

THE ULTIMATE 8 WEEK SHRED WORKOUT PLAN

Created by: [Murshid Akram](#)

Check out [article](#) for more info

Program Summary and Description

Frequency

- **Week 1-2:** 4 days/week
- **Week 3-6:** 5 days a week
- **Week 7-8:** 6 days/week

Daily Workout Duration

A study has shown working out 255-400 minutes per week helps promote weight loss.

So, working out 60-75 minutes a day is optimum to lower weight and achieve the best physique.

Please note workout is not a substitution for the calorie deficit. Both are important when it comes to developing a shredded physique. So make sure you properly follow them.

Workouts you'll do:

- **Cardio:** It helps improve cardiovascular fitness, increase fat loss, tone muscles, and help build a shredded physique.
- **Weight Training:** The resistance workouts increase strength, build lean mass and ensure you'll lose only fats, not mass.²

Program Goal

Burn maximum calories, improve cardiovascular health, strengthen and tone muscles, and help you achieve a shredded physique.

Types of sets you'll do:

I've included various types of sets in this program, such as [superset](#), drop set, triset, and quad set. They will challenge your strength and endurance and help you achieve your goal at the same time.

Equipment requires:

- Dumbbells
- Barbells
- Kettlebells
- Resistance Training Machines
- Cardio Machines

Targeted Gender

Whether you're a male or female, you can follow this program to improve your physique.

8 Week Shred Workout Plan Schedule

- Week 1 & 2 – Weight Training and Cardio Alternate Day
- Week 3 & 6 – Cardio and Weight Same Day
- Week 7 & 8 – Cardio and Weight Alternate Day

Please note: It's best to perform some cardio exercises before lifting weights to increase your blood flow and get your muscles ready. For example, you can jog, do some [bodyweight cardio exercises](#), or lift light weights for five minutes.

Week 1 & 2 – Weight Training and Cardio Alternate Day

Monday – Weight Training (Full Body)

Exercises	Reps	Sets	Rest b/w sets
Smith Machine Squat	10-12	3	2-min
SM Bench Press	12-15	3	2-min

Off Block Deadlift	8-10	3	2-min
Front Lat Pulldown	12-15	3	2-min
Overhead Press	12-15	3	2-min
Face Pull	10-12	3	2-min

Tuesday – Cardio (LISS)

Low-intense steady state (LISS) is a form of cardio that is done at a low to moderate heart rate.

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Cycling	5 minutes	2-min
Elliptical Cross Trainer	5 minutes	2-min
Abs Workout	15 minutes	–

Note: You can jog and run at your own pace

Thursday – Weight Training (Drop Set)

The drop set is an excellent way to increase strength and endurance in a shorter time compared to typical resistance exercise protocols, showed in a study published by the Journal of Sports Sciences.³

The drop is a method of doing multiple subsets within one set. And here in this routine, there will be three subsets in every set, and these subsets will be done in the following manner:

- Subset 1: Lift weight at 50% of your one rep max (1RM)
- Subset 2: 30% of your 1RM
- Subset 3: 20% of your 1RM

Exercise	Set 1	Set 2	Rest
Incline DB Bench Press	6, 8, 10	6, 8, 10	2-min
Dumbbell Sumo Squat	6, 8, 10	6, 8, 10	3-min
Seated Cable Row	6, 8, 10	6, 8, 10	2-min
Machine Leg Curl	6, 8, 10	6, 8, 10	2-min
One-arm Dumbbell Row	6 and 8	6 and 8	2-min

Kneeling Landmine Press	6 and 8	6 and 8	3-min
Dumbbell Lateral Raises	6 and 8	6 and 8	2-min

Friday – Cardio (HIIT)

[High-intensity Interval Training \(HIIT\)](#) is an effective way to improve cardiovascular fitness and muscle endurance and help achieve a sculpted physique.

