

SUMMER SHREDDING 6 WEEKS WORKOUT PROGRAM



WORKOUT SCHEDULE

MONDAY	LEGS/ABS
TUESDAY	ARM/CALF/CARDIO
WEDNESDAY	CHEST/BACK/ABS
THURSDAY	SHOULDER/TRAP/CARDIO
FRIDAY	ABS/CARDIO
SATURDAY	ARM/CALF/CARDIO
SUNDAY	REST DAY



<u>MODAY</u>	<u>LEG/ABS</u>		
	<i>EXERCISE</i>	<i>SETS</i>	<i>REPS</i>
LEGS			
	1 SUPER SET		
	-LEG EXTENSIONS	5	15/15/12/10/10
	-DB REVERSE LUNGES	5	15/15/12/10/10
	2 SUPER SET		
	-NARROW LEG PRESS	4	15/15/12/10
	-BB SUMO SQUAT	4	15/15/12/10
	3 SUPER SET		
	-BB FRONT SQUAT	4	15/15/12/10
	-LYING LEG CURL	4	15/15/12/10
	4 GOOD MORNING	4	15/12/10/8
ABS			
	1 ULTRA SETS	3	15/15/15
	-INCLINE CRUNCH WITH TWIST		
	-V-CRUNCH		
	-CYCLE CRUNCH		
	-HANGING KNEE RAISES		
	-SIDE PLANK WITH TWIST		
	-LOWER BODY TWIST		

TUESDAY ARM/CALF/CARDIO

ARM			
	1 SUPER SET		
	-SKULLCRUSHER	5	15/15/12/10/10
	-BB CURL(STRAIGHT BAR)	5	15/15/12/10/10

2 SUPER SET		
-V-BAR TRICEPS PRESS DOWN	3	15/12/10
-PREACHER CLOSE GRIP EZ-BAR CURL	3	15/12/10
3 SUPER SET		
-DECLINE CLOSE GRIP PRESS	4	15/15/12/10
-ALTERNATING DB CURL	4	15/15/12/10
4 SUPER SET		
-DB OVERHEAD EXTENSION	3	15/12/10
-SPIDER CURL	3	15/12/10
5 SUPER SET		
-CABLE KICKBACK	3	15/12/10
-CABLE CURL INWARD MOVEMENT	3	15/12/10
6 CLOSE GRIP TRICEP PUSH UPS	3	FAILURE
CALF	SEATED CALF RAISES	3 25/25/25
CARDIO	RUNNING	20 MINUTS

WEDNESDAY CHEST/BACK/ABS

CHEST/BACK

1 SUPER SET		
-DB CHEST PRESS	5	15/15/12/10/8
-ROPE LAT PULL DOWN	5	15/15/12/10/8
2 SUPER SET		
-INCLIE CABLE FLY	4	15/15/12/10
-SINGLE HAND CABLE ROW	4	15/15/12/10
3 SUPER SET		
-CABLE CROSS OVER	3	15/12/10
-45* V-BAR LAT PULLDOWN	3	15/12/10
4 SUPER SET		
-VERTICLE BB CHEST PRESS	3	15/12/10
-DIPS CHEST VERSION	3	FAILURE
5 DB PULL OVER	3	15/12/10

ABS

REPEAT MONDAY ABS ROUTINE

THURSDAY SHOULDER/TRAP/CADIO

SHOULDER

1 SUPER SETS		
-MACHINE SHOULDER PRESS	5	15/15/12/10/10
-WIDE GRIP EZ-BAR UPRIGHT	5	15/15/12/10/10
2 SUPER SETS		
-INCLINE DB FRONT RAISE	3	15/12/10
-DB ARM CIRCLE	3	15/12/10
-DB Y PRESS	3	15/12/10

3 SUPER SETS		
-CABLE FRONT RAISE	3	15/12/10
-CABLE FACE PULL	3	15/12/10
4 SUPER SETS		
-CABLE SIDE RAISE	3	15/12/10
-REAR DELT CABLE FLY	3	15/12/10
5 TRIO SHRUG		
-WIDE GRIP	3	10/10/10
-MEDIUM GRIP	3	10/10/10
-SMALL GRIP	3	10/10/10
6 SUPER SETS		
-CLOSE GRIP UPRIGHT	3	10/10/10
-BEHIND THE BODY SHRUG	3	10/10/10
CARDIO	SKIPPING ROPE	20 MINTS -20 SEC JUMP -20 SEC REST

FRIDAY ABS/CARDIO

ABS	-REPEAT MONDAY ABS ROUTINE	
CARDIO	RUNNING	20 MINUTS

SATURDAY ARM/CALF/CARDIO

ARM		
1 SUPER SETS		
-SEATED DB CURL	3	10/10/10
-SEATED BB EXTENSION	3	10/10/10
2 SUPER SETS		
-DB HAMMER CURL	3	10/10/10
-DB SKULLCRUSHER	3	10/10/10
3 GIANT SETS		
-ROPE OVERHEAD EXTENSION	3	10/10/10
-ROPE PRESS DOWN	3	10/10/10
-UNDERHAND CABLE PRESS DOWN	3	10/10/10
4 GIANT SETS		
-CABLE CURL	3	10/10/10
-LYING CABLE CURL	3	10/10/10
-ROPE CURL	3	10/10/10
CALF	- STANDING CALF RAISE	3 12/10/8
CARDIO	INCLINE WALK	20 MINTS