THE SCULPTED *vegan*



4 WEEK

MENOPAUSE SHRED

GYM PROGRAM

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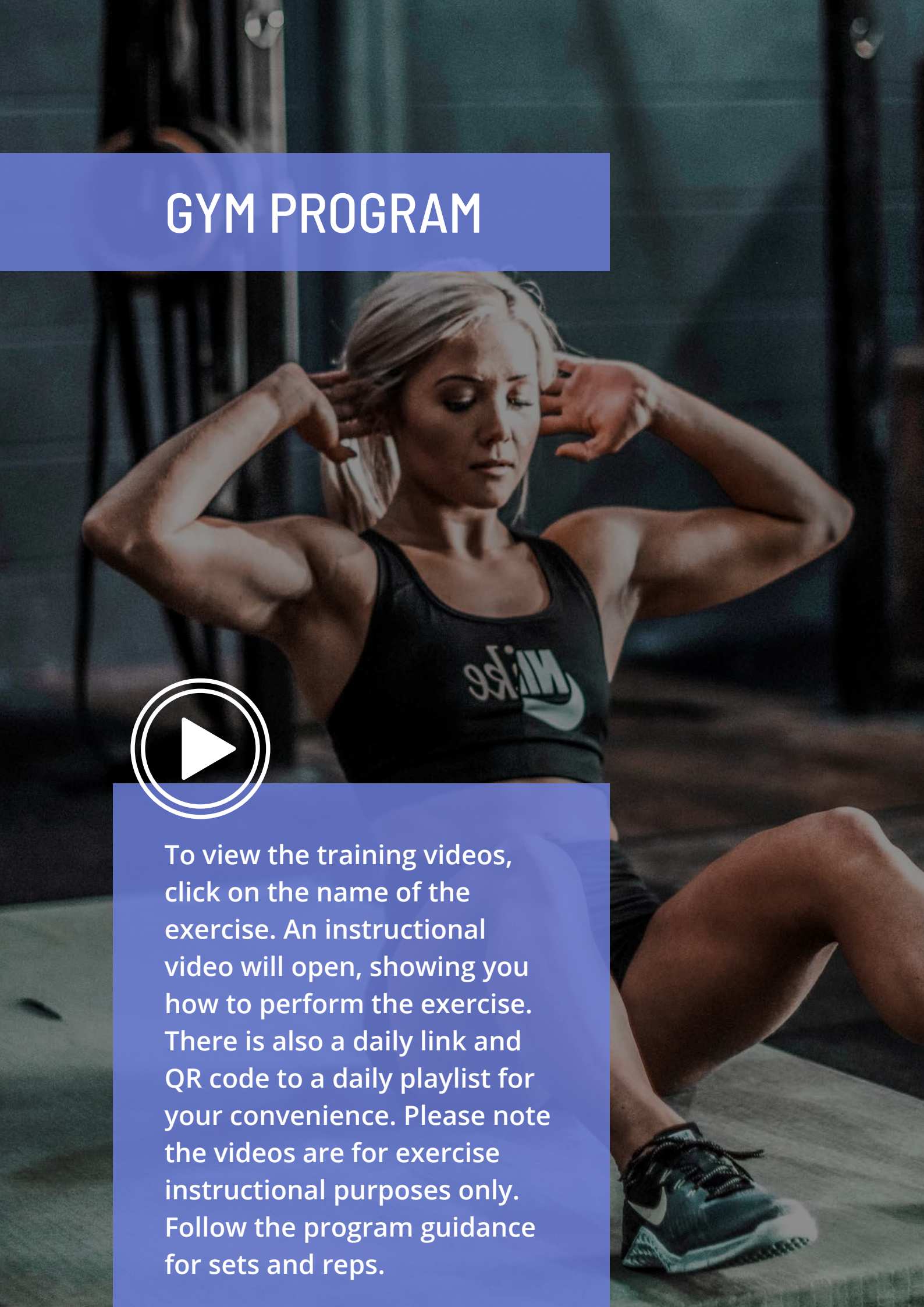
GYM PROGRAM



To view the training videos, click on the name of the exercise. An instructional video will open, showing you how to perform the exercise. There is also a daily link and QR code to a daily playlist for your convenience. Please note the videos are for exercise instructional purposes only. Follow the program guidance for sets and reps.

