

BRENDAN MEYERS, EX. PHYS. FAU  
POWERED BY CALAESTHETICS LLC



**8 WEEK  
AGGRESSIVE SHREDDING  
PROGRAM**

*INCLUDES*

FAT MELTING EATING PROGRAM  
SUPERIOR AB DEVELOPMENT PROGRAM  
FAT INCINERATING WORKOUT PROGRAM

ADVANCED  
**AGGRESSIVE  
SHREDDING**  
PROGRAM

*Develop Your Ultimate Ripped Body!*

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CalAesthetics LLC

West Palm Beach, Florida, United States of America



DEAR MEMBER,

I HOPE YOU ENJOY THIS EFFICIENT **SHREDFAST** PROGRAM. I HAVE NO DOUBT IT WILL HELP YOU ACHIEVE YOUR PERSONAL FITNESS GOALS. YOU DESERVE A LEAN, STRONG, AND FIT BODY, MY REASONING BEHIND DEVELOPING SUCH A PROGRAM.

BEST,  
BRENDAN

Brendan Meyers, Exercise Physiology FAU  
Creator, ShredFast

**THE KEY TO WEIGHT LOSS IS PUSHING  
YOURSELF PAST YOUR LIMITS**

BRENDAN MEYERS

Within this program is a very strict schedule that you MUST follow in order to attain results. I will tell you this, if you do not diet correctly YOU WILL NOT see results. There are a few rules you need to follow in order to see the weight loss you are looking for

- ▶ Warm up
- ▶ Follow the exact amount of repetitions, sets, rest periods, and exercises listed. If the repetitions or sets are too hard, don't be afraid to take longer rest breaks.
- ▶ Always keep your level of intensity (how hard you are working) at 80% or more.
- ▶ Workouts should not last much longer than 30 minutes.

In order to lose 1 lb. per week, you must be at a 500 calorie deficit each day (3500 cal = 1 lb.). To do this, please fill in the total expenditure calculator

- ▶ (<http://www.myfoodreord.com/energy/daily.html>) and be sure to eat 500 - 1000 less calories than the total provided after calculator. For example, I was given 3750 calories, therefore if I want to lose 1 lb. per week, I must then eat 3250 calories each day.
- ▶ Drink a lot of water throughout the day.
- ▶ Stay away from fried foods, sugary drinks, alcohol, tobacco (cigarettes), processed foods (poptarts, chips, non-organic foods), and be sure to eat immediately when you wake up in the morning.
- ▶ Have fun

This workout will help you burn more calories and assist the amount of calories you are intaking per day. For example: if I need to consume 3250 calories per day in order to see a 1 lb. weight loss per week and during my running/conditioning days I burn an extra 500 calories, I will lose more weight than 1 lb. per week because I am now at 2750 calories for those 3-5 days per week.

Focus on your diet/training and you will see the results you are looking for!

