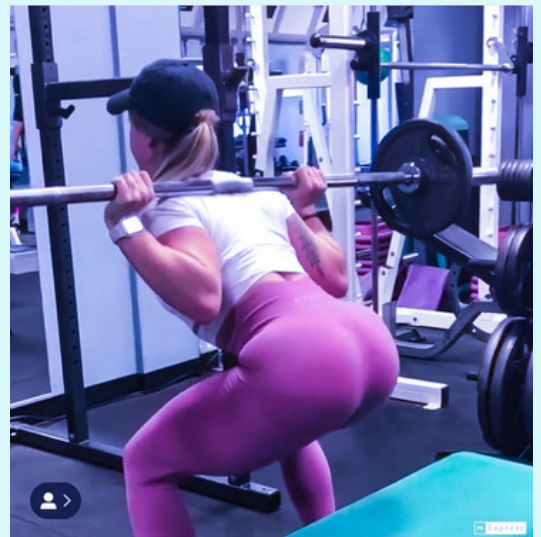


# Shapely Shredded System

## WEEK 1

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**Welcome to week one of the shapely shredding system!!!**

# INTRO

This is a three week program designed to introduce you to variations of key compound movements such as squats, deadlifts, and even hip thrusts.

This workout split is focused on key areas to give you killer curves and a lean, shapely physique.

Of course it's going to take you longer than these three weeks to transform your body, but this is going to be a great stepping stone to the ultimate goal.

If you have not done much weight training in the past, take it easy and focus on your form before pushing yourself too hard.

You can find videos of me doing these exercises with voice-over form tips on my Instagram under the story highlight "free program".

If you have been with training regularly then feel free to push yourself close to failure for the first few exercises of the workouts. Someone newer would not want to do this as they will get too sore!

The pattern of the workout split is organized similar to daily undulating periodization (DUP). This means that rep ranges change throughout the week, so you are training extremely effective compound movements multiple times a week which allows you to train at a higher volume but with better recovery!

It's important to remember that nutrition plays a large role in your progress. I've got a free report coming out in a few weeks called **Knockout Formula** and it's got a ton of helpful tips about nutrition and will really help you out!!!

I'll be sending week two of the workouts to you this weekend, in addition, I will be posting the next four workout videos on Instagram over the next four days!!

I am SO EXCITED for you to get started!!! Take a pic of yourself before, during, or after the workouts and tag #shapelyshreddingsystem, let me know how it goes and I will repost you in my story!! It's so much more fun and motivating when there's a community of people working towards a goal TOGETHER!!!

## Leg Day #1 (low - moderate reps)

- Warmup by doing 5-10 minutes of light cardio. You can use any machine you prefer! Afterward, you will do the glute activation circuit below:

**Glute Activation Circuit** (do for two rounds):

1. Banded Squats - 15-20 reps
2. Banded Glute Bridge - 15-20 reps
3. Banded Kickback - 15-20 reps per leg
4. Banded Side Lying Leg Raise - 15-20 reps per leg

\*Start over at exercise 1 (banded squats) and do exercises 1-4 one more time!

Note: before doing your 4 sets of 6-8 reps of box squats, make sure you do a few light warm-up sets. This way you can work up to your heavier, working set weight which decreases risk of injury.

### 1) Eccentric Accentuated Box Squats

(if your bench is too high, refer to Instagram video under “free program” highlight for the first leg day)

4 sets of 6-8 reps

Rest 1:30- 2:00 between sets

### 2) Sumo Deadlift

4 sets of 6-8 reps

Rest 1:30- 2:00 between sets

### 3) Hip Thrust + Myo reps

4 sets of 10 reps + myo reps (entire set looks like: 10 reps, 5 second rest, 3 reps, 5 second rest, 2 reps, one minute rest, repeat)

Rest 1:00 between sets

**Superset:**

**4a) Lunges**

3 sets of 8-10 reps per leg

(do the same amount on each leg)

**4b) Banded Seated Abductor**

(can use two bands if one isn't challenging enough)

3x20+ reps

Rest 45 seconds- 1 minute between sets

**Superset:**

**5a) Straight Legged Deadlift**

3 sets of 8-10 reps

**5b) Quadruped kickback**

3 sets of 15-20 reps per leg

Rest 45 seconds - 1 minute between sets

**6) Banded Kickback Finisher:** After the third set, do 1 set of banded kickbacks to burn out the glutes. You want to do as many reps as you can, just make sure to do the same amount per leg. Try to get at least 20 reps per leg!



