

SIMPLY SHREDDED 2010

Week Four

Just a few little changes to spice things up a bit. I will make the changes in **RED** so you can find them easily.

Workout #1

	Exercise	WO #1	WO #2	WO #3	WO #4	WO #5	WO #6
A1	Split Squat & Hold						
	4 each (5+5s hold)						
	You can hold DBs to make it harder						
A2	BG or DB Biceps Curl						
	6 full range + 6 top half						
A3	Core Plank						
	6x 5-10s						
B1	SB or Off-Set Push Up						
	8-12						
	(pause 1 second at the bottom)						
B2	Contralateral BG or DB Row						
	8-10ea						
	(pause 1 second at the top)						
B3	SB Glute Bridge to Eccentric Hamstrings						
	10-15						

Workout #2 – complete 4 cycles

	Exercise	Feb 3	WO #1	WO #2	WO #3	WO #4	WO #5	WO #6
A	Cardio Sprint 30s	√						
B	SB Plank w Leg Marching 30s	√						
C	Cardio Sprint 30s	√						
D	Dynamic Superman with Toe Off Floor 30s	√						
E	Cardio Sprint 30s	√						
F	Side Plank from Feet 30s	√						