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Workouts



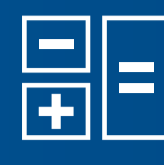
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INTENSE SUPER SHRED: 40 MINUTE FAT BLAST WORKOUT

These fast-paced 40 minute calorie-burning sessions will help you to incinerate body fat and get shredded using a combination of interval training and muscle building exercises.

Link to Workout: <https://www.muscleandstrength.com/workouts/intense-super-shred-40-minute-fat-blast>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 12 Weeks

Days Per Week: 4 Days

Time Per Workout: 40 Mins

Equipment: Bodyweight, Dumbbells

Author: L.J. Walker

Monday: Upper Body Workout A

Exercise	Timed Set	Reps
Block 1		
Superset		
Dumbbell Bench Press	-	As Many As Possible (AMAP)
Two Arm Dumbbell Row	8 Mins Total	AMAP
Block 2		
Running / Fast Stepping	30 Secs	-
Push Up	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Side Lateral Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Alternating Dumbbell Curls	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Two-Arm Overhead Tricep Extension	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Push Up	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Side Lateral Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Alternating Dumbbell Curls	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Two-Arm Overhead Tricep Extension	30 Secs	AMAP
Block 3		
Superset		
Incline Dumbbell Fly	-	AMAP
Straight Arm Lat Pull Down	8 Mins Total	AMAP
Block 4		
Running / Fast Stepping	30 Secs	-
Close Grip Push Ups	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Bent Over Dumbbell Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Upright Row	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Hammer Curl	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Close Grip Push Ups	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Bent Over Dumbbell Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Upright Row	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Hammer Curl	30 Secs	AMAP

Blocks 1 & 3: Choose a weight that would normally allow you to perform 10 - 12 reps per set for both exercises. Alternate between the 2 exercises, performing as many reps as possible, stopping when you come close to failure. Continue this alternating pattern for a total of 8 Mins.

Tuesday: Lower Body Workout A

Exercise	Timed Sets	Reps
Block 1		
Superset		
Goblet Squats	-	AMAP
Dumbbell Stiff Leg Deadlift	8 Mins Total	AMAP
Block 2		
Running / Fast Stepping	30 Secs	-
Dumbbell Jump Squats	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Calf Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Plank	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Side Lunge	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Jump Squats	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Calf Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Plank	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Side Lunge	30 Secs	AMAP
Block 3		
Superset		
Leg Extension	-	AMAP
Leg Curls	8 Mins Total	AMAP
Block 4		
Running / Fast Stepping	30 Secs	-
Dumbbell Wall Squats	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Rocking Calf Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Ab Wheel Rollouts or Floor Crunch	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Reverse Lunge	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Wall Squats	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Rocking Calf Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Ab Wheel Rollouts for Floor Crunch	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Reverse Lunge	30 Secs	AMAP

Blocks 1 & 3: Choose a weight that would normally allow you to perform 10 - 12 reps per set for both exercises. Alternate between the 2 exercises, performing as many reps as possible, stopping when you come close to failure. Continue this alternating pattern for a total of 8 Mins.

Thursday: Upper Body Workout B

Exercise	Timed Sets	Reps
Block 1		
Superset		
Seated Arnold Press	-	AMAP
Lat Pull Down or Pull Ups	8 Mins Total	AMAP
Block 2		
Running / Fast Stepping	30 Secs	-
Push Ups	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Dumbbell Press	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Curl to Nose	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Kickbacks	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Push Ups	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Dumbbell Press	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Curl to Nose	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Kickbacks	30 Secs	AMAP
Block 3		
Superset		
Side Lateral Raise	-	AMAP
Reverse Pec Dec	8 Mins Total	AMAP
Block 4		
Running / Fast Stepping	30 Secs	-
Close Grip Push Up	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Two-Arm Dumbbell Row	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Reverse Grip Dumbbell Curl	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Bench Dips	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Close Grip Push Up	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Two-Arm Dumbbell Row	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Reverse Grip Dumbbell Curl	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Bench Dips	30 Secs	AMAP

Blocks 1 & 3: Choose a weight that would normally allow you to perform 10 - 12 reps per set for both exercises. Alternate between the 2 exercises, performing as many reps as possible, stopping when you come close to failure. Continue this alternating pattern for a total of 8 Mins.

Friday: Lower Body Workout B

Exercise	Timed Sets	Reps
Block 1		
Superset		
Squats or Leg Press	-	AMAP
Reverse Dumbbell Lunge	8 Mins Total	AMAP
Block 2		
Running / Fast Stepping	30 Secs	-
Burpees	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Calf Raise (Holding 2 Dumbbells)	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Rolling Plank *	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Lunge	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Burpees	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Standing Calf Raise (Holding 2 Dumbbells)	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Rolling Plank *	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Lunge	30 Secs	AMAP
Block 3		
Superset		
Hack Squats	-	AMAP
Reverse Hack Squats	8 Mins Total	AMAP
Block 4		
Running / Fast Stepping	30 Secs	-
Mountain Climbers* *	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Rocking Calf Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Sit Ups or Dumbbell Side Bends	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Side Lunge	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Mountain Climbers* *	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Rocking Calf Raise	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Sit Ups or Dumbbell Side Bends	30 Secs	AMAP
Running / Fast Stepping	30 Secs	-
Dumbbell Side Lunge	30 Secs	AMAP

Blocks 1 & 3: Choose a weight that would normally allow you to perform 10 - 12 reps per set for both exercises. Alternate between the 2 exercises, performing as many reps as possible, stopping when you come close to failure. Continue this alternating pattern for a total of 8 Mins.

*Rolling Plank: From Plank position, lift arm & move to your side. Alternate between arms.

**Mountain Climbers: From a Push Ups position, bring a knee forward, alternating legs.