Shred and Shape
10 Week Challenge

Get Fit – Feel Great!

Shred & Shape 10 week online challenge:

10-week Gym training program

Changed daily (no training day is the same, for those who easily get bored)

5 weight sessions per week

Access to the TB&F Facebook Community, to meet and connect with like-minded people.

Daily Step targets, weight loss 12-14k depending of lifestyle and starting point, beginner 10k (feel free to consult Emma with this)

Options for cardio are included to maximise results

*This program does not include a macro target

These programs differ from Online coaching as they do not have check-ins or support by coaches. If you want a Membership position please contact Emma.

WORKOUT DURATION: 60 mins

WEEK 1

*KEY BB= BARBELL , DB= DUMBBELL

Day 1 - legs

BB Squats 15 x4

BB squats 1/4 15x4

BB front squat 15x4

BB reverse deficit lunge 15x4 per side

Leg press 15×4

Leg extension 15x4

Day 2 shoulders

Straight arm pulldown 15x4

BB standing shoulder press 15×4

DB seated shoulder press 15×4

Cable face pulls 15×4

Seated DB lat raise 15x4

Cable lat raise 15×4 per side

DB front hold raise 6x6 (3 sec hold at the top)

DB back flyes 15x4

Day 3 - glutes

BB RDL 25 x3 (25 reps, weight needs to be lighter to complete the sets safely and with correct technique , main focus is endurance)

BB hip thrust (Constant tension, not a dead stop) 25x4

BB Bulgarian squats 25x3 per side

DB Walking lunges 26x3 (in total)

DB forward lunge 26x3

BB deficit curtsy lunge 15 x 3 per side

Day 4 - full lower body

Hack squat 15x4

Reverse hack squat 15×4

Smith machine hip thrusts 15×4

Smith machine front squat 15×4

Smith machine deficit reverse lunge 15×4 per side

Plate weight jump squats 15×4

Day 5 cardio - 45 -60 mins (This is a guide and will depend on your height, age, weight, etc., also your fitness level and on your lifestyle in general, please feel free to reach out to Emma to further discuss)

Day 6 - rest

Day 7 - hamstring

BB Deadlift - to ground 20x4

BB deadlift pulse 20x4

Hamstring curl 20×4

Cable kickbacks, straight leg for hamstrings elevate the opposite leg 15x4 per leg

DB stiff leg deadlift 20×4

DB bent leg deadlift pulse 20×4

Week 2

Day 1 back

Assistant pull ups 8x8

BB over grip bent over row 8x8

Seated cable rope pull down 8×8

DB chest supported row 8×8

BB T-bar rows 8×8

Cable chest supported lat pull down 8×8

Day 2- cardio 45 to 60 minutes

Day 3 - glutes

Smith machine hip thrusts 6×6

BB hip thrusts 6×6, Constant tension

BB hip thrusts 6×6, dead stop

Leg press, Glute force 6×6 (narrow feet, inside your hips and high)

Heel elevated goblet squats 6×6

Day 4 - shoulders

Smith machine shoulder press - stiff legs

8x8

Kneeling smith machine shoulder press 8x8

KB standing shoulder row 8×8

Hammer strength seated shoulder press 8×8

DB seated neutral grip shoulder press 8×8

DB lat raises with pulse 8×8

Day 5 - legs

BB RDL 15×4

BB conventional deadlift - straight leg 15x4

BB sumo deadlifts 15×4

Hamstring curl 15×4

Cable glute kickbacks 15×4

DB curtsy lunge 15×4 per side

Day 6 - cardio 45 mins

Day 7 - glutes

Cable step ups 25 x 3 per leg

DB straddle lift 25×3

BB Bulgarian squat 25 x 3 per side

BB good mornings 25×3

Glute forced leg press 25×3

Week 3

Day 1 - glutes

Leg press, glute forced 25×4

BB squat pulse 25×5

BB squat and 1/4 25×5

Dead stop hip thrusters 25×5

BB RDL 25×5

Day 2 - back

Straight arm pull down 15×4

DB single arm row 15×4 per arm

Assisted chin-ups with band as many as you can x4

Assisted chin ups, machine 15×4

Assisted pull-ups 15×4

Lat pulldown 15×4

Chest supported lat pull down 15×4

Day 3 - quads

BB squats 6×6

Quad extension 6×6

Quad forced Trap bar squats 6x6 (heels elevated)

