



MADEFITNESSCT.COM

MADE FITNESS SUMMER SHRED TRAINING GUIDE

FUTURE



PAST

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Workout #1	Workout #2	SHRED #1	Workout #3	Workout #4	Rest or Active Recovery Day	REST DAY
Equipment: DB's	Equipment: DB's	Equipment: 1 DB	Equipment: DB's	Equipment: DB's	—	—
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Workout #5	Workout #6	SHRED #2	Workout #7	Workout #8	Rest or Active Recovery Day	REST DAY
Equipment: DB's	Equipment: DB's	Equipment: 1 DB	Equipment: DB's	Equipment: DB's	—	—
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Workout #9	Workout #10	SHRED #3	Workout #11	Workout #12	Rest or Active Recovery Day	REST DAY
Equipment: DB's	Equipment: DB's	Equipment: 1 DB	Equipment: DB's	Equipment: DB's	—	—
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Workout #13	Workout #14	SHRED #4	Workout #15	Workout #16	Rest or Active Recovery Day	REST DAY
Equipment: DB's	Equipment: DB's	Equipment: 1 DB	Equipment: DB's	Equipment: DB's	—	—
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
Workout #17	Workout #18	SHRED #5	Workout #19	Workout #20	Rest or Active Recovery Day	REST DAY
Equipment: DB's	Equipment: DB's	Equipment: 1 DB	Equipment: DB's	Equipment: DB's	—	—
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40	DAY 41	DAY 42
Workout #21	Workout #22	SHRED #6	Workout #23	Workout #24	Rest or Active Recovery Day	REST DAY
Equipment: DB's	Equipment: DB's	Equipment: 1 DB	Equipment: DB's	Equipment: DB's	—	—

THANKS FOR BEING A PART OF OUR CHALLENGE GROUP.

IF YOU HAVE ANY QUESTIONS ANY TIME - EMAIL ME
MADEFITNESSCT@GMAIL.COM

STAY CONNECTED WITH US ON SOCIAL MEDIA
@MADEFITNESSCT

KEEP YOUR MENTAL HEALTH ON TRACK BY
LISTENING & SUBSCRIBING TO THE
"MADE MINDSET" PODCAST ON ITUNES & SPOTIFY.

NOW LET'S CRUSH IT TOGETHER!