



4 WEEK SHRED

COMPLETE WORKOUT & DIET PLAN

FIND YOURSELF HEALTHY

The 4-Week Shred is a fat burning and muscle sculpting routine designed with resistance training.

This program is for 4 weeks.

The Body gets use to your workouts around week 3-4 that is then the time to change up your workout regiment. You can get custom workout plans like this at findyourselfhealthy.com

This has an upper/lower body split with weight training.

Each of these workouts should take 45 to 60 minutes. There are two optional days per week you can fit in for cardio and ab training or if you finish early.

If you don't have the proper exercise equipment or are unable

to perform a specific exercise, substitute an equivalent exercise and be sure to push yourself with the weight limits. For remote or in person personal training visit Findyourselfhealthy.com

LOWER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Barbell Back Squat	3	20	Rest 90-180s between sets
Romanian Deadlifts	3	30	Rest 60-90s between sets
Leg Press	3	35	Rest 60-90s between sets
Leg Extensions (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
Leg Curls	3	40	Rest 30s between sets
Hanging Leg Raises	4	AMRAP	Rest 60-90s between sets
Finisher Circuit:1.) Bodyweight Squats 2.) Bodyweight Lunges 3.) Bodyweight Calf Raises	3-5	AMRAP	Perform 3 to 5 rounds. No rest between exercises but 90-180s rest between sets

UPPER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Seated Overhead Press	3	20	Rest 90-180s between sets
Wide Grip Lat Pull-Down	3	30	Rest 60-90s between sets
Incline Dumbbell Bench Press	3	35	Rest 60-90s between sets
Barbell Row	3	35	Rest 60-90s between sets
Rear Dear Fly (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
Overhead Triceps Extension	3	40	Rest 30s between sets

Finisher Circuit

- 1.) Bodyweight Bench Dips
- 2.) Dumbbell Bicep Curls
- 3.) Dumbbell Front Raises

3-5

Perform 3 to 5 rounds. No rest between exercises but 90-180s rest between sets

LOWER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Deadlift	3	20	Rest 90-180s between sets
Hack Squat Machine	3	30	Rest 60-90s between sets
Dumbbell Lunges	3	35	Rest 60-90s between sets
Glute Ham Raises	3	35	Rest 60-90s between sets
Seated or Standing Calf Raises (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
Rope Crunches	4	40	Rest 60-90s between sets
Finisher Circuit			
1.) Bodyweight Jump Squats			
2.) Bodyweight Step-Ups			
3.) Bodyweight Hip Thrusts	3-5	AMRAP	

Perform 3 to 5 rounds. No rest between exercises but 90-180s rest between sets

UPPER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Incline Bench Press	3	20	Rest 90-180s between sets
Chest Supported Row	3	30	Rest 60-90s between sets
Seated Behind the Neck Press	3	35	Rest 60-90s between sets
Incline Dumbbell Fly (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
Skullcrusher	3	40	Rest 30s between sets
Dumbbell Curl	3	40	
Finisher Circuit			
1.) Lateral Raises			
2.) Bodyweight Push-ups	3-5	AMRAP	
3.) Rear-Delt Raises			

Perform 3 to 5 rounds. No rest between
exercises but 90-180s rest between sets

LOWER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Barbell Front Squat	3	20	Rest 90-180s between sets
Good Morning	3	30	Rest 60-90s between sets
Machine Hack Squat	3	35	Rest 60-90 between sets
Leg Curls (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
Leg Extensions	3	40	Rest 30s between sets
Ab Wheel Rollouts	4	AMRAP	Rest 60-90s between sets
Finisher Circuit			
1.) Bodyweight Jump Lunges			
2.) Bodyweight Jump Squats			
3.) Bodyweight Calf Raises	3-5	AMRAP	

Perform 3 to 5 rounds. No rest between exercises but 90-180s rest between sets

UPPER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Standing Overhead Press	3	20	Rest 90-180s between sets
Close Grip Lat Pulldown	3	30	Rest 60-90s between sets
Close Grip Bench Press	3	35	Rest 60-90s between sets
Shrugs	3	35	Rest 60-90s between sets
Lateral Raises (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
Cable Facepulls	3	40	Rest 30s between sets
Finisher Circuit			
1.) Dumbbell Bicep Curls			
2.) Dumbbell Front Raises			
3.) Bodyweight Bench Dips	3-5	AMRAP	