Dumbbell walking lunges 6×6

Hack squat 6×6

Pin loaded leg press 6×6

Day 4 - shoulders

Seated BB shoulder press 12x3

Standing DB shoulder press 12×3

BB standing shoulder row 12×3

Straight arm pull down 12×3

Rope straight arm pull down 12×3

Cable lat raise 6×3 per arm

Rear delt fly - machine 12×3

Day 5 - cardio

45 mins

Day 6 - hamstrings and glutes

BB hip thrusts (continuous, not dead stop) 12x3

Trap bar, Glute forced 12×3

Glute extension 12×3 per leg

Hamstring curl 12×3

BB RDL's 12×3

Glute forced back extension with plate weight 12×3

BB good morning 12×3

BB b stance RDL 12x3 per side

Day 7 - rest day

Week 4

Day 1 cardio

45-60 mins

Day 2 - quad

BB squats 15x4

BB squats 1 and 1/4 15x4

Leg extension 15x4

DB walking lunges 20x4

Leg press - quad forced (fee low , narrow)15x4

Trap bar - quad forced 15x4

Day 3 - back

Assistant pull ups 8x8

Lat pull down 8x8

BB Bent over row - over grip 8x8

BB bent over row - under grip 8x8

Hammer strength row 8x8

Straight arm pulldown 8x8

And abs : all 15x3

- bicycle crunch
- Swiss ball crunch
- Laying leg raises
- Hanging leg raises
- Cable crunch

Day 4- shoulders

Straight arm pulldown 15x4

BB standing shoulder press 15×4

DB seated shoulder press 15×4

Face pulls 15×4

Seated DB lat raise 15x4

Cable lat raise 15×4 per side

DB front raise 6x4

DB back flyes 15x4

Day 5 - glutes

Smith machine hip thrusters 6×6

BB hip thrusters 6×6, Constant tension

BB hip thrusters 6×6, dead stop

Leg press, Glute force 6×6 (narrow feet, inside your hips and high)

Heel elevated goblet squats 6×6

Day 6 - rest day

Day 7 - legs

KB goblet squats 15x3

Legs press - Glute forced 15×3

Cable step ups 20 x 3 per leg

DB straddle lift 15x3

BB Bulgarian squat 20 x 3 per side

BB good mornings 15×3

Trap bar - Glute forced 15×3

Reverse hack squat 15×3

Week 5

Day 1 - cardio 45-60 mins

Day 2 - back

Seated row 25×4

Lat pull down 25x4

T- Bar row 25×4

Single arm dumbbell row 25x4 arm

Straight cable pulldown 25×4

Under grip BB bent over row 20×4

Day 3 - legs

BB squats 25×4

Leg extension 25×4

Single leg extension 15×4 per leg

Leg extension, Glute forced. 25×4

DB reverse lunges (static) 25×4 per leg

Day 4 - shoulders

Seated DB shoulder press 20x3

Front plate raise 20×3

Standing DB shoulder press 20×3

BB standing shoulder row 20×3

DB leaning lat raise 20 x 3 per side

Cable front raise 20 x 3

Day 5 - rest day

Day 6 - Glutes and hamstrings

Trap bar RDLs with a pause 15x4

DB straddle lift with a pause 15×4

DB step ups 15x4 (not alternating)

