



LADY SHREDZ: Weight Training Program

Day 1: Upper & Cardio

Spinning Class 30min / 20 min Incline Walk on Treadmill

1. SUPERSET: 3 SETS OF 12 to 15 reps

Neutral grip skull crushers on bench

Dumbbell chest press

2. 3 sets of 12

Bent over arm row (dumbbell)

3. SUPERSET: 3 sets of 12

Cable front raises with rope

Cable pushdown with rope

4. 3 sets of 12

Bicep curls Dumbbells

Day 2: LEGS

Warm up: 5 min spinning Bike or Walk & Stretches (make sure the legs are warm)

1. 3 sets of 15 reps

Dumbbell Sumo Squats (Toes out)

2. 3 sets of 15

Straight leg deadlifts Dumbbells

3. SUPERSET: 3 sets of

12 dumbbell hip thrusts on mat

20 alternating single leg hip thrusts (no weight)

4. 3 sets of 15

Curtsy lunges

5. 3 sets of 15

Burn out of side-to-side lunges (15 each side)

Day 3: Upper and Abs

1. 3 sets of 12

Dumbbell Lateral raises

2. 3 sets of 12

Seated on bench front raises

3. 3 sets of 12

Triceps dips on bench (bodyweight)

4. 3 sets of 12

Seated Dumbbell Shoulder Press

5. SUPERSET 3 sets of 12

Triceps pushdown with straight bar

Rope Face pulls on knee or standing

ABS: 40 secs of each 20sec rest - repeat 3 to 5 times

Leg lift Crunch Alternating

Mountain Climbers

Sit up Clap under leg

Bear plank Shoulder Taps or Knee Planks shoulders Taps

DAY 4: LEGS

Warm up: 5 min spinning Bike or Walk & Stretches (make sure the legs are warm)

1. 3 sets of 15

Dumbbell on shoulder squats

2. SUPERSET 3 sets of

Leg extensions

Hamstring curls

3. 3 sets of 15

Reverse Lunges

4. 3 sets of 15 (Burnout)

Jump Squats – or take out the jump

Day 5: Legs Plyo (beginner) Optional workout

Mat workout: 15 of each repeat 5 times

Leg Donkey Kicks on Mat Right

Leg Donkey Kicks on Mat Left

Jumping Jacks

Fire Hydrant Left and Right

Jumping Jacks

Crunch in and Kick Straight right

Crunch in and kick straight left

Jumping Jacks

Superman squeezes

Jumping squats

Stretch or cool down walk or cycle