The SHRED PROJECT

28 Day Accelerated Fat Loss Strength System

TRAVIS STOETZEL
The LEGAL STUFF

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The 28 Day Aggressive Shred Project

This specialized program was designed for one thing...

To get YOU RIPPED.

And with the strategic blend of focused athletic mass and strength training you'll not have to worry about losing any hard earned strength or precious muscle.

Combining this programming with the right type of nutrition *(like 4 Cycle Fatloss)*, you can expect some major losses in body fat.

Your #1 FOCUS needs to be on COMMITTING to the FULL 4 week's of this system.

For best results, follow the program as laid out from Day 1 to Day 7 over the course of a full week then move onto the next week.

So, Day #1 would be on Monday, Day 2 on Tuesday, and so on from there. Each week has been progressively built to keep you moving ahead with your results.

Now, before we get into the main program, I want to discuss the different in's and out's of how to follow the **Aggressive Shred Project**

**Length of Sessions:** Try your hardest to get your session done in under an hour. More time spent training in the gym means more time we take away from letting our bodies heal. The goal of is to get in and get out! Set a timer and get moving! **Always push the pace!**

**Explanation of Workouts:** Each of your workouts within the **Aggressive Shred Project** are outlined below. You'll see a 1A, 2A ect before each movement. When you see 2 or more of the same NUMBERS /1A, 1B, 1C/ this means that these movements are joined together in either a superset OR circuit meaning you would perform 1A first followed by 1B) second, 1C next, and so on and so forth. You are allowed to take a break when you have completed ALL of the movements under that letter. Supersets and circuits are meant to have NO rest between movements. When there is just 1 number and 1 letter for a movement that movement is done on its own, and you are allowed to rest between sets. Don’t worry as you progress, you’ll start to train with heavier weights while starting to feel even more explosive and in condition!

**Rest periods:** I’m a firm believer that “set” rest periods are a waste of time unless you’re training for a max strength effort or your training for 100% full speed or power. **Aggressive Shred Project** is about getting after your training sessions so there’s
no need to keep checking a clock unless you are doing a timed workout or circuit interval (which are all noted for you). The main thing you should focus on is to **ATTACK THE TIME!** Push yourself through the workouts each and every session. Rest as need be, but the truth is, you’ll be getting into such great shape, it will be hard for you to slow you down!

**Submax:** When you see “submax” listed next to an exercise, this simply means to avoid going to failure. The best way to keep your progress going further while avoiding plateaus or step back is to keep your reps under you maximum limit or avoiding failure.

If you’re new to this concept, you probably do not understand but trust me, leave a few reps left in your bank when doing different movements such as pushups, pull ups, rows, etc, when you get close to failure, cut the set off.

It’s better to stay fresh and keep the movements fast and explosive. When you start to really grind reps out slow, just stop your set there. In time, you’ll feel and see the difference in what submax training will do for you.

The ONLY time you should really go to failure with different submax movements is when it’s your last week on that particular workout.

You main goal should be to break your own records each and every session! The best way we can make sure we do that is with the next ESSENTIAL note...

**E.M.O.T.M.:** This stands for *Every Minute on The Minute* and it’s an interval you will be using to build up some serious strength and endurance all at once!

Basically, you’ll hit your movements for the allotted amount of reps and whatever time you have left at the end of your sets will serve as your rest period.

**AMRAP:** This stands for *As Many Rounds As Possible* and when you see this, it will always be paired up with a set amount of time. For example, you may see this:

12 min AMRAP:

\[ \begin{align*}
  a) & \quad \text{Squat x 10} \\
  b) & \quad \text{Push Ups x 10} \\
  c) & \quad \text{Pull Up x 10}
\end{align*} \]

This means that you will set a clock for 12 mins and go through the circuit as many times as possible getting in as many QUALITY reps as possible in that time. When time is up you stop and record the amount of rounds and reps you complete.

This is a great form of density training that has a ton of benefits.
How to Choose Your Weights: When it comes to picking the amount of weight to use within your sets, follow these guidelines:

- make sure you can perform the lift with QUALITY technique
- make sure you can perform the allotted amount of reps
- if you’re missing reps in early sets, you’ve gone way too heavy too early

Using Warm Up Sets: You should always be performing 1-2 warm up sets before you get into your actual work sets.

