THE SCULPTED *vegan*



4 WEEK

MENOPAUSE SHRED

HOME GYM PROGRAM

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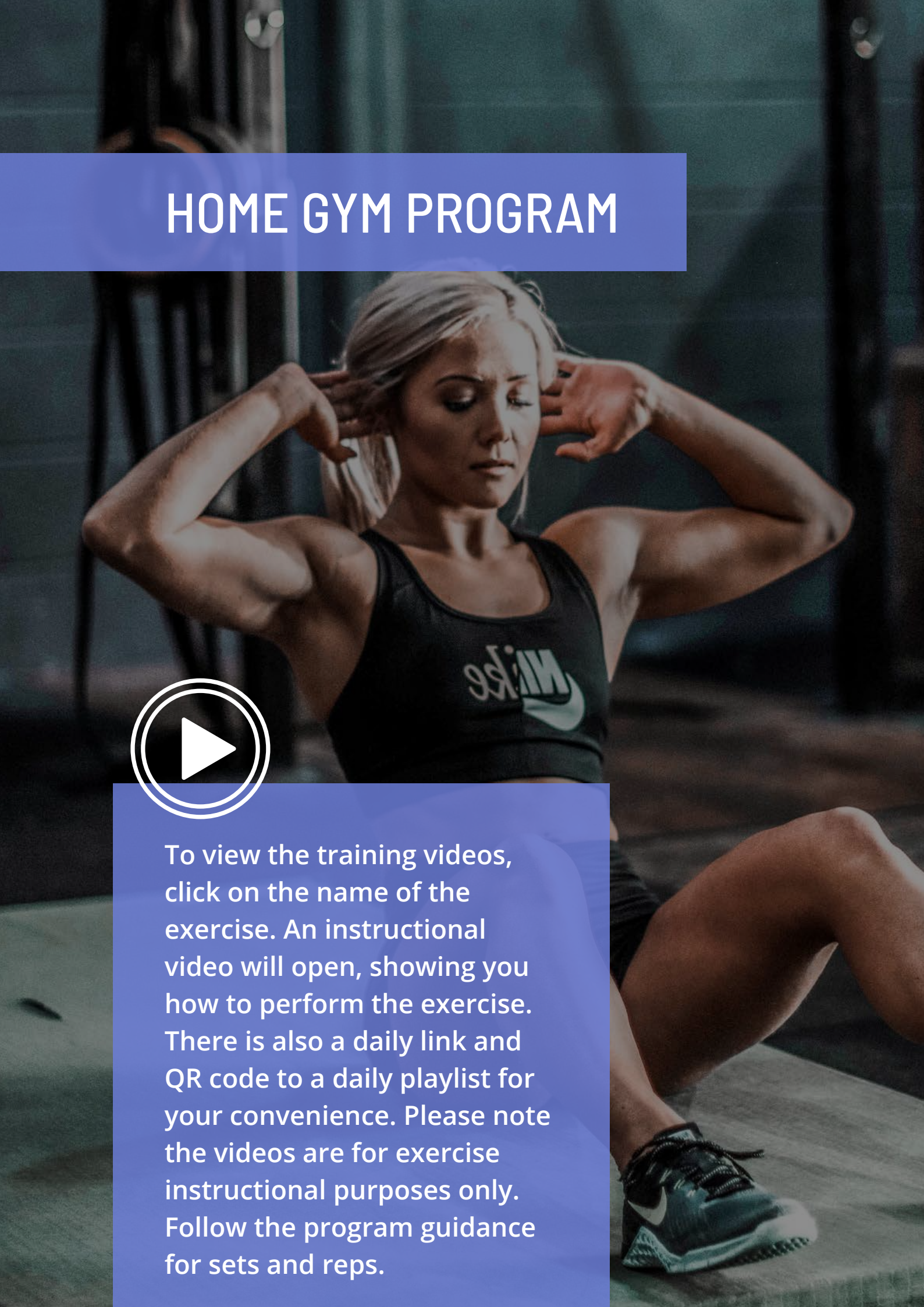
HOME GYM PROGRAM



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 Dumbbell Press	**4**	**10-12**	Focus on full range of movement
Barbell Bench Press	**4**	**10-12**	Failure on final reps
Dumbbell Military Press	**4**	**10-12**	Keep hands wide
Dumbbell Side Lateral Raises	**3**	**10-12**	Try not to use momentum
Dumbbell Rear Delt Fly	**3**	**10-12**	Try not to swing
Skull Crushers	**4**	**10-12**	Keep elbows close to body
Dumbbell Tricep Extensions	**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
Pull-Up	**3**	**6-10**	Use bands to assist if necessary
Bent Over Row	**4**	**10-12**	Push hips back
Landmine Row	**3**	**10-12**	Use grips
Double Arm Dumbbell Row	**3**	**10-12**	Squeeze hard into back
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
Elevated Goblet Squat	**4**	**15**	Hold heaviest weight possible
Barbell Back Squat	**4**	**10-12**	Focus on squat breaking parallel
Bulgarian Split Squat	**3**	**10 each leg**	Keep feet hip-width apart for balance
Dumbbell Walking Lunges	**3**	**20**	Keep feet hip-width apart for balance
Banded Reverse Lunge Forward Lean	**4**	**15 each leg**	Go to failure final set

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
Incline Dumbbell Flyes	**3**	**10-12**	Keep a bend at elbow at all times
Barbell 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
Tricep Push Up	**4**	**10-12**	Try and start on toes, then drop to knees
Tricep Kickbacks	**4**	**10-12**	Try not to use momentum

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
Banded Kneeling Lat Pulldown	**4**	**10-12**	Squeeze hard at bottom
Bent Over Row	**4**	**10-12**	Push hips back, don't bend over
Seated Banded Row	**4**	**10-12**	Use the hardest resistance bands possible
One Arm Dumbbell Row	**3**	**10 each arm**	Use cobra grips to hold dumbbell
Dumbbell Hammer Curl	**4**	**10-12**	Squeeze bicep hard at top
One Arm Preacher Curl	**3**	**10 each arm**	Fully stretch arms at bottom

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
Frog Pump Glute Bridge	**4**	**30**	Keep knees wide and steady
Dumbbell Deadlift	**3**	**10-12**	Hinge hips backwards
Stepback Barbell Lunge	**3**	**10 each leg**	Could also use dumbbells
Barbell Hip Thrust	**4**	**10-12**	Hold 1st rep for 3-second squeeze
Bulgarian Split Squat	**3**	**10 each leg**	Use dumbbells or a barbell, whatever is most challenging
Knee Banded Hip Thrust	**3**	**30**	Feel the burn!

NOTES:

- 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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