

12 WEEK
SHRED 2.0



TRAIN LIKE US

WORKOUT SPLIT

This program is designed to be done in 3x 4-week phases. For the best results, repeat the workouts in each phase for 4 weeks before moving on to the next one. Make sure you progressively overload by lifting slightly heavier each week (while still prioritising good form).

Monday	Full lower body
Tuesday	Full upper body
Wednesday	Glutes & core
Thursday	Rest / 10k steps
Friday	Full body friday
Saturday	Rest / 10k steps
Sunday	Rest

Key words:

BB = Barbell

DB = Dumbbell

KB = Kettlebell



now beginning
PHASE 1

Full lower body: Phase 1

3 sets: 10x weighted Back extensions



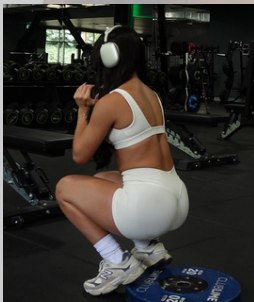
1. Lie face down on a hyperextension bench with your body in a straight line
2. Bend forward at the waist as far as you can
3. Then raise your body back up until your body is in a straight line again

4x10/12: Landmine RDL's



1. Set up a barbell in a landmine position, stand on one side holding the bar with both hands
2. Start by lowering the bar down by pushing your hips back, hinging at the hip as your chest and shoulders move towards the ground
3. Keep lowering until you feel a stretch in the hamstrings
4. Stop when bar is in middle of knees and shin, pause, and return to starting position.

Superset 4 sets:
10x Goblet squat



Heels elevated goblet squat:

1. Place a large plate on the floor. Bring your heels onto of the plate and keep your toes on the ground
2. Bring the dumbbell under your chin resting on the palms of your hands
3. Squeeze your core, back & glutes before beginning
4. To descend, push your knees forward and keep your torso as upright as possible
5. Push through your heels and toes to get back to the starting position

8x Deficit reverse lunges



Deficit reverse :

1. Place a large plate on the floor and bring one foot onto the plate. Hold the dumbbell in one hand or hold a dumbbell in each hand
2. Step one foot back and drop the knee to the ground - as you descend, hinge at the hip and let your torso lean slightly forward
3. Push up through the front heel and squeeze the glute - try not to push yourself back up using the back leg

4x10 cable kickbacks



1. Add the ankle strap cable attachment around your ankle
2. Keep 1 foot stable on the ground and hover the other foot above the ground, using that elevated foot to kick out to a 45 degree angle leading with your heel - extend your leg straight at the top squeezing your glutes
3. Control the movement back to the starting position

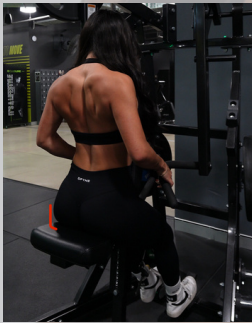
Full Upper Body: Phase 1

4 sets: 8-10x BB Row



1. Stand with feet shoulder-width apart, knees slightly bent, and hinge forward at hips.
2. Hold a barbell with palms facing down, hands slightly wider than shoulder-width.
3. Pull the barbell towards your lower chest by bending your elbows. Squeeze shoulder blades together at the top.
4. Lower the barbell back down in a controlled manner, fully extending arms.
5. TIP* row towards the hip, not towards the chest

4 sets: 12x Low Row



1. Set yourself up on the low-row machine
2. Row the machine towards your hips
3. Squeeze your shoulder blades together at the back

4 sets: 10x wide grip + 10x under-grip Lat Pulldown



- Wide grip:
1. Place your hands wider than your shoulder width on the bar
 2. Push your chest up as you pull the bar towards your chest. Lean back very slightly throughout the movement
 3. As you pull the bar you want to squeeze your back muscles together and keep your shoulders down not shrugged
 4. Control the movement back to the top.



- Under grip:
1. Place your hands shoulder width gripping under the bar
 2. Push your chest up as you pull the bar towards your chest. Lean back very slightly throughout the movement
 3. As you pull the bar you want to squeeze your back muscles together and keep your shoulders down not shrugged
 4. Control the movement back to the top

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Full Upper Body cont.

Superset 4 sets:
10x Single-arm bicep curl



10x BB shoulder press



Single arm bicep curls:

1. Stand with feet shoulder-width apart, hold a dumbbell in each hand at arm's length by your sides, palms facing forward.
2. As you curl the dumbbells towards your shoulders, rotate your forearms so that palms face towards shoulders at the top.
3. Alternate hands each rep.

