2 MINUTE SIDE PLANK EACH

WEDNESDAY: OFF – STRETCH!

THURSDAY:

10-MINUTE INC WALK TREADMILL
60 LUNGES STATIC EACH
75 PUSHUPS
50 PULLUPS
5 MINUTE PLANK

FRIDAY:

BIKE 20 MINUTES
JUMPING ALT LUNGES 40 REPS EACH
PAUSE REP PUSHUPS 40 REPS
2-MINUTE-HIGH PLANK
2-MINUTE-LOW PLANK

