



**CELLUCOR**

# THE PERFECT SUMMER SHRED

WORKOUTS AND CARDIO



### THE RULES

These rules apply to all of the workouts.

- \* The sets and reps don't include warm-up sets. Perform as many as you need, but never take your warm-ups near muscle failure.
- After warm-ups, choose a weight that allows you to approach muscle failure by the target rep listed. Adjust the weight on follow-up sets as necessary.
- Train past failure using advanced intensity boosters only where noted in the program.
- Beginning-level lifters should reduce the training volume by eliminating 1-2 exercises from the middle of the routine and reduce the loads lifted. This program is not intended for rank beginners.
- Rest 60-90 seconds between sets, except where noted. Some of the shorter rest intervals may require you to adjust weight downward.
- Adjust the workout below as necessary for your personal circumstances or modify your own routine with the suggestions in the companion training article.

# THE PERFECT SUMMER SHRED: WORKOUTS AND CARDIO

If you're looking to burn down the old you on a tight deadline this summer, then send those old straight-set workouts packing! To get ultra-ripped, you need to amp up your overall training intensity. In this program, that means supersets, dropsets, clusters, and density training.

Stick with this program for at least 4 weeks to give it the best chance to work. Along with the nutrition and supplementation guidelines outlined in the Cellucor Summer Shred Superfeature, it should be enough to kick-start some serious progress. While this workout will increase your conditioning, the primary goal is to get you leaner by boosting your metabolism based on the parameters outlined in the 5 Musts of The Fat-Loss Workout article.

However, be warned that this program is fairly advanced as written. Adjust the volume and intensity downward depending on your ability if you feel like you're struggling to recover between workouts.

### LIFTING: TWO-ON/ONE-OFF SPLIT

MONDAY

Chest, Triceps, Abs

TUESDAY

Legs

WEDNESDAY

Rest

THURSDAY

Shoulders, Traps, Abs, Calves

FRIDAY

Back, Biceps

SATURDAY

Rest

SUNDAY

Cycle Repeats

### CARDIO: FIVE-ON/TWO-OFF SPLIT

MONDAY

HIIT

TUESDAY

Steady-State Cardio

WEDNESDAY

Rest (low-intensity cardio optional)

THURSDAY

HIIT

FRIDAY

Steady-State Cardio

SATURDAY

Rest

SUNDAY

Cycle Repeats

# 01

# CHEST, TRICEPS, ABS + HIIT CARDIO

TRAINING

## 1 BARBELL BENCH PRESS

SETS	REPS
3	16-18, USE REST PAUSE METHOD*

### SUPERSET

## 2 INCLINE DUMBBELL PRESS

SETS	REPS
3	6-8, NO REST

## 3 BODYWEIGHT REAR LUNGE

SETS	REPS
3	45 SEC., REST 30 SEC.

### SUPERSET

## 4 DECLINE BENCH PRESS

SETS	REPS
3	10-12   10-12   10-12

## 5 PEC-DECK MACHINE FLY

Perform single dropset at the end of each set. When you hit failure, reduce the weight by 25 percent and immediately continue to failure again.

SETS	REPS
3	12-15   12-15   12-15

## 6 SEATED DIP MACHINE

SETS	REPS
3	16-18, USE REST PAUSE METHOD*

### SUPERSET

## 7 SEATED OVERHEAD DUMBBELL EXTENSION

SETS	REPS
3	8-10, NO REST

## 8 CLOSE-GRIP PUSH-UP

SETS	REPS
3	MAX REPS, REST 30 SEC.

## 9 HANGING KNEE RAISE

REPS
MAX REPS IN 3 MIN. WITH 15-SEC. REST INTERVALS

## 10 MACHINE CRUNCH

REPS
MAX REPS IN 3 MIN. WITH 12RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

## 11 HIIT CARDIO

Examples: Airdyne or fan bike, rower, stationary bike, jump rope, treadmill, Stairmaster, elliptical, Jen Jewell's Cures for the Cardio Blues

REPS
20 MIN. ALTERNATING 1 MIN. HIGH-INTENSITY, 1 MIN. RECOVERY PACE

\* REST PAUSE METHOD: Using your approximate 8RM, perform 4-5 reps, rest 15-20 seconds, and then another 4-5 reps. Repeat until you reach failure, at around 16-18 reps total. Rest about 90 seconds and repeat 2 more times. Always use a spotter.



**1 BARBELL SQUAT**

SETS	REPS
3	16-18, USE REST PAUSE METHOD*

**SUPERSET****2 SMITH-MACHINE FRONT SQUAT**

SETS	REPS
3	6-8, NO REST

**3 PUSH-UP**

SETS	REPS
3	45 SEC., REST 30 SEC.