When you do a BIG lift such as a squat, deadlift, or overhead press variation, make sure to get in at least 3-4 warm up sets and build up to your heavier loads.

For example:

Say I know I can lift 300 lbs of my front squat, so my warm up and work sets may look like this:

135 x 5 – warm up
185 x 5 – warm up
225 x 5 – warm up
275 x 5 – set #1
300 x 5 – set #2

DON’T be the idiot that slaps on 300 lbs without a warm up set and just gets after it. That’s asking for injury...

Set Loading: You’ll notice that for many of the lifts, the sets and reps will appear to be straight across such as 5 x 5 or 4 x 10, ect.

You do not want to use the same amount of weight for each set rather, you want to progressively ramp up the weights so you’re lifting heavier in the final sets.

You do NOT want to go so heavy that you start missing reps before the last set. This is a HUGE mistake and will lead to burnout as well as low quality, sloppy reps.

Here’s an example of what a set of 5 x 5 might look like on a deadlift with CORRECT missed reps...

375 x 5 – set 1
395 x 5 – set 2
405 x 5 – set 3
415 x 5 – set 4
425 x 4 – set 5
Now here's an example of what an INCORRECT set of missed reps may look like...

395 x 5 (sloppy) – set 1  
425 x 5 (barely completed) – set 2  
425 x 4 – set 3  
435 x 3 – set 4  
455 x 2 – set 5

When you start missing reps early, you've gone too heavy too early. Your best bet is to drop the weight back down and get in some quality reps. Then when you hit this movement again, start with a better weight that you know you'll be able to get quality reps with without missing too many reps early in the sets.

**Recording Your Workouts:** Make sure you are writing down each and every workout so you can see the weights you used, the reps you did, and the sets you completed.

It would be wise for you to get a notebook and make it your new HARDCORE training workbook.

If you're not writing anything down, then you are wondering around blind! We must be able to measure your progress and the BEST way to do this is by writing and recording every training session we do down in a workbook. I would record the following:

- total time workout took to complete
- reps completed on each movement
- sets completed
- and exercises completed

Simply copy down the workouts listed below and record as you go! You'll be amazed at the progress you make overtime! Writing the workouts down and keeping track will serve as a great source of motivation so make sure you do it! Make NO EXCUSES here! This needs to be done for you to be most successful!

**Pre and Post Workout Considerations:** It's very important that you include both a pre-workout and post workout foam roll session as well as some static stretching to end your training session.

If you feel extremely tight and sore before you train, foam rolling will help you loosen up.

It’s recommended you stretch AFTER your training session then foam roll again to help accelerate recovery.
***I note to stretch and foam roll after every training session so make sure you do so.

Here’s are two resources that will help you out for stretching and foam rolling:

>>> [Foam Rolling](#)

>>> [Stretching and Mobility Work](#)

**Rest Days and Listening To Your Body:** One of the main focuses within any training program I design is to make sure you DO NOT over-train your body. While these workouts are designed to brutally tough and challenging, it’s still your job to listen to your body.

When you feel beat up, stiff, and sore, you may need to rest. There’s a difference between feeling “lazy-tired” and fatigued. When you’re fatigued, it’s better you rest it out, let your body recover and come back the next day so you can get after it 110%.

When you feel “lazy-tired” wake the F up and get your ass into gear! ;)

When you are feeling fatigued, here’s resource you can use to help increase recovery:

>>> [Salt and Ice Baths, plus Contrasts Showers](#)

So there you are!

The basics of how to follow **AGGRESSIVE SHRED Project**

Now it’s time to put in the work and get things done!

Make sure to keep me updated on your progress by shooting me an email at theforgedathlete@gmail.com

Here’s to you getting SHREDDED!

