



BRANDAN SCHIEPPATI'S

30-DAY SHRED



MEN'S AND WOMEN'S
COMPLETE WORKOUT - CARDIO - NUTRITION PROGRAM

WWW.BRANDANSCHIEPPATI.COM

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RISE ABOVE FITNESS / BRANDAN SCHIEPPATI PROGRAM NAVIGATION GUIDELINES

Reading the Program:

1. Read the program left to right.
2. Do all letter pairings together as a circuit (for example: A1 into A2). Once you have completed the prescribed sets and reps, move on and complete the B's, then the C's and so forth.
3. Follow the prescribed sets, tempo, reps, rest, and week. This is all written out for you at the top of the page. This may change weekly. Follow one line only per week and write in the date in the box under the date column. Second week drop to the next line down and so forth.
4. Under the "tempo" column you are either going to see an X or a number or sometimes "control" or "speed" and sometimes nothing. X means no tempo. A number indicates the amount of seconds on your negative or down movement. For example on squats you will count 3 seconds as you drop and then explode up for the concentric or positive movement. If it says "control" that just means control your negative but always keep your concentric movement explosive.
5. Always write in your progress such as the amount of weight you are lifting and reps you are completing. There are boxes to the right and you should always try to improve and push your weights up.

Program Key:

1. ES = Each Side
2. DB = Dumb Bell
3. BB = Barbell
4. BW = Body Weight
5. AMRAP = As Many Reps As Possible
6. 1RM = 1 Rep Max
7. MAX = Maximum Weight You Can Do
8. Sec = Seconds
9. Min = Minutes

**30 DAY SHRED
DIET GUIDELINES**

30 DAY SHRED DIET GUIDELINES	MON	TUES	WED	THURS	FRI	SAT	SUN
DAILY SUPPLEMENTATION	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water	Wakeup & drink 16 oz of Ice cold water and take CLA, Fish Oil and Multi. Post work out= protein shake (at least 40 (MENS) 20(WOMEN) grams) also BCAAs in 16 oz of water. Before bed Fish oil, CLA and 12 oz water
BREAKFAST	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries	6(mens) 4(womens) egg whites or turkey patty. 1(mens) 2/3(womens)cup oatmeal or quinoa. Cup or spinach or 1 serving liquid greens. Banana or 1/2 cup berries
MEAL #1	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna, 2 cups greens 1/2 avocado. ADD 2/3(mens)1/2(womens) cup brown rice or small sweet potato if this is after your workout
MEAL #2	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout	6(mens) 4(womens) OZ chicken, turkey, salmon, tuna. 1 cup diced squash. 1 cup spinach (think salad) 2 table spoons extra virgin olive oil. ADD 2/3 (mens) 1/2 (womens) cup brown rice or small sweet potato if this is after your workout
MEAL #3 (Before Dinner Snack)	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil	hand full almonds, Banana or apple or 3/4 greek yogurt and 1/2 cup berries, 16oz cold water, fish oil
DINNER	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA	8(mens) 6(womens) OZ Chicken, fish, turkey or lean beef. 1 cup butter nut squash and 1 cup of greens of your choice. Cook in coconut oil or olive oil. Take fish oil and CLA

