

SUMMER SHREDDING

Frequently Asked Questions

Q. HOW SHOULD I TRACK PROGRESSION DURING THIS PROGRAM?

A. During this time, the goal is to lose body fat while retaining as much muscle mass as possible. This means you should be in a caloric deficit while following along with this program. While it's natural to see some loss in strength during a fat loss phase, you still want to prioritize lifting as heavy as possible throughout the coming weeks. Progression is typically in the form of lifting more weight, lifting the same weight for more reps, improving your form with a certain weight, or improving your rep speed. It is important to remember that you will not hit personal records each week, and again, it is natural to see some strength go while you get deeper into your cut. Simply make sure that you're consistently lifting as heavy as you can, while maintaining intensity at around an RPE (rate of perceived exertion) 9.

Q. HOW MUCH CARDIO SHOULD I BE DOING?

A. Cardio is a tool that I recommend using to further your caloric deficit, but it should not be the emphasis of your fat loss phase. Your top priorities should still be on nutrition (eating in a deficit) and resistance training. With that said, I would recommend starting with one low-intensity steady state (LISS) session of around 250-300 calories, and one high intensity interval training (HIIT) session. More cardio can be added as needed, although I recommend experimenting to find the balance between food and cardio that works best for you. For example, if you prefer to keep your food intake maximized, you can add in an extra 1-2 sessions over the coming weeks as necessary. However, if you'd rather keep cardio to a minimum, I would recommend gradually reducing your food intake to further your caloric deficit. Again, work towards finding the sweet spot that works best for you and your lifestyle.

Here's an example of a LISS session:

Choose a machine (StairMaster, incline treadmill, stationary bike, or elliptical), and adjust the intensity to get your heart rate to around 128-140 BPM). Once you've achieved your target heart rate, continue until you've burned the amount of calories desired.

Here's an example of a HIIT session:

- Warm up for 5 minutes
- Sprint for 20 seconds
- Power walk for 40 seconds
- Repeat this 20/40 split 10 times
- Cool down jog for 2-3 minutes

As a reminder, you are not obligated to do sprints. You can use any cardio machine you'd like, or any high intensity activity like battle ropes, sled runs, or tire flips. The goal is to make sure you perform a movement that allows you to reach "max" intensity, followed by a cool-down period.

Q. HOW MUCH REST TIME SHOULD I TAKE BETWEEN SETS?

A. Generally, I recommend taking anywhere between 2-5 minutes rest between compound movements and 1-2 minutes rest between isolation movements. With that said, ideal rest time will vary from person to person. I recommend performing your set when you feel recovered and confident that you will be able to lift the most amount of weight with proper form for your designated rep range.

Q. WHY ARE THERE "RANGES" FOR SETS?

A. I give you the option to auto-regulate your volume and total workload. You can feel free to choose to work a particular muscle — or focus on a specific exercise — more than others so that you're training in a way that suits your needs best.

Q. SHOULD I TRAIN UNTIL FAILURE?

A. For the most part, I highly recommend avoiding training to complete failure. When performing compound movements I recommend aiming for the designated rep range, but rack the weight when you feel you have about one rep left in the tank. By doing this, you are going to avoid overtaxing your central nervous system and allow yourself to create a greater total workload during your workouts. With that said, training to failure on isolation lifts at the end of your workout is okay in moderation because it will not be as taxing on your body.

Q. WHAT IF I DON'T HAVE ACCESS TO (OR WANT TO SWAP) AN EXERCISE IN THIS PROGRAM?

A. I highly recommend prioritizing and completing the compound movements in this program. With that said, feel free to swap out isolation lifts with alternatives that hit the same muscle group — just keep the exercises as similar as possible to the program I designed.

Q. WHAT IF I MISS A WORKOUT?

A. If you are unable to work out for one day, do not stress. Simply resume the program from where you left off. These workouts are not assigned to specific days of the week. Instead, they are a continuous rotation.

Q. SHOULD I INCORPORATE DELOAD WEEKS?

A. Eventually, you will encounter a few consecutive days where you feel weak, exhausted, unmotivated, etc. When this happens, you can either incorporate a deload week or take a few days off from the gym. If you choose to deload, you will complete the same weekly workout routine, but you will cut your sets in half and decrease your working weight by 50-60%. If you select to take some time off, which is my preferred method, I suggest taking anywhere from 2-4 days off from the gym completely. Both of these methods will let your central nervous system recover and allow you to recharge both mentally and physically. Typically, deloads/off days are needed more frequently when in a caloric deficit.