Tricep kickbacks:

1. Stand with feet shoulder-width apart, holding a dumbbell in each hand with palms facing towards you. Bend forward at the hips, keeping back straight.
2. Bend elbows to bring dumbbells close to torso.
3. Extend arms straight back behind you, squeezing triceps at the top.
4. Keep upper arms parallel to the ground.

3 sets: 15x Rear Delt Fly's



Use the machine, or if using dumbbells then...

1. Grab your dumbbells and bend over from the hips so that your back is flat & horizontal.
2. Keep a slight bend in your elbows throughout the movement. Swing your arms out to the side by hinging from the shoulders and squeezing your back. keep your elbows facing up as much as you can

Glutes & core: Phase 1

5x10/12 belt hip thrust machine



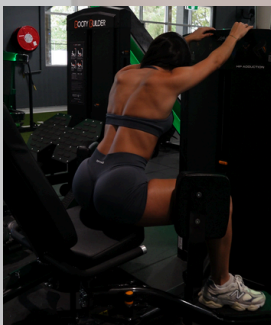
1. Sit on the seat with your back against the pad. Ensure that your feet are flat on the floor and positioned shoulder-width apart. Lean back so that your upper back is resting against the pad.
2. With your back against the pad, engage your core and push through your heels. Thrust your hips upward toward the ceiling by squeezing your glutes.
3. Slowly lower your hips back down to the starting position, maintaining control throughout the movement. Your hips should return to just above the seat level.

3 sets: 10x DB Bulgarian split squats 10x body weight (dropset)



1. Step away from the bench with one foot and rest the other foot on top of the bench, ensure your hips are squared
2. As you descend push your knee out and hinge at the hip, keeping your back straight
3. Push through the outside of your foot to return to the starting position

4x abduction machine
10x leaning forward 10x straight back 10x leaning back



1. Seat yourself into the machine and lean forward to create a hip extension
2. Push through your knees and squeeze your glutes as you open your knees wide
3. Control the movement and pulse when your hips are at full extension
4. After 10 repetitions sit with a straight back and repeat
5. After another 10 repetitions lean back into the seat and repeat

Cont. (core)

Core circuit: (3 sets)

1. 30 x Bicycle crunches
2. 30 x Butterfly kicks
3. 20 x Tuck crunches
4. 20 x Weighted Russian twists
5. 20 x Bridge marches

REST 60sec

1.



2.



3.



4.

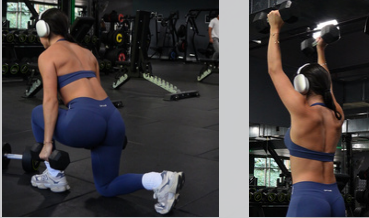


5.



Full body Friday: Phase 1

Superset: (4 sets)
5x each leg Lunge into press



10x Sumo pulses



Lunge into Press:

Step backwards into a lunge with a dumbbell in each hand, then push through your front heel to return to standing and immediately press the dumbbells overhead into a shoulder press.

Sumo Pulses:

Hold a dumbbell with both hands between your legs, lower into a sumo squat position, and then perform small, controlled pulses up and down while keeping your core engaged.

4 sets: 10x Squat into bicep curls



Perform a squat by bending your knees and lowering your hips while holding a dumbbell in each hand, then push back to standing and immediately transition into a bicep curl by bending your elbows and lifting the dumbbells towards your shoulders.

Superset: (4 sets)
20x Single arm row
+ 10x Upright row



Single Arm Row:

Bend forward at the hips, hold a dumbbell in each hand, and pull the dumbbell towards your hip while keeping your back flat and elbow close to your body. Alternate arms each rep.
(10 each arm)

Upright Row:

Stand with your feet shoulder-width apart, hold a dumbbell in each hand with palms facing your body, and lift the dumbbells straight up towards your chin by bending your elbows and keeping them higher than your hands.

4 sets: 10x Tricep dip into single-leg crunch



Perform a tricep dip by lowering and raising your body with your hands on the bench, then immediately transition by sitting on the bench, extending one leg out while bending the other knee, and execute a crunch by bringing your bent knee towards your chest while lifting your head and shoulders off the bench.



now beginning
PHASE 2

Full lower body: Phase 2

4 sets: 10-12x BB RDL's



1. Pick up the Barbell from the rack (about thigh height) with a straight back.
2. Start by lowering the bar down by pushing your hips back, hinging at the hip as your chest and shoulders move towards the ground
3. Keep lowering until you feel a stretch in the hamstrings
4. Stop when bar is in middle of knees and shin, pause, and return to starting position.

