

# SHRED WORKOUT

<b>WORKOUT GOAL</b>	This training programme is focused around five disciplines of athletic performance including Speed, High intensity, Resistance, Endurance and Dynamic training.						
<b>WORKOUT DESCRIPTION</b>	A workout that combines compound lifting with HIIT training. To ensure that performance, calorie burn, bone & muscular strength and flexibility are at the forefront of your workout.						
<b>SAFETY BRIEF</b>	Perform a full body effective warm up. Stay hydrated. Select appropriate weights for your experience. Please seek guidance from your GP for any injuries or medical conditions.						
<b>EQUIPMENT</b>	Barbells, Olympic bars or a rep set bar. Plyo box or deck/step						
<b>DURATION</b>	30 mins						
<b>WARM UP</b> Perform each of the 8 exercises for 30 secs each	Empty bar front squat	Empty bar push press	Empty bar chest press	Empty bar pendalay row	Empty bar deadlift	Hips openers	Shoulder circles Leg swings
<b>THE WORKOUT</b>	Session design			Methodology			
	This 30 minute workout is made up of a 4.5 minute warm up. A main workout block of 17.5 minutes with a 5 minute finisher at the end. Finally take the time to cool down and stretch with a 2 minute cool down.			Ensure accurate technique in the 1st lift, warming up all muscles. Aim for maximum power in every lift in the 2nd round. In the main workout, perform the lift for 1 min, achieving as many reps as possible with good form and technique. No rest and transition immediately into HIIT exercise before returning to the lift again for 1 min. Repeat this format with 4 different lifts and types of HIIT exercises. Use the 5 min finisher to try and complete 5 rounds of 30 secs of lift with 30 secs of HIIT with no rest. 1 min rest between the finisher and cool down.			
	Set	Exercise	Time	Exercise recovery	Target reps	Equipment	
	1	Front squat	1 min	None	15	Olympic bar/barbell	
		Lateral box shuffles	30 secs	None	20	Plyo box/deck	
		Front squat	1 min	1 min	15	Olympic bar/barbell	
	2	Push press	1 min	None	15	Olympic bar/barbell	
		Depth tuck jumps	30 secs	None	10	Plyo box/deck	
		Push press	1 min	1 min	15	Olympic bar/barbell	
	3	Bench press	1 min	None	15	Olympic bar/barbell	
Frog squats		30 secs	None	20	Body weight		
Bench press		1 min	1 min	15	Olympic bar/barbell		
4	Pendalay row	1 min	None	15	Olympic bar/barbell		
	Dot drill sequence	30 secs	None	15	Body weight		
	Pendalay row	1 min	1 min	15	Olympic bar/barbell		
5	Single leg deadlift	1 min	None	15	Olympic bar/barbell		
	Plie` squat jumps	30 secs	None	20	Body weight		
	Single leg deadlift	1 min	2 mins	15	Olympic bar/barbell		
<b>FINISHER</b>	Front squat	Alternate 30 secs on each exercise (front squat/wall squat hold), no rest in between. Perform as many front squats as you can in each of the 5 x 30 secs – record your results				Olympic bar/barbell	
	Wall squat hold					Body weight	
<b>COOL DOWN</b>	2 minutes of stretching						
<b>STRETCH</b>	Each stretch for 30 secs	Tricep stretch	Quad stretch	Hamstring stretch	Chest stretch		
<b>IF YOU LIKE THIS TRY...</b>	Our SHRED group exercise class exclusive to all Fitness First clubs.						