

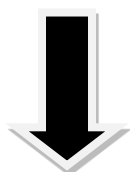
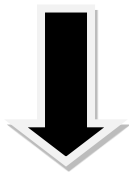
PERSONALLY TRAIN YOURSELF

“FAT SHREDDER”

FIRST ROUTINE (5 Days)

- This is a High Endurance Workout to Start Defining not only your Abdominal muscles, but also to Start Defining all your Muscle groups at the same time.
- Best Results for Endomorphs, but all around beneficial to every Body Type to help workout your Cardiovascular System. End Each Workout with Static Stretches (long)
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- This Routine can be repeated every week, but recommended to alternate between this routine and the next one for more diversity and muscle confusion benefits from doing so.
- Circuits (Second Half of Workouts) can be done at Home* and you can alternate any of these workouts.

Lets Begin...



PERSONALLY TRAIN YOURSELF

“FAT SHREDDER”-Chest

FIRST ROUTINE (Day 1, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Push-ups are good for this day.
2. What You Need: Dumbbells, incline bench & flat bench and to know what your 1 rep max is with Each Workout.
3. Workout Routine for Day Number 1: (The Basics)
 - a. **Flat Bench** 60% of Your Max 4 Sets/ 8-10 Reps
 - i. (The Benefits of Dumbbells are working out each pec evenly and for symmetrical proportions of each pec)
 - b. **Incline Bench** 60% of Your Max 3 Sets/ 8-10 Reps
 - i. (1-2 Minutes In-between all Sets)
 - c. **Dumbbell Fly** 40% of Max Bench 3 Sets/ 8-10 Reps
 - i. (Make sure you feel a stretch, but don't hurt yourself by doing too much weight or bad form. Pec Deck or Incline or Flat Bench)
4. Should take about 20-30 minutes for both halves.
5. Circuit Training Routine to finish. Do 5 Sets with Very Little Rest In-Between.



1. 15-25 Push-Ups

3. 15-25 V-Sits (Abs)



2. 15-25 Dips

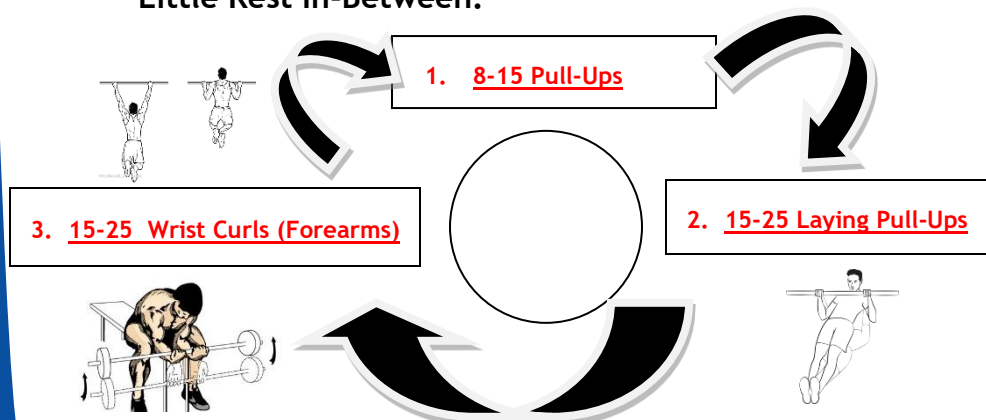


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“FAT SHREDDER”-Back

FIRST ROUTINE (Day 2, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Pull-ups are good for this day.
2. What's Needed: Dumbbells, Lat Pull Down, Row Machine & flat bench and to know your 1 rep max with Each.
3. Workout Routine for Day Number 2: (The Basics)
 - a. **Cable Lat Pull-Down** 60% of Max 4 Sets/ 8-10 Reps
 - i. (Try to focus on form and really squeeze your back muscles, can alternate Front Pull-Downs with Behind Head Pull-Downs)
 - b. **Dumbbell Rows** 60% of Max 3 Sets/ 8-10 Reps
 - i. (1-2 Minutes In-between all Sets)
 - c. **Seated Row Machine** 40% of Max 3 Sets/ 8-10 Reps
 - i. (Make sure you feel a stretch and make sure your shoulders don't lean forward on this workout. Keep back as Straight as possible)
4. Should take about 20-30 minutes for both halves.
5. Circuit Training Routine to finish. Do 5 Sets with Very Little Rest In-Between.