*Live and Train Aggressive!*

*Travis*
The Aggressive SHRED Project – WEEK 1

The Warm Up – Geared to Prime The Body For SHREDDING Fat

The SHRED Warm Up DEMO >>> [http://tinyurl.com/brm2zuh]

a) Jump Rope – Nice and Easy x 50 Jumps
b) Drop Lunge w/ Overhead Reach – Alternate Legs x 10 / Side
c) Front Lunge w/ Hamstring Stretch x 10 / Side
d) Push Up x 40 secs
e) Superman + Reach x 10
f) Hollow Rocks x 20
g) ½ TGU x 10 R/L
h) Speed Squats x 40 secs
i) Leg Swings Forward / Back x 10 / side
j) Leg Swings Side to side x 10 / side

Day 1 – Strength SHRED Matrix

1A) Barbell Deadlift x 10, 8, 6, 4
1B) Barbell Military Press x 10, 8, 6, 4
***Heaviest Possible for Each Set and Rep
***Rest 60 secs between movements and sets

2A) 4 Rounds Of – 30/60 Intervals
   a) Double DB OR KB RDL
   b) Double DB OR KB Power Clean
   c) Double DB OR KB Thruster
   d) DB OR KB Bent Rows – Neutral Grip
***Use a weight that allows you to get at least 10 reps completed within 30 secs on each movement
***Intervals = 30 secs of ALL OUT WORK w/ 60 secs REST
***Focus on INTENSITY – move for the FULL 30 secs @ 100% Effort

3A) Shred Finisher – 3 Min AMRAP Of:
   a) Burpee Broad Jump
***Jump then turn around after you land on the broad jump and repeat

Soft Tissue Work - [http://tinyurl.com/d2d8f93]

Mobility / Stretching - [http://tinyurl.com/cyk9pvt]
Day 2 – ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

Mobility Circuit DEMO >>> [http://tinyurl.com/d828ss8](http://tinyurl.com/d828ss8)

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching

Day 3 – Strength SHRED Matrix

1A) Barbell Front Squat 4 x 5
1B) Pull Ups 4 x submax
***Heaviest Possible for Each
***Rest 60 secs between movements and sets

2A) 5 min AMRAP of:
   a) Barbell Bent Rows x 5
   b) Suspended Push Ups OR Push Ups on DB OR KB's x 10
***Do NOT work to failure – if you must, cut the reps down to avoid failure

3A) 5 Min AMRAP of:
   a) [DB OR KB Front Rack Walking Lunge](http://www.example.com) x 5/leg
   b) Kettlebell Russian Swing x 10

4A) 5 Min AMRAP of:
   a) Redline Row w/ Supinated Grip (palms up) x 10
   b) Bear Crawl x 10 yards forward / 10 yards back

5A) Complete The Following – 10, 8, 6, 4, 2 of:
   a) [Lateral Burpee](http://www.example.com)
   b) [Sit Out](http://www.example.com) (do required reps on each side)
   c) Squat Jump
***6 Min Time Cap

Soft Tissue + Mobility + Stretching
Day 4 – REST - MOBILITY + STRETCHING Work

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge + Hamstring Stretch x 5 / side
   d) Side Step Squat w/ Spin x 10 Total
   e) Toy Soldiers x 10 / Leg
   f) Slow Burpee x 5

Soft Tissue + Mobility + Stretching

Day 5 – Strength SHRED Matrix

1A) **DB OR KB 1 Arm Power Snatch** 4 x 5 / Arm
1B) Box Jump x 10, 8, 6, 4 –HIGHEST possible – step down off box after each jump
***Rest only 60 secs between sets – NO rest between movements

2A) 5 Rounds – Double DB OR KB Complex
   a) Double DB OR KB Ground To Overhead (clean and press) x 8
   b) Double DB OR KB Sumo DL x 8
   c) Double DB OR KB Drop Lunge x 8 / Leg
   d) Double DB OR KB Renegade Rows x 8 / Side
   ***Choose a weight that will allow you to go the whole way through the complex without dropping the weights
   ***Rest 90 secs between rounds

3A) 1 Tabata Set Of:
   a) Jump Rope
   b) High Knee Sprint In Place
   ***Alternate between movements – 20 secs of ALL OUT work w/ 10 secs REST
   ***Complete 4 rounds of each movement total = 8 total rounds
   ***If you suck at jumping rope, it would be more beneficial to you to just do the high knee sprints
   ***Foam roll your CALVES a TON after this one ;)

Soft Tissue + Mobility + Stretching
**Day 6 – Aggressive SHRED Cardio**

CRITICAL NOTE - Make sure to warm up to the point that you’re sweating BEFORE you start sprinting!

