4 WEEK MENOPAUSE SHRED

TRAINING GUIDE

The training structure is six days of strength training, based on the following body part split.

DAY 1	Chest, Shoulders & Triceps
DAY 2	Back & Biceps
DAY 3	Legs
DAY 4	Chest, Shoulders & Triceps
DAY 5	Back & Biceps
DAY 6	Legs

You have multiple programs to choose from - gym plan, home gym (barbell and dumbbell) plan and home follow-along workout plan. Want to build sizeable muscle? The best option is the gym program, as muscle gains are achieved the fastest by lifting heavy load. Hate the gym? No judgement here! The follow-along home workouts are designed to kick your butt while building noticeable muscle along the way. The right plan for you is the one you can commit to and perform consistently over the next four weeks. The workouts must be completed in a seven-day period. Take your rest days whenever is convenient. In a six-day training plan, I like to go straight through Monday to Saturday and rest on Sunday. However, this might not suit your schedule, so it is up to you to choose what works.

HOW TO TRAINING VIDEOS

Watch these how to videos **BEFORE** your first training session

CLICK HERE for a video on how to progressively overload

CLICK HERE for a video on what weights you should choose

CLICK HERE for a video on how long to rest in between sets

CLICK HERE for a video on how to train to failure

CLICK HERE for videos showing examples of training to failure

HOW TO PERFORM YOUR SETS

1. First set is a warm up. Start with a light weight. If using a machine, it could even be the machine with no load added. Perform the prescribed amount of reps. At the end, you should easily have another 10-15 reps in reserve.

2. Second set is also warm up. Increase your weight. Perform the prescribed amount of reps. At the end, you should easily have another 5-10 reps in reserve.

3. Third set is the first working set. Increase your weight. Perform the prescribed amount of reps. At the end, you should only have 2-3 reps in reserve.

4. Final set is a failure set. Increase your weight. You should hit total muscle failure around 8-10 reps, but if you have a spotter you aim for forced reps. It should take you 8 -10 seconds to complete your final rep in your final set.

Final reps of your final set. If you don't hit concrete muscle failure and you've got more reps in the tank: **(A)** Do more reps! **(B)** You finish your 10 reps, you re-rack the bar, you put more weight on it and you go again, even if you only hit 5 or 6 reps. This is called the rest pause technique.

NOTE: If there are only 3 sets, then the first set is warm-up. The second set is your working set. The third set is your failure set. No matter the number of sets, the first set is always warm up and the final set is always failure.

THE TRAINING PROGRAMS

CLICK the links below to view the individual plans

GYM PROGRAM

HOME GYM PROGRAM

FOLLOW ALONG HOME PROGRAM