

The 21 Day MetaShred Workout Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Six-Pack Superset	REST	Metaconda	REST	Density Doomsday	REST	REST
Week 2	Lightweight Leanout	REST	Thermogenic Tempo Training	REST	5-Minute Death Sets	REST	REST
Week 3	Calorie Crunching Combos	REST	Shrednado	REST	Bodybuilder Burnouts	REST	REST

Repeat As Needed