

8 Weeks WORKOUT PLAN FOR SHREDDED BODY | Fat Loss Training.

Type: -	Fat Loss
Period: -	2 Months.
Level: -	Intermediate or Advanced.



To make a shredded body you have to know about all the forcefully jargons that make your workout tougher to reduce fat.

- **Supersets:** Combination of two or more exercises that are performed back to back without any rest.
- **Forced Reps:** The forced reps are done with some external spot when you are exhausted.
- **Drop Sets:** In the last set upon failure, reducing the weight and continue the set with some more reps or failure.
- **Holds:** Upon completing the set, you hold the weight with muscles contracted until failure.
- **Rest-Pause Set:** Upon failure, rest for 10-15 seconds and continue the set until again failure or desired rep range.

Two Phase System

Below you will discover a two-phase system or 8-week workout plan (2 months) to achieve the ideal muscular physique. Each phase will change intensity or caloric burn to continuously adapt your body.

Phase I: Week 1, 3, 5, 7

Day 1: Chest & Shoulder

Order	Exercise	Sets	Reps	Rest
A	Incline Dumbbell Fly	3	12	30 seconds
B	Incline Dumbbell Press	6	10-8	45 seconds
C1	Barbell Press	4	10	0 seconds
C2	Flat Bench Fly	4	10	60 seconds
D	Cross Cable Fly	5	20	45 seconds
E	Standing Dumbbell Press	3	12	30 seconds
F	Side Raises	3	12	40 seconds
G	Rear Delt Cable Fly	3	12	30 sec
H	Cardio	30 minutes.		

Day 2: Biceps, Triceps & Abs Workout

Order	Movement	Sets	Reps	Rest
A	Dumbbell Curls	3	15,12,10	30 seconds
B	Barbell Curl	4	10,10,10,10	45 seconds
C1	Wide Grip	3	10,10,10	0 seconds
C2	Close Grip	3	10,10,10	0 seconds
D	Spider Curl	4	18,16,14,12	45 seconds
E	Overhead Cable Extensions	3	12,12,12	30 seconds
F	Skull Crushers	3	10,10,10	40 seconds
G	Triceps V bar Press down	3	15,15,15	45 seconds
H	Hanging leg raises	4	20,20,20,20	60 seconds
I	Scissor Jacks	total	100	

Day 3: Back & Forearms

Order	Exercise	Sets	Reps	Rest
A	Pull-ups	4	8-10	45 seconds
B	Standing Rope Pullovers	5	20	60 seconds
C	Wide Grip Lat Pulldown	4	12	45 seconds
D	Reverse Grip Rows	4	10-12	45 seconds
E	Barbell Row	8	8	45 seconds
F	Dumbbell Pullovers	3	12-15	30 seconds
G	Wrist Curl	4	25	60 seconds
H	Reverse Wrist Curl	4	25	60 seconds

Day 4: Shoulders and Abs

Order	Exercise	Sets	Reps	Rest
A	Front Raise	5	20	45 seconds
B	Shoulder Press	5	10-12	60 seconds
C	Front Barbell Raise	3	15	45 seconds
D	Seated Side Raise	3	15	45 seconds
E	Bent Over Delt Fly	3	10-12	30 seconds
F	Dumbbell Shrugs	6	8-10	45 seconds
G	Hanging Leg Raises	4	20	60 seconds
H	Cable Crunch	4	20	60 seconds

Day 5: Legs & Calves

Order	Exercise	Sets	Reps	Rest
A	Leg Extension	5	20	60 seconds
B	Seated Leg Curl	5	20	60 seconds
C	Squats	8	12	60 seconds
D	Bulgarian Split Squat	3	12	60 seconds
E	Standing Calve Raises	3	33	45 seconds

Day 6: Cardio

45 minutes of cardio.

Phase II: Week 2, 4, 6, 8

This session is even more intense. You will increase your protein intake while decreasing your carbs and fat allotments. You will also decrease your rest periods and increase your cardio. Keep moving forward! Here is where you will start to see some serious results.

