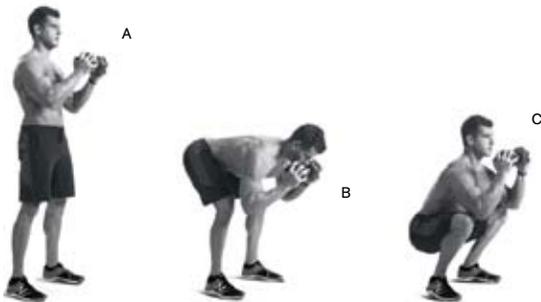


## THE 4-WEEK FAT SHREDDER

Harness the power of metabolic resistance training to build the body you've always wanted—faster than ever.

**DIRECTIONS** Do three workouts a week, alternating between A and B with a day of rest in between. Perform the workouts as circuits, doing each exercise for 60 seconds and moving from one to the next with 30 seconds of rest. Do up to six circuits per workout, resting 1 minute between them. "For an even greater challenge, combine both workouts into one big circuit," says Gaddour. Follow the same work-to-rest ratio, doing up to three megacircuits per workout, three times a week.

### WORKOUT A



#### DUMBBELL GOOD MORNING TO CLOSE-STANCE FRONT SQUAT

Hold a dumbbell in front of your chest with your feet hip-width apart and knees slightly bent [A]. Push your butt back and hinge at your hips, lowering your torso until it's nearly parallel to the floor [B]. Hold for 2 seconds and return to the starting position, keeping your torso upright, squat down until your thighs are at least parallel to the floor [C]. Hold for 2 seconds and return to the starting position.

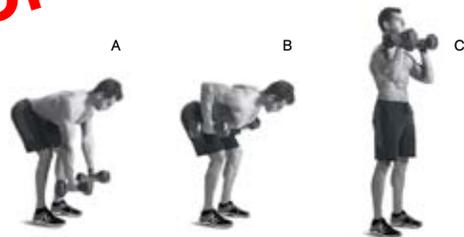
- ▶ **MAKE IT EASIER** Squat onto a bench.
- ▶ **MAKE IT HARDER** Increase the weight, hold a dumbbell in each hand, or squat deeper.



#### DUMBBELL HIP RAISE AND FLOOR PRESS

Lie on your back with your feet flat and a dumbbell in each hand [A]. Drive through your heels as you raise your hips and extend your arms [B]. Hold for 2 seconds and slowly return to the starting position.

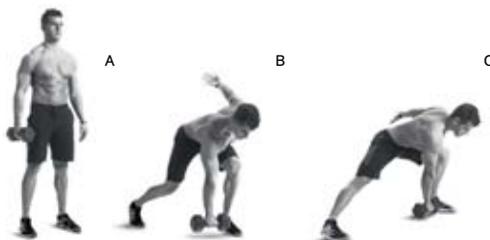
- ▶ **MAKE IT EASIER** Decrease the weight.
- ▶ **MAKE IT HARDER** Lift one leg off the floor. Switch legs after 30 seconds.



#### NEUTRAL-GRIP DUMBBELL ROW TO CLEAN

Lower your torso and let the weights hang at arm's length, palms in [A]. Row the weights to your sides [B], hold for 2 seconds, lower them, and repeat. Drive your hips forward, raise your torso, and curl the weights [C].

- ▶ **MAKE IT EASIER** Decrease the weight.
- ▶ **MAKE IT HARDER** Increase the weight.



#### DUMBBELL FORWARD HINGE TO SIDE LUNGE

Hold a dumbbell in your right hand [A]. Step forward with your left leg and lower the weight to your left foot [B]. Stand back up. Step out to your left and lower the weight to your left foot [C]. Switch legs after 30 seconds.

- ▶ **MAKE IT EASIER** Decrease the weight.
- ▶ **MAKE IT HARDER** Increase the weight.



#### MUD RUN PUSHUP CRAWL

Assume a pushup position and lower your chest until it's a few inches off the floor. Move your right hand forward a few inches [A], then your left [B], and continue crawling forward for the allotted time.

- ▶ **MAKE IT EASIER** Keep your chest farther off the floor.
- ▶ **MAKE IT HARDER** Alternate crawling forward, backward, and side to side.

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