QUESTIONS? CONTACT US

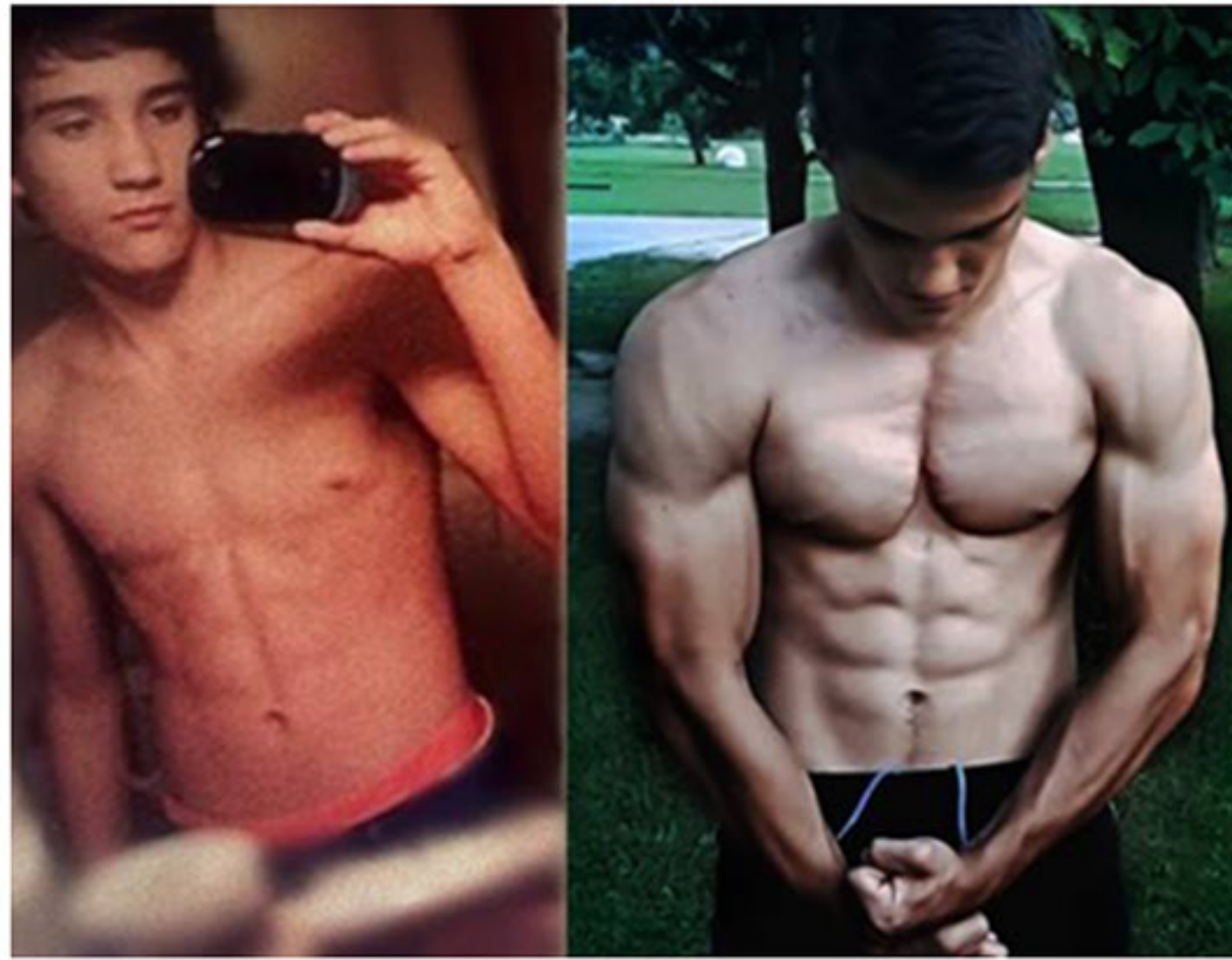
### DO NOT EAT/DRINK

- **Sugary Drinks** (Soda, Lemonade, Coffee with a lot of Sugar, etc.)
- **Alcohol** (keep it to a minimum per week)
- **Fried Foods** (Grill everything you cook)
- **Fast Food** (Do not go to fast food restaurants!)
- **Processed Foods** (Huge mistake if you do... much of these products contain GMO, "natural" flavors, and many unhealthy ingredients)
- **Don't cook with olive oil, use Alvocado Oil**
- **Pastas** (You can eat some, just don't eat too much)
- **Dairy** (Has a negative effect on your digestive system - some diet programs are okay to have milk, cheese, etc.)
- **High Fructose Corn Syrup** (Watch out for this ingredient!)
- **Monosodium Glutamate** (Damages hypothalamus)
- **Dressings** (Try to use olive oil, salt, and pepper for salads)
- **Cereal** (So many bad ingredients)
- **Pasta Sauce**

### FOODS YOU SHOULD CONSUME

- **Grilled Chicken**
- **Potatoes** (Sweet potatoes if you can)
- **Almond Milk** (Great substitution for milk)
- **Vegetables** (The darker the green, the better for the machine... try to eat a variety of veggies throughout the day... I like spinach, kale, carrots, tomatoes, celery, broccoli, cauliflower, string beans, peppers, onions, etc.)
- **Fruits** (Eat an apple a day, you keep the doctor away... variety is key with fruits as well... I like apples, pineapple, mango, pears, blueberries, strawberries, etc.)
- **Lean Ground Turkey**
- **ORGANIC FOODS** (This is the most important recommendation... be sure you are always eating organic foods)
- **Eggs!!!**
- **Almond Butter**
- **Oatmeal**
- **Hemp Seeds**
- **Almonds**
- **Grains** (You can consume grains, just be sure it is organic and you aren't eating too much)

BEFORE YOU START USING THIS PROGRAM, I ENCOURAGE YOU TO TAKE A PHOTO OF YOUR PRESENT BODY AND WHEN YOU FINISH THE PROGRAM, TAKE A ANOTHER PHOTO OF YOUR TRANSFORMATION AND SEND IT TO [Brendan@CalAesthetics.co](mailto:Brendan@CalAesthetics.co)



ADVANCED  
**AGGRESSIVE  
SHREDDING**  
**PROGRAM**

- *If and when you begin this program, you solemnly accept all responsibility and liability.*



TUESDAY

Sprints - 2 sets - 25 second rest between repetitions - 1 minute rest between sets  
20 Yards, 10 Yards, 10 Yards, 20 Yards

REST 4 MINUTES

Sprints - 2 sets - 35 second rest between repetitions - 2 minute rest between sets  
10 Yards, 20 Yards, 20 Yards, 10 Yards

Did you complete the sets?