DAY 1 - CHEST, SHOULDERS, TRICEPS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of **Day 1** or scan the QR code →

DAY 1

EXERCISE	SETS	REPS	NOTES
Incline Smith Bench Press or Incline Dumbbell Press	**4**	**10-12**	Preferably use smith machine. Bench at 45·
Smith Bench Press or Barbell Bench Press	**3**	**10-12**	
Machine Military Press or Smith Machine Military Press	**4**	**10-12**	Keep hands wide
Dumbbell Side Lateral Raises	**3**	**10-12**	Elbows lead, hands never go higher than elbows
Machine Rear Delt Fly or Cable Rear Delt Fly	**3**	**10-12**	Squeeze hard into rear delt. Start light and build up
Tricep Straight Bar Pressdown	**4**	**10-12**	Keep elbows close to body
Overhead Cable Tricep Extension	**4**	**10-12**	Final set, keep going until you cannot move an inch more

DAY 2 - BACK, BICEPS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of **Day 2** or scan the QR code →

DAY 2

EXERCISE	SETS	REPS	NOTES
Wide Grip Lat Pulldown	**4**	**10-12**	Squeeze hard at bottom
Smith Bent Over Row	**4**	**10-12**	Push hips back
Close Grip T Bar or Landmine Row	**3**	**10-12**	Use grips
Machine Low Row	**3**	**10-12**	Start light and build up with no momentum
Barbell Bicep Curl	**4**	**10-12**	Focus on full range of movement
Dumbbell Bicep Curls	**4**	**10-12**	Curl DB into shoulder at top

DAY 3 - LEGS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of **Day 3** or scan the QR code →

DAY 3

EXERCISE	SETS	REPS	NOTES
Leg Extensions	**4**	**10-12**	Squeeze quads hard at the top
Squat (Any squat variation) e.g. Barbell Back Squat, Hack Squat Machine or Smith Hack Squat	**4**	**10-12**	Perform the squat where you can move the most load
Leg Press	**3**	**10-12**	Use any leg press machine
Dumbbell Walking Lunges	**3**	**20**	Keep feet hip width apart for balance
Lying Leg Curl or Seated Leg Curl	**4**	**10-12**	Go to failure on ½ reps

DAY 4 - CHEST, SHOULDERS, TRICEPS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of **Day 4** or scan the QR code →

DAY 4

EXERCISE	SETS	REPS	NOTES
Close Grip Bench Press	**4**	**10-12**	Keep elbows close to body
Pec Dec Fly or Incline Dumbbell Flyes	**3**	**10-12**	Final set, keep going until you cannot move an inch more
Barbell Upright Row or Cable Upright Row	**4**	**10-12**	Row elbows higher than shoulders
Dumbbell Side Lateral Raises	**3**	**10-12**	Try not to use momentum
Dumbbell Rear Delt Fly	**3**	**10-12**	Squeeze hard into rear delt. Start light and build up
Skull Crushers	**4**	**10-12**	Keep elbows close to body
Tricep Rope Pressdown	**4**	**10-12**	Loosen form in final set to fail

DAY 5 - BACK, BICEPS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of **Day 5** or scan the QR code →

DAY 5

EXERCISE	SETS	REPS	NOTES
Wide Grip Lat Pulldown	**4**	**10-12**	Squeeze hard at bottom
Seated Cable Row	**3**	**10-12**	Keep chest high & elbows close
Close Grip Lat Pulldown	**3**	**10-12**	Squeeze hard into lats
One Arm Dumbbell Row	**3**	**10 each arm**	Use cobra grips to hold dumbbell
Cable Bicep Curl	**4**	**10-12**	Squeeze bicep hard at top
One Arm Preacher Curl	**3**	**10-12**	Start light and build up

DAY 6 - LEGS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube Playlist of **Day 6** or scan the QR code →

DAY 6

EXERCISE	SETS	REPS	NOTES
Lying Leg Curl or Seated Leg Curl	**4**	**10-12**	Squeeze glutes at top to warm-up
Dumbbell Deadlift	**3**	**10-12**	Hinge hips backwards
Stepback Barbell Lunge	**3**	**10 each leg**	Could also use smith machine
Smith Glute Bridge	**4**	**10-12**	Hold 1st rep for 3 second squeeze
Cable Glute Kickback	**3**	**10 each leg**	Don't hyperextend back

NOTES:

- If you do not have a Smith machine, you may substitute using a barbell.
- This program is designed to be done to complete muscle failure on the final set. If your body can keep going, keep going!
- The workout must be completed in a 7 day period. Take rest days whenever is convenient. I like to go straight through Monday to Saturday and rest on Sunday.
- Get a spotter for all days if possible. The spotter is simply there to assist you through your sticking point on the final reps of the final set. They should not be lifting the bar for you unless your muscles actually completely fail.
- The heavier your lift, the more muscle damage you will incur, the more your muscles will grow!



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