Rise Above Fitness

Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Bench Press						Directions: Use light to medium weight.											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
	4	Control	16	15	4													
A2	Push Ups						Directions:											
	4	Speed	AMRAP	15	1													
	4	Speed	AMRAP	15	2													
	4	Speed	AMRAP	15	3													
	4	Speed	AMRAP	15	4													
A3	Mountain Climbers						Directions:											
	4	Speed	15es	15	1													
	4	Speed	20es	15	2													
	4	Speed	25es	15	3													
	4	Speed	30es	15	4													
B1	Medium Grip Lat Pull Down						Directions: Hands should be placed 16 inches apart.											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
	4	Control	16	15	4													
B2	DB Alternating Renegade Rows						Directions:											
	4	Speed	8es	15	1													
	4	Speed	10es	15	2													
	4	Speed	12es	15	3													
	4	Speed	14es	15	4													
B3	Front Plank Hold						Directions:											
	4	Control	to Fail	15	1													
	4	Control	to Fail	15	2													
	4	Control	to Fail	15	3													
	4	Control	to Fail	15	4													
C1	70 Degree Incline DB Chest Press						Directions:											
	3	Control	10	15	1													
	3	Control	12	15	2													
	3	Control	14	15	3													
	3	Control	16	15	4													
C2	Cable Rows						Directions:											
	3	Speed	20	15	1													
	3	Speed	20	15	2													
	3	Speed	20	15	3													
	3	Speed	20	15	4													
C3	Cable Wood Choppers						Directions:											
	3		15es	15	1													
	3		15es	15	2													
	3		15es	15	3													
	3		15es	15	4													
D1	Knee to Elbow from Plank						Directions:											
	2		15es	15	1													
	2		15es	15	2													
	2		15es	15	3													
	2		15es	15	4													
D2	Bicycle Sit Ups						Directions:											
	2		15es	15	1													
	2		15es	15	2													
	2		15es	15	3													
	2		15es	15	4													
D3	Leg Flutter Kicks						Directions:											
	2		15es	15	1													
	2		15es	15	2													
	2		15es	15	3													
	2		15es	15	4													

Rise Above Fitness

Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Behind the Head Shoulder Press						Directions:											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
4	Control	16	15	4														
A2	DB Front Squat to Over Head Neutral Grip Press						Directions:											
	4	Speed	10	15	1													
	4	Speed	12	15	2													
	4	Speed	14	15	3													
4	Speed	16	15	4														
A3	Inch Worms						Directions:											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
4	Control	16	15	4														
B1	Alternating DB Front to Side Raises						Directions: Do NOT let DBs leave your hands in between "B" exercises.											
	4	Control	10es	15	1													
	4	Control	12es	15	2													
	4	Control	14es	15	3													
4	Control	16es	15	4														
B2	DB Front Should Raises						Directions: Do NOT let DBs leave your hands in between "B" exercises.											
	4	Control	AMRAP	15	1													
	4	Control	AMRAP	15	2													
	4	Control	AMRAP	15	3													
4	Control	AMRAP	15	4														
B3	Bent Over DB Deltoid Fly						Directions: Do NOT let DBs leave your hands in between "B" exercises.											
	4		AMRAP	15	1													
	4		AMRAP	15	2													
	4		AMRAP	15	3													
4		AMRAP	15	4														
C1	Suicide Push Ups						Directions:											
	3		8es	15	1													
	3		10es	15	2													
	3		12es	15	3													
3		14es	15	4														
C2	Burpees						Directions:											
	3		AMRAP	15	1													
	3		AMRAP	15	2													
	3		AMRAP	15	3													
3		AMRAP	15	4														
D1	Reverse Plank						Directions:											
	2		to Fail	15	1													
	2		to Fail	15	2													
	2		to Fail	15	3													
2		to Fail	15	4														
D2	MB Russian Twist						Directions:											
	2		10es	15	1													
	2		12es	15	2													
	2		14es	15	3													
2		16es	15	4														
D3	Plank Step Outs						Directions:											
	2		10es	15	1													
	2		12es	15	2													
	2		14es	15	3													
2		16es	15	4														

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Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Alternating Box Step Ups						Directions:											
	4	Control	10es	15	1													
	4	Control	12es	15	2													
	4	Control	14es	15	3													
4	Control	16es	15	4														
A2	BW Prisoner Speed Squats						Directions: Place your hands behind your head and always drop below parallel.											
	4	Speed	AMRAP	15	1													
	4	Speed	AMRAP	15	2													
	4	Speed	AMRAP	15	3													
4	Speed	AMRAP	15	4														
B1	BW Alternating Reverse Lunges						Directions: Place your hands on your hips.											
	4	Speed	15es	15	1													
	4	Speed	20es	15	2													
	4	Speed	25es	15	3													
4	Speed	30es	15	4														
B2	BB Back Squats						Directions: Light to medium weight.											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
4	Control	16	15	4														
C1	Single Leg DB RDLs (Single Leg Stiff Leg Deadlift)						Directions:											
	4	Speed	8es	15	1													
	4	Speed	10es	15	2													
	4	Speed	12es	15	3													
4	Speed	14es	15	4														
C2	KB or DB Swings						Directions:											
	4	Control	to Fail	15	1													
	4	Control	to Fail	15	2													
	4	Control	to Fail	15	3													
4	Control	to Fail	15	4														
C3	Box or Bench Jumps						Directions:											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
4	Control	16	15	4														

