



Equipment:   

**20-DAY**

**OBLIQUE SHREDDING**

**PROGRAM**







# PLAN INTRODUCTION

The 20-day oblique shredding program for men is a workout routine aimed at targeting the oblique muscles to achieve a more toned waistline. It includes cardio exercises, strength training exercises, and targeted oblique workouts to burn fat and build lean muscle. This program is recommended for men who want to improve their core strength and appearance and can expect visible improvements in their oblique definition in just 20 days.



*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.*





**1** Warm-up: 10 min jumping jacks  
Bicycle crunches: 3 sets of 20 reps  
Russian twists: 3 sets x 20 reps  
Plank hip dips: 3 sets x 10 reps (each side)  
Side plank hold: 3 sets x 30 sec (each side)

**2** Warm-up: 10 mins high-knee jogging  
Cable woodchoppers: 3 sets x 15 reps (each side)  
Leg raises: 3 sets of 20 reps  
Side crunches: 3 sets of 20 reps (each side)  
Reverse crunches: 3 sets of 20 reps

**3** REST DAY

**4** Warm-up: 10 min jumping jacks  
Bicycle crunches: 3 sets x 20 reps  
Russian twists: 3 sets x 20 reps  
Oblique crunches: 3 sets x 20 reps (each side)  
Side plank hold with hip dip: 3 sets x 10 reps (each side)

**5** Warm-up: 10 min high-knee  
Cable woodchoppers: 3 sets x 15 reps (each side)  
Hanging leg raises: 3 sets x 20 reps  
Side bends: 3 sets x 20 reps (each side)  
Mountain climbers: 3 sets x 20 reps (each side)

**6** REST DAY

**7** Warm-up: 10 min jumping jacks  
Bicycle crunches: 3 sets x 20 reps  
Russian twists: 3 sets x 20 reps  
Plank with knee to opposite elbow: 3 sets x 10 reps (each side)  
Side plank hold with leg raise: 3 sets x 10 reps (each side)

**8** Warm-up: 10 min jumping jacks  
Side bends with dumbbell: 3 sets x 15 reps (each side)  
Hanging knee raises: 3 sets x 20 reps  
Oblique V-ups: 3 sets x 15 reps (each side)  
Spiderman plank: 3 sets x 10 reps (each side)

**9** REST DAY

**10** Warm-up: 10 min jumping jacks  
Bicycle crunches: 3 sets of 20 reps  
Russian twists: 3 sets of 20 reps  
Windshield wipers: 3 sets x 10 reps (each side)  
Side plank hold with hip dip and leg raise: 3 sets of 10 reps (each side)

**11** Warm-up: 10 min high-knee  
Side plank with dumbbell fly: 3 sets of 15 reps (each side)  
Hanging leg raises twist: 3 sets x 20 reps  
Oblique twist crunches: 3 sets x 20 reps (each side)  
Burpees with twist: 3 sets of 10 reps

**12** REST DAY

**13** Warm-up: 10 min jumping jacks  
Bicycle crunches: 3 sets x 20 reps  
Russian twists: 3 sets x 20 reps  
Plank with hip twist: 3 sets x 10 reps (each side)  
Side plank hold with leg lift and knee tuck: 3 sets x 10 reps (each side)



**14** **Warm-up:** 10 min jumping jacks  
**Cable woodchoppers with rotation:** 3 sets of 15 reps (each side)  
**Hanging knee raises twist:** 3 sets x 20 reps  
**Oblique crossover crunches:** 3 sets x 20 reps (each side)  
**Plank with oblique knee tucks:** 3 sets x 10 reps (each side)

**15** REST DAY

**16** **Warm-up:** 10 min jumping jacks  
**Bicycle crunches:** 3 sets of 20 reps  
**Russian twists:** 3 sets of 20 reps  
**Leg raise with side crunch:** 3 sets of 10 reps (each side)  
**Side plank with leg lift and reach:** 3 sets of 10 reps (each side)

**17** **Warm-up:** 10 min jumping jacks  
**Side plank dumbbell rotation:** 3 sets of 15 reps (each side)  
**Hanging windshield wipers:** 3 sets of 10 reps (each side)  
**Oblique plank crunches:** 3 sets x 20 reps (each side)  
**Mountain climbers with twist:** 3 sets x 20 reps (each side)

**18** REST DAY

**19** **Warm-up:** 10 min jumping jacks  
**Bicycle crunches:** 3 sets of 20 reps  
**Russian twists:** 3 sets of 20 reps  
**Plank with knee to same elbow:** 3 sets of 10 reps (each side)  
**Side plank with dumbbell lateral raise:** 3 sets of 10 reps (each side)

**20** **Warm-up:** 10 min Jumping jacks  
**Cable woodchoppers knee raise:** 3 sets of 15 reps (each side)  
**Hanging leg raise hold twist:** 3 sets x 10 reps (each side)  
**Oblique plank hold:** 3 sets x 30 sec (each side)  
**Side plank with dumbbell fly and leg raise:** 3 sets of 10 reps (each side)

## NOTE

*Remember to always listen to your body, stay hydrated, and maintain proper form during the exercises.*





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