A study has shown HIIT is more effective in reducing total absolute fat mass (kg) compared to traditional cardio.⁴

So, if you want to shed off excess fats and tone your physique, you can do this following workout.

However, if you can't do HIIT, perform the below exercises at your own pace.

- **Duration:** 25-30 minutes
- **Number of rounds:** 2
- **Rest between rounds:** 3-5 minutes

Exercise	Activity	Interval
Ankle Hops	10 reps	15-sec
Mountain Climber	20-sec	30-sec
Jumping Jacks	15-sec	15-sec
Plank Jack	15 reps	15-sec
Squat Thrust	10 reps	30-sec
Shoulder Taps	10/side	30-sec
Reverse Crunches	15 reps	30-sec
Alternate Heel Taps	10/side	30-sec
Kneeling Jump	10 reps	30-sec
Flutter Kicks	15-sec	15-sec
Pushups	20 reps	3-5 min

Week 3 & 6 – Cardio and Weight Same Day

Monday – Upper Body Strength Workout and Cardio

Exercises	Reps x Sets	Rest
SM Bench Press	15 x 3	2-min
Pec Deck Fly	15 x 3	90-sec
Military Press	15 x 3	2-min
Lateral Raises	15 x 3	2-min
Treadmill	10-minute	2-min
Stationary Bicycle	5-minute	–

Tuesday – Lower Body and Cardio Workout

Exercise	Reps x Sets	Rest
Front Lunges	10 x 3	90-sec
Back Squat	15 x 3	2-min
Leg Press	15 x 3	2-min
Leg Curl	15 x 3	90-sec
Cardio Abs Workout	15-minute	–

Wednesday – Upper Body Weight Training and Cardio

Exercises	Reps x Sets	Rest
Off-Block Deadlift	10 x 3	2-min
Seated Cable Row	15 x 3	2-min
One-arm Dumbbell Row	12 x 3	2-min
Barbell Curl	12 x 3	2-min
Treadmill	10-minute	2-min
Bicycle	10-minute	–

Thursday – Lower Body and Cardio Workout

Exercise	Reps x Sets	Rest
Treadmill Run	5-minute	2-min
Sumo Squat	15 x 3	2-min
Step-up	12 x 3	2-min
Leg Extension	15 x 3	2-min
Hip Thrust	15 x 3	90-sec

Cardio Abs Workout	20-minute	–
------------------------------------	-----------	---

Friday – Upper Body Weight Training and Cardio

Exercises	Reps x Sets	Rest
Incline Bench Press	15 x 3	2-min
Push Press	15 x 3	90-sec
Lat Pulldown	15 x 3	2-min
Reverse Pec Deck	15 x 3	2-min
Barbell Shrugs	15 x 3	2-min
Treadmill	10-minute	2-min
Stationary Bicycle	5-minute	–

Week 7 & 8 – Cardio and Weight Alternate Day

Monday – Weight Training (Superset)

Take 2-3 minutes of rest after each set.

Superset 1

- 10 reps x 3
- Bench Press
- Lat Pulldown

Superset 2

- 10 reps x 3
- Back Squat
- Leg Curl

Superset 3

- 10 reps x 3
- Military Press
- [Pullover](#)

Superset 4

- 10 reps x 3
- Seated Row
- Lateral Raise

Tuesday – Cardio (Low-Intense)

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Low Intense Cardio	20 minutes	2-min
Cycling	5 minutes	2-min
Elliptical Cross Trainer	5 minutes	–

Wednesday – Weight Training (Crossfit)

Perform as many rounds as possible in 45 minutes:

Lift at 40-50% of your one-rep max.

