

# Shapely Shredded System

## WEEK 3

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## Welcome to Week 3 of Shapely Shredding System!

This week there aren't many changes to the workouts because as I mentioned at the beginning of week two, changing things up too frequently is detrimental to results. Aside from proper nutrition, progressive overload is the MOST important factor in seeing your body change. You need to be continuously pushing your body to do more than it previously has and this can't be accurately measured if things are always different.

So this week, keep pushing! Try to add weight to exercises - as long as you can keep maintaining proper form. You could also add a few reps if you're not quite ready to add weight yet. Even focusing on keeping better control throughout the movements that have pauses and slow tempos would be considered progressive overload because you will be performing the exercise BETTER and therefore, gaining more from it!

That being said, I will be showing some different variations of these exercises on Instagram this week! You don't necessarily need to switch to these variations yet, but I'll be posting how to do some of the exercises we've been doing with different equipment, how to do some of these with two arms instead of one (this can be a good time saver), and you will also find some different glute activation and ab exercises!

Glute activation is simply just to warm up the glutes, so it's fine to frequently switch those exercises up because you don't really need to focus on doing more every time. The videos of these new exercises will be posted with everything else! I've added some different ab exercises as well. When it comes to abs, you do want to focus on progressive overload to a degree, but it's not AS important as other muscle groups so I've given you some other ideas!

Don't forget to post and tag **#shapelyshreddedsystem** I love reposting you! Stay tuned, in a few weeks, I will be releasing my free report called **Knockout Body Formula**. This free report unpacks some of the most common myths about fat loss and tells you how to fix them. It's pretty much the formula for achieving a **Knockout Body!** Through this, you will also have guidance on what you should do once you have completed the **Shapely Shredding System**.

I've been working on this for awhile and I am SO excited to finally share it with you! If you're currently doing the Knockout Body Program, the report will still provide you lots of value, as there is additional info in there, so you don't want to miss it!! It will only be available for three days so keep your eyes peeled. You will have some warning ahead of time before it is released, so don't worry :)

## 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. Lateral Band Walk - 15-20 reps
2. Banded Hip Abduction - 15-20 reps
3. Standing Banded Kickback - 15-20 reps per leg
4. Feet Elevated Glute Bridge - 15-20 reps per leg

\*Start over at exercise 1 (Lateral Band Walk) 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, you 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're 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** (this week's video shows smith machine variation) (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) Side Lying Hip Raise or Side Lying Leg Raise (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 20! Make sure you do the same amount 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) 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

### 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 Rows

*(video shows double arm variation- saves you a little bit of time if you're in a hurry) (focus on adding weight or more reps than last week)*

4 sets of 8-10 reps per arm



## Superset:

**4a) Cable Rear Fly** (*focus on adding weight or more reps than last week*) (*video shows the different angles you can do with this exercise as well as underhand grip*)

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*) (*video shows rope variation as opposed to the bar*)

3 sets of 8-10 reps

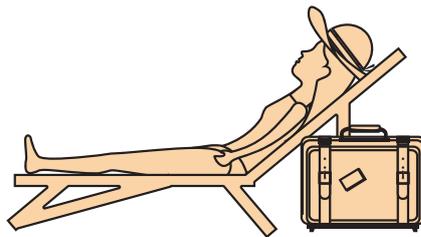
### **4c) Side to Front Raise**

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) Weighted Pike (or can stick to lying leg raises or lying leg & 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/Tri'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 Chinups (hold at top for a few seconds)

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) (video shows barbell variation- aka bench press)*

4 sets of 8-12 reps

Rest 1:00 min 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) (video shows alternate grip you can use- this is a hammer curl bar)*

3 sets of 8-10 reps

Rest 45 seconds between sets

## **Superset:**

### **4a) Dumbbell Tricep Kickback**

(video shows double arm variation)

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. Side Planks**

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

### **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. Banded Hip Thrust- 20 reps
2. Floor Seated Abduction- 20 reps
3. Banded Kickback- 15-20 per side

#### **Glute Triset:**

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

**A) Cable Pull Through 1.5 Rep Style** (*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).*)

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) Reverse Hypers**

3 sets of 20+ reps

Rest 45 seconds between sets

# more of DAY 4

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

**A) Incline Dumbbell Fly** *(add weight or reps) (video shows machine fly variation)*

4 sets of 8-12 reps

**B) Seated Dumbbell Overhead Extension** *(add weight or reps) (video shows single arm variation)*

4 sets of 10-12 reps

Rest 1:00 min between sets

# DAY 5

## **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. Lateral Band Walk - 15-20 reps per side
2. Banded Hip Hinge Abduction - 15-20 reps
3. Standing Banded Kickback - 15-20 reps per leg
4. Feet Elevated Glute Bridge - 15-20 reps

Start over at exercise 1 (Lateral Band Walk) 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) Paused Squats**

4 sets of 10-12 reps

Rest 1:00- 1:30 between sets

## **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\* *(video shows barbell variation as well as glute bridge variation)***

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 - video shows barbell variation)***

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 *(video shows barbell variation)***

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) Single Leg Hip Thrust *(burnout)***

## 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 (video shows different grips)

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 - video shows band variation if needed)

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 (video shows how to do this with two arms instead of one)*

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) Hanging Leg Raise (bar or captains chair)

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!

