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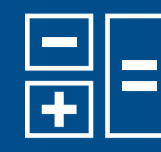
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## SPRING CLEANING WORKOUT PROGRAM: 12 WEEKS TO SHREDDED!

What's Spring cLEANing? It's time to get rid of that winter gut and lean out for spring! Use this 12 week fat loss workout program to help you get there.

Link to Workout: <https://www.muscleandstrength.com/workouts/spring-cleaning-12-weeks-to-shredded>

**Main Goal:** Lose Fat

**Training Level:** Intermediate

**Program Duration:** 12 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 45-75 Mins

**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines

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### Spring cLEANing Phase 1: Weeks 1- 6 Workouts

#### Monday: Back Workout

Exercise	Sets	Reps
1. <a href="#">Wide Grip Lat Pull Down</a>	3	20, 15, 10
2. <a href="#">Bent Over Barbell Row</a>	4	12, 10, 8, 6
3. <a href="#">One Arm Dumbbell Row</a>	3	12, 10, 8
4. Single Arm Lat Pull Down	3	15
5. <a href="#">Hyperextensions</a>	3	15

#### Tuesday: Chest Workout

Exercise	Sets	Reps
1. <a href="#">Pec Deck</a>	3	20, 15, 10
2. <a href="#">Incline Dumbbell Press</a>	4	12, 10, 8, 6
3. <a href="#">Machine Bench Press</a>	3	12, 10, 8
4. <a href="#">Cable Crossover</a>	3	15
5. <a href="#">Push Up</a>	3	15

#### Thursday: Leg Workout

Exercise	Sets	Reps
1. <a href="#">Leg Press</a>	3	20, 15, 10
2. <a href="#">Squat</a>	4	12, 10, 8, 6
3. <a href="#">Leg Extension</a>	3	15
4. <a href="#">Single Leg Curl</a>	3	12, 10, 8 Each
5. <a href="#">Stiff Legged Deadlift</a>	3	15
6. <a href="#">Seated Calf Raise</a>	3	15
7. <a href="#">Standing Calf Raise</a>	3	15

#### Friday: Abs & Shoulders Workout

Exercise	Sets	Reps
1. <a href="#">Ab Crunch</a>	3	15
2. <a href="#">Hanging Leg Raises</a>	3	15
3. <a href="#">Bicycles</a>	3	30 Secs
4. <a href="#">Machine Overhead Press</a>	3	12, 10, 8
5. <a href="#">Single Arm Lateral Raise</a>	3	12, 10, 8 Each
6. <a href="#">Face Pull</a>	3	15
7. <a href="#">Cable Upright Row</a>	3	15

#### Saturday: Arm Workout

Exercise	Sets	Reps
1. <a href="#">Rope Pressdown</a>	3	20, 15, 10
2. <a href="#">Lying Triceps Extension</a>	4	12, 10, 8, 6
3. <a href="#">Single Arm Overhead Extension</a>	3	15 Each
4. <a href="#">Preacher Machine Curl</a>	3	20, 15, 10
5. <a href="#">EZ Bar Curl</a>	4	12, 10, 8, 6
6. <a href="#">Incline Dumbbell Curl</a>	3	15

# Spring cLEANing Phase 2: Weeks 7-12 Workouts

## Monday: Back Workout

Exercise	Sets	Reps
1. <a href="#">Close Grip Pull Down</a>	3	20, 15, 10
2a. <a href="#">T-Bar Row</a>	3	12, 10, 8
2b. <a href="#">Dumbbell Pull Over</a>	3	12, 10, 8
3a. <a href="#">Bent Over Dumbbell Row</a>	3	15
3b. <a href="#">Reverse Grip Pull Down</a>	3	15
3c. <a href="#">Hyperextensions</a>	3	15

## Tuesday: Chest Workout

Exercise	Sets	Reps
1. <a href="#">Cable Crossover</a>	3	20, 15, 10
2a. <a href="#">Smith Machine Incline Bench</a>	3	12, 10, 8
2b. <a href="#">Incline Dumbbell Press</a>	3	12, 10, 8
3a. <a href="#">Flat Dumbbell Fly</a>	3	15
3b. <a href="#">Dumbbell Bench Press</a>	3	15
3c. <a href="#">Push Ups</a>	3	15

## Thursday: Leg Workout

Exercise	Sets	Reps
1. <a href="#">Single Leg Press</a>	3	20, 15, 10 Each
2a. <a href="#">Goblet Squat</a>	3	12, 10, 8
2b. <a href="#">Leg Extension</a>	3	12, 10, 8
3a. <a href="#">Dumbbell Stiff Legged Deadlift</a>	3	12, 10, 8
3b. <a href="#">Lying Leg Curl</a>	3	12, 10, 8
4a. <a href="#">Leg Press Calf Raise</a>	3	15
4b. <a href="#">Seated Calf Raise</a>	3	15

## Friday: Abs & Shoulders Workout

Exercise	Sets	Reps
1a. <a href="#">Decline Sit Up</a>	3	12
1b. <a href="#">Lying Leg Raise</a>	3	12
1c. <a href="#">Twisting Crunch</a>	3	12
2. <a href="#">Arnold Press</a>	3	20, 15, 10
3a. <a href="#">Front Raise</a>	3	12, 10, 8
3b. <a href="#">Lateral Raise</a>	3	12, 10, 8
3c. <a href="#">Rear Lateral Raise</a>	3	12, 10, 8
4. <a href="#">Dumbbell Shrug</a>	3	15

## Saturday: Arm Workout

Exercise	Sets	Reps
1. <a href="#">Single Arm Pressdown</a>	3	20, 15, 10 Each
2a. <a href="#">Lying Tricep Extension</a>	3	12, 10, 8
2b. <a href="#">Neutral Grip Dumbbell Press</a>	3	12, 10, 8
2c. <a href="#">Diamond Push Up</a>	3	12, 10, 8
3. <a href="#">Single Arm Cable Curl</a>	3	20, 15, 10 Each
4a. <a href="#">Wide Grip Barbell Curl</a>	3	12, 10, 8
4b. <a href="#">Close Grip Barbell Curl</a>	3	12, 10, 8
4c. <a href="#">Hammer Curl</a>	3	12, 10, 8
5a. <a href="#">Cable Curl</a>	3	15
5c. <a href="#">Straight Bar Pressdown</a>	3	15