Day 1: Upper Body

Order	Exercise	Sets	Reps	Rest
A	Barbell Bench	3	8,8,8	60 seconds
B1	Barbell Row	3	15,12,10	0 seconds
B2	Push Up	3	15,15,failure	45 seconds
C1	Machine Cable Fly	3	15,12,10	0 seconds
C2	Seated Cable Row	3	15,12,10	0 seconds
C3	Pull Up	3	15,15,15	45 seconds
D1	Standing Dumbbell Press	3	15,12,10	0 seconds
D2	Triceps Rope press down	3	15,12,10	0 seconds
D3	Standing Curl	3	15,15,15	45 seconds
E	Cardio	15 Minutes		

Day 2: Lower Body

Order	Exercise	Sets	Reps	Rest
A	Squat	3	8,8,8	60 seconds
B1	Dumbbell Lunge	3	15,12,10	0 seconds
B2	Seated Hamstring Curl	3	10	0 seconds
B3	Seated Leg Extension	3	10	60 seconds
C1	Romanian Deadlift	3	15,12,10	0 seconds
C2	Seated Leg Extension	3	10	40 seconds
D1	Goblet Squats	3	15,12,10	0 seconds
D2	Barbell Hip Thrusts	3	10	0 seconds
E	Cardio	15 minutes		60 seconds

Day 3: Back, Biceps

Order	Exercise	Sets	Reps	Rest
A	Pull Ups	3	15, 15, failure	60 seconds
B1	Bent Over Dumbbell Row	3	15, 12, 10	0 seconds
B2	Lat Pulldown	3	10	60 seconds
C1	Seated Wide Grip Cable	3	15, 12, 10	0 seconds
C2	Seated Close Grip Cable	3	10	60 seconds
D	Dumbbell Shrugs	4	10	45 seconds
E1	Seated Dumbbell Curl	3	15, 12, 10	0 seconds
E2	Reverse Curl	3	12	60 seconds
F	Spider Curl	5	15, 12, 10	45 seconds
G	Cardio			

Day 4: Chest, Shoulders, Triceps

Order	Exercise	Sets	Reps	Rest
A1	Dumbbell Press	3	15,12,10	0 seconds
A2	Machine Fly	3	12	60 seconds
B	Incline Cable Fly	5	15,12,10	45 seconds
C1	Standing Dumbbell Press	3	15,12,10	0 seconds
C2	Dumbbell Lateral Raises	3	10	60 seconds
D	Rear Delt Cable Flys	3	20,18,16	45 seconds
E1	Overhead Cable Extensions	3	16,14,12	0 seconds
E2	Skull Crushers	3	12	60 seconds
F	Triceps V bar Press down	3	15	40 seconds
G	Cardio	15 minutes		

Day 5: Leg

Order	Exercise	Sets	Reps	Rest
A	Squats	5	12-15	40 seconds
B	Leg Press	4	12	30 seconds
C	Leg Extension	4	12	45 seconds
D	Stiff-Legged Deadlift	3	12	35 seconds
E	Bulgarian Split Squat	3	12-15	45 seconds
F	Standing Calf Raise	4	18	45 seconds

Day 6: Cardio

Do 45 minutes of cardio.

Why Cardio is important during Shredded Body Plan?

Cardio acceleration is a powerful tool to help carve through your body fat stores while maintaining muscle mass. Utilizing cardio acceleration will not increase the length of your workout, but it can vastly increase your overall caloric burn. This technique will transform your resistance training workout into a HIIT workout of its own.

Options to do: Types of cardio you can do after your workout is complete.

- [Jumping Rope](#).
- [Jumping Jacks](#).
- [Burpees](#).
- Push-ups.
- Kettlebell swing.
- Medicine Ball Slam.
- Dumbbell Step Ups.
- [Jump Squats](#).

The end