



Day One  
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
Air Squats	4	1 min										
Deadlifts	4	6										
Hanging Leg Lifts (use ankle weights or hold DB in between feet)	4	15										
Close Squats	4	6	Heavy									
Leg Extension	4	6	Heavy									
Banana Rocks	4	50										
Booty Bends	4	30										
<b>Instructions / Cardio:</b>	<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>											