

# 6 WEEK PLAN INTERMEDIATE

# 6 WEEK SHRED CHALLENGE

## MONDAY LEGS

EXERCISE	SETS	REPS
3 SECOND ECCENTRIC SQUATS	6 SETS	6 REPS
<b>SUPERSETS</b>		
ALT LUNGES (20 STEPS) W/ SPANISH SQUATS	3 SETS	10 REPS
BULGARIAN SPLIT SQUAT (10 REPS EACH LEG ) W/ ROMANIAN DEADLIFTS	3 SETS	10 REPS
LEG PRESS W/ CALF RAISES	4 SETS	10-12 REPS

## TUESDAY CHEST AND TRIS

EXERCISE	SETS	REPS
CHEST PRESS (1 SEC PAUSED ON CHEST )	6 SETS	6 REPS
INCLINE CHEST PRESS	3 SETS	10 REPS
<b>SUPERSET</b>		
FLAT BENCH DB PRESS W/ INCLINE DB FLYS	3 SETS (BOTH)	12 REPS
CABLE FLYS W/ PUSH UPS	3 SETS (BOTH)	12 REPS
<b>EXERCISE</b>		
DIPS	3-5 SETS	15 REPS



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## WEDNESDAY BACK AND HAMSTRINGS

EXERCISE	SETS	REPS
DEADLIFTS	6 SETS	6 REPS
PULL UPS	3 SETS	8-10 REPS
<b>EXERCISE</b>		
SEATED CABLE MACHINE	3-5 SETS	15 REPS
<b>SUPERSETS</b>		
SINGLE ARM DUMBBELL ROW W/ PULL DOWN MACHINE	3 SETS	10 REPS EACH ARM
	3 SETS	12 REPS FOR PULL DOWN
GHD HOLD W/ ROW - 30 SECOND HOLD	4 SETS	12 REPS
<b>EXERCISE</b>		
SWISS BALL HAMSTRING CURLS	(3-5 SETS)	15 REPS

## THURSDAY SHOULDERS AND ARMS

EXERCISE	SETS	REPS
MILITARY PRESS	6 SETS	6 REPS
<b>TRI SET</b>		
ARNOLD'S - SIDE RAISES - FRONT RAISES	(4-6 SETS)	12 REPS FOR ALL
<b>EXERCISE</b>		
SEATED SHOULDER PRESS MACHINE	(2-4 SETS)	15 REPS
<b>TRI SET</b>		
SINGLE ARM KICK BACK - CABLE MACHINE PULL DOWN - SKULL CRUSHERS	(4-6 SETS)	12 REPS FOR ALL
<b>TRI SET</b>		
BICEP CURLS - HAMMERS - SIDE HAMMERS	(4-6 SETS)	12 REPS FOR ALL



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DAYS 5 TO 7

# 6 WEEK PLAN INTERMEDIATE

# 6 WEEK SHRED CHALLENGE

FRIDAY REST

SATURDAY

EXERCISE

SETS

REPS

30-45 MINS OF CARDIO

More information can be found at [www.maximuscle.com](http://www.maximuscle.com)

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