Q. SHOULD I WARM UP BEFORE TRAINING?

A. I highly recommend taking 5-7 minutes to warm up before each session. This should not be intense work that drains you of energy before your workout — rather, simple movements that aid in getting your blood flowing and muscle fibers primed and ready to work. Essentially, I want you making sure that your heart rate is up and you're muscles aren't going into your workout cold. If you want to spend a few minutes on an incline treadmill, elliptical, StairMaster, or even play some basketball, feel free to do so.

I also recommend performing dynamic stretches pertaining to the muscles you'll be training that day. If you have access to a foam roller, I recommend spending time releasing any muscles or areas that are feeling tight or sore beforehand.

A simple example to follow could be 5 minutes on a treadmill, followed by 2-3 light sets of the first exercise you're going to perform that day. You'll notice I've included pre-activation movements for you on each workout. After completing these, I

recommend performing another 2-3 acclimation sets — these are sets that ready your muscle fibers for the heavy working sets that are about to follow. Gradually increase the weight with each set, stopping short of the weight you'll use for your first working set. Again, these are not your working sets, and should not be heavy enough to drain you of energy or undermine your working sets that follow.

Q. HOW OFTEN SHOULD I TRAIN ABS?

A. I recommend training abs 2-4 times per week. I want you to work abs on the days that you have the most energy at the end of your workout.

Q. HOW SHOULD I ORGANIZE MY REST DAYS AND TRAINING DAYS?

A. You have a fair bit of autonomy with how you can organize your training. Feel free to arrange your workouts so that you're prioritizing weaker muscles first — for example, you can choose to place your legs workout first if they're an area you'd like to focus on. With that said, I'd recommend leaving a good 48 hours or so before you train the same muscle groups again.

6 Days

Pull A

EXERCISE	SETS	REPS
Single-arm cable pulldown (pre-activation)	3	15-20
Pull-up (weighted if possible)	4	6-8
Bent-over row (dumbbell or barbell)	3-5	6-8
Seated cable row (your choice of handles)	3-5	8-10
Alternating dumbbell curl	3-5	6-8
Preacher curl (or your choice of bicep machine)	3	8-10
Reverse EZ curl (or hammer curl)	3	10-12
Facepull	3-5	10-12

Push A

EXERCISE	SETS	REPS
Fly (your choice of motion) [pre-activation]	3	15-20
Incline dumbbell press (or flat bench press)	3-5	6-8
Incline Hammer Strength (or barbell press)	3-5	6-10
Cable fly (or pec deck or dumbbell fly) [adjust angle as desired]	3-5	10-15
Lateral raise (standing or seated, one-arm or both)	5	10-15
Cable tricep extension	4-5	8-12
Skull crusher	4	8-15
Dumbbell French press	3	8-12
Close grip push-ups	2	To failure
Standard grip push-ups	2	To failure

Legs A

EXERCISE	SETS	REPS
Walking bodyweight lunges (pre-activation)	3-5 (whichever works best for you to reach goal reps)	100
Squat	3-5	5
Leg press	5	12-15
Romanian deadlift (barbell or dumbbell)	3	6-8
Leg extension	3	12-15
Standing calf raise (or seated)	4-6	8-12

Pull B

EXERCISE	SETS	REPS
Rope pullover (pre-activation)	3	15-20
Rack pull (or deadlift)	3-4	6-8
Pulldown (pronated or neutral grip, your choice of handle)	3-5	10-15
Chest-supported row (incline bench or T-bar row)	3-5	8-12
Single-arm row	3	8-12
Barbell curl (or dumbbell curl with arms at the same time)	3-5	8-12
Hammer curl (or reverse EZ curl)	3-4	8-12
Cable curl (your choice of handle)	3	12-15
Lateral raise	3-5	12-15

superset with

Reverse pec deck (or rear delt
dumbbell fly)

Push B

EXERCISE	SETS	REPS
Fly (your choice of motion, choose different movement from Push A) [pre-activation]	3	15-20
Incline dumbbell press (or flat bench press)	5	6-10
Overhead press (or dumbbell military press)	3-5	8-10
Pec deck (or fly of your choice)	5	12-15
Close grip bench press	3-5	10-12
Cable tricep extension (your choice of handle)	4-5	8-12
Kickbacks (cable or dumbbell, single-arm or both together)	3	15
Cable bench press	2-4	12-20
<i>superset with</i>		
Cable fly		

Legs B

EXERCISE	SETS	REPS
Walking bodyweight lunges (pre-activation)	3-5 (whichever works best for you to reach goal reps)	100
Squat	3-5	8-10
Hip thrust (Smith machine or barbell)	3-4	8-12
Lying hamstring curl	3-4	10-12
Walking dumbbell lunge	3-4	10
Leg press (or hack squat)	3-4	15-20
Seated calf raise (or standing)	4-6	8-12