

8-WEEK SHRED WORKOUT PLAN TO BUILD A STRONG & SCULPTED BODY

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Full URL: <https://thefitnessphantom.com/8-week-shred-workout-plan-with-pdf>

- Weeks 1 & 2 – Weight Training & Cardio Alternate Day
 - Weeks 3 & 6 – Cardio and Weight Same Day
 - Weeks 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.

Intensity: Train at your own pace but keep it challenging.

WEEKS 1 & 2: WEIGHT & CARDIO ON ALTERNATE DAYS

- Day 1 – Chest, Shoulders, & Triceps
- Day 2 – Low Intensity Cardio
- Day 3 – Back, Shoulders, & Biceps
- Day 4 – Medium Intensity Cardio
- Day 5 – Legs and Abs
- Day 6 – High Intensity Interval Cardio

Day 1 – Weight Training (Chest, Shoulders, & Triceps)

Exercises	Reps	Sets	Muscle
Incline Hammer Strength Press	10-12	4	Chest
SM Flat Bench Press	12-15	3	Chest
Seated Pec Fly	8-10	3	Chest
Overhead Press	12-15	3	Shoulder
Lateral Raises	10-12	3	Shoulder
Overhead Cable Extension	12-15	3	Triceps

Day 2 – Cardio (LISS)

Low-intensity 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.

Day 3 – Weight Training (Back, Biceps, and Shoulders)

Exercises	Reps	Sets	Muscle
Lat Pulldown (Overhand Grip)	12-15	3	Back
Lat Pulldown (Neutral Grip)	12-15	3	Back
Seated Machine Row	12-15	3	Back
Bent over or T-bar Row	12-15	3	Back
Reverse Pec Deck Fly	12-15	3	Shoulder
Bayesian Cabel Curls	12-15	3	Biceps

Day 4 – Medium Intensity (Zone 3) Cardio

Exercise	Duration	Rest
Treadmill @65-75%	12 minutes	3-minute
Stationary Bike @65%	6 minutes	2-minute
Elliptical Trainer @65%	6 minutes	2-minute
Punching Bag @65-75%	6 minutes	2-minute
Battle Rope @70-80%	4 minutes	–

Day 5 – Weight Training (Legs & Abs)

Exercises	Reps	Sets	Muscle
Hack Squat	12-15	4	Quads
Leg Press	12-15	3	Quads
Smith Machine Reverse Lunges	10/side	3	Lower Body
Romanian Deadlift	10-12	3	Hamstrings
Lying or Seated Leg Curls	15-20	3	Hamstrings
Calf Raises	15-20	3	Calves
Kneeling Cable Crunches	12-15	3	Abdominals
Captain's Chair Knee Raises	10-15	3	Abdominals

Day 6 – 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.¹

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

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

- **Duration:** 20 minutes
- **Number of rounds:** 2-3
- **Rest between rounds:** 2-4 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

Weeks 3 & 6 – Cardio and Weight Same Day

- Days 1, 3 & 5 – Upper Body Strength Training & Cardio
- Days 2 & 4 – Lower Body & Cardio
- Days 6 & 7: OFF

Day 1 – Upper Body Workout and Cardio

Exercises	Reps	Sets	Rest
SM Bench Press	12-15	3	2-min
Pec Deck Fly	12-15	3	90-sec
Military Press	10-12	3	2-min
Lateral Raises	12-15	3	2-min
Treadmill	10-minute	1	2-min
Stationary Bicycle	5-minute	1	–

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
Elliptical Cross Trainer	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
Abs Workout	20-minute	–

Friday – Upper Body Weight Training & 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
Jumping Rope	5-minute	2-min
Punching Bag	5-minute	–

Weeks 7 & 8 – Cardio and Weight

Alternate Day

- Day 1 – Chest, Quads, Calves, and Shoulders
- Day 2 – Cardio (Low-Intensity)
- Day 3 – Back, Hamstrings, and Arms
- Day 4 – Moderate Intensity Cardio
- Day 5 – Weighted Circuit Training
- Day 6 – Cardio (Low Intensity)
- Day 7 – OFF

Day 1 – Chest, Quads, Calves, and Shoulders (Superset)