## **Shoulders/Back (low - moderate reps)**

- Warmup by doing 5-10 minutes of light cardio. You can use any machine you prefer!

Note: before doing your 4 sets of 6-8 reps of lat pulldowns, make sure you do a few light warm-up sets. This way you can work up to your heavier, working set weight which decreases risk of injury.

### **1) Lat Pulldowns**

4 sets of 6-8 reps

Rest 1:00-1:30 between sets

### **2) Seated Dumbbell Press**

4 sets of 8-10 reps

Rest 1:00-1:30 between sets

### **Superset:**

#### **3a) Lateral Raise**

4 sets of 8-10 reps

#### **3b) Dumbbell Row**

4 sets of 8-10 reps per arm

### **Superset:**

#### **4a) Cable Rear Fly**

3 sets of 8-10 reps per arm

#### **4b) Straight Arm Lat Pulldown**

3 sets of 8-10 reps

#### **4c) Side to Front Raise**

3 sets of 10-12 reps

\*\*if you're more advanced, do a drop set for the side to front raises, this means that after the 3rd set, you would immediately lower the weight and perform the exercise until failure.

### **5) Lying Leg Raise**

3 sets, as many reps as you can, rest 45 seconds to 1 minute between sets

# DAY 3

## Rest Day!

Rest is important in order to see best results! You may take your rest days whenever you like - it doesn't have to be in the exact order I have given. Just make sure you are taking two rest days total (of course you can take more if you workout 3-4 times a week).

If you do some cardio on one of the rest days that is fine, but don't overdo it because your muscles repair during rest. Doing TOO much activity can be detrimental to your results!

## Leg day #2 (moderate- high rep)

Warmup by doing 5-10 minutes of light cardio. You can use any machine you prefer! Afterward, you will do the glute activation circuit below:

**Glute Activation Circuit** (do for two rounds):

- 1. Banded Squats** - 15-20 reps
- 2. Banded Glute Bridge** - 15-20 reps
- 3. Banded Kickback** - 15-20 reps per leg
- 4. Banded Side Lying Leg Raise** - 15-20 reps per leg

Start over at exercise 1 (banded squats) and do exercises 1-4 one more time!

Note: before doing your 4 sets of 10-12 reps of box squats, make sure you do a few light warm-up sets. This way you can work up to your working set weight which decreases risk of injury. Since the weights are lighter on this day, you likely won't need to warmup for as long.

### 1) Eccentric Accentuated Box Squats

(if your bench is too high, refer to Instagram videos under "free program" highlights and the leg days show an alternative)

4 sets of 10-12 reps

Rest 1:00- 1:30 between sets

# DAY 4

## **2) Sumo Deadlift**

4 sets of 10 reps

Rest 1:00- 1:30 between sets

## **3) Banded, Constant Tension Hip Thrust\***

4 sets of 15 reps

Rest 45 seconds- 1:00 between sets

\*constant tension hip thrusts are when you don't take any pauses throughout the movement so your glutes are constantly under tension. This means you are performing the movement faster, but **MAKE SURE** it is still controlled. This is demonstrated and explained under my story highlight.

### **Superset:**

#### **4a) Lunges**

3 sets of 12-15 reps per leg (do the same amount on each leg)

**4b) Banded Seated Abductor** (can use two bands if one isn't challenging enough)

3x20+ reps

Rest 45 seconds- 1 minute between sets

### **Superset:**

#### **5a) Straight Legged Deadlift**

3 sets of 15-18 reps

#### **5b) Quadruped Kickback**

3 sets of 20-25 reps

Rest 45 seconds - 1 minute between sets

**6) Banded Kickback Finisher:** After the third set, do 1 set of banded kickbacks to burn out the glutes. You want to do as many reps as you can, just make sure to do the same amount per leg. Try to get at least 20 reps per leg!