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Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	T-stand Push Ups						Directions:											
	4	Control	10es	15	1													
	4	Control	12es	15	2													
	4	Control	14es	15	3													
4	Control	16es	15	4														
A2	Burpees						Directions:											
	4	Speed	10	15	1													
	4	Speed	12	15	2													
	4	Speed	14	15	3													
4	Speed	16	15	4														
A3	DB Renegade Rows						Directions:											
	4	Control	10es	15	1													
	4	Control	12es	15	2													
	4	Control	14es	15	3													
4	Control	16es	15	4														
B1	Alternating Seated DB Hammer Curl to Shoulder Press						Directions: Do NOT let DBs leave your hands in between "B" exercises.											
	4	Control	10es	15	1													
	4	Control	12es	15	2													
	4	Control	14es	15	3													
4	Control	16es	15	4														
B2	DB Front Squats						Directions: Do NOT let DBs leave your hands in between "B" exercises.											
	4	Control	AMRAP	15	1													
	4	Control	AMRAP	15	2													
	4	Control	AMRAP	15	3													
4	Control	AMRAP	15	4														
B3	DB Tricep Extension from Flat Bench						Directions: Do NOT let DBs leave your hands in between "B" exercises.											
	4		AMRAP	15	1													
	4		AMRAP	15	2													
	4		AMRAP	15	3													
4		AMRAP	15	4														
B4	Seated Alternating DB Punch Rotations						Directions: Sit on the ground with your legs apart; rotate your torso and punch the DBs.											
	4	Speed	10	8es	1													
	4	Speed	12	10es	2													
	4	Speed	14	12es	3													
4	Speed	16	14es	4														
C1	Mountain Climbers						Directions:											
	2		20es	15	1													
	2		20es	15	2													
	2		20es	15	3													
2		20es	15	4														
C2	Front Plank						Directions:											
	2		to Fail	15	1													
	2		to Fail	15	2													
	2		to Fail	15	3													
2		to Fail	15	4														
C3	Bicycle Sit Ups						Directions:											
	2		20es	15	1													
	2		20es	15	2													
	2		20es	15	3													
2		20es	15	4														
C4	Alternating Single Leg V-Ups						Directions:											
	2		10es	15	1													
	2		12es	15	2													
	2		14es	15	3													
2		16es	15	4														

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Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Front Squat to Over Head Press						Directions: Use the BB only; no added weight.											
	2	Control	25	15	1													
	2	Control	25	15	2													
	2	Control	25	15	3													
2	Control	25	15	4														
A2	BB Bent Over Row						Directions:											
	2	Control	15	15	1													
	2	Control	15	15	2													
	2	Control	15	15	3													
2	Control	15	15	4														
A3	Push Ups						Directions:											
	2	Speed	AMRAP	15	1													
	2	Speed	AMRAP	15	2													
	2	Speed	AMRAP	15	3													
2	Speed	AMRAP	15	4														
B1	Jump Rope or Jumping Jacks						Directions:											
	2	Speed	100	15	1													
	2	Speed	150	15	2													
	2	Speed	200	15	3													
2	Speed	250	15	4														
B2	Walking Lunges						Directions:											
	2	Control	20es	15	1													
	2	Control	20es	15	2													
	2	Control	20es	15	3													
2	Control	20es	15	4														
B3	Box Jumps						Directions:											
	2		AMRAP	15	1													
	2		AMRAP	15	2													
	2		AMRAP	15	3													
2		AMRAP	15	4														
C1	KB or DB Swings						Directions:											
	2		25	8es	1													
	2		25	10es	2													
	2		25	12es	3													
2		25	14es	4														
C2	DB Bicep Curls						Directions:											
	2		25	15	1													
	2		25	15	2													
	2		25	15	3													
2		25	15	4														
C3	TRX or Cable Row						Directions:											
	2		25	15	1													
	2		25	15	2													
	2		25	15	3													
2		25	15	4														
D1	V-Ups						Directions:											
	2		25	15	1													
	2		25	15	2													
	2		25	15	3													
2		25	15	4														
D2	Toe Touchers						Directions:											
	2		25	15	1													
	2		25	15	2													
	2		25	15	3													
2		25	15	4														
D3	Leg Flutters						Directions:											
	2		25es	15	1													
	2		25es	15	2													
	2		25es	15	3													
2		25es	15	4														
D4	Bicycle Sit Ups						Directions:											
	2		25es	15	1													
	2		25es	15	2													
	2		25es	15	3													
2		25es	15	4														

