

Free Trial (Athletic Shred)

Day One: Legs	Day Two: Upper Body	Day Three: Legs	Day Four: Upper Body
<p>Workout</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x5 (while holding med ball) knee jump into single leg vertical jump with med ball slam <input type="checkbox"/> 4x10-12 Barbell Squat <input type="checkbox"/> 4x10-12 DB step ups (each leg) <input type="checkbox"/> 4x5 ski jumps (2-side to side) into max effort broad jump <input type="checkbox"/> 4x5 single leg seated leg press (explode up) <p>HIIT Circuit (little to no rest)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1min jumping jacks <input type="checkbox"/> 1min wall sit <input type="checkbox"/> 1min DB RDL's <input type="checkbox"/> 1min forearm plank <input type="checkbox"/> 1min mountain climbers 	<p>Workout</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x5 Standing DB Jerk <input type="checkbox"/> 4x10-12 DB bench <input type="checkbox"/> 4x10-12 seated chest press **if not machine for it, do incline barbell or DB bench** <input type="checkbox"/> 4x5 single arm DB rows (explode up) <input type="checkbox"/> 4x5 barbell bench (explode up) <p>HIIT Circuit (little to no rest)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1min alternating med ball push ups (one hand on med ball at a time) <input type="checkbox"/> 1min med ball push ups (both hands on the ball) <input type="checkbox"/> 1min straight arm plank with alternating shoulder taps <input type="checkbox"/> 1min hanging knees to chest <input type="checkbox"/> 1min front plate raises 	<p>Workout</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x30sec bodyweight bulgarian split squat jumps <input type="checkbox"/> 4x10-12 deadlift (conventional or sumo, your choice) <input type="checkbox"/> 4x10-12 single leg DB bench squats <input type="checkbox"/> 4x30sec kettlebell swings <input type="checkbox"/> 4x10-12 hamstring curls <p>HIIT Circuit (little to no rest)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1min barbell squat <input type="checkbox"/> 1min barbell reverse lunges <input type="checkbox"/> 1min barbell RDL's <input type="checkbox"/> 1min barbell calf raises <input type="checkbox"/> 1min barbell forward lunges 	<p>Workout</p> <ul style="list-style-type: none"> <input type="checkbox"/> 4x30sec explosive push ups (push off the ground) <input type="checkbox"/> 4x10-12 close grip barbell bench <input type="checkbox"/> 4x10-12 lat pull downs <input type="checkbox"/> 4x5 seated rows (explosive) <input type="checkbox"/> 4x10-12 seated single arm chest press **if machine isn't available, do single arm DB bench press** <p>HIIT Circuit (little to no rest)</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1min DB farmer carries <input type="checkbox"/> 1min alternating standing DB incline chest flies <input type="checkbox"/> 1min standing tricep plate extensions <input type="checkbox"/> 1min DB shoulder press <input type="checkbox"/> 1min decline push ups