YES |  NO

THURSDAY

Sprint & then JOG back(do not walk!!) - 1 Set - 30 second rest between repetitions  
25 Yards (jog back), 30 Yards (jog back), 35 Yards (jog back), 40 Yards (jog back),  
45 Yards (jog back), 55 Yards (jog back)

Did you complete the sets?

YES |  NO

SUNDAY

Jump Ropes (or just jump in place) - 3 Sets - 30 second rest between sets  
50x jump ropes, 100x jump ropes, 75x jump ropes

REST 3 MINUTES

Sprints - 2 sets - 30 second rest between repetitions - 2 minute rest between sets  
4x 100 yard sprints

REST 4 MINUTES

Jog ½ mile

REST 2 MINUTES

2 ½ minute Jump Rope (or just jump in place)

REST 1 1/2 MINUTES

Backwards Run - 2 Sets - 45 second rest between repetitions - 1 Minute rest  
between sets  
50 yards, 20 Yards

Did you complete the sets?

YES |  NO





MONDAY

Jog - 2 sets - 1 minute rest between sets - ½ mile jog

REST 2 1/2 MINUTES

Vertical Jumps & Sprints - 5 sets - 1 minute rest between sets - no rest between exercises  
15x vertical jumps + Sprint 15 yards and back

Did you complete the sets?

YES

NO

WEDNESDAY

Sprints - 2 sets - 40 seconds between repetitions - 5 minutes between sets  
4x 60 yard sprints

REST 3 MINUTES

Lateral Shuffle and back - 3 sets - 45 seconds between repetitions - 3 minutes between sets  
3x 20 yards and back

Did you complete the sets?

YES

NO

FRIDAY

Sprint there and back - 1 set - 45 second rest between repetitions  
Sprint 5 and back then 10 and back, 10 and back then 10 and back,  
15 back then 10 and back, 20 back then 10 and back

REST 5 MINUTES

Shuttles (5-10-5) -1set - 30 second rest between repetitions  
5x shuttles (sprint 5 yards, turn around sprint 10 yards,  
turn around sprint 5 yards)

REST 4 MINUTES

Sprints - 1 set - 45 seconds to 1 minute rest between repetitions  
5x 20 yard sprints

Did you complete the sets?

YES

NO

SUNDAY

M Drill -1 set - 30 second rest between repetitions  
2 Sprint around cones  
2 Touch each cone  
4 Sprint, shuffle, sprint, shuffle

REST 5 MINUTES

Sprints -1 set - 2 minute rest between repetitions  
4x 200 yard sprints

Did you complete the sets?

YES

NO

TUESDAY

Jog 1 mile

REST 6 MINUTES

2 minute Mountain Climbers

REST 2 MINUTES

Jump Ropes -2 sets - 1 minute & 30 second rest between sets  
200x Jump Ropes

REST 4 MINUTES

200 Yards of Moving High Knees

Did you complete the sets?

YES

NO

THURSDAY

Sprints - 1 set - Rest 45 Seconds between repetitions  
8x 40 yard sprints + 10x tuck jumps

Did you complete the sets?

YES

NO

SUNDAY

1 Minute High Knees

REST 3 MINUTES

Sprints -2 sets - 45 second rest between repetitions - 4 minute rest between sets  
10 yards, 20 yards, 40 yards, 80 yards, 40 yards, 20 yards, 10 yards

REST 6 MINUTES

Jog ¼ mile -2 sets - 45 second rest between sets

Did you complete the sets?

YES |  NO

MONDAY

Jog ½ mile

REST 2 MINUTES

Backwards Run 200 yards -3 sets - 1 minute rest between sets

Did you complete the sets?

YES |  NO

WEDNESDAY

Sprint there, back, and there-2 sets - 4 minutes between sets - 45 seconds between reps  
20 yards (60 yards total), 15 yards (45 yards total), 10 yards (30 yards total),  
15 yards (45 yards total), 20 yards (60 yards total)

Did you complete the sets?

YES |  NO



FRIDAY

Half Burpees & Mountain Climbers - 4 sets - 1 minute rest between sets  
30x Half Burpees + 30x Mountain Climbers

REST 5 MINUTES

Run 1/2 mile - 3 sets - 3 minute rest between sets

Did you complete the sets?