Glute forced leg press 15×4

DB curtsy lunges 15×4 per side

Hamstring curls 15×4

Cable machine kickbacks, hamstrings 15×3 per leg

Day 7 - full body

BB heel elevated squat and 1/4 20×4

Neutral grip assisted pull-ups or pull-ups 20×4

BB RDL‘s 20×4

DB single arm row 20×4 per side

Cable face pulls 20×4

Cable crunches 20×4

DB Seated shoulder press 20x4

Hanging knee raises 20×4

Week 6

Day 1 - rest day

Day 2- glutes

Trap bar RDL's 15×4

Trap bar RDL's with a pulse 15×4

Leg press, Glute forced 15×4

BB Bulgarian 15×4 per leg

Smith machine hip thrusts 15×4

DB curtsy lunge 15×4 per leg

Plate weight jump squats 15×3

Day 3 - cardio

Stepper 30 to 45 minutes

Day 4 - back

Band assisted chin-ups max reps x 6

Band assisted pull-ups max reps x6

Assistant pull ups 8x8

BB over grip bent over row 8x8

Seated cable rope pull down 8×8

DB chest supported row 8×8

Trap bar bent over row 6×6

Day 5 - quads and hamstrings

BB stiff leg deadlift 20x4

DB stiff leg deadlifts 20×4

DB stiff leg deadlifts pulse 20×4

Bench elevated kettlebell stiff leg deadlifts 20×4

Leg extension 20×4

Single leg leg extension 10×4 per leg

Hamstring curl 20×3

Day 6 - abs

Cable crunch 30×4

Hanging double knee raises 30×4

Hanging single leg knee raises 30×4

Reverse crunch 30×4

Laying double knee raises 30×4

Laying frog leg raise 30×4

Plank twist 30×4

Decline crunch 10×3

Day 7 - shoulders

BB neutral grip shoulder press 20x3

BB Pronation grip shoulder press 20×3

DB seated neutral grip shoulder press 20x3

DB let raised with a pulse 20×3 (light weight to control the pulse)

Rear delt machine 20×3

Front raise reverse grip x6 superset with a front raise neutral grip x6 . Then x 3

Week 7 -

Day 1 - full lower body

BB squats 15x4

BB squats and 1/4 15×4

BB sumo deadlifts 15×4

Cable step ups 15x4 per leg

DB straddle lift 15×4

BB Bulgarian squat 15x4 per side

BB good mornings 15×4

Glute forced leg press 15×4

Day 2- upper body

Lat pull down 12×3

Reverse grip lat pulldown 12×3

Cable face pulls 12×3

Seated cable pull down 12×3

BB standing shoulder raise 12×3

DB three-way lift 12×3 - light weight

Cable lean lat raise 12×3 per side

Tricep rope push down 12×3

Rope bicep curl 12×3

Day 3 - cardio

45 to 60 minutes cross trainer

Day 4- rest day

Day 5 - legs

KB goblet squats 6x6

Legs press - Glute forced 6x6

BB RDL's 6×6

Trap bar - RDL Glute forced 15×3

Reverse hack squat 6x6

Leg extension 6×6

Day 6 - hamstrings

BB Deadlift - to ground 12x3

BB deadlift pulse 12×3

Swiss ball Hamstring curl 12×3

Cable kickbacks, straight leg for hamstrings elevate the opposite leg 12x3 Per leg

DB bench elevated stiff leg deadlift with a pulse 12×3

Glute extension 12×3 per side

Adductors 12×3 superset with adduction 12×3 - Break in between sets

Day 7 - shoulders

Seated BB shoulder press 1 1/4 12x3

Standing DB shoulder press 1 and 1/4 12×3

BB standing shoulder row with a pulse 12x3

Straight arm pull down 12×3

Rope straight arm pull down 12×3

Cable lat raise 6×3 per arm

Rear delt fly - machine 12×3

Week 8

Day 1 cardio - 45-60 mins

Stepper or run either outside or treadmill

Day 2 - glutes

BB squats 1 1/4 15×4

Trap bar RDL 15×4

BB hip thruster, dead stop 15×4

BB hip thrust up, continuous don't touch the floor 15×4

Reverse hack squat 15×4

DB straddle lift 15×4

Glute forced cable kickbacks 15×4 per leg

Day 3 - upper body - mixed

Lat pulldown 8×8

Neutral grip shoulder press 8×8

Straight pulldown 8×8

Pronoun grip bent over row 8x8

Tricep dips, assisted 8×8

Day 4 - hamstrings

BB stiff leg deadlift 12×4

DB stiff leg deadlift with a pulse 12×4

Laying hamstring curl 12×4

Seated hamstring curl 12×4

Swiss ball hamstring curl 12×4

Cable, hamstring kickbacks 12×4 per side

Day 5 - abs and hitt

Skipping vs abs

30 sec of skipping

30 second of a different ab exercises

10 sec break after the abs

- bicycle crunches
- Plank
- Side plank - left side
- Side plank - right side
- Crunches
- Star fishes
- Plank twists
- Reverse crunches
- Elbows to elbows
- Elbows to knees
- X 2 rounds