1A) 10 Rounds Of:

   a) Hill Sprints
   ***Find a hill that stretches up at least 30-40 yards @ an angle of 15-45 degrees at the most
   ***Rest only 60 secs MAX between rounds - use walk back down as rest
   ***If no hill, you can do stairs OR just go to regular 40-yard sprints on flat ground

   OR

   b) Treadmill Intervals x 20 secs ALL OUT – 60 secs Rest
   ***Sprint at your FASTEST possible speed you can handle for 20 ALL OUT secs
   ***Set incline at 15-45 degrees

2A) SHRED Core x 3 Rounds

   a) Jumping Jacks x 30
   b) Suspended Double Knee Tucks x 15
   c) Full V-Seat reach x 15
   d) Jumping “Seal” Jacks x 30
   e) Suspended Alternating Knee Tucks x 15
   f) Hollow Rocks x 15

   ***Rest 60 secs and repeat

**Soft Tissue + Mobility + Stretching**

**Day 7 – REST! MOBILITY + STRETCHING Work**

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:

   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

**Soft Tissue + Mobility + Stretch**
The Aggressive SHRED Project – WEEK 2

The Warm Up – Geared to Prime The Body For SHREDDING Fat

The SHRED Warm Up DEMO >>> http://tinyurl.com/brm2zuh

a) Jump Rope – Nice and Easy x 50 Jumps
b) Drop Lunge w/ Overhead Reach – Alternate Legs x 10 / Side
c) Front Lunge w/ Hamstring Stretch x 10 / Side
d) Push Up x 40 secs
e) Superman + Reach x 10
f) Hollow Rocks x 20
g) ½ TGU x 10 R/L
h) Speed Squats x 40 secs
i) Leg Swings Forward / Back x 10 / side
j) Leg Swings Side to side x 10 / side

Day 1 – Strength SHRED Matrix

1A) Barbell Deadlift  x 8, 6, 4, 2, 2
1B) Barbell Military Press x 8, 6, 4, 2, 2
***Heaviest Possible for Each Set and Rep
***Rest 45-60 secs between movements and sets

2A) 30 / 45’s x 5 Rounds
   a) Double DB OR KB RDL
   b) Double DB OR KB Power Clean
   c) Double DB OR KB Thruster
   d) DB OR KB Bent Rows – Neutral Grip
***Use a weight that allows you to get at least 10 reps completed within 30 secs on each movement – go UP in weight from week 1 if possible
***Intervals = 30 secs of ALL OUT WORK w/ 45 secs REST
***Focus on INTENSITY – move for the FULL 30 secs @ 100% Effort

3A) The Finisher – 3 Min AMRAP Of:
   a) Burpee Broad Jump
***Jump then turn around after you land on the broad jump and repeat
***BEAT Week 1 SCORE

Soft Tissue Work - http://tinyurl.com/d2d8f93

Mobility / Stretching - http://tinyurl.com/cyk9pv
Day 2 – ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

Mobility Circuit DEMO >>> [http://tinyurl.com/d828ss8](http://tinyurl.com/d828ss8)

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching

Day 3 – Strength SHRED Matrix

1A) Barbell Front Squat x 5, 5, 3, 3
1B) Pull Ups 4 x submax
***Heaviest Possible for Each
***Rest 60 secs between movements and sets

2A) 5 min AMRAP of:
   a) Barbell Bent Rows x 5
   b) Suspended Push Ups OR Normal Push Ups x 10
***Do NOT work to failure – if you must, cut the reps down to avoid failure
***Goal is to get in more TOTAL WORK then Week 1

3A) 5 Min AMRAP of:
   a) DB OR KB Front Rack Walking Lunge x 5/leg
   b) Kettlebell Russian Swing x 10
***Goal is to get in more TOTAL WORK then Week 1