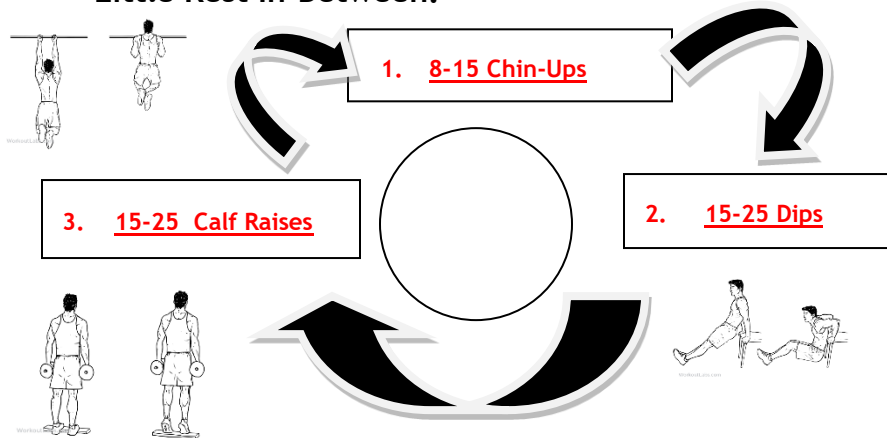


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“FAT SHREDDER”- Arms

FIRST ROUTINE (Day 3, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Chin-ups and Dips are good for this day.
2. What You Need: Dumbbells, Incline bench & E-Z Bar and to know what your 1 rep max is with each Exercise is.
3. Workout Routine for Day Number 3: (The Basics)
 - a. **Shoulders** 60% of Your Max
 - i. **DB Military Press** 4 Sets/ 8-10 Reps
 - ii. **Lateral Raises** 3 Sets/ 8-10 Reps
 - b. **Biceps** 50% of Your Max
 - i. **Incline DB Curls** 4 Sets/ 8-10 Reps
 - ii. **Hammer Curls** 4 Sets/ 8-10 Reps
 - c. **Triceps** 60% of Max
 - i. **(1 DB) Overhead Press** 4 Sets/ 8-10 Reps
 - ii. **Skull Crushers (E-Z Bar)** 3 Sets/ 8-10 Reps
4. Should take about 25-30 minutes for both halves.
5. Circuit Training Routine to finish. Do 5 Sets with Very Little Rest In-Between.

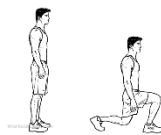


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“FAT SHREDDER” - Legs

FIRST ROUTINE (Day 4, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Stair Master 5 min is a good warm up.
2. What You Need: Barbell, Leg Press & Leg Machines and to know what your 1 rep max is with each workout is.
3. Workout Routine for Day Number 4: (The Basics)
 - a. **Leg Press** 60% of Your Max 4 Sets/ 8-10 Reps
 - i. (Drive through with your heels, Don't Buckle Knees, and Shove your lower back against the pad)
 - b. **Leg Curls** 50% of Your Max 3 Sets/ 8-10 Reps
 - c. **Leg Extension** 50% of Max 3 Sets/ 8-10 Reps
 - i. (Don't Fully Extend your knees to potentially injure them)
 - d. **Dead Lifts** 30% of Max 3 Sets/ 8-10 Reps
 - i. (Focus on Form, Don't Lift with your back)
4. Should take about 25-30 minutes for both halves.
5. Circuit Training Routine to finish. Do 5 Sets with Very Little Rest In-Between.



1. 15-25 Lunges

3. 15-25 “Scissors” (Abs)



2. 8-15 Box-Jumps



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“FAT SHREDDER” - Cardio

FIRST ROUTINE (Day 5, Approx. 1 hr)

1. Always Warm up with Dynamic Stretches First (Movement Stretches) Running in Place, Pull-Ups, Etc.
2. Cardio can be anything fun like a hobby for an hour+, but make sure your focused on getting a good sweat in. (Hiking, Sports, Rock Climbing, etc.)
3. Workout Routine for Day Number 5:
 - a. **Sprints** 15 quick sprints for 4 Sets
 - i. (Jogging to Quick Sprints is a beneficial way of doing Cardio and increasing endurance)
 - b. **Stairs** 10-12 minutes
 - i. (Try to use the machine if you can, but don't use the bars to hold onto unless you have to. Regular stairs work as well)
 - c. **Bike** 10-12 minutes
 - i. (Good for ligaments and muscle movement)
4. Should take about 30 minutes for both halves.
5. Circuit Training Routine to finish. Do 4 Sets with Very Little Rest In-Between. If you can add weight, then do it.



1. 15-25 Push-Ups

3. 15-25 V-Sits (Abs)



2. 8-15 Pull-Ups





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“FAT SHREDDER”- Tips

FIRST ROUTINE (5 Days)

- Remember to always do Dynamic Stretches first (Movement Stretches) and Static Stretches Second (Long Stretches) so you don't feel fatigued and get the best out from of your workouts. Also, remember to think of every way not to get injured during your workout journey (Stretching and Form)
- Email me if you have any questions about anything that was mentioned. I would love to hear any feedback or questions about specific workouts.
 - Personallytrainyourself@gmail.com
- To educate yourself the best, use the internet. The power is at your fingertips.
- For Best Results of Six Pack Abs, you will want to diet. I have constructed some awesome Diet Maps to help with losing body fat at:
 - Personallytrainyourself.com

THANK YOU and Please Feel Free to contact me at any time.

