

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

BEGINNER/INTERMEDIATE  
**AGGRESSIVE  
SHREDDING**  
PROGRAM

*Develop Your Ultimate Ripped Body!*

# DISCLAIMER & COPYRIGHT

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

The information provided in this book is designed to provide helpful information on the subjects discussed. This book is not meant to be used, nor should it be used, to diagnosis or treatment of any medical problem, consult your own physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation, to any person reading or following the information in this book. References are provided for informational purposes only and do not constitute endorsement of any websites or other sources. Readers should be aware that the websites listed in this book may change.

Copyright © 2016 by CalAesthetics LLC

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permission Coordinator", at the address below.

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

A handwritten signature in blue ink, appearing to read 'Brendan Meyers'.

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](#)

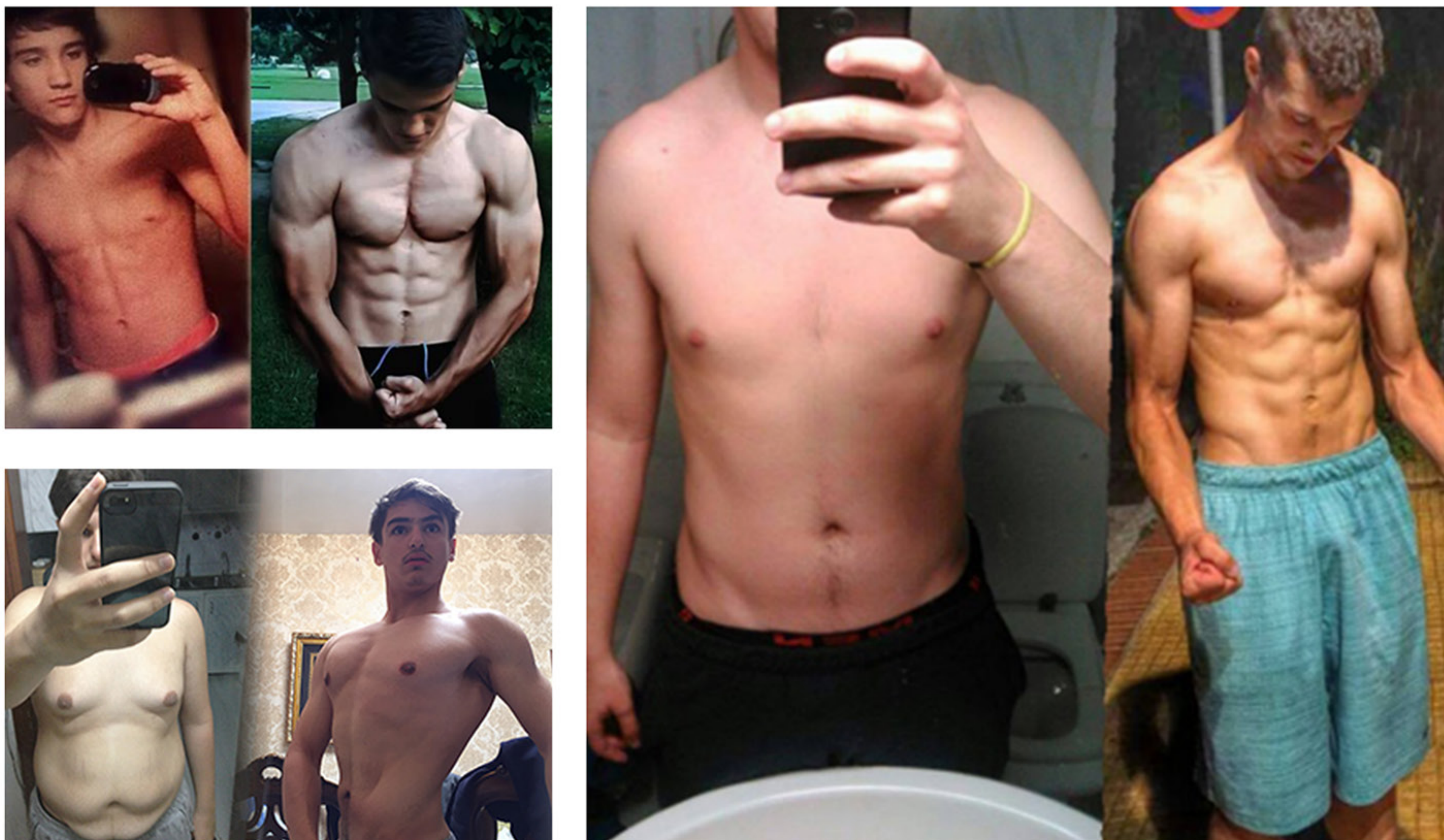
### DO NOT EAT/DRINK

- **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)



BEGINNER/INTERMEDIATE  
**AGGRESSIVE  
SHREDDING  
PROGRAM**

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



**TUESDAY**

1 mile (1.61 km) speed walk

Did you complete the sets?

YES

NO

**THURSDAY**

Sprints - 1 Set - 30 second rest between repetitions  
10 yards (9.2 m), 15 yards (13.7 m), 20 yards (18.3 m), 15 yards (13.72 m),  
10 yards (9.1 m)

REST 3 MINUTES

1 mile (1.61 km) speed walk

Did you complete the sets?

YES

NO

**SUNDAY**

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

REST 3 MINUTES

Jog ¼ mile(0.4 km)

REST 2 MINUTE

1 minute Jump Rope (or just jump in place)