Perform 3 to 5 rounds. No rest between exercises but 90-180s rest between sets

LOWER BODY WORKOUT

Exercise	Sets	Rep Goal	Rest
Deadlift	3	20	Rest 90-180s between sets
Goblet Squat	3	30	Rest 60-90s between sets
Stiff-legged Deadlift	3	35	Rest 60-90s between sets
Barbell Lunges	3	35	Rest 60-90s between sets
Seated or Standing Calf Raises (Perform 1 giant set comprised of 5 drop sets)	5	AMRAP	
(Weighted) Decline Crunches	4	40	Rest 60-90s between sets
Finisher Circuit			
1.) Bodyweight Step-Ups			
2.) Bodyweight Hip Thrusts			
3.) Bodyweight Jump Squats	3-5	AMRAP	
Perform 3 to 5 rounds. No rest between exercises but 90-180s rest between sets			

WORKOUT TERMS

The Rep Goal Method - For example, if the routine prescribes 3 sets with a rep goal of 25, then you should aim to perform 25 TOTAL reps across all 3 sets. When you perform more than or equal to 25 reps you increase the working weight for the subsequent workout.

Rest-Pause Sets ? Pick a rep goal, number of sets, short rest period (10-45 seconds) and a conservative weight with which you believe you can exceed the rep goal given the set and rep goal parameters. Adhere strictly to the short rest periods and increase the working weight for the next session when you exceed the rep goal.

Drop Sets ? Try to Perform one last set as a drop set meaning to technical failure, decrease the weight by a reasonable amount, and then perform another set to technical failure. The number of drops can range from as few as 2 to as many as 5. Track total reps and utilize the rep goal method to measure progress.

AMRAP ? Means perform as many reps as you can with good form; if you feel as though you may fail on the next rep or be unable to complete it with good form, terminate the set. The last component of each weight training workout will have you perform a series of back-to-back bodyweight and dumbbell-based exercises without rest. After you complete one round of the circuit, rest, and repeat the prescribed number of times. You can perform this finisher circuit anywhere, anytime outside of your normal workout window if you're strapped for time you can use upon waking, during lunch, or before bed.

Female Sample Meal Plan and Supplement Schedule

Pair the 4-Week Shred above with the sample meal plan and supplement schedule below to shred as much fat and preserve as much lean mass as possible.

Designed for a 130lb female, this plan provides at least 1g of protein per pound of bodyweight to maximize lean mass preservation and 0.4g of fat per pound of bodyweight to ensure normal hormonal function.

Shoot for a weight loss of 0.5 to 1 pound of bodyweight per week. Adjust calories and macronutrients if you are under- or overshooting this benchmark.

Female Sample Meal Plan and Supplement Schedule

Morning

1 serving Greens + Multi, 2-3g EPA/DHA Fish Oil, 5000IU vitamin D.

2 slices turkey bacon, 2 large eggs, and 1 cup blueberries

Nutrition: 340 calories, 18g protein, 22g carbs, 20g fat, 4 g fiber

Lunch:

2 cups raw spinach, 1 cup cherry tomatoes, 2tb raspberry balsamic vinegar, 1 oz feta cheese, 3oz steak, and 1 cup sliced strawberries

Nutrition: 330 calories, 25g protein, 28g carbs, 13g fat, 6g fiber

Female Sample Meal Plan and Supplement Schedule

3:00pm

5:30-6:30pm

Workout as outlined above + unsweetened vanilla almond milk & Protein Shake

Nutrition: 210 calories, 30g protein, 11g carbs, 5g fat, 4g fiber

Dinner:

3oz lean (93/7) ground turkey, 1 whole lettuce wrap, 1 slice low-fat Swiss cheese, and 3 servings of steamed broccoli

Nutrition: 390 calories, 34g protein, 39g carbs, 11g fat, 12g fiber

9:00pm

Totals

Calories: 1,500

Protein: 137g

Carbohydrates: 115g

Fat: 55g

Fiber: 37g

Female Sample Meal Plan and Supplement Schedule

Supplement Schedule:

Morning (8:00 AM)

- Multivitamin

Before Workout (5:30 PM)

- Pre-workout supplement (if desired)

After Workout (7:30 PM)

- Protein shake

Hydration: Drink at 1 gallon of water throughout the day to stay hydrated and support fat loss.

Additional Tips:

- Ensure portion sizes are appropriate to meet the desired caloric intake.
- Avoid processed foods, sugary drinks, and excessive added sugars.

It's crucial to note that individual nutritional requirements and metabolic rates can vary. Therefore, consider consulting with a nutritionist or healthcare professional at [FindYourselfHealthy.com](https://www.findyourselfhealthy.com) for a more personalized and effective plan.

