



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



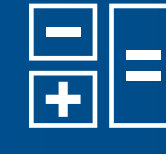
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FAST & FURIOUS: 21 DAY SHREDDING WORKOUT CYCLE AND DIET

This 3 week fat burning cycle focuses on low-carb food choices and hardcore workouts that restrict rest between sets, finishing with intense 15 minute cardio sessions.

Link to Workout: <https://www.muscleandstrength.com/workouts/fast-furious-21-day-shredding-workout-diet>

Main Goal: Lose Fat
Training Level: Intermediate
Program Duration: 3 Weeks
Days Per Week: 4 Days

Time Per Workout: 45-60 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Author: Ian Coleman

Monday

Exercise	Sets	Reps
Upper Body - Workout A		
Dumbbell Bench Press	8	8
Seated Cable Row	8	8
Overhead Press	8	8
Cable Curl	6	8
Skullcrushers	6	8

Tuesday

Exercise	Sets	Reps
Lower Body - Workout A		
Leg Press	8	8
Leg Curl	8	8
Leg Extension	6	8
Seated Calf Raise	8	8
Planks	6	30 sec

Thursday

Exercise	Sets	Reps
Upper Body - Workout B		
Machine Chest Press	8	8
Lat Pull Down	8	8
Seated Overhead Dumbbell Press	8	8
EZ Bar Curl	6	8
Cable Tricep Extensions	6	8

Friday

Exercise	Sets	Reps
Lower Body - Workout B		
Hack Squat	8	8
Dumbbell Stiff Leg Deadlift	8	8
Goblet Squat	6	8
Leg Press Calf Press	8	8
Hanging Knee Raise	6	15

21 DAY CYCLE CARDIO WORKOUT

Cardio Workout

Exercise	Reps
21 Day Shred*	
Push Ups	10
Jumping Jacks	20
Burpees	10
Treadmill Walking - slow & steady pace	30 seconds
Lying Floor Knee Raise	20
Jump Squats	10
Mountain Climbers	20 each leg
Treadmill Walking - slow & steady pace	30 seconds

*Perform the following cardio workout after each resistance training session for 5 - 6 circuits. This session should take you around 15 minutes.