

Prepared For: **Fitness Worldwide Customer**

**6 WEEK SUMMER SHRED**

<b>MONDAY (Chest, Triceps, and Abs)</b>	<b>Week 1</b>			<b>Week 2</b>			<b>Week 3</b>			<b>Week 4</b>			<b>Week 5</b>		
	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Flat Bench Press	4	Medium	15/12/10/8	5	Heavy	5	4	Medium	15/12/10/8	4	Medium	15/12/10/8	5	Heavy	5
Incline Dumbbell Press	4	Medium	10	3	Heavy	10	4	Medium	10	4	Medium	10	3	Heavy	10
Flat Dumbbell Fly's	3	Light	10	4	Medium	15	3	Light	10	3	Light	10	4	Medium	15
Decline Press (machine if available)	3	Medium	15	3	Heavy	10	3	Medium	15	3	Medium	15	3	Heavy	10
Skull Crushers	4	Medium	15	4	Medium	10	4	Medium	15	4	Medium	10	4	Medium	15
Triangle Grip Pushdowns	4	Medium	10	4	Medium	12	4	Medium	10	4	Medium	12	4	Medium	10
Wire Kick Backs	3	Light	15	3	Light	10	3	Light	15	3	Light	10	3	Light	15
Overhead Dumbbell Extension	3	Heavy	10	4	Light	15	3	Heavy	10	4	Light	15	3	Heavy	10

<b>TUESDAY (Back and Biceps)</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Deadlift	4	Medium	10	5	Heavy	5	4	Medium	10	5	Heavy	5	4	Medium	10
Wide Bar Lat Pulldowns	4	Medium	10	4	Light	15	4	Medium	10	4	Light	15	4	Medium	10
Low Pulls (Close Grip)	4	Heavy	8	4	Medium	10	4	Heavy	8	4	Medium	10	4	Heavy	8
Dumbbell Rows	3	Medium	12	3	Medium	10	3	Medium	12	3	Medium	10	3	Medium	12
Straight Arm Lat Pulldowns	3	Medium	15	4	Medium	10	3	Medium	15	4	Medium	10	3	Medium	15
Standing Dumbbell Curl	4	Medium	10	4	Medium	10	4	Medium	10	4	Medium	10	4	Medium	10
Preacher Curl	4	Medium	10	4	Light	15	4	Medium	10	4	Light	15	4	Medium	10
Rope Wire Curls	4	Light	15	3	Medium	10	4	Light	15	3	Medium	10	4	Light	15
EZ Bar 21's	3	Light	21	4	Light	21	3	Light	21	4	Light	21	3	Light	21

**Wednesday (Rest/HiIT Cardio/Abs)**

<b>Thursday (Legs)</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Squats	4	Medium	10	5	Heavy	5	4	Medium	10	5	Heavy	5	4	Medium	10
Leg Press	4	Medium	10	4	Light	15	4	Medium	10	4	Light	15	4	Medium	10
Quad Extensions	4	Medium	10	4	Medium	10	4	Medium	10	4	Medium	10	4	Medium	10
Hamstring Curls	3	Medium	10	3	Medium	10	3	Medium	10	3	Medium	10	3	Medium	10
Calf Raises	3	Medium	15	4	Medium	10	3	Medium	15	4	Medium	10	3	Medium	15

**Friday (Rest/HiIT Cardio/Abs)**

<b>Saturday (Shoulders and Traps)</b>	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS	SETS	WT	REPS
Clean and Press	4	Medium	10	5	Heavy	5	4	Medium	10	5	Heavy	5	4	Medium	10
Arnold Press	4	Medium	10	4	Light	15	4	Medium	10	4	Light	15	4	Medium	10
Side Lateral Raises	4	Medium	10	4	Medium	10	4	Medium	10	4	Medium	10	4	Medium	10