





# DON'T SWEAT IT!

**WE SHOW YOU HOW TO GET SHREDDED WITHOUT BUSTING YOUR BALLS...**

MANAGING YOUR TIME EFFICIENTLY IS KEY TO SMASHING YOUR GOALS IN EVERY ASPECT. WHETHER YOU'RE PICKING THIS UP IN JANUARY AND YOU'RE READY FOR A 'NEW YOU', OR YOU'RE DETERMINED TO END 2021 ON A GOOD NOTE, WE GOT YOU!

THIS RESISTANCE PROGRAM IS THE ONLY WORKOUT YOU WILL EVER NEED TO SCULPT YOUR BEST BODY YET IN AS LITTLE AS THIRTY DAYS! YOU'LL NEED ACCESS TO A GYM, BUT WE PROMISE YOU'LL CRUISE THROUGH IT WITHOUT CURSING THE DAY YOU DECIDED TO START.

READY? LET'S GO!

## ALL EXERCISES

REPS: 12

SETS: 4

TEMPO: 2:2:2

REST: 30 SECS

Perform this high volume workout twice each week to ensure you hit each body part twice! We'd suggest Monday, Tuesday and Wednesday as training days, with a complete rest day Thursday, then repeat. You can however schedule your rest day for any day after the first three workouts are completed in succession. The rotational element of this regime will set your reset your rest day from week to week.

The tempo is fundamental to success, because it stresses the importance of putting the muscle under tension for an adequate amount of time. Don't rush! If you're throwing the weights up and grunting, go lighter! This is a shredding plan designed to cut back body fat and get you ripped.

This program is suitable for both men and women, but women may choose to omit certain exercises and vice versa.

Models:  
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Photography Evan O'Sullivan @thedigitalshooters  
Fuelled by fuelcakes.com

SCAN HERE  
FOR A VIDEO OF  
EACH EXERCISE





# DAY 1: CHEST + TRICEPS

1. SEATED TRICEPS PUSH-DOWN | 2. EZ-BAR SKULL CRUSHER
3. PUSH-UPS | 4. DUMBBELL CHEST PRESS
5. BENT OVER SINGLE ARM TRICEPS ROPE KICKBACK
6. FLAT BARBELL BENCH PRESS

FOR FULL VIDEO  
WORKOUT SCAN  
THE CODE

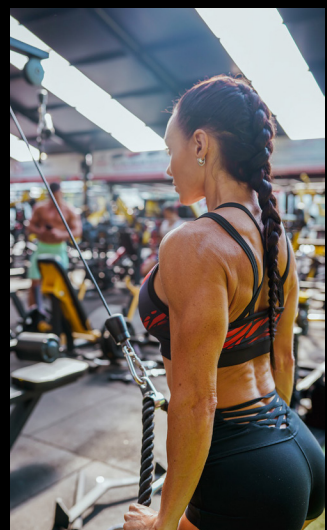




# DAY 1: CHEST + TRICEPS

7. CABLE CHEST FLIES | 8. TRICEP DIPS ON BARS OR DIPS MACHINE  
9. SEATED MACHINE PRESS | 10. CABLE TRICEPS PUSH-DOWN  
11. CABLE OVERHEAD TRICEPS EXTENSION

FOR FULL VIDEO  
WORKOUT SCAN  
THE CODE





# DAY 2: BACK, BICEPS + ABS

1. STRAIGHT ARM PUSH-DOWN
2. NARROW PULL-UPS (FOLLOW WITH WIDE-PULL UPS)
3. DUMBBELL BICEPS CURL | 4. BENT OVER ROW | 5. LAT PULL-DOWN

EXAMPLE EXERCISES:  
FOR FULL VIDEO WORKOUT  
SCAN THE CODE





# DAY 2: BACK, BICEPS + ABS

6. HANGING LEG RAISES | 7. AB WHEELS  
8. SIT-UPS | 9. SEATED KNEES TO CHEST

EXAMPLE EXERCISES:  
FOR FULL VIDEO WORKOUT  
SCAN THE CODE





# DAY 3: LEGS, ABS + SHOULDERS

1. HACK SQUAT | 2. LEG PRESS | 3. HIP THRUSTS  
4. ROMANIAN DEADLIFT | 5. ABDUCTOR MACHINE  
6. INCLINE BENCH SIDE LATERAL RAISE

EXAMPLE EXERCISES:  
FOR FULL VIDEO WORKOUT  
SCAN THE CODE





# DAY 3: LEGS, ABS + SHOULDERS

7. DUMBBELL SHOULDER PRESS | 8. DUMBBELL SIDE LATERAL RAISE  
9. INCLINE BENCH FRONT RAISE | 10. FACE PULLS  
11. STANDING DUMBBELL FRONT RAISE | 12. HANGING LEG RAISES

EXAMPLE EXERCISES:  
FOR FULL VIDEO WORKOUT  
SCAN THE CODE

