THE SCULPTED *vegan*



4 WEEK

MENOPAUSE SHRED

FOLLOW ALONG PROGRAM

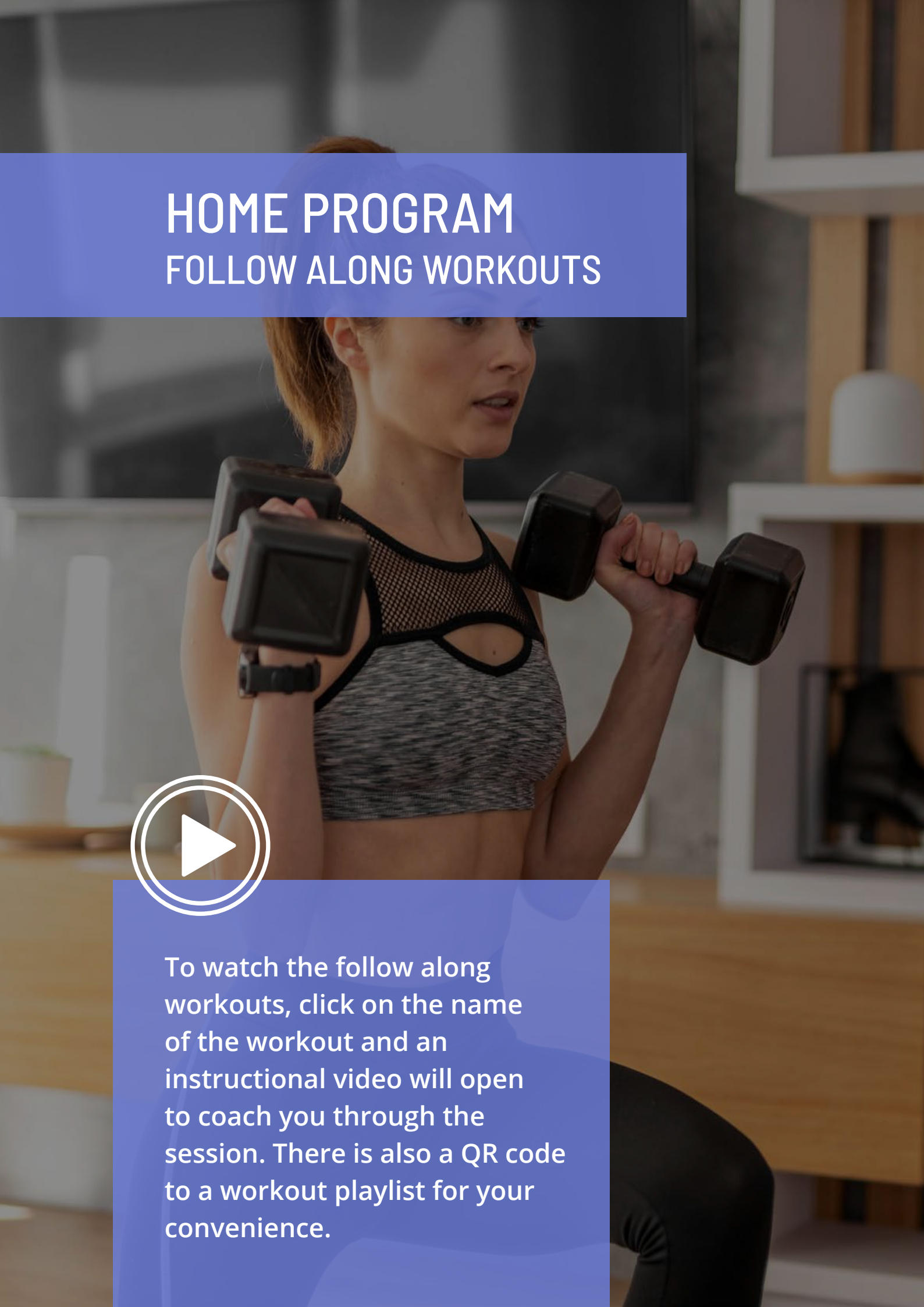
WWW.THESCULPTEDVEGAN.COM



The health and fitness information presented in this pdf is an educational resource and is not intended as a substitute for medical advice. Consult your doctor or healthcare professional before performing any of the exercises described in this book or any other exercise programme, particularly if you are pregnant, or if you are elderly or have chronic or recurring medical conditions. Do not attempt any of the exercises while under the influence of alcohol or drugs. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert. Neither the author of the information nor the producer nor distributors of such information make any warranty of any kind in regard to the content of the information presented in this book.

This program may contain affiliate links which means The Sculpted Vegan will receive a small commission if you choose to purchase using those links. This is at no additional cost to you. Though we do our best to update these links, occasionally links or codes found in our programs may become invalid or expire.

To learn more please visit our website
thesculptedvegan.com



HOME PROGRAM
FOLLOW ALONG WORKOUTS

To watch the follow along workouts, click on the name of the workout and an instructional video will open to coach you through the session. There is also a QR code to a workout playlist for your convenience.

HOME PROGRAM - FOLLOW ALONG WORKOUTS

Click on the exercise to watch an instructional video

CLICK HERE for a YouTube workout playlist or scan the QR code →

FOLLOW ALONG

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
WORKOUT	Chest, Triceps & Shoulders	Back, Biceps & Abs	Legs & Abs	Chest, Triceps & Shoulders	Back, Biceps & Abs	Legs & Abs
EQUIPMENT NEEDED	Dumbbells	Dumbbells	Dumbbells	Dumbbells	Dumbbells	Dumbbells

NOTES:

- The workouts 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.
- It is recommended that you have a range of dumbbells and this will be demonstrated in these workouts. The more load you can add to your exercises, the better your results.
- You could use long-looped resistance bands as an alternative to dumbbells. If you are using resistance bands, use the most challenging band you can. The more metabolic stress you create, the more your muscles will grow!
- Anyone can perform these workouts, whether you are a beginner or an advanced trainer. Whatever your level, train as hard as possible and perform the exercises to the best of your ability.
- When you feel the burn, keep training through the pain, and do NOT stop.
- Over the upcoming weeks, aim to progress through the movements and increase your load as best as possible.

4 WEEK MENOPAUSE SHRED

WWW.THESCULPTEDVEGAN.COM