



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



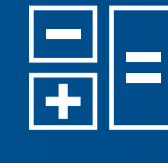
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FAST SHRED PROGRAM: 4 DAY COMPOUND SET WORKOUT SPLIT

Tired of spending hours in the gym without getting the results you want? Try the Fast Shred program; a compound set workout to get you shredded & on your way!

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

Main Goal: Lose Fat
Training Level: Intermediate
Program Duration: 8 Weeks
Days Per Week: 4 Days

Time Per Workout: 30-45 Mins
Equipment: Bands, Barbell, Bodyweight, Cables, Dumbbells, Machines
Author: Josh England

Day 1: Lower Body

Exercise	Sets	Reps
1a. Squat	4	8 - 12
1b. Bodyweight Squat	4	12 - 20
2a. Dumbbell RDL	4	8 - 12
2b. Leg Curls	4	12 - 20
3a. Leg Press	3	8 - 12
3b. Reverse Bodyweight Lunge	3	10 Each Leg

Day 2: Upper Body

Exercise	Sets	Reps
1a. Bench Press	4	8 - 12
1b. Pushup	4	12 - 20
2a. Barbell Row	4	8 - 12
2b. Inverted Row	4	12 - 20
3a. Lateral Raises	3	8 - 12
3b. Front Raises	3	8 - 12
3c. Rear Delt Raises	3	8 - 12
4a. 21's	3	21's
4b. Seated Tricep Extension	3	8 - 12

Day 3: Off/Active Recovery/Abs

Exercise	Sets	Reps
Rest day or Active Recovery consisting of 20 - 40 Mins of Walking or Abs Workout .		

Day 4: Lower Body

Exercise	Sets	Reps
1a. Barbell Deadlift	4	8 - 12
1b. Single Leg Toe Touch	4	10 Each Leg
2a. Front Squat	3	8 - 12
2b. Side Lunges	3	10 Each Side
3a. Leg Extension	3	8 - 12
3b. Leg Curls	3	8 - 12
4a. Standing Calf Raise	3	20
4b. Seated Calf Raise	3	20
4c. Jump Rope	3	1 Min

Day 5: Upper Body

Exercise	Sets	Reps
1a. Standing Dumbbell Press	4	8 - 12
1b. Band Pull-A-Part	4	12 - 20
2a. Dumbbell Row	4	8 - 12
2b. Pullup	4	12 - 20
3a. Dumbbell Incline Press	4	8 - 12
3b. Incline Fly	4	12 - 20
4a. Dumbbell Curl	3	8 - 12
4b. Rope Pressdown	3	8 - 12

Day 6: Off/Active Recovery/Abs

Exercise	Sets	Reps
Rest day or Active Recovery consisting of 20 - 40 Mins of Walking or Abs Workout .		

Day 7: Off/Active Recovery/Abs

Exercise	Sets	Reps
Rest day or Active Recovery consisting of 20 - 40 Mins of Walking or Abs Workout .		