**4 LEG PRESS**

SETS	REPS
3	10-12   10-12   10-12

**5 GLUTE KICK-BACK**

Use your 12RM on a cable stack or butt-blaster machine, alternate legs.

REPS
MAX REPS IN 5 MIN. WITH 12RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

**6 ROMANIAN DEADLIFT**

SETS	REPS
3	16-18, USE REST PAUSE METHOD*

**7 LYING LEG CURL**

SETS	REPS
3	12-15, ONE DROPSSET EACH SET**

**8 STANDING CALF RAISE**

SETS	REPS
4	12   12   20   20

ONE DROPSSET EACH SET\*\*

**9 STEADY-STATE CARDIO TRAINING**

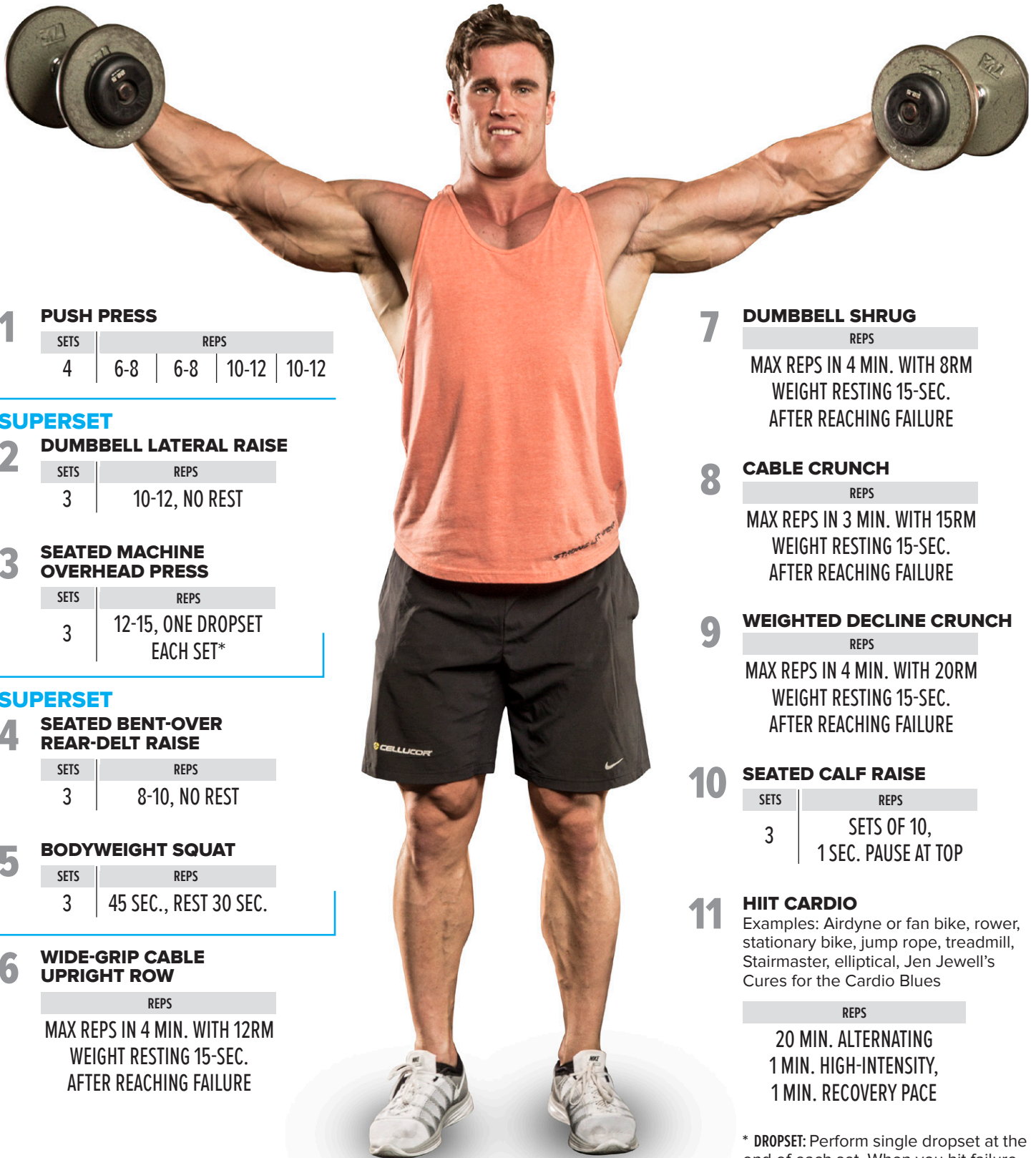
Examples: Treadmill, stationary bike, Stairmaster, cycling or mountain bike, jogging, elliptical, brisk walk, weighted walk

REPS
45 MIN., MACHINE OR ACTIVITY OF YOUR CHOICE

\* **REST PAUSE METHOD:** Using your approximate 8RM, perform 4-5 reps, rest 15-20 seconds, and then another 4-5 reps. Repeat until you reach failure, at around 16-18 reps total. Rest about 90 seconds and repeat 2 more times. Always use a spotter.