Exercise	Reps
Kettlebell Swings	10/side
Barbell Clean and Press	10
Dumbbell Front Lunges	10/side
Conventional Deadlift	10
Flat Bench Press	10
Dumbbell Man maker	10

Thursday – Cardio (HIIT)

Round 1

Exercise	Activity	Interval
Ankle Hops	10 reps	15-sec
Jumping Jacks	15-sec	15-sec
Squat Thrust	10 reps	30-sec
Reverse Crunches	15 reps	30-sec
Shoulder Taps	15-sec	15-sec
Pushups	20 reps	2-3 min

Round 2

Exercise	Activity	Interval
----------	----------	----------

Mountain Climber	15-sec	15-sec
Kneeling Jump	10 reps	30-sec
Plank Jacks	10 reps	30-sec
Alternate Heel Taps	15-sec	30-sec
KB Swings	15 reps	30-sec
Flutter Kicks	15-sec	2-3 min

Round 3

Exercise	Activity	Interval
Crunches	10 reps	15-sec
Flutter Kicks	15-sec	30-sec
Mountain Climber	15-sec	30-sec
Shoulder Taps	10 taps/side	30-sec
Squat Jump	10 reps	30-sec
KB Swings	15 reps	30-sec

Friday – Weight Training (Tri-Set)

Triset 1

- 10 reps x 3
- Bench Press
- Lat Pulldown
- [Dumbbell Romanian Deadlift](#)

Triset 2

- 10 reps x 3
- Arnold Press
- Bent-over Row
- Leg Extension

Triset 3

- 10 reps x 3
- Pushdown
- [Barbell Curl](#)
- [Calf Raises](#)

Saturday – Cardio (Low Intense)

Exercise	Duration	Rest
Treadmill	15 minutes	3-min
Core (BW + Weighted)	30 minutes	5-min
Cycling	5 minutes	–

Pro Tips to Get the Most Out of This Program

1. **Increase intensity and training level:** It's best to increase the intensity, the number of reps, and sets gradually to challenge yourself and achieve the maximum results.
2. **Pre-Workout Meal:** It's best to have some pre-workout snacks and drinks for an effective training session. You can take a pre-workout meal 30 minutes to 2 hours prior to the training, depending on the kind of food you consume.
3. **Post-Workout Meal:** It's good to have [high-protein foods](#) and supplements after the workout to recover muscles. I suggest consuming 50-60 grams of protein after a workout for optimal results (it is only an example, a nutritionist can help you better in this case).
4. **Adjustment:** You can adjust the routine according to your fitness level and goal.
5. **Train when you feel energetic:** It is best to work out when you feel physically and mentally active to give your best.
6. **Keep enjoying the workout:** Repeating the same thing for a considerable period can be boring, but you must be disciplined to accomplish the best result.
7. **Drink enough water to keep yourself hydrated:** Keeping yourself hydrated throughout the day is crucial. Research shows that staying hydrated during the workout helps prevents uneasiness and injuries and boosts performance.

Can You Get Shred in 8 Weeks?

Generally, eight weeks are not enough to build a shredded physique. However, if you have low body fats and follow a proper calorie-restricted high-protein diet, then you may see some noticeable results.

Please note everyone's body responds differently. So for some people, it can take three months, and for others, it can take up to six months, depending on training consistency, diet, lifestyle, and how your body responds.

Recommended Supplements:

Pre-Workout	During Workout	Post Workout
Redcon1 Total War Pre-Workout	BSN Amino X Muscle Recovery & Endurance Powder	Levels Grass Fed 100% Whey Protein, No Hormones
Nutrigo Lab Strength (Strong VASCULAR Booster)	XTEND Sport BCAA Powder Blue Raspberry Ice - Electrolyte Powder	Orgain Organic Vegan Protein Powder
ZonePerfect Protein Bars	KeyNutrients Electrolytes Powder	Mass Extreme Pro Active Growth + Massive Testo Activator

If the above workout plan helped you, kindly support my work buying through these affiliate links.

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [13 Barbell Squat Variations](#)
- [Dumbbell Weight Loss Exercises](#)
- [The Ultimate List of Isolation Exercises](#)
- [The Ultimate HIIT Exercises List](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Paid Programs](#) | [Products](#)