



30 Day Shred

Chest & Biceps

Exercise	Rest	Sets	Reps	Weight	Notes
Dumbbell press	1:00	6	6		
			6		
			6		
			15		
			15		
			15		
Incline dumbbell press	1:00	3	12		
superset					
Incline flyes					
EZ bar cable curl	1:00	3	20		
Alternating dumbbell curl	1:00	3	20		
Hammer curl	1:00	3	20		
superset					
Rope curl					



30 Day Shred

Back & Triceps

Exercise	Rest	Sets	Reps	Weight	Notes
Pull-ups	1:00	3	10		
superset					
Chin-ups					
V-bar mid row	1:00	3	10		
drop set			20		
Rack pull to shrug	1:00	3	8		
EZ extension	1:00	3	12		
superset					
Close grip press					
Rope extension	1:00	3	20		
superset					
Reverse extension					



30 Day Shred

Legs & Shoulders

Exercise	Rest	Sets	Reps	Weight	Notes
Squat	0:45	3	15		
Walking dumbbell lunge	1:00	3	20		
superset					
Legs extension					
Leg press (wide foot position)	1:00	3	12		
superset					
Leg press (close foot position)					
Barbell upright row	1:00	3	12		
superset					
Side dumbbell raise			20		
Dumbbell press	1:00	4	15		
Front dumbbell raise	1:00	3	12		
superset					
Rear delt cable fly			20		



30 Day Shred

Cardio & Abs

Exercise	Rest	Sets	Reps	Weight	Notes
Push-up abs sprint	0:00	5	30 sec.		
giant set					
Ball crunches on decline bench			20		
Hanging leg raise			20		
Side crunches			20		