

Shapely Shredded System

WEEK 2

By: Laura Grossi
@lauragfit



Welcome to Week Two!

Be sure to read closely as there are some differences.

Progressive overload is absolutely essential in seeing results.

This can be done in a few different ways such as:

- adding weight
- adding reps
- changing tempos
- adding pauses
- partial reps
- increasing the range of motion

All of these have been incorporated this week at certain points so you can learn and test out different forms of progressive overload and variations. This is also a great way to get some variety while still maintaining the proper structure.

A longer program generally wouldn't change quite this much from week to week. This is because you can't truly focus on progressive overload unless you are performing an exercise in the exact same way for a number of weeks. However, I did want to show you various ways to progressively overload within these exercises!

Note about choosing weights:

Remember that the higher the reps, the lower the weight. The lower the reps, the heavier the weight. If you're doing 8 reps, in order for it to feel challenging you would need to use a weight that feels tough by the end of the set. The weight you use to do 8 reps of a certain exercise should not be the same as the weight you use to do 15 reps of that same exercise. At first, it will be a bit of trial and error and that's okay!

Make sure you refer to Instagram videos I'll be posting throughout the week to ensure you are doing the different tempos and variations correctly!!

Don't forget to post and tag #shapelyshreddedsystem I love reposting you!

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.

Squat - do more weight than last week, push hips back and down. Pause
Sumo - pause at knees, squeeze, keep entire body tight, don't have neck movement when things are getting challenging, may have to do less weight than you do for regular sumos.

1) Barbell Squat

(increase weight from last weeks eccentric accentuated squat as those required less weight)

4 sets of 6-8 reps

Rest 1:30- 2:00 between sets

2) Pause Sumo Deadlift

(pause just below knee- you will likely need to do less weight than last weeks sumos that did not have a pause)

4 sets of 6-8 reps

Rest 1:30- 2:00 between sets

- pause below knee
- keep entire body tight and braced, legs, back, shoulder blades
- towards end when you are tired keep neck neutral

3) Hip Thrust + Myo reps**

4 sets of 10 reps + myo reps- +3 reps, +2 reps + 2 reps
Rest 1:00 between sets

***This week we are adding an extra set of myo reps as a form of progressive overload. Last week you did 10 reps, then 3, then 2. This week you will do: 10 reps, 5 second rest, 3 reps, 5 second rest, 2 reps, 5 second rest, 2 more reps, one minute rest, repeat. In order to make sure you are actually progressing, make sure you use either the same weight as last week (the extra reps would increase difficulty) OR go up in weight if you're feeling like you could be challenging yourself more.*

Superset:

4a) Lunges - 4/2/1 tempo

(4 seconds lowering down, 2 second pause at bottom, 1 second back up- try and use the same weight as last week. The tempo change will make this MUCH harder so if you cannot maintain tempo, it's okay to lower the weight.)

3 sets of 8-10 reps per leg *(do the same amount on each leg)*

4b) Banded Seated Abductor

*3 angles (can use two bands if one isn't challenging enough)
3x36 (one set of 36 reps would be 12 reps leaning forward, 12 reps upright, 12 reps slight lean back)*

Rest 45 seconds- 1 minute between sets



Superset:

5a) Straight Legged Deadlift

(focus on adding weight OR more reps than last week)

3 sets of 8-10 reps

5b) Quadruped Pulse Kickback

3 sets of 15-20 reps per leg

Rest 45 seconds - 1 minute between sets

6) Glute Bridge with Abduction at Top (burnout)

After the third set of quadruped pulse kickbacks, do 1 set of these to burn out the glutes. You want to do as many reps as you can, try to get at least 25 reps!

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) Eccentric Accentuated Lat Pulldowns

(when pulling the bar down, there should be a 1-2 second count. On the way up, there is a 3-4 second count)

4 sets of 6-8 reps

Rest 1:00-1:30 between sets

2) Seated Dumbbell Press

(add weight or more reps than you did last week)

4 sets of 8-10 reps

Rest 1:00-1:30 between sets

Add a little bit of body text

Superset:

3a) Single Arm Lateral Raise

(the single arm forces you to focus more on form and stability as you won't have dumbbells in both hands to counteract each other. Try and use the same amount of weight as you did last week - or more if you can while maintaining proper form)

4 sets of 8-10 reps

3b) Dumbbell Row

(focus on adding weight or more reps than last week)

4 sets of 8-10 reps per arm

more of DAY 2

Superset:

4a) Cable Rear Fly

(focus on adding weight or more reps than last week)

3 sets of 8-10 reps per arm

4b) Eccentric Accentuated Straight Arm Lat Pulldown

(tempo: 1-2 seconds on the way down, pause for 2 seconds at bottom, raise up slowly for 3-4 seconds. This will be much more challenging so you may need to adjust the weight from last week but try it first and assess how you feel)

3 sets of 8-10 reps

4c) Side to Front Raise

3 sets of 10-12 reps

**on third set, lower the weight and do 12-15 more reps. If you do not have light enough weights available to drop down, you can do one set of regular lateral raises with a light resistance band to burnout.