4 sets: 8-10x High stance leg press



1. Start seated on the leg press machine, with feet high on the platform shoulder width apart
2. Slowly lower the weight towards your body, while keeping your lower back in the seat, as low as you can comfortably and under control
3. Push the weight back up to the start position. Avoid completely straightening or "locking out" the knees at the top

Superset: (4 sets)
10x Sumo squat



10x Stationary lunges



Sumo DB squat:

1. Bring feet into a wide stance with feet pointed outward. Hold 1 dumbbell with both hands.
2. Once in position brace core and descend by pushing your needs out to the side and your hips to the back
3. Squeeze your glutes and push through your heels back to the starting position

Stationary Lunge:

1. Bring one foot in front of the other, the front leg is the working leg so make sure you're balancing most of your weight there. Hold the dumbbell in one hand or hold a dumbbell in each hand.
2. As you descend, hinge at the hip and let your torso lean slightly forward.
3. Push up through the front heel and squeeze the glute - try not to push yourself back up using the back leg. When you get to the top, don't completely straighten your front leg, keep the knee & hip slightly bent so the tension in the glute is constant.

Superset: (4 sets)
10x Goodmornings
+ 10x Plate abductions



Goodmornings:

- Load the barbell onto your upper back - pull your elbows to the back, this will create tension to support the barbell
2. Keep your feet at hip distance or slightly wider
 3. Keep your knees stable and inline with your feet
 4. Hinge at the hips and push them backwards while keeping a tight core
 5. Squeeze your glutes and pull your hips back to centre

Standing abductor:

1. Stand upright with your feet hip-width apart. Hold a weight plate against the outer side of one leg with the same-side hand.
2. Engage your core for stability and maintain a slight bend in the standing leg.
3. Lift the leg with the weight plate away from your body, leading with your outer thigh.

Full upper body: Phase 2

4 sets: 10 Assisted chin ups



1. Grab a pull up bar with an underhand grip, arms straightened, your body is hanging
2. Pull your body upwards until your chin is just over the bar
3. Once your lats have completely contracted at the top, lower your body returning to starting position

4 sets: 10 iliac pull each arm



1. Set up the cable machine with a single-handle attachment high enough that your arm can fully lengthen and kneel facing the cable machine.
2. Pull the handle towards your lower ribcage, retracting your shoulder blade. Squeeze your back muscles at the end of the movement.
3. Slowly return to the starting position, fully extending your arm.
4. Maintain proper posture and engage your core throughout.

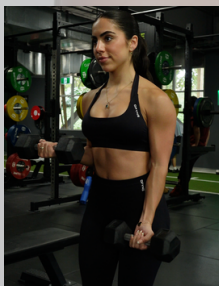
Superset: (3 sets)
10x Lat pushdown
10x Tricep pushdown



- Lat push down
1. Use either the rope or the straight bar attachment with the cable - adjust the cable height to your proportions
 2. Hinge from the hips, keep soft knees and a braced core as your base - lift your arms up, engage lats and then push your hands down past your hips without bending your elbows or rounding your shoulders
 3. Control the movement back to the top.

- Tricep pushdown:
1. Bring your elbows besides your body - keep them fixed in this position throughout the movement
 2. Push your hands down to your hips, extending the arms straight
 3. Control the movement on the way up & repeat.

4 sets: 20x alternating half curls



1. Start with the dumbbells at the half way point of the bicep curl (elbow height).
2. Drop one hand down & back up, while you hold the other in place.
3. Repeat on other side and alternate (10 each arm).

3 sets: 15x Face pulls



1. Adjust the cable to your height proportions and attach the rope handles
2. Seat yourself on the ground and have your body on a slight leaning back angle
3. Hold the ropes with your knuckles facing inward and pull towards your face with the back of your shoulders and elbows
4. Control the movement back to the starting position

Glutes & Core: Phase 2

4 sets: 10-12x BB Hip Thrusts



1. With your shoulder blades resting on top of a box, keep your pelvis tucked and your core tight.
2. Begin seated on the ground with a loaded barbell over your hips. Have the working leg in the standard position as you would for the moment, then place the other leg on either your heel or your toe as a stabiliser.
3. Roll the bar so that it is directly above your hips, and rest your arms and back on a bench.
4. Begin the movement by driving through with your heels, extending your hips vertically through the bar and squeezing your glutes.

