

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



AGGRESSIVE SHREDDING PROGRAM

FAT LOSS
WORKOUT TIME

**8 WEEK
AGGRESSIVE SHREDDING
PROGRAM**

INCLUDES

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

Develop Your Ultimate Ripped Body!

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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.

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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

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

Before every workout/exercise, be sure to watch the demonstraton video in order to understand what you will be doing. Below are the specifc times in the demonstraton video that each exercise is mentoned, in minutes:seconds.

Warm Up		00:42
Sprint		02:48
Sprint and then JOG back		02:57
Sprint there and back		03:11
Sprint there, back, and there		03:18 & 03:25
Lateral shuffle		03:35
Lateral shuffle and back		03:40
Vertical jumps and sprints		03:49
Backwards run		04:03
High knees		04:10

Moving high knees		04:16
Shuttle (5-10-5)		04:24
M Drill Setup		05:12
M Drill sprint around each cone		06:39
M Drill touch each cone		06:47
M Drill sprint, shuffle, sprint, shuffle		06:56
Half burpees and mountain climbers		07:10
Jump ropes		07:31
Mountain climbers		07:38
Half burpees		07:44
Vertical jumps		07:55
Jog		08:05
Speed walk		08:21





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