5) Lying Leg Raise (or lying leg and hip raise)

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

DAY 3

Chest/Bi's/Optional Extra Glutes

5-10 minutes light cardio to warmup.

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 isolation. In order to ensure you recover properly from your previous workouts, these are lighter, high rep exercises meant to give you a pump without negatively affecting recovery.

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 Chin Ups

3 sets, as many reps as you can

2) Dumbbell Bench Press - 3/2/1 tempo

(count to 3 on the way down, pause for 2 seconds, push up quickly for 1 second)

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 *(increase weight or add reps from last week)*

3 sets of 8-10 reps

3b) Bar Bicep Curls *(increase weight or add reps from last week)*

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

**no rest after third set, go straight into dropset*

***DROPSET:** after you have performed all 3 supersets, you will immediately lower the weight you used for each exercise and do one more set of each exercise to failure.

5. Plank

(try and hold longer than last week - even if it's only a few seconds!)

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 1.5 Rep Style

3 sets of 12-15 reps

b) Banded Constant Tension Squats

3 sets of 18-20 reps *(add extra band if not challenging enough, can also go over 20 reps)*

c) Side Lying Leg Raise

3 sets of 20+ reps

Rest 45 seconds between sets

OPTION 2: Chest/Bis/Tri's

a) Incline Dumbbell Fly *(add weight or reps)*

4 sets of 8-12 reps

b) Seated Dumbbell Overhead Extension

(add weight or reps)

4 sets of 10-12 reps

Rest 1:00 between sets

(1.5 rep style. Perform a tempo of a 2 second negative motion (negative meaning leaning forward), then explosively extend your hips (stand back up quick and controlled), lower back down half way of your range of motion, then explosively pull through again- that's a full rep).

***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 flies if you do them at the end.

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 + myo reps on last set

4 sets of 10-12 reps

Rest 1:00- 1:30 between sets

Last set (4th set):

10-12 reps squats, 5 second rest, 3 squats, 5 second rest, 2 squats

2) Sumo Deadlift (*add weight or reps from last week*)

4 sets of 10 reps

Rest 1:00- 1:30 between sets

3) Banded, Constant Tension Frog Pumps*

4 sets of 15 reps

Rest 45 seconds- 1:00 between sets

*constant tension frog pumps 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

(front foot elevated, try last weeks weight but if it feels too challenging to maintain proper form, decrease the weight)

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

4b) Banded Seated Abductor - 3 angles

(the band used on this day should be lighter since you are doing more reps. If you don't have multiple bands, you can do whichever rep range works with the level of resistance you have)

3x51 (one set of 51 reps would be 17 reps leaning forward, 17 reps upright, 17 rep slight lean back)

Rest 45 seconds- 1 minute between sets

Superset:

5a) Staggered Stance Romanian Deadlift

3 sets of 15-18 reps

5b) Quadruped Kickback into Fire Hydrant

3 sets of 20-25 reps

Rest 45 seconds - 1 minute between sets

6) Banded Frog Pump Finisher

After the third set of quadruped pulse kickbacks, do 1 set of these to burn out the glutes. You want to do as many reps as you can, try to get at least 25 reps!



Shoulders/Back (moderate-high 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) Standing Dumbbell Press

(try the weight you used for last weeks seated press, depending on core strength you may have to adjust the weight)

4 sets of 12-15 reps

Rest 1:00-1:30 between sets

Superset:

3a) Leaning Lateral Raise (cables or dumbbells)

4 sets of 15-18 reps

3b) Chest Supported Dumbbell Row

4 sets of 12-15 reps per arm

Superset:

4a) Cable Rear Fly - do partial reps on third set, may need to adjust weight

3 sets of 15-18 reps per arm

4b) Floor Seated Rope Lat Pulldown

3 sets of 12-15 reps

4c) Side to Front Raise

(a few extra myo reps have been added)

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, take a 5 second rest, do 2 more reps.

5) Lying Leg Raise

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