4A) 5 Min AMRAP of:
   a) Redline Row w/ Supinated Grip (palms up) x 10
   b) Bear Crawl x 20 yards total
***Goal is to get in more TOTAL WORK then Week 1

5A) Complete The Following – 10, 8, 6, 4, 2 of:
   a) Lateral Burpee
   b) Sit Out (do required reps per side)
   c) Squat Jump
***6 Min Time Cap
***BEAT Week 1 Time if possible
Day 4 – REST - MOBILITY + STRETCHING Work

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge + Hamstring Stretch x 5 / side
   d) Side Step Squat w/ Spin x 10 Total
   e) Toy Soldiers x 10 / Leg
   f) Slow Burpee x 5

Soft Tissue + Mobility + Stretching

Day 5 – Strength SHRED Matrix

1A) DB OR KB 1 Arm Power Snatch x 5, 5, 3, 3, 3 – Get HEAVIER
1B) Box Jump x 8, 6, 4, 2, 2 – HIGHEST possible – step down off box after each jump
***Rest only 60 secs between sets – NO rest between movements

2A) 5 Rounds – Double DB OR KB Complex
   a) Double DB OR KB Ground To Overhead (clean and press) x 8
   b) Double DB OR KB Sumo DL x 8
   c) Double DB OR KB Drop Lunge x 8 / Leg
   d) Double DB OR KB Renegade Rows x 8 / Side
***Choose a weight that will allow you to go the whole way through the complex without dropping the weights
***Rest 60 secs between rounds

3A) 1 Tabata Set Of:
   a) High Knee Sprints In Place
   b) Squat Thrust (Burpee without going chest to floor)
***Alternate between movements – 20 secs of ALL OUT work w/ 10 secs REST
***Complete 4 rounds of each movement total = 8 total rounds

Soft Tissue + Mobility + Stretching
Day 6 – Aggressive SHRED Cardio

CRITICAL NOTE - Make sure to warm up to the point that you’re sweating BEFORE you start sprinting!

1A) 12 Rounds Of:

   a) Hill Sprints
      ***Find a hill that stretches up at least 30-40 yards @ an angle of 15-45 degrees at the most
      ***Rest only 60 secs MAX between rounds - use walk back down as rest
      ***If no hill, you can do stairs OR just go to regular 40-yard sprints on flat ground

   OR

   b) Treadmill Intervals x 20 secs ALL OUT – 60 secs Rest
      ***Sprint at your FASTEST possible speed you can handle for 20 ALL OUT secs
      ***Set incline at 15-45 degrees

2A) SHRED Core x 3 Rounds

   a) Jumping Jacks x 30
   b) Suspended Double Knee Tucks x 15
   c) Full V-Seat reach x 15
   d) Jumping “Seal” Jacks x 30
   e) Suspended Alternating Knee Tucks x 15
   f) Hollow Rocks x 15

***Rest 45 secs and repeat

Soft Tissue + Mobility + Stretching

Day 7 – REST! MOBILITY + STRETCHING Work

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:

   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching
The Aggressive SHRED Project – WEEK 3

The Warm Up – Geared to Prime The Body For SHREDDING Fat

The SHRED Warm Up DEMO >>> http://tinyurl.com/brm2zuh

a) Jump Rope – Nice and Easy x 50 Jumps
b) Drop Lunge w/ Overhead Reach – Alternate Legs x 10 / Side
c) Front Lunge w/ Hamstring Stretch x 10 / Side
d) Push Up x 40 secs
e) Superman + Reach x 10
f) Hollow Rocks x 20
g) ½ TGU x 10 R/L
h) Speed Squats x 40 secs
i) Leg Swings Forward / Back x 10 / side
j) Leg Swings Side to side x 10 / side

Day 1 – Strength SHRED Matrix

1A) Barbell Deadlift x 10, 2, 8, 2, 6, 2
1B) Barbell Military Press x 10, 2, 8, 2, 6, 2
***Heaviest Possible for Each Set and Rep
***Rest 60 secs between movements and sets

