



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



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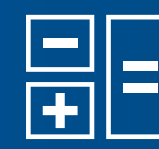
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## SPRING SHRED STARTER WORKOUT: FULL BODY WORKOUTS + CARDIO

Get your spring shred started the right way with this 8 week fat loss workout routine. The program includes progressive cardio and full-body workouts.

Link to Workout: <https://www.muscleandstrength.com/workouts/spring-shred-starter-workout>

**Main Goal:** Lose Fat

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 3 Days

**Time Per Workout:** 45-70 Mins

**Equipment:** Barbell, Bodyweight, Dumbbells, Machines

**Target Gender:** Male & Female

**Author:** [Eric Broser](#)

### Workout A: The Rapid Paced Body Fat Burner

Exercise	Sets	Reps
<a href="#">Barbell Squat</a>	4	12 - 15
<a href="#">Alternating Barbell Lunges</a>	3	12 - 15 Each
<a href="#">Stiff Leg Deadlift</a>	4	12 - 15
<a href="#">Underhand Grip Bent Over Row</a>	3	10 - 12
<a href="#">Narrow Grip Bench Press</a>	3	10 - 12
<a href="#">Standing Military Press</a>	3	10 - 12
<a href="#">Close Underhand Grip Pull Up</a>	2	Failure
<a href="#">Incline Bent Leg Hip Raise</a>	3	Failure

### Workout B: The Upper/Lower Superset Fat Incinerator

Exercise	Sets	Reps
A1. <a href="#">Hack Squats</a>	3	12 - 15
A2. <a href="#">Weighted Dips</a>	3	10 - 12
B1. <a href="#">Leg Press</a>	3	12 - 15
B2. <a href="#">Wide Grip Pull Ups</a>	3	Failure
C1. <a href="#">Walking Dumbbell Lunge</a>	2	12 - 15 Each
C2. <a href="#">Seated Dumbbell Press</a>	2	10 - 12
D1. <a href="#">Dumbbell Stiff Leg Deadlift</a>	2	12 - 15
D2. <a href="#">Standing Alternating Dumbbell Curl</a>	2	10 - 12
E1. <a href="#">Hanging Straight Leg Raise</a>	2	Failure
E2. <a href="#">Bench Dip</a>	2	Failure

*\*\*Rest between supersets should be no longer than 2 minutes*

### Workout C: The Circuit Fat Smasher

Exercise	Sets	Reps
<a href="#">Deadlift</a>	-	12 - 15
<a href="#">Incline Bench Press</a>	-	10 - 12
<a href="#">Leg Press</a>	-	12 - 15
<a href="#">One Arm Dumbbell Row</a>	-	10 - 12
Smith Alternating Reverse Lunge	-	12 - 15 Each
<a href="#">Wide Grip Upright Row</a>	-	10 - 12
<a href="#">Lying Leg Curl</a>	-	12 - 15
<a href="#">Upright Torso Dips</a>	-	10 - 12
<a href="#">Cable Crunch</a>	-	12 - 15
<a href="#">Chin Up</a>	-	Failure

*\*\*Move from one exercise to the next as rapidly as possible.*

*\*\*Do not go to failure on each movement, but perhaps 1-2 reps short.*

*\*\*If attempting to perform multiple circuits rest about 3-5 minutes in between each by slowly walking around the gym until ready.*