Exercise 1	Exercise 1	Sets	Rest
12-15 DB Bench Presses	15-20 Back Squats	3	2-minute
12-15 Bent-over Cable Fly	10/leg Reverse Lunges	3	2-minute
10-12 Overhead Press	15-20 Leg Extensions	3	2-minute
12-15 DB Lateral Raises	15-20 Calf Raises	3	2-minute

Day 2 – Cardio (Low-Intensity)

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

Day 3 – Back, Hamstrings, and Arms (Superset)

Exercise 1	Exercise 1	Sets	Rest
12-15 Lat Pulldown	15-20 Leg Curls	3	2-minute

12-15 Seated Rows	10-12 DB Romanian DL	3	2-minute
10/side Single-arm DB Row	15-20 Overhead Tri Extension	3	2-minute
12-15 Barbell Curls	15-20 Triceps Pushdowns	3	2-minute

Day 4 – Moderate Intensity Cardio (MIIT)

ROUND 1

Exercise	Activity	Interval
Ankle Hops	30-second	30-second
Jumping Jacks	30-second	30-second
Squat Thrust	10-15 reps	30-second
Reverse Crunches	15-20 reps	30-second
Shoulder Taps	20 per side	30-second
Squat Jacks	20 reps	30-second

ROUND 2

Exercise	Activity	Interval
Mountain Climber	30-second	30-second
Kneeling Jump	10 reps	30-second
Plank Jacks	30-second	30-second
Alternate Heel Taps	20 per side	30-second
KB Swings	20 per arm	30-second
Flutter Kicks	30-second	30-second

ROUND 3

Exercise	Activity	Interval
Sit-ups	10 reps	30-second
Flutter Kicks	30-second	30-second
Crossbody Mt. Climber	30-second	30-second
Shoulder Taps	20 per side	30-second
Squat Jumps	10-12 reps	30-second
Kettlebell Swings	20-30 reps	30-second

Day 5 – Weighted Circuit Training

Perform 3-5 rounds at your own pace, but make sure it feels challenging.

Exercises	Reps
Push Presses	8-12
Pop Squats	10-12
DB Shadow Boxing	10/side
Bent-over DB Rows	12-15
KB Clean & Press	10 per side
Hanging Knee Raises	10-12
Mountain Climber	30-second
Forearm Plank	1-minute

Day 6 – Cardio (Low Intensity)

Exercise	Duration	Rest
Treadmill (6-10 KMPH)	20 minutes	3-minute
Triset Abs Workout	30 minutes	5-minute
Rowing Machine	10 minutes	–

Basic Tips to Get the Most Out of This Program

- **Increase intensity:** Slowly increase the challenge by adding more reps, sets, or intensity for better results.

- **Pre-Workout Meal:** Eat a snack or drink something 30 minutes to 2 hours before training to fuel your workout.
- **Post-workout meal:** Eat high-protein foods after your workout to recover. Try 50–60 grams of protein but ask a nutritionist for personalized advice.
- **Customize it:** Adjust the routine to match your fitness level and goals.
- **Stay motivated:** Routines can get boring but stick with them to see results.
- **Drink water:** Stay hydrated all day. Water helps you feel good, prevents injuries, and improves performance during workouts.

Frequently Asked Questions (FAQs)

Who is this workout plan suitable for?

This plan is for intermediate to advanced individuals (males and females both) with some gym experience who want to burn fat, enhance muscle definition, and build strength. If you are a beginner, start with this [foundational program](#).

What if I can't perform certain exercises?

Substitute with accessible alternatives: Examples are:

1. Pull-Ups: Lat pulldown or resistance band pull-downs.

2. Barbell Squats: Goblet squats or bodyweight squats.
3. Deadlifts: Off Blocks, Hex Bar Deadlifts, or RDL

What should my calorie deficit and macros look like?

Calorie Deficit: Aim for 300–500 calories below your Total Daily Energy Expenditure (TDEE). You can use an online TDEE calculator to track your consumption.

Macros: 40% protein (1.6–2.2g/kg body weight), 25–30% carbs, 25–30% fats. Example for an 80kg person: 160g protein, 100–120g carbs, 50–60g fats. Adjust based on progress or daily activity.

Do I have to take supplements to get shredded?

Supplements help fulfil daily macro and micronutrient needs, such as whey protein isolates provide a good quality protein source, 5g creatine is good for strength and recovery, and 200mg of coffee is good pre-workout for energy.

Can You Get Shred in 8 Weeks?

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

Please note that 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.