



SCHEDULE

DAY 1: Workout 1

DAY 2: Workout 2

DAY 3: Off (or) LISS

DAY 4: Workout 3

DAY 5: Workout 4

DAY 6: Off (or) LISS

DAY 7: Off

* *Do not train more than two days in a row on this system*



360-SHRED WORKOUT 1									
A1	INCLINE DB BENCH PRESS								
Wkt 1:	4	x	5	10-30 secs					
Wkt 2:	4	x	5	10-30 secs					
Wkt 3:	5	x	5	10-30 secs					
Wkt 4:	5	x	5	10-30 secs					
A2	BB FRONT SQUAT								
Wkt 1:	4	x	8	10-30 secs					
Wkt 2:	4	x	8	10-30 secs					
Wkt 3:	5	x	8	10-30 secs					
Wkt 4:	5	x	8	10-30 secs					
A3	WIDE PRONATED GRIP PULL UPS								
Wkt 1:	4	x	10	10-30 secs					
Wkt 2:	4	x	10	10-30 secs					
Wkt 3:	5	x	10	10-30 secs					
Wkt 4:	5	x	10	10-30 secs					
A4	REVERSE HYPEREXTENSION ON STABILITY BALL								
Wkt 1:	4	x	12	3 mins					
Wkt 2:	4	x	12	3 mins					
Wkt 3:	5	x	12	2 mins					
Wkt 4:	5	x	12	2 mins					
B1	BB PUSH PRESS								
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B2	BB BACK SQUAT								
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B3	BB BENT OVER ROW								
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B4	SNATCH GRIP BB STIFF-LEGGED DEADLIFTS								
Wkt 1:	4	x	10	3 mins					
Wkt 2:	4	x	10	3 mins					
Wkt 3:	5	x	10	2 mins					
Wkt 4:	5	x	10	2 mins					
C1	MACHINE SHOULDER PRESS								
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C2	BW PRISONER SQUATS								
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C3	ROPE FACE PULLS								
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C4	BANDED HIP THRUSTS								
Wkt 1:	3	x	15 secs	3 mins					
Wkt 2:	3	x	15 secs	3 mins					
Wkt 3:	4	x	15 secs	2 mins					
Wkt 4:	4	x	15 secs	2 mins					
D1	DB HAMMER CURLS								
Wkt 1:	2 to 3	x	15	60 secs					
Wkt 2:	2 to 3	x	15	60 secs					
Wkt 3:	2 to 3	x	15	60 secs					
Wkt 4:	2 to 3	x	15	60 secs					
D2	LYING DB NEUTRAL GRIP EXTENSIONS								
Wkt 1:	2 to 3	x	15	60 secs					
Wkt 2:	2 to 3	x	15	60 secs					
Wkt 3:	2 to 3	x	15	60 secs					
Wkt 4:	2 to 3	x	15	60 secs					
	SETS		REPS	REST	LOG OF RESISTANCE AND REPS				



