

6 WEEK PLAN ADVANCED

6 WEEK SHRED CHALLENGE

WORKOUT 1: WE SQUAT

EXERCISE	SETS	REPS
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A) **BACK SQUAT: THE AIM TO FIND A CURRENT
1 REP MAX.**

ENSURE THE 1 REP IS WITH GOOD SOLID FORM.

USE THE REP SCHEME TO WORK UP TO A 1 REP MAX.

ADD WEIGHT THROUGHOUT THE REPS.

10-8-6-5-4-3-3-2-2-1-1-1

**NOTE DOWN YOUR 1 REP MAX AS YOU WILL NEED TO CALCULATE % OF WEIGHT
FOR THE FOLLOWING WEEKS.**

B1) REVERSE LUNGES:	4	10
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B2) DUMBBELL ROMANIAN DEADLIFT:	4	12
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B3) GOBLET SQUAT:	4	10
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PAUSE 2 SECONDS AT BOTTOM

C) 12 MIN AMRAP:

SIT UPS	1	15
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AIR SQUATS	1	12
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PUSH PRESS	1	9
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WORKOUT 2: WE PRESS

EXERCISE	SETS	REPS
A) BARBELL STRICT PRESS:	5	5
B1) BENT OVER BARBELL ROW:	4	12
B2) SUMO DEADLIFT HIGH PULL:	4	12
C) 20 MIN EMOM: 1. 15 CAL CARDIO 2. 8 POWER SNATCH		

WORKOUT 3: TOTAL CONDITIONING

EXERCISE	SETS	REPS
A) INTERVALS : CHOOSE A PIECE OF CARDIO EQUIPMENT FOR THE SESSION. AIM TO KEEP THE SAME MACHINE THROUGHOUT THE 6 WEEK PROGRAM TO IMPROVE AND DEVELOP ON IT. 5 MINS STEADY PACE X8 30 SECONDS - 75% EFFORT 30 SECONDS RECOVERY PACE 3 MINS REST X4 30 SECONDS MAX EFFORT 1 MIN COMPLETE REST 3 MINS STEADY PACE		
B) 40-30-20-10: SINGLE ARM DB SNATCH BURPEES		



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WORKOUT 4 DEADLIFT DAY

EXERCISE	SETS	REPS
A) CONVENTIONAL DEADLIFT: TEST SESSION THE AIM TO FIND A CURRENT 1 REP MAX. ENSURE THE 1 REP IS WITH GOOD SOLID FORM. USE THE REP SCHEME TO WORK UP TO A 1 REP MAX. ADD WEIGHT THROUGHOUT THE REPS. 10-8-6-5-4-3-3-2-2-1-1-1		
B1) BARBELL GOOD MORNING:	4	8
B2) DUMBBELL ROMANIAN DEADLIFT:	4	12
C) RUNNING: 3KM RUN 50 SIT UPS TO FINISH		

NOTE DOWN YOUR 1 REP MAX AS YOU WILL NEED TO CALCULATE % OF WEIGHT FOR THE FOLLOWING WEEKS.

WORKOUT 5: FUNCTIONAL BODY BUILDING

EXERCISE	SETS	REPS
A1) INCLINE BENCH PRESS:	5	10
A2) DEVIL'S PRESS:	5	10
B1) RUSSIAN KETTLEBELL SWING:	5	10
B2) RUSSIAN TWIST:	5	20
C) 5 ROUNDS FOR QUALITY: 10 DUMBBELL CLEAN AND PRESS 1 MIN MAX CALORIE ROW REST 2 MINS		10 PULL UPS



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WEEK 2
WORKOUT 1: WE SQUAT

EXERCISE	SETS	REPS
A) BACK SQUAT:	7	10 REPS 40% 8 REPS 50% 6 REPS 65% 4 REPS 75% 3 REPS 80% 3 REPS 80% 3 REPS 80%
B1) BARBELL REVERSE LUNGE:	4	10
B2) HIGH BOX STEP UP:	4	20
C) 12 MIN AMRAP: 8 THRUSTERS 12 BAR OVER BURPEES 16 PUSH UPS		

WORKOUT 2; WE PRESS

EXERCISE	SETS	REPS
A) PUSH PRESS:	6	4
B1) SINGLE ARM BENCH PRESS:	4	20 10 REPS EACH ARM
B2) SINGLE ARM DUMBBELL ROW:	4	20 10 REPS EACH ARM
C) 16 MIN EMOM: 1. 5 DEADLIFTS 2. 8 SINGLE ARM DEVIL PRESS		

AIM FOR THE WEIGHT OF THE 5 DEADLIFTS TO BE CHALLENGING FOR 5 REPS -
USE ABOUT 65% OF YOUR 1 REP MAX WEIGHT.