4 sets: 8-10 Reverse deficit lunges

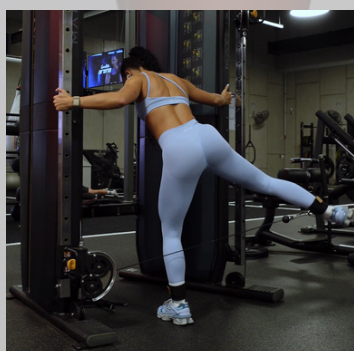


1. Place a large plate on the floor and bring one foot onto the plate. Hold the dumbbell in one hand or hold a dumbbell in each hand.
2. Step one foot back and drop the knee to the ground - as you descend, hinge at the hip and let your torso lean slightly forward.
3. Push up through the front heel and squeeze the glute - try not to push yourself back up using the back leg.

Superset: (4 sets)
10x Cable kickback



10x Cable abduction



Cable Kickback:

1. Add the ankle strap cable attachment around your ankle
2. Keep 1 foot stable on the ground and hover the other foot above the ground, using that elevated foot to kick out to a 45 degree angle leading with your heel - extend your leg straight at the top squeezing your glutes
3. Control the movement back to the starting position

Cable Abduction:

1. Use the ankle strap attachment to the cable. Bring the cable all the way to the lowest height.
2. Step one foot over the cable (If you prefer not to that is okay too). Bring your working leg slightly behind your stabilising leg and kick out backwards and slightly to the side to a 45 degree angle. Control on the way back.
3. Keep the torso & hips facing straight throughout the whole movement.

Glutes & Core Cont.

Core circuit: (3 sets)

1. 20x Bridge marches
2. 10x Weighted sit ups
3. 30sec side plank (each side)
4. 20x Shoulder taps
5. 45sec Weighted plank (or until failure)

REST 60sec

1.



2.



3.



4.



5.



Full body friday: Phase 2

4 sets: 10x RDL to Row



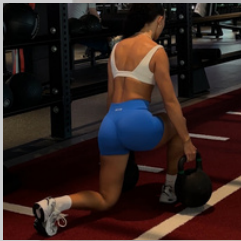
1. Stand with your feet hip width apart, push your hips to the back while squeezing your glutes & keeping your knees in the centre.
2. Once you're at the bottom of the RDL movement, pause and row your arms towards your hips while squeezing your back.
3. Return your hands back to your shins from the row and complete the RDL by thrusting your hips back to the middle.

4 sets: 10x Squat into front raise



1. As you squat, brace your core and raise your arms straight and directly out in front of you.
2. As you stand back up from the squat, control your arms to be back by your side.

4 sets: 20x DB walking lunges



1. Stand upright with your feet shoulder-width apart, holding a dumbbell in each hand at your sides
2. Take a step forward with one leg, lowering your body by bending both knees to approximately 90 degrees.
3. Push off with your back foot to bring it forward, stepping into the next lunge with your opposite leg. Alternate legs as you walk forward.

3 sets: Bicep 21's



1. Hold the barbell with your palms facing forward.
 2. Then bring the barbell all the way to the top and lower down to half way for 7 reps.
 3. Bring the barbell up halfway (to about where your elbow starts) for 7 reps.
 4. Then go all the way back to the bottom and do 7 full reps (top to the bottom)
- TIP* ensure that your elbows stay in by your side throughout the whole movement. No swinging forwards or backwards.

Superset: (4 sets)
10x Lateral raises



20x DB ab marches



- Lateral Raises:
1. Hold the dumbbells by your side and keep your body upright with a tight core.
 2. Keeping a slight bend in your elbows, lift the dumbbells out to the sides until your arms are parallel to the ground or slightly above.
 3. Slowly lower the dumbbells back to the starting position with control.

Marches:

With the dumbbell in one hand, keep that arm straight above your head with the other arm out to the side. March your knees up and engage your core.