\*\* **DROPSSET:** Perform single dropset at the end of each set. When you hit failure, reduce the weight by 25 percent and immediately continue to failure again.





## 1 PUSH PRESS

SETS	REPS			
4	6-8	6-8	10-12	10-12

### SUPERSET

## 2 DUMBBELL LATERAL RAISE

SETS	REPS
3	10-12, NO REST

## 3 SEATED MACHINE OVERHEAD PRESS

SETS	REPS
3	12-15, ONE DROPSET EACH SET*

### SUPERSET

## 4 SEATED BENT-OVER REAR-DELT RAISE

SETS	REPS
3	8-10, NO REST

## 5 BODYWEIGHT SQUAT

SETS	REPS
3	45 SEC., REST 30 SEC.

## 6 WIDE-GRIP CABLE UPRIGHT ROW

REPS
MAX REPS IN 4 MIN. WITH 12RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

## 7 DUMBBELL SHRUG

REPS
MAX REPS IN 4 MIN. WITH 8RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

## 8 CABLE CRUNCH

REPS
MAX REPS IN 3 MIN. WITH 15RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

## 9 WEIGHTED DECLINE CRUNCH

REPS
MAX REPS IN 4 MIN. WITH 20RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

## 10 SEATED CALF RAISE

SETS	REPS
3	SETS OF 10, 1 SEC. PAUSE AT TOP

## 11 HIIT CARDIO

Examples: Airdyne or fan bike, rower, stationary bike, jump rope, treadmill, Stairmaster, elliptical, Jen Jewell's Cures for the Cardio Blues

REPS
20 MIN. ALTERNATING 1 MIN. HIGH-INTENSITY, 1 MIN. RECOVERY PACE

\* **DROPSET:** Perform single dropset at the end of each set. When you hit failure, reduce the weight by 25 percent and immediately continue to failure again.

**1 BENT-OVER BARBELL ROW**

SETS	REPS			
4	6-8	6-8	10-12	10-12

**SUPERSET**

**2 PULL-UP**

SETS	REPS
3	MAX REPS, NO REST

**3 SINGLE-ARM DUMBBELL ROW**

SETS	REPS
3	8-10, ONE DROPSET EACH SET, EACH SIDE,* REST 60-90 SEC.

**SUPERSET**

**4 WIDE-GRIP SEATED CABLE ROW**

SETS	REPS
3	10, NO REST

**5 BODYWEIGHT SQUAT**

SETS	REPS
3	45 SEC., REST 30 SEC.

**SUPERSET**

**6 CHEST-SUPPORTED ROW**

SETS	REPS
3	10-12, NO REST

**7 T-BAR ROW \***

SETS	REPS
3	10-12, ONE DROPSET EACH SET,* REST 60 SEC.

**SUPERSET**

**8 SINGLE-ARM CABLE CURL**

SETS	REPS
3	8-10, EACH SIDE, NO REST

**9 EZ-BAR PREACHER CURL**

SETS	REPS
3	10, ONE DROPSET EACH SET,* REST 30 SEC.

**10 DUMBBELL HAMMER CURL**

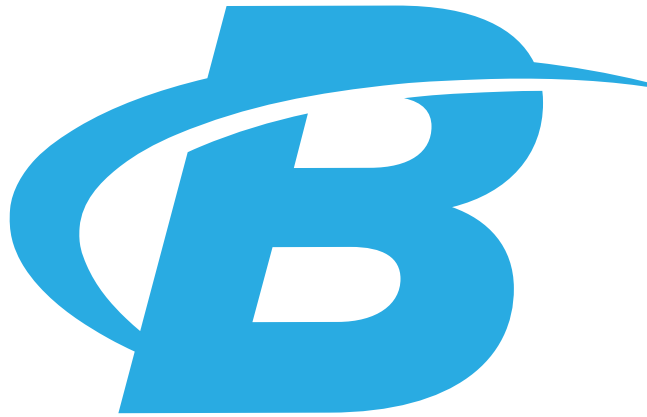
REPS
MAX REPS IN 4 MIN. WITH 12RM WEIGHT RESTING 15-SEC. AFTER REACHING FAILURE

**11 STEADY-STATE CARDIO TRAINING**  
Examples: Treadmill, stationary bike, Stairmaster, cycling or mountain bike, jogging, elliptical, brisk walk, weighted walk

REPS
45 MIN., MACHINE OR ACTIVITY OF YOUR CHOICE

\* **DROPSET:** Perform single dropset at the end of each set. When you hit failure, reduce the weight by 25 percent and immediately continue to failure again.





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