REST 1 1/2 MINUTES

Jog 100 yards (91.44 m)- 3 sets - 45 second rest between sets

Did you complete the sets?

YES

NO



**MONDAY**

Jog - 2 sets - 6 minute rest between sets - ½ mile (0.8 km) jog

**REST 5 MINUTES**

Lateral Shuffle - 3 sets - 2 minute rest between sets - 30 seconds between repetitions  
20 yards (18.3 km), 30 yards (27.4 km), 40 yards (36.6 km), 20 yards (18.3 km)

Did you complete the sets?

YES

NO

**WEDNESDAY**

Shuttle (5-10-5) - 2 sets- 45 seconds between repetitions - 3 minutes between sets  
4x shuttles

**REST 3 MINUTES**

Run 100 yards (91.44 m) - 1 set - 1 minute between repetitions  
5x 100 yard (91.44 m) runs

Did you complete the sets?

YES

NO

**FRIDAY**

½ mile (0.8 km) Jog

**REST 3 MINUTES**

Sprint there and back- 2 set - 45 second rest between repetitions- 3 minutes between sets  
20 yards (18.3 m) (40 yards total), 10 yards (9.2 m) (20 yards total),  
40 yards (36.6 m)(80 yards total), 100 yards (91.44 m) (200 yards total),  
30 yards (27.4 m) (60 yards total)

Did you complete the sets?

YES

NO



**SUNDAY**

100 Mountain Climbers -3 sets - 1 minute between sets

REST 4 MINUTES

Sprints -2 set - 1 minute rest between repetitions  
100 yards (91.5 m), 50 yards (45.7 m), 25 yards (22.9 m), 5 yards (13.7 m),  
10 yards (9.1 m), 5 yards (4.57 m), 10 yards (9.1 m), 20 yards (18.3 m)

Did you complete the sets?

YES

NO

**TUESDAY**

Jog 3/4 mile (1.2 km)

REST 5 MINUTES

M Drill -1 set - 45 second rest between repetitions  
3 Run around each cone  
3 Sprint, shuffle, sprint, shuffle

REST 2 MINUTES

Jump Ropes -2 sets - 1 minute & 30 second rest between sets  
70 jump ropes

Did you complete the sets?

YES

NO

**THURSDAY**

Sprint 200 yards (182.9 m) - 4 sets- Rest 1 minute between sets

REST 5 MINUTES

Jog 1/2 mile (0.8 km)

Did you complete the sets?

