

7-DAY SHRED



**A 7-DAY GUIDE TO KICK-START
YOUR FAT LOSS JOURNEY**

RDF

RYANDUDLEYFITNESS.COM

DON'T LET THE HEADLINE FOOL YOU...

**...It's not about losing
weight dangerously quick!**

There won't be crazy amounts of grueling cardio sessions, insanely long stays in the sauna or any poncho suits.

Things like that can hinder your results and even lead to injuries. Besides, you don't need to take extreme measures to achieve the body you want.

This program works similar to how a bodybuilder or athlete would get ready for a show or competition. It is a safe and effective program that will get you into the right condition for that photo shoot, wedding, day at the beach or even prepare you for date night with that special someone.

So, if you're ready to start your fitness journey or you need to burn some excess fat, this 7-day shred program is for you!



THE RULES

**A few things to make
sure that fat drops off!**



1. ONLY STARCH CARBS (such as wholegrain rice, wholewheat pasta, sweet potatoes etc.)

2. NO ALCOHOL

3. NO ADDED SUGARS (Fizzy drinks, sweets, fruit juices, chocolate etc.)

Those are the only conditions of the program, but rest assured it's worth the final result!

NOW TO THE WORKOUT...

DAY 1

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

PM CHEST

Barbell Bench Press: 4 sets of 12, 10, 10, 8 reps

Incline Dumbbell Press: 2 sets of 10-15 reps

Smith Machine Dumbbell Press: 2 sets of 10-15 reps

Machine Incline Press: 2 sets of 10-15 reps

Dumbbell Fly: 2 sets of 10-15 reps

Machine Fly: 2 sets of 10-15 reps

Cable Fly: 2 sets of 10-15 reps

DAY 2

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

PM LEGS

Barbell Squat: 4 sets of 12, 10, 10, 8 reps

Front Barbell Squat: 2 sets of 10-15 reps

Hack Squat: 2 sets of 10-15 reps

Barbell Lunge: 2 sets of 10-15 reps

Lying Leg Curl: 2 sets of 10-15 reps

Seated Leg Curl: 2 sets of 10-15 reps

Smith Machine Calf Raise: 2 sets of 10-15 reps



DAY 3

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

PM SHOULDERS

Seated Barbell Press: 4 sets of 12, 10, 10, 8 reps

Dumbbell Shoulder Press: 2 sets of 10-15 reps

Barbell Clean and Press: 2 sets of 10-15 reps

Seated Machine press: 2 sets of 10-15 reps

Machine Shoulder Press: 2 sets of 10-15 reps

Lateral Raise: 2 sets of 10-15 reps

Dumbbell Rear Delt Raise: 2 sets of 10-15 reps

Dumbbell Shrug: 2 sets of 10-15 reps

DAY 4

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

FOLLOWED BY AN AB CIRCUIT

Mountain Climber: 3 sets of 20 reps

Horizontal Cable Woodchop: 3 sets of 20 reps

Medicine Ball Russian Twist: 3 sets of 20 reps

Straight Leg Lying Leg Ups: 3 sets of 20 reps



DAY 5

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

PM BACK

Barbell Deadlift: 4 sets of 12, 10, 10, 8 reps

Bent-over Barbell Row: 2 sets of 10-15 reps

Weighted Pull Up: 2 sets of 10-15 reps

Leverage High Row: 2 sets of 10-15 reps

Lying T-bar Row: 2 sets of 10-15 reps

Wide-grip Lat Pull-down: 2 sets of 10-15 reps

Seated Cable Row: 2 sets of 10-15 reps

DAY 6

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

PM ARMS

Seated Dumbbell Curl: 4 sets of 12, 10, 10, 8 reps

Triceps Pushdown: 2 sets of 10-15 reps

Standing Bicep Curl: 2 sets of 10-15 reps

EZ Bar Skullcrusher: 2 sets of 10-15 reps

Tri-set: 2 sets of 10-15 reps all consecutively in a row!

- **Barbell Curl**
- **Tricep Dumbbell Kickback**
- **Seat Barbell Wrist Curl**

DAY 7

AM FASTED CARDIO

Wake up early and carry out one of the low-impact cardio forms below for 30-45 mins, on an empty stomach.

Treadmill: walk at 6% incline, 3.5mph or higher

Stair Master: Level 8+

Elliptical: Level 8+

Bike: Level 10+ at 90 RPM or higher

FOLLOWED BY AN AB CIRCUIT

Mountain Climber: 3 sets of 20 reps

Horizontal Cable Woodchop: 3 sets of 20 reps

Medicine Ball Russian Twist: 3 sets of 20 reps

Straight Leg Lying Leg Ups: 3 sets of 20 reps



LOOKING FOR FURTHER SUPPORT?

IMPROVE YOUR CONFIDENCE, PHYSICAL AND MENTAL
HEALTH THROUGH ONLINE COACHING

MESSAGE ME “**LETS GET IT**” ON INSTAGRAM IF YOU’RE
READY TO TAKE THE NEXT STEP IN YOUR FITNESS
JOURNEY

[@ryandudleyfitness](https://www.instagram.com/ryandudleyfitness)