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WORKOUT 3: CONDITIONING

EXERCISE	SETS	REPS
A) ENDURANCE SESSION: 10 MINS ON REST 3 MINS		3

WORKOUT 4: DEADLIFT DAY

EXERCISE	SETS	REPS
A) CONVENTIONAL DEADLIFT:	X6	8 50% 6 60% 4 70% 3 75% 3 80% 3 80%

EXERCISE	SETS	REPS
B) SUMO DEADLIFT: USE 60% OF 1 REP MAX DL	3	5
C) ARRESTED SUPERMAN:	3	20
D) WEIGHTED ARCH HOLD ON REVERSE HYPER:	3	20
E) 4 ROUNDS: 400M CARDIO 8 OVER HEAD SQUATS 12 WALKING LUNGES		



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WORKOUT 5: FUNCTIONAL BODY BUILDING

EXERCISE

SETS

REPS

A) 4 ROUNDS: 8 BACK SQUAT

STRAIGHT INTO 1 MIN MAX EFFORT PULL UPS

REST 90 SECONDS

B) 4 ROUNDS: 10 DEADLIFTS

STRAIGHT INTO 1 MIN MAX EFFORT BIKE OR ROW REST 90 SECONDS

C) 3 ROUNDS: 30 BOX OVERS

STRAIGHT INTO 1 MIN MAX EFFORT PULL UPS

REST 2 MINS



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WEEK 3
WORKOUT 1: WE SQUAT

EXERCISE	SETS	REPS
A) PAUSE BACK SQUAT:	6	5 REPS 50% 4 REPS 65% 3 REPS 70% 3 REPS 75% 2 REPS 75% 2 REPS 80%
3 SECOND PAUSE AT BOTTOM		
B1) BARBELL GOOD MORNING:	4	8
B2) RUSSIAN KETTLEBELL SWING:	4	20
C) 4 ROUNDS: 40 CAL - ANY MACHINE 8 CLEAN AND JERK 60KG/40KG		

WORKOUT 2: WE PRESS

EXERCISE	SETS	REPS
A) BARBELL STRICT PRESS:	6	4
B1) BENCH PRESS:	4	10
B2) HAMMER CURL:	3	20
B3) 12 MIN AMRAP: ADD 3 REPS EACH ROUND 3 DEADLIFTS 3 KETTLEBELL WEIGHTED SIT UP WITH PRESS 6 DEADLIFTS 6 KETTLEBELL WEIGHTED SIT UP WITH PRESS 9 DEADLIFTS 9 KETTLEBELL WEIGHTED SIT UP WITH PRESS		


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WORKOUT 3: TOTAL CONDITIONING

EXERCISE	SETS	REPS
A) INTERVALS: 1 MIN ON 1 MIN REST		10

AIM TO KEEP THE OUTPUT THE SAME THROUGHOUT - CONSISTENCY.
USE THE SAME MACHINE AS WEEK 1 AND 2.

B) 4 ROUNDS: 800M CARDIO MACHINE / DOUBLE THE
DISTANCE IF USING A BIKE 400M RUN AIM TO KEEP
PACE THROUGHOUT THE 4 ROUNDS.

WORKOUT 4: DEADLIFT DAY

EXERCISE	SETS	REPS
A) CONVENTIONAL DEADLIFT: BUILD UP TO YOU 75% WEIGHT BEFORE STARTING THE 5X5.	5	5 70%
B) SUMO DEADLIFT: 4X8 MEDIUM WEIGHT ON THIS - TOUCH AND GO REPS		
C1) SUMO GOOD MORNING:	4	8
C2) ROMANIAN DEADLIFT:	4	8
D) 16 MIN EMOM: 1. 12-15 CAL CARDIO MACHINE 2. 12-15 CAL BURPEES CHOOSE A NUMBER AND STICK TO IT THROUGHOUT THE EMOM. STAY CONSISTENT THROUGHOUT.		



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WORKOUT 5: UPPER FOCUS - FUNCTIONAL BODY BUILDING

EXERCISE	SETS	REPS
A) STRICT PRESS: 6X3 75%		
B) PUSH COMPLEX: X6 SETS 1 STRICT PRESS 2 PUSH PRESS 3 PUSH JERK		
C) 10 ROUNDS: 6 BENT OVER 70KG 6 STRICT PULL UPS		
D) INTERVALS: X6 ROUNDS - EVERY 3 MINS 20 CAL SKI IN REMAINING TIME MAX AIR SQUATS TRY AND REMAIN CONSISTENT IN THE SQUATS EACH ROUND.		



