

30 DAY SHRED

Video Series





• **Worksheet** •

Date:

30 Day Shred Chest & Triceps

Exercise	Rest	Sets	Reps	Weight	Notes
Bench press	1:00	3	15		
superset					
Push-ups					
Flat dumbbell flyes	1:00	3	12		
superset					
Incline dumbbell flyes					
Pushdown	1:00	3	15		
superset					
Close grip push-ups			max		
Rope extension	1:00	3	20		
superset					
Over-the-head rope extension					



Worksheet



Date:

30 Day Shred Back & Biceps

Exercise	Rest	Sets	Reps	Weight	Notes
Mid row	1:00	4	12		
superset					
Behind-the-neck lat pulldown					
Standing pullover	1:00	4	12		
superset					
Standing incline row					
EZ curl (close)	1:00	4	12		
superset					
EZ curl (wide)					
Rope curl	1:00	3	20		



Worksheet



Date:

30 Day Shred Legs

Exercise	Rest	Sets	Reps	Weight	Notes
Leg press	0:45	4	20		
Legs extension	1:00	3	20		
superset					
Seated leg curl					
Front squat	1:00	3	8		
superset					
Walking barbell lunges			20		
Dumbbell squat	1:00	3	20		
superset					
Rowing machine			100 m		



30 Day Shred Shoulders Circuit

Exercise	Rest	Sets	Reps	Weight	Notes
Overhead press	1:00	3	12		
Side dumbbell raise	1:00	3	15		
superset					
Front dumbbell raise					
Clean to press	1:00	3	10		
superset					
Farmer's walk			20		
Air sprint	1:00	3	20		
superset					
Rowing machine			200 m		
Standing leg raise	0:00	5	12		
superset					
Crunch			20		