2A) 30 / 30’s x 5 Rounds
   a) Double DB OR KB RDL
   b) Double DB OR KB Power Clean
   c) Double DB OR KB Thruster
   d) DB OR KB Bent Rows – Neutral Grip
***Use a weight that allows you to get at least 10 reps completed within 30 secs on each movement – go UP in weight from week 1 if possible
***Intervals = 30 secs of ALL OUT WORK w/ 30 secs REST
***Focus on INTENSITY – move for the FULL 30 secs @ 100% Effort

3A) The Finisher – 60/15’s x 3 Rounds
   a) Burpee Broad Jump
***Jump then turn around after you land on the broad jump and repeat
***BEAT Week 2 SCORE (Total Reps Completed)

Soft Tissue Work - http://tinyurl.com/d2d8f93

Mobility / Stretching - http://tinyurl.com/cyk9pvt
Day 2 –Aggressive SHRED Cardio (OPTIONAL) OR ACTIVE REST

***If you’re not feeling too beat up and run down, go ahead and add in the Aggressive SHRED Cardio

CRITICAL NOTE - Make sure to warm up to the point that you're sweating BEFORE you start sprinting!

1A) Choose One Below:

   a) 6 x 200m Run
   ***Find a Track (preferably) or open field – sprint 200m @ 95-100% effort
   ***Rest only 75-90 secs MAX between rounds and repeat

   OR

   b) 6 x Treadmill Intervals x 30 secs ALL OUT – 60 secs Rest
   ***Sprint at your FASTEST possible speed you can handle for 25 ALL OUT secs
   ***Set incline at 15-45 degrees

2A) 20 Min Walk @ A Brisk Pace OR 20 Min Incline Walk on Treadmill

Soft Tissue + Mobility + Stretching

ACTIVE RECOVERY (IF NOT Doing Aggressive SHRED Cardio – DO NOT DO BOTH!)

1A) Go Through Normal SHRED Warm Up

Mobility Circuit DEMO >>> http://tinyurl.com/d828ss8

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5/ Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching
Day 3 – Strength SHRED Matrix

1A) Barbell Front Squat x 5, 5, 3, 3
1B) Weighted Pull Ups 4 x submax
***If can’t get over 3 on weighted, do bodyweight only)
***Heaviest Possible for Each
***Rest 60 secs between movements and sets

2A) 5 min AMRAP of:
   a) Barbell Bent Rows – Supinated Grip x 8
   b) Suspended Push Ups OR Normal Push Ups x 8
***Do NOT work to failure – if you must, cut the reps down to avoid failure
***Goal is to get in more TOTAL WORK then Week 2

3A) 5 Min AMRAP of:
   a) DB OR KB Front Rack Walking Lunge x 8/leg
   b) Kettlebell Russian Swing x 8
***Goal is to get in more TOTAL WORK then Week 2

4A) 5 Min AMRAP of:
   a) Recline Row w/ Neutral Grip (palms in) x 10
   b) Bear Crawl x 20 yards total
***Goal is to get in more TOTAL WORK then Week 2

5A) Complete The Following – 3 Rounds of 10 Rep Each:
   a) Lateral Burpee
   b) Sit Out (do required reps per side)
   c) Squat Jump
***6 Min Time Cap
***BEAT Week 2 Time if possible
**Day 4 – REST - MOBILITY + STRETCHING Work**

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5/ Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge + Hamstring Stretch x 5 / side
   d) Side Step Squat w/ Spin x 10 Total
   e) Toy Soldiers x 10 / Leg
   f) Slow Burpee x 5

Soft Tissue + Mobility + Stretching

**Day 5 – Strength SHRED Matrix**

1A) DB OR KB 1 Arm Power Snatch 5 x 2-3 – Get HEAVIEST possible
1B) Box Jump x 5 x 2 – HIGHEST possible – step down off box after each jump
***Rest only 60 secs between sets – NO rest between movements

2A) 5 Rounds – Double DB OR KB Complex
   a) Single DB OR KB Power Clean To Press x 5 (touch ground every rep)
   b) Single DB OR KB Sumo DL x 5
   c) Single DB OR KB Drop Lunge x 5 (hold DB OR KB in front rack - step back with OPPOSITE leg)
   d) Single DB OR KB 1 Arm Bent Row x 5 / Side
   ***Switch Arms and Repeat on Other Side = 1 Round
   ***Choose a weight that will allow you to go the whole way through the complex without dropping the weight – CHALLENGE YOURSELF!
   ***Rest 60 secs between rounds