A full-body photograph of two women standing side-by-side against a plain, light-colored background. Both women are wearing dark grey or black athletic sets consisting of a halter-neck crop top and high-waisted shorts. The woman on the left has long, straight dark hair and is wearing a necklace with a small blue pendant. The woman on the right has long, curly dark hair and is wearing a necklace with a small gold pendant. The text "now beginning PHASE 3" is overlaid in the center of the image in a black serif font. The word "PHASE" is significantly larger than "now beginning".

now beginning
PHASE 3

Full lower body: Phase 3

4 sets: 10x BB Squat



1. Start by standing in front of the bar, set to chest height
2. Rest the bar on your upper back, with hands grasping the bar
3. Hinge your hips back, pushing your knees out while bending your knees and slowly descend into a squat.
4. Keep your torso upright, push your knees forward, hips back & keep your centre of gravity on your heels. Push through your heels to get back to the top.

4 sets: 8x Bulgarian split squat into RDL



1. Step away from the bench with one foot and rest the other foot on top of the bench, ensure your hips are squared
2. As you descend push your knee out and hinge at the hip - push through the outside of your foot to return to the starting position
3. Immediately hinge at the hip and lower the dumbbell to below your knee, squeeze your glutes and pull your hips back to the centre

4 sets: 10x Single leg DB hip thrusts



1. Assume a hip thrust position with your shoulder blades on top of the bench
2. Bring your feet under your knees into a 90 degree angle. Bring one leg up in the air or rest it on your grounded leg's knee.
3. Push through your heel & squeeze your glute to get to the top. TIP* keep your abs crunched in, with your chin on your chest. Keep your pelvis tucked in with your glutes squeezed.

4 sets: 15x Glute hyperextensions



1. Lie face down on a hyperextension bench with your body in a straight line
2. Bend forward at the waist as far as you can
3. Then raise your body back up until your body is in a straight line again

10 mins of Stair masters



Keep the pace at a moderate level for the full 10 mins.
If your gym does not have this machine, walk on a high incline.

Full upper body: Phase 3

4 sets: 10x Neutral grip lat pulldown



1. To a cable attach a straight bar and move the cable to above your head. Place your hands shoulder width gripping under the bar (kneel on your knees if you need to so you can preform the full extension)
2. Push your chest up as you pull the bar towards your chest. Lean back very slightly throughout the movement
3. As you pull the bar you want to squeeze your back muscles together and keep your shoulders down not shrugged
4. Control the movement back to the to top

4 sets: 10x Single arm DB row



Bent over row:

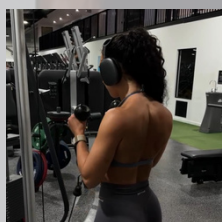
1. Place one knee and one hand on the bench - make sure that your body is squared (hips inline & hand placed directly underneath shoulder)
 2. Step your other foot out away from the bench to keep hips straight
 3. Hold the dumbbell in your hand and then pull your arm up towards you by engaging your lats and following through with your elbow
- TIP* row towards the hip, not towards the chest

4 sets: 10x Arnold press

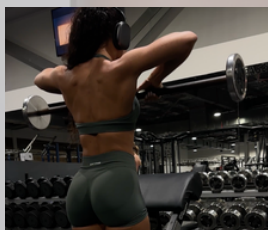


1. Hold dumbbells in front of your shoulders, palms facing you.
2. Rotate your palms outward as you press the dumbbells overhead.
3. Fully extend arms, palms facing forward at the top.
4. Reverse the motion, bringing dumbbells back to the start, palms facing you.

Superset: (3 sets)10x Cable bicep curl



10x Upright row



Cable bicep curl:

Using a straight bar on the cable, keep your elbows by your side & bring the barbell up to your shoulders.

Upright Row:

1. With the rope attachments on the cable, hold the handles with your knuckles facing inward and position yourself standing up straight
2. Pull your elbows up towards the roof until your hands are under your chin, use your shoulders to do this
3. Lower the weight back down to starting position

3 sets: 10x Single arm cable lat raise



1. Attach a D handle to the low pulley, stand side-on to the machine.
2. Grab the handle with your outside hand, arm across your body.
3. With a slight bend in your elbow, lift your arm out to the side until it's shoulder height.
4. Slowly lower the handle back to the starting position.

Glutes & Core: phase 3

5 sets: 8x8x8 BB hip thrusts



1. Assume a hip thrust position with your shoulder blades on top of the bench
 2. Bring your feet under your knees into a 90 degree angle
 3. Complete 8 top half reps (don't touch the ground), 8 pulses at the top & 8 dead stop hip thrusts (stop on the ground between each rep)
- TIP* keep your abs crunched in, with your chin on your chest. Keep your pelvis tucked in with your glutes squeezed.