Male Sample Meal Plan and Supplement Schedule

Pair the 4-Week Shred above with the sample meal plan and supplement schedule below to shred as much fat and preserve as much lean mass as possible.

Designed for a 190lb male, this plan provides at least 1g of protein per pound of bodyweight to maximize lean mass preservation and 0.4g of fat per pound of bodyweight to ensure normal hormonal function.

Shoot for a weight loss of 0.5 to 1 pound of bodyweight per week. Adjust calories and macronutrients if you are under- or overshooting this benchmark.

Male Sample Meal Plan and Supplement Schedule

Adjust based on individual metabolism and activity level.

Macronutrient Breakdown:

Protein: 190g (1g per pound of bodyweight)

Fat: 76g (0.4g per pound of bodyweight)

Carbohydrates: Remaining calories after protein and fat calculation

Meal Plan:

Breakfast (8:00 AM)

- 4 whole eggs scrambled with spinach and tomatoes
- 1 medium-sized apple

Mid-Morning Snack (10:30 AM)

- Greek yogurt (plain, low-fat) with a handful of almonds
- Or Green Mix

Male Sample Meal Plan and Supplement Schedule

Lunch (1:00 PM)

- 5-6 oz Grilled chicken breast or tofu (for vegetarian option)
- 1/2 cup Quinoa or brown rice
- Mixed vegetables (broccoli, bell peppers, and carrots)

Afternoon Snack (4:00 PM)

- Protein shake made with water/milk and a scoop of protein powder

Pre-Workout (6:00 PM)

- Banana or any fruit of choice

Post-Workout (7:30 PM)

- 5-6 oz Grilled fish (salmon, tuna) or lean turkey
- 1 Sweet potato or mixed greens salad with olive oil dressing

Dinner (9:00 PM)

- 1 cup Stir-fried vegetables with lean beef or tempeh (for vegetarian option)

Male Sample Meal Plan and Supplement Schedule

Supplement Schedule:

Morning (8:00 AM)

- Multivitamin

Before Workout (5:30 PM)

- Pre-workout supplement (if desired)

After Workout (7:30 PM)

- Protein shake

Hydration: Drink at 1 gallon of water throughout the day to stay hydrated and support fat loss.

Additional Tips:

- Ensure portion sizes are appropriate to meet the desired caloric intake.
- Avoid processed foods, sugary drinks, and excessive added sugars.

It's crucial to note that individual nutritional requirements and metabolic rates can vary. Therefore, consider consulting with a nutritionist or healthcare professional at [FindYourselfHealthy.com](https://www.findyourselfhealthy.com) for a more personalized and effective plan.

CUSTOM PLAN

Want a plan that is tailored to you. It works on the area's you need most, it is in place to reach your goal, help you achieve and maintain health and fitness goals, all you have to do is follow the exact workouts and meals to get results? Then get a custom meal and fitness plan for you. Along with trackers and additional guides to help you throughout life,



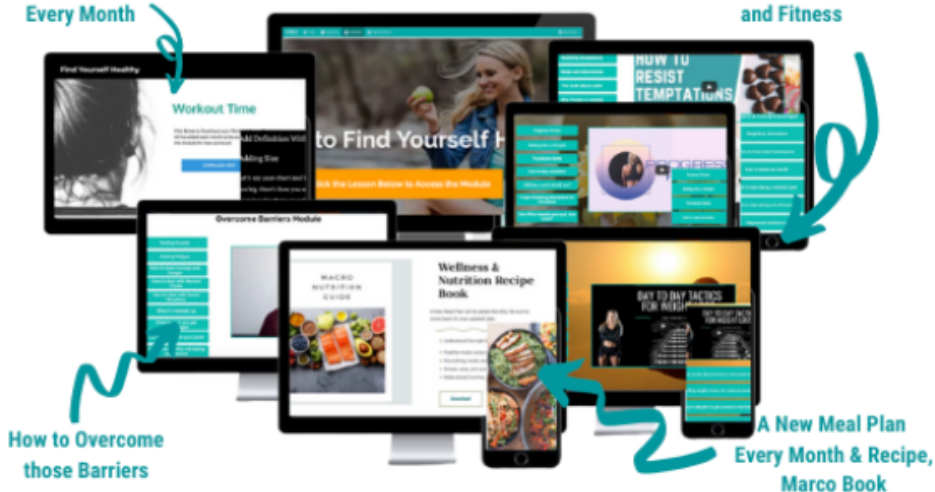
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