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6 WEEK SHRED CHALLENGE

WEEK 4**WORKOUT 1: WE SQUAT**

EXERCISE	SETS	REPS
A) BACK SQUAT:	6	8 REPS 40% 6 REPS 55% 5 REPS 65% 4 REPS 75% 3 REPS 80% 3 REPS 85%
B1) REVERSE LUNGES:	3	20
B2) DUMBBELL ROMANIAN DEADLIFT: 3X20		
C) HOLLOW BODY HOLD: REST 45-60 SECONDS BETWEEN SETS	5	30 SECONDS
D) 5 ROUNDS: 2 MIN CARDIO - HARD EFFORT 1 MIN HIGH PLANK 10 PUSH UPS		

WORKOUT 2: WE PRESS

EXERCISE	SETS	REPS
A) BENCH PRESS:	5	8
B1) PENDLAY ROW:	4	10
B2) AMERICAN KETTLEBELL SWING:	4	10
B3) DIAMOND PUSH-UP:	4	10
C) FOR TIME COMPLETE: 75 CAL OF CHOICE 50 AIR SQUATS 40 BURPEES 30 FRONT SQUAT 20 POWER CLEAN AND JERK 10 POWER SNATCH		

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6 WEEK PLAN ADVANCED

6 WEEK SHRED CHALLENGE

WORKOUT 3: ENDURANCE CONDITIONING

EXERCISE	SETS	REPS
A) 30 MIN AMRAP: LONGER ENDURANCE SESSION KEEP A STEADY PACE THROUGHOUT		

WORKOUT 4: DEADLIFT DAY

EXERCISE	SETS	REPS
A) CONVENTIONAL DEADLIFT:	6	8 50% 6 65% 4 75% 3 80% 3 85% 3 85%
B) SUMO DEADLIFT: USE 65% OF 1 REP MAX WEIGHT	3	5
C1) SINGLE LEG KETTLEBELL ROMANIAN DEADLIFT:	3	20 - 10 REPS PER LEG
C2) GLUTE BRIDGE: 2 SECOND PAUSE AT THE TOP	3	20
D) 4 ROUNDS: 12 SINGLE ARM DUMBBELL CLUSTERS 10 BURPEES OVER DUMBBELL		

WORKOUT 5: OLYMPIC SESSION

EXERCISE	SETS	REPS
A) POWER SNATCH: 3-3-3-2-2-2-1-1		
B) SNATCH PULL: BUILD THE WEIGHT THROUGHOUT THE SETS.	5	3
C) SNATCH GRIP BEHIND THE NECK PRESS:	5	6
D) 30-20-10: SINGLE ARM THRUSTERS CAL CARDIO		



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WEEK 5
WORKOUT 1: WE SQUAT

EXERCISE	SETS	REPS
A) BACK SQUAT:	7	8 REPS 40% 6 REPS 55% 5 REPS 65% 4 REPS 75% 3 REPS 80% 3 REPS 85% 2 REPS 90%
B1) WALKING LUNGES:	4	20
B2) RUSSIAN KETTLEBELL SWING:	4	20
C) CORE FLOW: X3 ROUNDS 30 SECONDS HOLLOW HOLD 20 BUTTERFLY SIT UPS 20 SIDE HIP TOUCHES IN PLANK POSITION		
D) 3 ROUNDS: 400M RUN 21 KETTLEBELL SWINGS 15 GOBLET SQUATS		

WORKOUT 2: WE PRESS

EXERCISE	SETS	REPS
A) STRICT PRESS:	7	3
B1) SINGLE ARM DUMBBELL ROW:	4	20 - 10 REPS EACH ARM
B2) PUSH-UP:	4	12
C1) BILATERAL UPRIGHT ROW: - USE EMPTY BARBELL	4	12
C2) DUMBBELL SHRUG: - GO HEAVY AS POSSIBLE	4	12
D) 50-40-30-20-10: RUSSIAN KETTLEBELL SWING LYING LEG RAISES WITH KICK UP (OPTIONAL)		


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WORKOUT 3: CONDITIONING

EXERCISE	SETS	REPS
A) INTERVALS : CARDIO MACHINE OF CHOICE		
X5 ROUNDS		
2 MIN ON		
1 MIN OFF		
X5		
1 MIN ON		
90 SECONDS OFF		
X5		
30 SECONDS ON		
30 SECONDS OFF		
10 MINS STEADY PACE		

