



Day Four  
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
Lunge jumps	4	1 min										
Physio ball hamstring curls	4	15 each leg										
Squat Jacks w/medicine ball	4	30										
Lying hamstring curl	4	6/20/6/20	Heavy / Light									
High knees	4	50	Fast									
Straight leg deadlift	4	8	Heavy									
Seated calf raises	4	20										
Standing calf raises	4	10										
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>											