YES

NO



SUNDAY

Jog 1 ½ miles

REST 6 MINUTES

200 Jump Ropes -2 Sets - 45 second rest between sets

REST 2 MINUTES

Sprints -1 set - 45 second rest between repetitions  
20 yards, 30 yards, 20 yards, 15 yards, 50 yards, 60 yards

Did you complete the sets?

YES |  NO

TUESDAY

6 100 Yard Lateral Shuffles -1 set - 45 second rest between sets

REST 5 MINUTES

Jog 1/2 mile

REST 3 MINUTES

Sprints -1 set - 30 second rest between repetitions  
15 yards, 20 yards, 15 yards, 20 yards, 15 yards, 20 yards

Did you complete the sets?

YES |  NO

FRIDAY

Jog 2 miles

Did you complete the sets?

YES |  NO



SUNDAY

Sprint there, back, and there - 2 sets - 40 second rest between sets - 4 minute rest between repetitions  
30 yards (90 yards total), 40 yards (120 yards total), 50 yards (150 yards total), 30 yards (90 yards total)

REST 5 MINUTES

Shuttles (5, 10, 5) -1 set - 20 second rest between repetitions  
10x shuttles

Did you complete the sets?

YES

NO

TUESDAY

Jog 3 miles

REST 6 MINUTES

Sprints -1 set - 45 second rest between repetitions  
4x 100 yard sprints

Did you complete the sets?

YES

NO

WEDNESDAY

6 100 yard lateral shuffles -2 sets - 30 second rest between repetitions - 3 minute rest between sets

REST 5 MINUTES

Jog ½ mile

Did you complete the sets?

YES

NO



FRIDAY

100 jump ropes -3 sets - 1 minute rest between sets

REST 4 MINUTES

400 yard run -4 sets - 1 minute & 30 second rest between sets

REST 4 MINUTES

200 yard backwards run -3 sets - 1 minute rest between sets

Did you complete the sets?

YES

NO



SUNDAY

Jog 2 miles

Did you complete the sets?

YES

NO

MONDAY

Sprints -1 set - 30 second rest between repetitions  
7x 40 yard sprints

REST 3 MINUTES

Shuttles (5,10,5) -2 sets - 20 second rest between repetitions - 2 minutes  
between sets  
6x shuttles

REST 3 MINUTES

Sprints -1 set - 45 second rest between repetitions  
6x 25 yard sprints

Did you complete the sets?

YES

NO

WEDNESDAY

Jog 1 mile

REST 5 MINUTES

20x Vertical Jumps -5 sets - 30 second rest between sets

REST 3 MINUTES

Sprint there, back, and there -2 sets - 45 seconds between repetitions - 2 minutes  
between sets  
10 - 5 - 10 yards, 20 - 10 - 20 yards, 5 - 5 - 5 yards, 20 - 5 - 5 yards

Did you complete the sets?

YES

NO



THURSDAY

Jog 3 miles

Did you complete the sets?

YES

NO

SATURDAY

6x 100 yard back pedals - 2 sets - 30 second rest between repetitions - 2 minute rest between sets

REST 5 MINUTES

500x jump ropes - 1 set - No rest between repetitions

REST 4 MINUTES

Jog ½ mile

REST 20 SECONDS

50x Half Burpees - 1 set - No rest between repetitions

Did you complete the sets?

YES

NO



MONDAY

Jog 3 miles

REST 5 MINUTES

Sprints -1 set - 30 second rest between repetitions  
30 yards, 20 yards, 30 yards, 40 yards, 10 yards, 10 yards

Did you complete the sets?

YES

NO

WEDNESDAY

50 Half Burpees -1 set - no rest between repetitions

REST 2 MINUTES

¼ mile run -3 sets - 1 minute & 30 second rest between sets

REST 3 MINUTES

Shuttles (5,10,5)- 3 sets - 20 second rest between repetitions  
7x shuttles

REST 20 SECONDS

¼ mile jog

Did you complete the sets?

YES

NO

THURSDAY

Jog 1 miles -3 sets -6 minute rest between sets

Did you complete the sets?

YES

NO

SATURDAY

Shuttles (5,10,5) - 1 set - 20 second rest between repetitions  
10x shuttles

REST 3 MINUTES

8x 100 yard 60% speed runs - 1 set - 30 second rest between sets

Did you complete the sets?

YES

NO

SUNDAY

3x 300 yard shuttles - 2 sets - 1 minute & 30 second rest between repetitions -  
5 minutes between sets

REST 5 MINUTES

Jog ½ mile

Did you complete the sets?

YES

NO





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