WORKOUT 4: ACCESSORY WORK

EXERCISE	SETS	REPS
A) PENDLAY ROW:	4	8
B1) SINGLE ARM KETTLEBELL SWING:	5	20 - 10 REPS EACH ARM
B2) KETTLEBELL SNATCH:	5	12
B3) SINGLE ARM KETTLEBELL PRESS:	5	12 - 6 REPS EACH ARM
C1) SINGLE LEG DEADLIFT WITH ROTATION:	5	10
C2) ROMANIAN DEADLIFT:	5	10
D) 3 ROUNDS: 30-20-10		
CAL SKI / ROW OR BIKE / 400M RUN		
SINGLE ARM DB FRONT SQUAT		



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WORKOUT 5: DEADLIFT DAY

EXERCISE	SETS	REPS
A) CONVENTIONAL DEADLIFT: BUILD UP TO YOU 75% WEIGHT BEFORE STARTING THE 5X5.	5	5 80%
B1) BARBELL GOOD MORNING:	3	12
B2) RUSSIAN KETTLEBELL SWING:	3	12
B3) 22 MIN AMRAP: 30 CAL 20 JUMPING LUNGES 10 PUSH JERK 70/45KG		

WORKOUT 6: FITNESS

EXERCISE	SETS	REPS
A) TOTAL SESSION: RUNNING CLOCK 0-8 MINS 8 DB FRONT SQUATS 20 PUSH UPS 12 DB DEADLIFTS REST 2 MIN 10-18 MINS 10 DEVIL PRESS SINGLE ARM 20 PUSH PRESS - USE BOTH DB REST 2 MINS 20-28 MINS 10 HANG POWER SNATCH 10 BAR FACING BURPEES REST 2 MINS 30-40 MINS MAX CAL BIKE OR ROW		



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WEEK 6**WORKOUT 1: WE SQUAT**

EXERCISE	SETS	REPS
A) BACK SQUAT:		6 REPS 40%
		5 REPS 55%
		4 REPS 65%
		3 REPS 75%
		2 REPS 85%
		1 REP 90%
		1 REP 95%
		1 REP 105% - NEW PERSONAL BEST
		1 REP 110% - NEW PERSONAL BEST
B) 10 MIN EMOM:		
1. 12-15 CAL CARDIO MACHINE		
2. 10 BENCH PRESS		
C) 10 MIN AMRAP:		
20 CAL		
10 BURPEE + PUSH UP + SQUAT		

WORKOUT 2: WE PRESS

EXERCISE	SETS	REPS
A) PUSH PRESS:	7	3
B1) BENCH PRESS:	4	10
B2) PULL-UP:	4	10
C1) PULL OVER:	3	12
C2) HAMMER CURL:	3	12
D) RUN: 5K RUN		
STEADY PACE THROUGHOUT		

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6 WEEK SHRED CHALLENGE

WORKOUT 3: CONDITIONING

EXERCISE	SETS	REPS
A) ENDURANCE : 45 MIN SESSION		

WORKOUT 4: DEADLIFT DAY

EXERCISE	SETS	REPS
A) CONVENTIONAL DEADLIFT:	7	6 60% 5 70% 3 80% 1 90% 1 95%
		1 105% - NEW PERSONAL BEST 1 110% - NEW PERSONAL BEST
B1) ARRESTED SUPERMAN:	4	15
B2) CAT-COW:	4	15
B3) SIDE PLANK:	4	20 SECONDS EACH SIDE
C) 5 ROUNDS: 9 HANG SQUAT CLEANS 50/30KG 12 SIT UPS 24 CAL BIKE OR ROW		



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WORKOUT 5: CONDITIONING FOCUS - BARBELL

EXERCISE	SETS	REPS
A) 5 ROUNDS: BUILD THE WEIGHT OF THE COMPLEX THROUGHOUT THE SETS: 2 FRONT SQUAT 2 HANG POWER CLEANS 2 PUSH PRESS 2 THRUSTERS REST 3 MINS BETWEEN SETS		
B) 5 ROUNDS: 6 BENT OVER ROW 6 DEADLIFTS 6 BENT OVER ROW REST 60 SECONDS BETWEEN ROUNDS		
C) CORE FLOW: X4 ROUNDS 30 SECONDS SIDE PLANK RIGHT 30 SECONDS SIDE PLANK LEFT 30 SECONDS HOLLOW HOLD		