



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



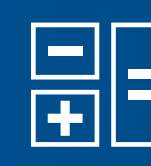
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## SPRING SHRED: 8 WEEK FAT LOSS WORKOUT PLAN

The time for mass has passed and now you can sculpt your shredded masterpiece. This 5 day program will help you bring out your best just in time for summer.

Link to Workout: <https://www.muscleandstrength.com/workouts/8-week-spring-shred-program>

**Main Goal:** Lose Fat

**Training Level:** Advanced

**Program Duration:** 8 Weeks

**Days Per Week:** 5 Days

**Time Per Workout:** 45-60 Mins

**Equipment:** Barbell, Bodyweight,

Cables, Dumbbells, EZ Bar,

Machines

**Author:** Roger "Rock" Lockridge

### Day 1: Chest & Abs

Exercise	Warm Up Sets	Work Sets	Intensity Method
<a href="#">Incline Barbell Bench Press</a>	2 x 8 - 10	3 x 10	2 - 3 Forced Reps
<a href="#">Dumbbell Fly</a>	1 x 10	3 x 10 - 12	Drop Sets
<a href="#">Weighted Dip</a>	1 x 10	3 x 10 - 12	Rest - Pause
<a href="#">Pec Dec</a>	1 x 10	3 x 12	Holds on Last Rep
<b>Superset</b>			
<a href="#">Cable Crossover</a>	-	3 x 12	Superset
<a href="#">Pushup</a>	-	3 x 12	-
<a href="#">Hanging Leg Raise</a>	-	3 x 12	Holds on Last Rep
<b>Superset</b>			
<a href="#">Decline Situp</a>	-	3 x 15	Superset
<a href="#">Side Bends</a>	-	3 x 15	-
<a href="#">Plank</a>	-	3 x Failure	-
<a href="#">Rope Crunch</a>	-	3 x 15	Drop Sets

### Day 2: Back

Exercise	Warm Up Sets	Work Sets	Intensity Method
<a href="#">Neutral Grip Pull Ups</a>	2 x 8 - 10	3 x Failure	Rest - Pause
<a href="#">Bent Over Barbell Row</a>	1 x 10	3 x 10 - 12	Holds on Last Rep
<b>Superset</b>			
<a href="#">Reverse Grip Pulldown</a>	1 x 10	3 x 8 - 10	Superset
<a href="#">Straight Arm Pulldown</a>	1 x 10	3 x 8 - 10	-
<a href="#">Wide Grip Seated Row</a>	1 x 10	3 x 12	2 - 3 Forced Reps
Rack <a href="#">Deadlift</a>	1 x 10	3 x 15	Drop Sets

### Day 3: Shoulders

Exercise	Warm Up Sets	Work Sets	Intensity Method
<b>Superset</b>			
<a href="#">Upright Row</a>	1 x 10	3 x 10	Superset
<a href="#">Seated Lateral Raise</a>	1 x 10	3 x 10	-
<a href="#">Seated Smith Machine Shoulder Press</a>	1 x 10	3 x 10 - 12	Drop Sets
<a href="#">Front Plate Raise</a>	1 x 10	3 x 12	2 - 3 Forced Reps
High Rope <a href="#">Face Pull</a>	1 x 10	3 x 12	Rest - Pause

### Day 4: Arms

Exercise	Warm Up Sets	Work Sets	Intensity Method
<a href="#">EZ Bar Preacher Curl</a>	1 x 10	3 x 10 - 12	2 - 3 Forced Reps
<a href="#">Close Grip Bench Press</a>	1 x 10	3 x 10 - 12	Rest - Pause
<a href="#">Hammer Curl</a>	1 x 10	3 x 12	Drop Sets
<a href="#">Overhead Rope Extension</a>	1 x 10	3 x 12	Holds on Last Rep
<b>Superset</b>			
<a href="#">Standing Cable Curl</a>	1 x 10	3 x 15	Superset
<a href="#">Reverse Grip Pushdown</a>	1 x 10	3 x 15	-

### Day 5: Legs

Exercise	Warm Up Sets	Work Sets	Intensity Method
<a href="#">Squat</a>	1 x 10	3 x 8 - 10	Rest - Pause
<a href="#">Leg Press</a>	1 x 15	3 x 15	Drop Sets
<a href="#">Single Leg Extension</a>	1 x 15	3 x 15	Holds on Last Rep
<b>Superset</b>			
<a href="#">Stiff-Legged Deadlift</a>	1 x 15	3 x 15	Superset
<a href="#">Seated Leg Curl</a>	1 x 15	3 x 15	-
<a href="#">Lying Leg Curl</a>	1 x 15	3 x 15	Forced Reps
<b>Superset</b>			
<a href="#">Standing Calf Raise</a>	1 x 20	3 x 20	Superset
<a href="#">Seated Calf Raise</a>	1 x 20	3 x 20	-

#### Cardio

HIIT [cardio](#) can be performed 3-4 times a week or as you see fit based on your individual goals.

If possible, perform your cardio separately. If you must do it when training, do it post-weight training when glycogen storages are depleted.

20 Mins HIIT:

- 2 minute warm-up
- 30 seconds all-out effort followed by 90 seconds low-moderate effort.
- Repeat for a total of 8 rounds.
- 2 minute cool down.