Thank you for downloading our 8 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

Day 1					
UPPER BODY 1	Week 1	Week 2	Rest		
Bench Press	3 x 8-10	4 x 8-10	60 se		
Bent Over Rows	3 x 8-10	4 x 8-10	60 se		
Seated Dumbbell Shoulder Press	3 x 8-10	4 x 8-10	60 se		
Cable Tricep Pushdowns	3 x 12-15	4 x 8-10	45 se		
Bicep Curls	3 x 12-15	4 x 8-10	45 se		
Day 2					
LOWER BODY 1	Week 1	Week 2	Res		
Squats	3 x 8-10	4 x 8-10	60 se		
Deadlifts	3 x 8-10	4 x 8-10	60 se		
Leg Press	3 x 12-15	4 x 8-10	45 se		
Leg Curls	3 x 12-15	4 x 8-10	45 se		
Calf Raises	3 x 12-15	4 x 8-10	45 se		
Day 3					
REST					
Day 4					
UPPER BODY 2	Week 1	Week 2	Res		
Incline Bench Press	3 x 8-10	4 x 8-10	60 se		
Lat Pulldowns	3 x 8-10	4 x 8-10	60 se		
Seated Cable Rows	3 x 12-15	4 x 8-10	45 se		
Dumbbell Flyes	3 x 12-15	4 x 8-10	45 se		
Cable Bicep Curls	3 x 12-15	4 x 8-10	45 se		
Day 5					
LOWER BODY 2	Week 1	Week 2	Res		
Romanian Deadlifts	3 x 8-10	4 x 8-10	60 se		
Lunges	3 x 8-10 (per leg)	4 x 8-10 (per leg)	60 se		
	(1 5)				
Leg Extensions	3 x 12-15	4 x 8-10	45 se		
Leg Extensions Standing Calf Raises					
-	3 x 12-15	4 x 8-10	45 se		
Standing Calf Raises	3 x 12-15 3 x 12-15	4 x 8-10 4 x 8-10	45 se		
Standing Calf Raises Seated Calf Raises	3 x 12-15 3 x 12-15	4 x 8-10 4 x 8-10	45 se		
Standing Calf Raises Seated Calf Raises Day 6	3 x 12-15 3 x 12-15	4 x 8-10 4 x 8-10	45 se		
Standing Calf Raises Seated Calf Raises Day 6 REST	3 x 12-15 3 x 12-15	4 x 8-10 4 x 8-10	45 se 45 se 45 se		

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8 WEEK SHRED PROGRAM PDF

PHASE 2: Shredding Fat (WEEK 3-6)						
Day 1						
UPPER BODY 1	Week 3-4	Week 5-6	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 3-4	Week 5-6	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	4 x 12-15	45 sec			
	(per leg)	(per leg) 4 x 12-15	45			
Leg Curls	3 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 3-4	Week 5-6	Rest			
UPPER BODY 2 Bench Press	Week 3-4 3 x 10-12	Week 5-6 4 x 10-12	Rest 60 sec			
Bench Press	3 x 10-12	4 x 10-12	60 sec			
Bench Press Lat Pulldowns	3 x 10-12 3 x 10-12	4 x 10-12 4 x 10-12	60 sec 60 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press	3 x 10-12 3 x 10-12 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15	60 sec 60 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec Rest			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2 Squats	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec 45 sec Rest 60 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2 Squats Romanian Deadlifts	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12 3 x 10-12	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12 4 x 10-12	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec 45 sec 60 sec 60 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2 Squats Romanian Deadlifts Leg Extensions	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12 3 x 10-12 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12 4 x 10-12 4 x 10-12	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec Rest 60 sec 60 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2 Squats Romanian Deadlifts Leg Extensions Seated Calf Raises	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12 3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12 4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec Rest 60 sec 60 sec 45 sec 45 sec			
Bench PressLat PulldownsSeated Dumbbell Shoulder PressCable Bicep CurlsCable Tricep PushdownsLateral RaisesDay 5SquatsRomanian DeadliftsLeg ExtensionsSeated Calf RaisesStanding Calf Raises	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12 3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12 4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec Rest 60 sec 60 sec 45 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2 Squats Romanian Deadlifts Leg Extensions Seated Calf Raises Standing Calf Raises	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12 3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12 4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec Rest 60 sec 60 sec 45 sec 45 sec			
Bench Press Lat Pulldowns Seated Dumbbell Shoulder Press Cable Bicep Curls Cable Tricep Pushdowns Lateral Raises Day 5 LOWER BODY 2 Squats Romanian Deadlifts Leg Extensions Seated Calf Raises Day 6 REST	3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15 3 x 12-15 3 x 12-15 Week 3-4 3 x 10-12 3 x 10-12 3 x 10-12 3 x 12-15 3 x 12-15	4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15 4 x 12-15 4 x 12-15 Week 5-6 4 x 10-12 4 x 10-12 4 x 10-12 4 x 12-15 4 x 12-15	60 sec 60 sec 45 sec 45 sec 45 sec 45 sec Rest 60 sec 60 sec 45 sec 45 sec			

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8 WEEK SHRED PROGRAM PDF

PHASE 3: Sculpting and Re	fining (WEEK	7-8)			
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	Dura	ation			
HIIT Workout: 30 seconds of high-intensity exercise (sprints jumping jacks, etc.) followed by 30 seconds of rest.	40-50 mins				

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