YES

NO

**SATURDAY**

Half Burpees & Mountain Climbers -4 sets - 1 minute rest between sets  
20 half burpees + 40 mountain climbers

REST 5 MINUTES

Sprints -1 set - 45 second rest between repetitions  
40 yards (36.6 m), 30 yards (27.4 m), 40 yards (36.6 m), 30 yards (27.4 m),  
20 yards (18.3 m), 10 yards (9.2 m), 20 yards (18.3 m), 10 yards (9.2 m),  
20 yards (18.3 m), 30 yards (27.4 m)

REST 7 MINUTES

Speed Walk 1 mile (1.6 km)

Did you complete the sets?

YES |  NO

**MONDAY**

Jog 1 mile (1.6 km)

Did you complete the sets?

YES |  NO

**THURSDAY**

Half Burpees & Mountain Climbers & Sprint -4 sets - 1 minute & 15 second rest  
between sets  
15 burpees, 30 mountain climbers, sprint 25 yards (22.86 m)

REST 5 MINUTES

45 Seconds High Knees -2 sets - 2 minute rest between sets

REST 5 MINUTES

Run ¼ mile (.4 km) -2 sets - 2 minute & 30 second rest between sets

Did you complete the sets?

YES |  NO



**FRIDAY**

**Sprint there and back -2 sets - 4 minutes between sets - 30 seconds between reps**  
20 yards (18.3 m) (40 yards total), 15 yards (13.7 m) (30 yards total),  
10 yards (9.2 m) (20 yards total), 15 yards (13.7 m) (30 yards total),  
20 yards (18.3 m) (30 yards total)

**REST 3 MINUTES**

**Backwards run 100 yards (91.44 m) -4 sets - 45 second rest between sets**

**Did you complete the sets?**

YES

NO

**SUNDAY**

**Lateral Shuffle-2 Sets - 45 second rest between sets**  
30 yards (27.4 m), 40 yards (36.6 m), 30 yards (27.4 m), 50 yards (45.72 m),  
100 yards (91.44 m), 50 yards (45.72 m)

**REST 6 MINUTES**

½ mile (0.8 km) jog

**REST 4 MINUTES**

**Sprints -1 set - 30 second rest between repetitions**  
10 yards (9.1 m), 20 yards (18.3 m), 10 yards (9.1 m), 15 yards (13.7 m),  
30 yards (27.4 m), 50 yards (45.7 m)

**Did you complete the sets?**

YES |  NO

**TUESDAY**

Jog 1 ¼ miles (2 km)

**REST 4 MINUTES**

30 vertical jumps - 4 sets - 35 second rest between sets

**Did you complete the sets?**

YES |  NO

**FRIDAY**

**Sprints -1 set - 40 second rest between sets**  
10 yards (9.2 m), 15 yards (13.7 m), 5 yards (4.6 m), 10 yards (9.2 m),  
15 yards (13.7 m), 20 yards (18.3 m), 10 yards (9.2 m), 15 yards (13.7 m),  
10 yards (9.2 m), 20 yards (18.3 m), 30 yards (27.4 m), 50 yards (45.7 m),  
100 yards (91.4 m) (rest 30 seconds extra), 20 yards (18.3 m),  
10 yards (9.2 m), 10 yards (9.2 m), 20 yards (18.3 m), 50 yards (45.72 m)

**REST 4 MINUTES**

Jog ¼ mile (0.4 km)

**Did you complete the sets?**

YES |  NO



**SUNDAY**

Sprints -1 set - 45 second rest between repetitions  
6x 40 yard (36.6 m) sprints

REST 4 MINUTES

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

REST 5 MINUTES

Jog ¼ mile (0.4 km)

**Did you complete the sets?**

YES |  NO

**TUESDAY**

Jog 1 ½ miles (2.4 km)

**Did you complete the sets?**

YES |  NO

**WEDNESDAY**

3 100 yard (91.44 m) lateral shuffles -2 sets - 40 second rest between repetitions -  
3 minute rest between sets

REST 5 MINUTES

Jog ½ mile (0.8 km)

**Did you complete the sets?**

YES |  NO



**FRIDAY**

M-Drill-2 sets - 25 second rest between repetitions - 3 minute rest  
5 touch each cone