360-SHRED WORKOUT 2

A1	BB GOOD MORNINGS									
Wkt 1:	4	x	5	10-30 secs						
Wkt 2:	4	x	5	10-30 secs						
Wkt 3:	5	x	5	10-30 secs						
Wkt 4:	5	x	5	10-30 secs						
A2	FLAT DB BENCH PRESS									
Wkt 1:	4	x	8	10-30 secs						
Wkt 2:	4	x	8	10-30 secs						
Wkt 3:	5	x	8	10-30 secs						
Wkt 4:	5	x	8	10-30 secs						
A3	DB SQUATS WITH DB'S HANGING AT YOUR SIDES									
Wkt 1:	4	x	10	10-30 secs						
Wkt 2:	4	x	10	10-30 secs						
Wkt 3:	5	x	10	10-30 secs						
Wkt 4:	5	x	10	10-30 secs						
A4	BODYWEIGHT INVERTED ROW									
Wkt 1:	4	x	12	3 mins						
Wkt 2:	4	x	12	3 mins						
Wkt 3:	5	x	12	2 mins						
Wkt 4:	5	x	12	2 mins						
B1	DB ROMANIAN DEADLIFT									
Wkt 1:	4	x	10	0-10 secs						
Wkt 2:	4	x	10	0-10 secs						
Wkt 3:	5	x	10	0-10 secs						
Wkt 4:	5	x	10	0-10 secs						
B2	DB PUSH PRESS									
Wkt 1:	4	x	10	0-10 secs						
Wkt 2:	4	x	10	0-10 secs						
Wkt 3:	5	x	10	0-10 secs						
Wkt 4:	5	x	10	0-10 secs						
B3	DB FRONT SQUAT									
Wkt 1:	4	x	10	0-10 secs						
Wkt 2:	4	x	10	0-10 secs						
Wkt 3:	5	x	10	0-10 secs						
Wkt 4:	5	x	10	0-10 secs						
B4	BENT OVER TWO-ARM DB ROW									
Wkt 1:	4	x	10	3 mins						
Wkt 2:	4	x	10	3 mins						
Wkt 3:	5	x	10	2 mins						
Wkt 4:	5	x	10	2 mins						
C1	BB HIP THRUSTS									
Wkt 1:	3	x	15 secs	0-10 secs						
Wkt 2:	3	x	15 secs	0-10 secs						
Wkt 3:	4	x	15 secs	0-10 secs						
Wkt 4:	4	x	15 secs	0-10 secs						
C2	PIKE PUSH UPS									
Wkt 1:	3	x	15 secs	0-10 secs						
Wkt 2:	3	x	15 secs	0-10 secs						
Wkt 3:	4	x	15 secs	0-10 secs						
Wkt 4:	4	x	15 secs	0-10 secs						
C3	ALTERNATING SPLIT SQUAT JUMPS									
Wkt 1:	3	x	15 secs	0-10 secs						
Wkt 2:	3	x	15 secs	0-10 secs						
Wkt 3:	4	x	15 secs	0-10 secs						
Wkt 4:	4	x	15 secs	0-10 secs						
C4	SUPERMAN ISO-HOLD									
Wkt 1:	3	x	15 secs	3 mins						
Wkt 2:	3	x	15 secs	3 mins						
Wkt 3:	4	x	15 secs	2 mins						
Wkt 4:	4	x	15 secs	2 mins						
D1	EZ BAR SKULL CRUSHERS									
Wkt 1:	2 to 3	x	15	60 secs						
Wkt 2:	2 to 3	x	15	60 secs						
Wkt 3:	2 to 3	x	15	60 secs						
Wkt 4:	2 to 3	x	15	60 secs						
D2	EZ BAR PRONATED GRIP BICEPS CURL									
Wkt 1:	2 to 3	x	15	60 secs						
Wkt 2:	2 to 3	x	15	60 secs						
Wkt 3:	2 to 3	x	15	60 secs						
Wkt 4:	2 to 3	x	15	60 secs						
	SETS		REPS	REST	LOG OF RESISTANCE AND REPS					



360-SHRED WORKOUT 3									
A1 WIDE PRONATED GRIP LAT PULLDOWNS									
Wkt 1:	4	x	5	10-30 secs					
Wkt 2:	4	x	5	10-30 secs					
Wkt 3:	5	x	5	10-30 secs					
Wkt 4:	5	x	5	10-30 secs					
A2 DB ROMANIAN DEADLIFT									
Wkt 1:	4	x	8	10-30 secs					
Wkt 2:	4	x	8	10-30 secs					
Wkt 3:	5	x	8	10-30 secs					
Wkt 4:	5	x	8	10-30 secs					
A3 WEIGHTED PUSH UPS									
Wkt 1:	4	x	10	10-30 secs					
Wkt 2:	4	x	10	10-30 secs					
Wkt 3:	5	x	10	10-30 secs					
Wkt 4:	5	x	10	10-30 secs					
A4 BW PRISONER SQUATS									
Wkt 1:	4	x	12	3 mins					
Wkt 2:	4	x	12	3 mins					
Wkt 3:	5	x	12	2 mins					
Wkt 4:	5	x	12	2 mins					
B1 PLATE ROW									
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B2 PLATE SWING									
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B3 PLATE PUSH PRESS									
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B4 LATERAL LUNGES WITH PLATE									
Wkt 1:	4	x	10	3 mins					
Wkt 2:	4	x	10	3 mins					
Wkt 3:	5	x	10	2 mins					
Wkt 4:	5	x	10	2 mins					
C1 SEATED CABLE ROW									
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C2 45-DEGREE LOW BACK EXTENSION									
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C3 CLOSE GRIP PUSH UPS									
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C4 BW PRISONER STEP UPS									
Wkt 1:	3	x	15 secs	3 mins					
Wkt 2:	3	x	15 secs	3 mins					
Wkt 3:	4	x	15 secs	2 mins					
Wkt 4:	4	x	15 secs	2 mins					
D1 45-DEGREE SUPINATED DB BICEPS CURL									
Wkt 1:	2 to 3	x	15	60 secs					
Wkt 2:	2 to 3	x	15	60 secs					
Wkt 3:	2 to 3	x	15	60 secs					
Wkt 4:	2 to 3	x	15	60 secs					
D2 EZ BAR FRENCH PRESS									
Wkt 1:	2 to 3	x	15	60 secs					
Wkt 2:	2 to 3	x	15	60 secs					
Wkt 3:	2 to 3	x	15	60 secs					
Wkt 4:	2 to 3	x	15	60 secs					
	SETS		REPS	REST	LOG OF RESISTANCE AND REPS				