Skipping 30 sec on 15 off for 5 mins

Day 6 - rest day

Day 7 - quad and shoulders

Leg press 20×4

Leg extension 20×4

Hack squat 20×4

DB walking lunges 20×4

Seated shoulder press neutral grip 20×4

Standing shoulder press pronation grip 20×4

BB standing shoulder row 20×4

BB Front squat with a press 20×4

Week 9

Day 1 - cardio 45- 60 mins

Day 2 shoulders

DB seated shoulder press 15x4

DB seated neutral grip shoulder press 15x3

DB Single shoulder press 20x3

KB or DB standing shoulder row 15x3

DB lat raise 15x3

DB seated lat raise 15×3

Reverse grip lat pulldown 15×3

Seated DB Arnold press 15x3

Day 3 glutes

BB squats 20×4

BB squats 1 1/4 15x4

Trap bar RDL with a pulse 15x4

DB 20 x4 alternating Curtsy lunges

Hip thrusters 1 1/4 (at the top of the extension) 20x4

DB 20 x4 alternating Reverse lunges

reverse hacks squat 1 1/4 20x4

Adductors 20x4

Abductors 20 x3

Day 4 - Upper body

Banded chin-ups 16×4

Banded pull-ups 16 x4

Smith machine shoulder press 16x4

Seated DB shoulder press 16x4

BB standing shoulder row 16×4

DB single bent over row use a chair or a bench 16×4 per hour

Seated cable row 16×4

T bar row 16×4

Day 5

Leg press 25×5

Leg extension with a three second hold (on the extension) 20×4

DB RDL 20×4

Seated hamstring curl 25x4

BB RDL 20×4

Lying hamstring curl 25x4

Sumo deadlift dead stop 15×4

Day 6

BB squats three second hold at the bottom 15x6

BB squat to bench 15x6

Travelling BB walking lunges 16×6

Quad extension pulse 16×6

Leg extension 16×6 per leg

BB Conventional deadlift, non-dead stop 16×4

Day 7 - rest day

Week 10

Day 1 upper body

Lat pull down 6x6

D handle Lat pull down 6x6

T bar row 10x5

Beach bent over row 6x6 per arm

Bent over row 6x6 over grip

Assisted chin up 6×6

Assisted pull-ups 6x6

Seated cable row 6×6

Seated chest press 6x6

Day 2

hamstrings and quads

Stiff leg deadlifts 12x4

Seated hamstrings curl 12x4

Laying hamstrings curl 12x4

Quad extensions 12x4

Quad extensions 1 & 1/4 12x4

DB Travelling lunges 16x4

DB reverse lunges 12x4 per leg

Cable glute kickback pulses 15x4 per leg

Day 3-Legs

Squats 6x6

Walking lunges 6x6

Bulgarian squat 6x6 per leg

Squat press (shoulder press) 6x6

Leg extensions hold 6x6 (3 sec hold at the top)

Cables kickback 1 1/4 10x6 per leg

Cable kick back holds (3 sec hold at the top)10x6 per leg

Day 4 - Arms

Assisted pull up

All 3 handles 15x3

Bb shoulder press 15x3

BB shoulder row 15x3

Seated DB Shoulder press 15x3

Straight arm pulldown 15x3

Face pulls 15x3

DB hammer curl 15×3

Push ups 15x3

Seated shoulder press 15x3

Day 5 - cardio 45 mins

Day 6 - back

BB deadlift 15x3

Smith machine bent over row under grip 12x3

Smith Bent over row over grip 12x3

Lat pull down 12x3

Wide grip Pull ups max x 3 assisted or unassisted

straight arm pulldown 12x3

Cable row 12x3

BB bent over row 12x3 over grip and 12x3 under grip

DB bench row 10 x 3 per arm

Cable flyes 12x3

Day 7 - rest day