4 sets: 10x DB step ups



1. Set up a bench or a box near a pole that you can hold for stability. Use a Dumbbell as the weight.
2. Place one foot on the bench, holding on the dumbbell and balancing yourself with your other arm holding the pole - keep your hips square, drive through the heel that is placed on the bench to push yourself to a standing position
3. Control the movement back to the starting position

Superset: (4 sets)
10x Cable medius kickbacks



10x Cable RDL's



Cable Kickbacks:

1. Add the ankle strap cable attachment around your ankle
2. Keep 1 foot stable on the ground and hover the other foot above the ground, using that elevated foot to kick out to a 45 degree angle leading with your heel - extend your leg straight at the top squeezing your glutes
3. Control the movement back to the starting position

Cable RDL:

1. Set cable to the lowest height
2. Hold the straight bar attachment with an under grip
3. Squeeze your glute & lean your hips back while keeping your knees in the centre
4. Pull your hips back to the centre

Glutes & Core Cont.

Core circuit: (3 sets)

1. 10 x V Single-leg raises
2. 14x Weighted leg lowers
3. 10 x Knee up crunches
4. 10 x Plank to push up
5. 14x Weighted leg lowers

REST 60sec

1.



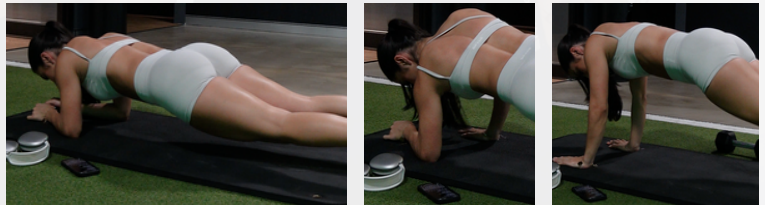
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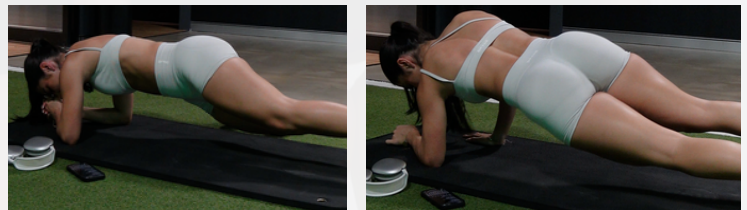
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4.



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Full body friday: Phase 3

4 sets: 10x Squat into lunges



1. Start with the dumbbells by your side and two feet together, hip-width apart.
2. Squat down & up by pushing your knees forward & your hips back.
3. Straight from the squat go into a reverse lunge by stepping one foot back and lunging down. Push back to the starting position, squat again before completing the other leg's lunge.

4 sets: 10x KB push up to deadlifts



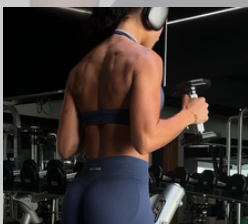
1. Start with two flat kettlebells on the ground with your hands on top and your body in a push up shape.
2. After your push up, jump your feet to the middle.
3. Brace your glutes, core & lats before completing a deadlift movement with the weights.

4 sets: 10x KB swings



1. Hold a kettlebell in both hands in front of your body.
2. Hinge from your hips and swing the KB in between your legs.
3. Squeeze your glutes and your core as you thrust your hips back to the centre and swing your arms directly out in front of you.

Superset: (3 sets)
10x Hammer curls



10x Rear delt fly's



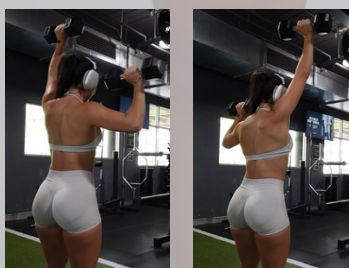
Hammer curls:

1. Hold the dumbbells by the side of your body and have your palms facing your legs
2. Keep your hands in this neutral position as you curl your hands up to your shoulders
3. Ensure your elbows stay by your side throughout the movement

Rear delt fly's:

1. Bend over from the hips so that your back is flat & horizontal.
2. Keep a slight bend in your elbows throughout the movement. Swing your arms out to the side by hinging from the shoulders and squeezing your back muscles. Keep your elbows & pinky's facing the roof.

4 sets: 20x Alternating shoulder press



1. Place your dumbbells in each hand and hold them out to your sides at a 45 degree angle
2. While one arm pushes up to the top through the palm of the hand, the other remains stationary in the starting position
3. Alternate this movement and count each individual press as 1 rep