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| Ultimate Fitness Core Shred |
| Thank you For downloading the core shred program following this series will help build lean muscle, shred body fat, and sculpt your body to help reach that Ultimate you. |

Video Demonstrations by Coach D

Here’s a schedule of how the Ultimate Shred should be followed days may vary but the progression should Not

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| **WEEK 1** | **WEEK 2** | **WEEK3** | **WEEK 4** |
| **MON** | 3x30 [flutter kicks](https://youtu.be/cmYX1skqZRY)3x30 [Leg Raises](https://youtu.be/4WPgSYzsprE)3x30 [Jack knives](https://youtu.be/ntYzqi8ESco)  | **MON** | 3x30 [Scissor kicks](https://youtu.be/fTGjYskk-aw)3x30 [knee pulls](https://youtu.be/NJARNuSbtpg)3x30 [Brazil's](https://youtu.be/XHa93wUgTOg)  | **MON** | 3x30 [inverted flutter kicks](https://youtu.be/Js3uqKtNux4)3x30 [mountain climbers](https://youtu.be/GxKFer0i3d4)3x20 [Birds](https://youtu.be/KMTzLRwH4pw)  | **MON** | 3x30 [Inverted Scissors](https://youtu.be/y23sA-XKj2s)3x25 [Alt. Down Dogs](https://youtu.be/xwNDF1Bq4kY)3x30 [Bicycles](https://youtu.be/DUJ8lS4Ub2Q)  |
| **WED** | 3x30 [flutter kicks](https://youtu.be/cmYX1skqZRY)3x30 [Leg Raises](https://youtu.be/4WPgSYzsprE)3x30 [Jack knives](https://youtu.be/ntYzqi8ESco)  | **WED** | 3x30 [Scissor kicks](https://youtu.be/fTGjYskk-aw)3x30 [knee pulls](https://youtu.be/NJARNuSbtpg)3x30 [Brazil's](https://youtu.be/XHa93wUgTOg)  | **WED** | 3x30 [inverted flutter kicks](https://youtu.be/Js3uqKtNux4)3x30 [mountain climbers](https://youtu.be/GxKFer0i3d4)3x20 [Birds](https://youtu.be/KMTzLRwH4pw)  | **WED** | 3x30 [Inverted Scissors](https://youtu.be/y23sA-XKj2s)3x25 [Alt. Down Dogs](https://youtu.be/xwNDF1Bq4kY)3x30 [Bicycles](https://youtu.be/DUJ8lS4Ub2Q)  |
| **FRI** | 3x30 [flutter kicks](https://youtu.be/cmYX1skqZRY)3x30 [Leg Raises](https://youtu.be/4WPgSYzsprE)3x30 [Jack knives](https://youtu.be/ntYzqi8ESco)  | **FRI** | 3x30 [Scissor kicks](https://youtu.be/fTGjYskk-aw)3x30 [knee pulls](https://youtu.be/NJARNuSbtpg)3x30 [Brazil's](https://youtu.be/XHa93wUgTOg)  | **FRI** | 3x30 [inverted flutter kicks](https://youtu.be/Js3uqKtNux4)3x30 [mountain climbers](https://youtu.be/GxKFer0i3d4)3x20 [Birds](https://youtu.be/KMTzLRwH4pw)  | **FRI** | 3x30 [Inverted Scissors](https://youtu.be/y23sA-XKj2s)3x25 [Alt. Down Dogs](https://youtu.be/xwNDF1Bq4kY)3x30 [Bicycles](https://youtu.be/DUJ8lS4Ub2Q)  |

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| **WEEK 5** | **WEEK 6** | **WEEK 7** | **WEEK 8** |
| **MON** | 3x25 each side [Half Cans](https://youtu.be/JZlSPBmfJ64)3x33 [Sit Thru's](https://youtu.be/JZlSPBmfJ64)3x25 each side [Iso Crunch](https://youtu.be/wctpw0oBk2Y)   | **MON** | 3x33[Inverted Bicycles](https://youtu.be/oa9Zrmgpq2M)3x33 [Brazil's](https://youtu.be/XHa93wUgTOg)3x33[Jack knives](https://youtu.be/ntYzqi8ESco)3x33 [Leg Raises](https://youtu.be/4WPgSYzsprE)  | **MON** | 3x20 [Birds](https://youtu.be/KMTzLRwH4pw)3x20 [Barrel Rolls](https://youtu.be/Ybk1N_EMOvc)3x20 [Plank Jacks](https://youtu.be/WCiYkr2RN5U)3x33 [Brazil's](https://youtu.be/XHa93wUgTOg)  | **MON** | 3x30 [Flutters](https://youtu.be/cmYX1skqZRY)3x30 [Scissors](https://youtu.be/fTGjYskk-aw)3x30 [Leg raise](https://youtu.be/4WPgSYzsprE)3x30 [Brazils's](https://youtu.be/XHa93wUgTOg)3x20[M. Climbers](https://youtu.be/GxKFer0i3d4)  |
| **WED** | 3x25 each side [Half Cans](https://youtu.be/JZlSPBmfJ64)3x33 [Sit Thru's](https://youtu.be/JZlSPBmfJ64)3x25 each side [Iso Crunch](https://youtu.be/wctpw0oBk2Y)  | **WED** | 3x33[Inverted Bicycles](https://youtu.be/oa9Zrmgpq2M)3x33 [Brazil's](https://youtu.be/XHa93wUgTOg)3x33[Jack knives](https://youtu.be/ntYzqi8ESco)3x33 [Leg Raises](https://youtu.be/4WPgSYzsprE)  | **WED** | 3x20 [Birds](https://youtu.be/KMTzLRwH4pw)3x20 [Barrel Rolls](https://youtu.be/Ybk1N_EMOvc)3x20 [Plank Jacks](https://youtu.be/WCiYkr2RN5U)3x33 [Brazil's](https://youtu.be/XHa93wUgTOg) | **WED** | 3x30 [Flutters](https://youtu.be/cmYX1skqZRY)3x30 [Scissors](https://youtu.be/fTGjYskk-aw)3x30 [Leg raise](https://youtu.be/4WPgSYzsprE)3x30 [Brazils's](https://youtu.be/XHa93wUgTOg)3x20[M. Climbers](https://youtu.be/GxKFer0i3d4)  |
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