## Shoulders/Back (low - moderate reps)

Warmup by doing 5-10 minutes of light cardio. You can use any machine you prefer!

Note: before doing your 4 sets of 6-8 reps of lat pulldowns, make sure you do a few light warm-up sets. This way you can work up to your heavier, working set weight which decreases risk of injury.

### 1) Lat Pulldowns

4 sets of 12- 15 reps

Rest 1:00 between sets

### 2) Seated Dumbbell Press

4 sets of 12-15 reps

Rest 1:00-1:30 between sets

### Superset:

#### 3a) Lateral Raise

4 sets of 15-18 reps

#### 3b) Dumbbell Row

4 sets of 12-15 reps per arm

### Superset:

#### 4a) Cable Rear Fly

3 sets of 15-18 reps per arm

#### 4b) Straight Arm Lat Pulldown

3 sets of 12-15 reps

#### 4c) Side to Front Raise

3 sets of 12-15 reps \*\*\*on third set, perform as myo rep. After you 12-15 reps, take a 5 second rest, do 3 reps, take a 5 second rest, do 2 reps.

### 5) Lying Leg Raise

3 sets, as many reps as you can, rest 45 seconds to 1 minute between sets



## Chest/Bi's/Tri's/Optional Extra Glutes

5-10 minutes light cardio to warmup.

# DAY 6

You will notice that at the bottom of the workout, I have “option 1” and “option 2”. Option 1 is for those who would like to do a little extra glute activation. In order to ensure you recover properly from your previous workouts, these are lighter, high rep exercises meant to just give you a pump.

If you would prefer to do more chest and tri's and no extra glutes, you may do option 2. I would suggest doing option 2 right after the dumbbell bench press, as it may feel unnecessarily challenging if you do it at the end.

### 1) Assisted Chinups

3 sets, as many reps as you can

### 2) Dumbbell Bench Press

4 sets of 8-12 reps

Rest 1:00 between sets (\*\*do option 2 here if you are not doing option 1 at the end of the workout)

### Superset

#### 3a) Skull Crusher

3 sets of 8-10 reps

#### 3b) Bar Bicep Curls

3 sets of 8-10 reps

Rest 45 seconds between sets

### Superset

#### 4a) Dumbbell Tricep Kickback

3 sets of 8-10 reps

#### 4b) Seated Incline Bicep Curl

3 sets of 8-10 reps per arm

Rest 45 seconds between sets

### 5) Plank

3 sets, hold as long as you can, rest 45 seconds- 1 minute between sets

### **OPTION 1: Extra Glute Isolation Triset:**

Before the triset, do a quick glute activation. You can just do one round instead of two since this workout isn't heavy and is more glute focused to begin with.

#### **Activation:**

- 1. Frog Pump**- 20 reps
- 2. Kickback**- 15-20 reps per leg
- 3. Side Lying Hip Raises** - 10-15 per side

#### **Glute Triset:**

You only need to do 1-2 warmup sets of cable pull throughs since it is lighter weight because of the high reps!

#### **A) Cable Pull Through**

3 sets of 15-18 reps

#### **B) Banded Constant Tension Squats**

3 sets of 15-18 reps (add extra band if not challenging enough)

#### **C) Banded Standing Abduction**

3 sets of 20+ reps

Rest 45 seconds between sets

### **OPTION 2: Chest/Bis/Tri's**

\*\*\*if you choose to do option 2 instead of option 1, option 2 can be placed after your four sets of dumbbell chest press. This is because you will likely feel more fatigued by the end of the workout and will struggle a bit with the dumbbell flys if you do them at the end.

#### **A) Incline Dumbbell Fly**

4 sets of 8-12 reps

#### **B) Seated Dumbbell Overhead Extension**

4 sets of 10-12 reps

Rest 1:00 between sets

## Rest Day

Rest is important in order to see best results! You may take your rest days whenever you like- it doesn't have to be in the exact order I have given. Just make sure you are taking two rest days total (of course you can take more if you workout 3-4 times a week). If you do some cardio on one of the rest days that is fine, but don't overdo it because your muscles repair during rest. Doing TOO much activity can be detrimental to your results!