**REST 4 MINUTES**

Jog 300 yards (274.3 m) -4 sets - 1 minute & 40 second rest between sets

**Did you complete the sets?**

YES

NO



**SUNDAY**

Jog ½ mile (0.8 km)

**REST 2 MINUTES**

Sprint there and back -1 set - 30 second rest between repetitions  
30 yards (27.4 m), 40 yards (36.6 m), 20 yards (18.3 m), 15 yards (13.7 m),  
10 yards (9.1 m)

**Did you complete the sets?**

YES

NO

**MONDAY**

Sprints -1 set - 30 second rest between repetitions  
4x 40 yard (36.6 m) sprints

**REST 4 MINUTES**

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

**REST 3 MINUTES**

Sprints -1 set - 40 second rest between repetitions  
5x 20 yard (18.3 m) sprints

**Did you complete the sets?**

YES

NO

**WEDNESDAY**

Jog 1 mile (1.6 km)

**REST 5 MINUTES**

Sprint there, back, there -2 sets - 45 seconds between repetitions -  
2 minutes between sets  
15 yards (13.7 m) - 5 yards (4.6 m)- 15 yards (13.7 m)  
10 yards (9.1 m) - 5 yards (4.6 m) - 10 yards (9.1 m)  
20 yards (18.3 m)- 5 yards (4.6 m) - 5 yards (4.6 m)

**Did you complete the sets?**

YES

NO





**THURSDAY**

250 jump ropes -1 set - No rest between repetitions

REST 2 MINUTES

Jog ½ mile (0.8 km)

REST 2 MINUTES

25 "½ burpees" -3 sets - 45 second rest between sets

Did you complete the sets?

YES |  NO

**SATURDAY**

Sprints -1 set - 30 second rest between repetitions  
50 yards (45.7 m), 40 yards (36.6 m), 30 yards (27.4 m), 20 yards (18.3 m),  
10 yards (9.1 m), 15 yards (13.7 m), 25 yards (22.9 m), 35 yards (32 m),  
55 yards (50.3 m)

REST 4 MINUTES

Sprints -2 sets - 20 second rest between repetitions - 2 minute rest between sets  
5 yards (4.6 m), 10 yards (9.1 m), 5 yards (4.6 m), 10 yards (9.1 m),  
10 yards (9.1 m), 5 yards (4.6 m), 5 yards (4.6 m)

Did you complete the sets?

YES |  NO



**MONDAY**

Jog 1 ½ miles (2.4 km)

**REST 5 MINUTES**

Sprints -1 set - 30 second rest between repetitions  
10 yards (9.1 m), 20 yards (18.3 m), 30 yards (27.4 m), 20 yards (18.3 m),  
10 yards (9.1 m)

**Did you complete the sets?**

YES

NO

**WEDNESDAY**

40 ½ burpees -1 set - no rest between repetitions

**REST 2 MINUTES**

¼ mile (0.4 km) run -2 sets - 2 ½ minute rest between sets

**REST 3 MINUTES**

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

**REST 20 SECONDS**

¼ mile (0.4 km) jog

**Did you complete the sets?**

YES

NO

**THURSDAY**

Jog 2 ½ miles (4.0 km)

**Did you complete the sets?**

YES

NO



**SATURDAY**

Shuttles (5,10,5) -1 set - 20 second rest between repetitions  
6x shuttles

**REST 3 MINUTES**

5 100 yard (91.4 m)(60% speed) runs -1 set - 30 second rest between sets

**Did you complete the sets?**

YES

NO

**SUNDAY**

3x 300 yard (274.3 m) shuttles - 1 set - 1 minute & 30 second rest between repetitions

**REST 5 MINUTES**

200 jump ropes

**REST 1 MINUTE**

Shuffle 100 yards (91.4 m)

**REST 1 MINUTE**

Sprints - 1 set - 45 second rest between repetitions  
30 yards (27.4 m), 40 yards (36.6 m), 30 yards (27.4 m), 50 yards (45.7 m),  
30 yards (27.4 m)

**Did you complete the sets?**

YES

NO





POWERED BY CALAESTHETICS LLC