360-SHRED WORKOUT 4									
A1	BB BACK SQUAT								
Wkt 1:	4	x	5	10-30 secs					
Wkt 2:	4	x	5	10-30 secs					
Wkt 3:	5	x	5	10-30 secs					
Wkt 4:	5	x	5	10-30 secs					
A2	BB BENT OVER ROW								
Wkt 1:	4	x	8	10-30 secs					
Wkt 2:	4	x	8	10-30 secs					
Wkt 3:	5	x	8	10-30 secs					
Wkt 4:	5	x	8	10-30 secs					
A3	GHR								
Wkt 1:	4	x	10	10-30 secs					
Wkt 2:	4	x	10	10-30 secs					
Wkt 3:	5	x	10	10-30 secs					
Wkt 4:	5	x	10	10-30 secs					
A4	BOX CROSSOVER PUSH UPS								
Wkt 1:	4	x	12	3 mins					
Wkt 2:	4	x	12	3 mins					
Wkt 3:	5	x	12	2 mins					
Wkt 4:	5	x	12	2 mins					
B1	OVERHEAD SQUAT WITH TWO KB'S								
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B2	KB RENEGADE ROW								
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B3	TWO-ARM KB SWING								
Wkt 1:	4	x	10	0-10 secs					
Wkt 2:	4	x	10	0-10 secs					
Wkt 3:	5	x	10	0-10 secs					
Wkt 4:	5	x	10	0-10 secs					
B4	TWO-ARM KB PUSH PRESS								
Wkt 1:	4	x	10	3 mins					
Wkt 2:	4	x	10	3 mins					
Wkt 3:	5	x	10	2 mins					
Wkt 4:	5	x	10	2 mins					
C1	BW SQUAT JUMPS								
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C2	NEUTRAL GRIP PULL UPS								
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C3	BW FROG SQUATS								
Wkt 1:	3	x	15 secs	0-10 secs					
Wkt 2:	3	x	15 secs	0-10 secs					
Wkt 3:	4	x	15 secs	0-10 secs					
Wkt 4:	4	x	15 secs	0-10 secs					
C4	DIVE BOMBERS								
Wkt 1:	3	x	15 secs	3 mins					
Wkt 2:	3	x	15 secs	3 mins					
Wkt 3:	4	x	15 secs	2 mins					
Wkt 4:	4	x	15 secs	2 mins					
D1	OVERHEAD ROPE TRICEPS EXTENSION WITH LOW PULLEY ATTACHMENT								
Wkt 1:	2 to 3	x	15	60 secs					
Wkt 2:	2 to 3	x	15	60 secs					
Wkt 3:	2 to 3	x	15	60 secs					
Wkt 4:	2 to 3	x	15	60 secs					
D2	ROPE BICEPS CURL								
Wkt 1:	2 to 3	x	15	60 secs					
Wkt 2:	2 to 3	x	15	60 secs					
Wkt 3:	2 to 3	x	15	60 secs					
Wkt 4:	2 to 3	x	15	60 secs					
	SETS		REPS	REST	LOG OF RESISTANCE AND REPS				