



Day Three
Sexy Shred 1.0

Exercise Name	Week 1 Date:			Week 2 Date:			Week 3 Date:			Week 4 Date:		
	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs	Sets	Reps	Lbs
Reverse grip pull up	4	10										
Tricep dips	4	30										
Skull crushers	4	8	Heavy									
Glute kickbacks w/resistance bands	4	20										
Rope curls	4	12	Heavy									
Preacher curls w/dumbbells	4	6										
Physio ball push up w/ab tuck	4	10										
Weighted crunches	4	50										
Instructions / Cardio:	<p>Perform one set of each exercise back to back without taking rest in between. Once you have moved through the entire circuit, take 30-60 seconds rest and go back through the entire circuit, for a total of 4 sets.</p> <p>We recommend pairing this workout with our fat-loss meal plan IF you are in a shred phase (phase 3).</p>											