

4 WEEK SHRED PROGRAM PDF

Thank you for downloading our 4 Week Shred Program PDF!

I'm excited to accompany you on this transformational journey. Our program, brimming with engaging and innovative exercises, offers a unique roadmap to your best physical self. Crafted to adapt to your progress, each phase brings new challenges and rewards. With us, your path to achieving that dream physique promises to be thrilling and deeply satisfying. Let's embark on this fitness adventure together!

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout plan. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

PHASE 1: Building a Solid Foundation (WEEK 1)		
Day 1		
UPPER BODY 1	Week 1	Rest
Bench Press	4 x 8-10	60 sec
Bent Over Rows	4 x 8-10	60 sec
Seated Dumbbell Shoulder Press	4 x 8-10	60 sec
Cable Tricep Pushdowns	4 x 8-10	45 sec
Bicep Curls	4 x 8-10	45 sec
Day 2		
LOWER BODY 1	Week 1	Rest
Squats	4 x 8-10	60 sec
Deadlifts	4 x 8-10	60 sec
Leg Press	4 x 8-10	45 sec
Leg Curls	4 x 8-10	45 sec
Calf Raises	4 x 8-10	45 sec
Day 3		
REST		
Day 4		
UPPER BODY 2	Week 1	Rest
Incline Bench Press	4 x 8-10	60 sec
Lat Pulldowns	4 x 8-10	60 sec
Seated Cable Rows	4 x 8-10	45 sec
Dumbbell Flyes	4 x 8-10	45 sec
Cable Bicep Curls	4 x 8-10	45 sec
Day 5		
LOWER BODY 2	Week 1	Rest
Romanian Deadlifts	4 x 8-10	60 sec
Lunges	4 x 8-10 (per leg)	60 sec
Leg Extensions	4 x 8-10	45 sec
Standing Calf Raises	4 x 8-10	45 sec
Seated Calf Raises	4 x 8-10	45 sec
Day 6		
REST		
Day 7		
HIIT DAY	Week 1	
HIIT Workout: 30 seconds of high-intensity exercise (sprints, jumping jacks, etc.) followed by 30 seconds of rest.	30-40 mins	

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PHASE 2: Shredding Fat (WEEK 2-3)

Day 1

UPPER BODY 1	Week 2	Week 3	Rest
Incline Bench Press	3 x 10-12	4 x 10-12	60 sec
Standing Dumbbell Shoulder Press	3 x 10-12	4 x 10-12	60 sec
Cable Rows	3 x 12-15	4 x 12-15	45 sec
Dumbbell Flyes	3 x 12-15	4 x 12-15	45 sec
Cable Tricep Pushdowns	3 x 12-15	4 x 12-15	45 sec

Day 2

LOWER BODY 1	Week 2	Week 3	Rest
Deadlifts	3 x 10-12	4 x 10-12	60 sec
Leg Press	3 x 10-12	4 x 10-12	60 sec
Walking Lunges	3 x 12-15 (per leg)	4 x 12-15 (per leg)	45 sec
Leg Curls	3 x 12-15	4 x 12-15	45 sec
Standing Calf Raises	3 x 12-15	4 x 12-15	45 sec

Day 3

REST

Day 4

UPPER BODY 2	Week 2	Week 3	Rest
Bench Press	3 x 10-12	4 x 10-12	60 sec
Lat Pulldowns	3 x 10-12	4 x 10-12	60 sec
Seated Dumbbell Shoulder Press	3 x 12-15	4 x 12-15	45 sec
Cable Bicep Curls	3 x 12-15	4 x 12-15	45 sec
Cable Tricep Pushdowns	3 x 12-15	4 x 12-15	45 sec
Lateral Raises	3 x 12-15	4 x 12-15	45 sec

Day 5

LOWER BODY 2	Week 2	Week 3	Rest
Squats	3 x 10-12	4 x 10-12	60 sec
Romanian Deadlifts	3 x 10-12	4 x 10-12	60 sec
Leg Extensions	3 x 12-15	4 x 12-15	45 sec
Seated Calf Raises	3 x 12-15	4 x 12-15	45 sec
Standing Calf Raises	3 x 12-15	4 x 12-15	45 sec

Day 6

REST

Day 7

HIIT DAY	Duration
HIIT Workout: 30 seconds of high-intensity exercise (sprints, jumping jacks, etc.) followed by 30 seconds of rest.	30-40 mins

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PHASE 3: Sculpting and Refining (WEEK 4)

Day 1

UPPER BODY 1	Sets x Reps	Rest
Bench Press	5 x 8-10	60 sec
Bent Over Rows	5 x 8-10	60 sec
Seated Dumbbell Shoulder Press	5 x 12-15	60 sec
Cable Tricep Pushdowns	5 x 12-15	45 sec
Bicep Curls	5 x 12-15	45 sec

Day 2

LOWER BODY 1	Sets x Reps	Rest
Squats	5 x 8-10	60 sec
Deadlifts	5 x 8-10	60 sec
Leg Press	5 x 12-15	45 sec
Leg Curls	5 x 12-15	45 sec
Calf Raises	5 x 12-15	45 sec

Day 3

REST

Day 4

UPPER BODY 2	Sets x Reps	Rest
Incline Bench Press	5 x 8-10	60 sec
Lat Pulldowns	5 x 8-10	60 sec
Seated Cable Rows	5 x 12-15	45 sec
Dumbbell Flyes	5 x 12-15	45 sec
Cable Bicep Curls	5 x 12-15	45 sec

Day 5

LOWER BODY 2	Sets x Reps	Rest
Romanian Deadlifts	5 x 8-10	60 sec
Lunges	5 x 8-10 (per leg)	60 sec
Leg Extensions	5 x 12-15	45 sec
Standing Calf Raises	5 x 12-15	45 sec
Seated Calf Raises	5 x 12-15	45 sec

Day 6

REST

Day 7

HIIT DAY	Duration
HIIT Workout: 30 seconds of high-intensity exercise (sprints, jumping jacks, etc.) followed by 30 seconds of rest.	40-50 mins