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FAST 21 WORKOUT: 3 WEEKS TO A LEAN & SHREDDED PHYSIQUE

The Fast 21 Workout Program is designed to ensure maximum fat loss while gaining lean muscle, all within 3 weeks!

Link to Workout: <https://www.muscleandstrength.com/workouts/whitney-reid-fast-21-program>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 3 Weeks
Days Per Week: 6 Days

Time Per Workout: 45-60 Mins
Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Machines, Other
Author: Team PBI

Day 1: Back & Biceps

Exercise	Sets	Reps
Superset		
A. Deadlift	4	10, 8, 8, 6
B. Lat Pulldown	4	10 - 12
T - Bar Row	4	12, 8, 8, 6
Superset		
A. Rope Pullover	3	15
B. Dumbbell Row	4	12

Day 2: Chest & Triceps

Exercise	Sets	Reps
Slight Incline Dumbbell Press	4	10, 8, 8, 6
Superset		
A. Incline Press	3	10
B. Incline Fly	3	5
Superset		
A. Cable Crossover	4	12 - 15
B. Machine Press	4	12 - 15
Giant Set		
A. Skull Crusher	3	12
B. Machine Dip (or Weighted Dip w/ Chain)	3	12
C. Rope Pushdown	3	12

Day 3: Legs

Exercise	Sets	Reps
Barbell Squat	4	10, 8, 8, 6
Dumbbell Lunges	3	15 Per Leg
Giant Set		
A. Leg Press	3	15
B. Leg Curl	3	15
C. Leg Extension	3	15

Day 4: Arms

Exercise	Sets	Reps
Giant Set (Warm-Up)		
A. Cable Pushdown	3	15
B. Cable Curl	3	15
C. Seated Dumbbell Curl	3	15
Giant Set		
A. Close-Grip Press	4	12 - 15
B. Barbell Drag Curl	4	12 - 15
C. Chain Curl	4	12 - 15
Giant Set		
A. Resistance Band Pushdowns	3	15
B. Overhead Cable Extension	3	15
C. Single Arm Cable Curl	3	15

Day 5: Shoulders

Exercise	Sets	Reps
Warm Up: Dumbbell Press	3	15
Giant Set		
A. Machine Press	3	10 - 12
B. Upright Row	3	10 - 12
C. Barbell Shrugs	3	10 - 12
Front Raise w/ Plate	4	12 - 15
Superset		
A. Bent-Over Raise	3	15
B. High Cable Rope Pulls	3	15
Cable Side Raise	3	15 Per Arm

Day 6: Abs & Cardio

Exercise	Sets	Reps
Giant Ab Circuit		
A. Single-Leg Rope Crunch	3	15 Per Arm
B. Cable Leg Lift	3	15
C. Leg Lift	3	15
D. Rope Crunch	3	15
E. Plank Lifts	3	15 Per Side
Cardio 10 - 15 Mins:		
• Deadmill Sprint - 30 Secs		
• Active Rest - 60 Secs (Pushups , Jump Rope, Crunches , Weighted Sit-Ups, Cable Crunches , Leg Raises , Trunk Twists , etc.)		

Deadmill Sprint: Jog on a treadmill that is turned off.