Rise Above Fitness

Grouping	Sets	Tempo	Reps	Rest	Week	Date	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
							Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps
A1	BB Alternating Box Step Ups						Directions:											
	4	Control	10es	15	1													
	4	Control	12es	15	2													
	4	Control	14es	15	3													
4	Control	16es	15	4														
A2	BW Prisoner Speed Squats						Directions: Place your hands behind your head and always drop below parallel.											
	4	Speed	AMRAP	15	1													
	4	Speed	AMRAP	15	2													
	4	Speed	AMRAP	15	3													
4	Speed	AMRAP	15	4														
B1	BW Alternating Reverse Lunges						Directions: Place your hands on your hips.											
	4	Speed	15es	15	1													
	4	Speed	20es	15	2													
	4	Speed	25es	15	3													
4	Speed	30es	15	4														
B2	BB Back Squats						Directions: Light to medium weight.											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
4	Control	16	15	4														
C1	Single Leg DB RDLs (Single Leg Stiff Leg Deadlift)						Directions:											
	4	Speed	8es	15	1													
	4	Speed	10es	15	2													
	4	Speed	12es	15	3													
4	Speed	14es	15	4														
C2	KB or DB Swings						Directions:											
	4	Control	to Fail	15	1													
	4	Control	to Fail	15	2													
	4	Control	to Fail	15	3													
4	Control	to Fail	15	4														
C3	Box or Bench Jumps						Directions:											
	4	Control	10	15	1													
	4	Control	12	15	2													
	4	Control	14	15	3													
4	Control	16	15	4														

30-Day Shred Cardio Schedule

DAY	CARDIO TYPE	DURATION & INTENCITY %
1	Treadmill, Elliptical, Bike	30 MIN, 60%
2	Stairs	20 MIN, 70%
3	Treadmill	20 MIN, 70%
4	Bike	15 MIN, 80%
5	Treadmill, Elliptical	10 MIN, TABATA 20/10
6	Bike	10 MIN, TABATA 20/10
7	Treadmill, Elliptical, Bike	30 MIN, 60%
8	Stairs	20 MIN, 70%
9	Treadmill	20 MIN, 70%
10	Bike	15 MIN, 80%
11	Treadmill, Elliptical	10 MIN, TABATA 20/10
12	Bike	10 MIN, TABATA 20/10
13	Treadmill, Elliptical, Bike	30 MIN, 60%
14	Stairs	20 MIN, 70%
15	Treadmill	20 MIN, 70%
16	Bike	15 MIN, 80%
17	Treadmill, Elliptical	10 MIN, TABATA 20/10
18	Bike	10 MIN, TABATA 20/10
19	Treadmill, Elliptical, Bike	30 MIN, 60%
20	Stairs	20 MIN, 70%
21	Treadmill	20 MIN, 70%
22	Bike	15 MIN, 80%
23	Treadmill, Elliptical	10 MIN, TABATA 20/10
24	Bike	10 MIN, TABATA 20/10
25	Treadmill, Elliptical, Bike	30 MIN, 60%
26	Stairs	20 MIN, 70%
27	Treadmill	20 MIN, 70%
28	Bike	15 MIN, 80%
29	Treadmill, Elliptical	10 MIN, TABATA 20/10
30	Bike	10 MIN, TABATA 20/10