

A muscular man with a beard and short hair is standing in a gym, smiling. He is wearing a thick metal chain around his neck and waist. His chest and abdomen are glistening with sweat. He is wearing black shorts. The background is a blurred gym with various pieces of equipment. On the left side of the image, there is a red banner with white text and a white dumbbell icon.

 **HIITRAZE**

**1-WEEK**

**FULL BODY SHRED**

*No equipment*





# PLAN INTRODUCTION

The 1 Week Full Body Shred Program is designed to help you achieve quick results in a short period of time. This program is perfect for those who are looking to jumpstart their fitness journey or need to get in shape quickly for an event or occasion. The workouts in this program are high-intensity and will challenge you both physically and mentally. The program includes exercises that target all major muscle groups and are designed to increase strength and burn fat. With the right mindset and dedication, you can see great results in just one week!



*It is advised that you meet in person with a licensed health professional before beginning any exercise program. All of the information is for educational purposes and is not intended to diagnose or treat medical or health conditions.*



# WORKOUT PLAN



## DAY 1

### Upper Body

- 1 Warm-up: 5-10 minutes of light cardio and dynamic stretching
- 2 Bench press: 3 sets of 10 reps
- 3 Bent-over rows: 3 sets of 10 reps
- 4 Shoulder press: 3 sets of 10 reps
- 5 Bicep curls: 3 sets of 10 reps
- 6 Tricep extensions: 3 sets of 10 reps
- 7 Plank: 3 sets of 30 seconds

## DAY 2

### Lower Body

- 1 Warm-up: 5-10 minutes of light cardio and dynamic stretching
- 2 Squats: 3 sets of 10 reps
- 3 Lunges: 3 sets of 10 reps per leg
- 4 Deadlifts: 3 sets of 10 reps
- 5 Calf raises: 3 sets of 10 reps
- 6 Leg curls: 3 sets of 10 reps
- 7 Plank: 3 sets of 30 seconds

## DAY 3

### Full Body

- 1 Warm-up: 5-10 minutes of light cardio and dynamic stretching
- 2 Pull-ups: 3 sets of 10 reps
- 3 Push-ups: 3 sets of 10 reps
- 4 Squat jumps: 3 sets of 10 reps
- 5 Russian twists: 3 sets of 10 reps per side
- 6 Burpees: 3 sets of 10 reps
- 7 Plank: 3 sets of 30 seconds

## DAY 4

Keep the day for rest and let your muscles regain the strength. It would help you get for the next round of training.



# WORKOUT PLAN

## DAY 5

### Upper Body

- 1 Warm-up: 5-10 minutes of light cardio and dynamic stretching
- 2 Incline bench press: 3 sets of 10 reps
- 3 Chin-ups: 3 sets of 10 reps
- 4 Dumbbell lateral raises: 3 sets of 10 reps
- 5 Hammer curls: 3 sets of 10 reps
- 6 Skull crushers: 3 sets of 10 reps
- 7 Plank: 3 sets of 30 seconds

## DAY 6

### Main Workout

- 1 Warm-up: 5-10 minutes of light cardio and dynamic stretching
- 2 Barbell Deadlifts - 3 sets of 10 reps
- 3 Dumbbell Chest Press - 3 sets of 10 reps
- 4 Bent Over Rows - 3 sets of 10 reps
- 5 Seated Shoulder Press - 3 sets of 10 reps
- 6 Lunges with Dumbbells - 3 sets of 10 reps each leg
- 7 Plank Hold - 3 sets of 30 seconds

## DAY 3

### Rest and Cool down

- 1 5-10 minutes of stretching to help your muscles recover and prevent injury.

### NOTE:

Remember to always use proper form and technique during your exercises and gradually increase the weight or difficulty as you get stronger. Also, it's important to listen to your body and rest or modify exercises if you experience any pain or discomfort. Good luck with your workout!





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