3A) 1 Tabata Set Of:
   a) High Knee Sprints In Place
   b) Full Burpee
   ***Alternate between movements – 20 secs of ALL OUT work w/ 10 secs REST
   ***Complete 4 rounds of each movement total = 8 total rounds
   ***SCORE – total amount of burpees completed

Soft Tissue + Mobility + Stretching
Day 6 – Aggressive SHRED Cardio

CRITICAL NOTE - Make sure to warm up to the point that you’re sweating BEFORE you start sprinting!

1A) 8 Rounds Of:

   a) Hill Sprints
      ***Find a hill that stretches up at least 30-40 yards @ an angle of 15-45 degrees at the most
      ***Rest only 60 secs MAX between rounds - use walk back down as rest
      ***If no hill, you can do stairs OR just go to regular 40-yard sprints on flat ground

   OR

   b) Treadmill Intervals x 25 secs ALL OUT – 60 secs Rest
      ***Sprint at your FASTEST possible speed you can handle for 25 ALL OUT secs
      ***Set incline at 15-45 degrees

2A) SHRED Core x 3 Rounds

   a) Jumping Jacks x 30
   b) Suspended Double Knee Tucks x 15
   c) Full V-Seat reach x 15
   d) Jumping “Seal” Jacks x 30
   e) Suspended Alternating Knee Tucks x 15
   f) Hollow Rocks x 15

      ***Rest 45 secs and repeat

Soft Tissue + Mobility + Stretching

Day 7 – REST! MOBILITY + STRETCHING Work

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:

   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching
The Aggressive SHRED Project – FINAL WEEK

The Warm Up – Geared to Prime The Body For SHREDDING Fat

The SHRED Warm Up DEMO >>> http://tinyurl.com/brm2zuh

a) Jump Rope – Nice and Easy x 50 Jumps
b) Drop Lunge w/ Overhead Reach – Alternate Legs x 10 / Side
c) Front Lunge w/ Hamstring Stretch x 10 / Side
d) Push Up x 40 secs
e) Superman + Reach x 10
f) Hollow Rocks x 20
g) ½ TGU x 10 R/L
h) Speed Squats x 40 secs
i) Leg Swings Forward / Back x 10 / side
j) Leg Swings Side to side x 10 / side

Day 1 – Strength SHRED Matrix

1A) Barbell Deadlift x 5 x 5
1B) Barbell Military Press x 5 x 5
***Heaviest Possible for Each Set and Rep
***Rest 60 secs between movements and sets

2A) 30 / 15’s x 5 Rounds
   a) Double DB OR KB RDL
   b) Double DB OR KB Power Clean
   c) Double DB OR KB Thruster
   d) DB OR KB Bent Rows – Neutral Grip
***Focus on INTENSITY – move for the FULL 30 secs @ 100% Effort
***Intervals = 30 secs of ALL OUT WORK w/ 15 secs REST

3A) The Finisher – 3 Min AMRAP
   a) Burpee Broad Jump
***Jump then turn around after you land on the broad jump and repeat
***TRY to BEAT Week 3 SCORE (Total Reps Completed)

Soft Tissue Work - http://tinyurl.com/d2d8f93

Mobility / Stretching - http://tinyurl.com/cyk9pvt
Day 2 – Aggressive SHRED Cardio (OPTIONAL) OR ACTIVE REST

***If you’re not feeling too beat up and run down, go ahead and add in the Aggressive SHRED Cardio

CRITICAL NOTE - Make sure to warm up to the point that you’re sweating BEFORE you start sprinting!

1A) Choose One Below:

   a) 8 x 100m Run
   ***Find a Track (preferably) or open field – sprint 100m @ 100% effort
   ***Rest only 2-3 mins MAX between rounds and repeat

   OR

   b) 10 x Treadmill Intervals x 15 secs ALL OUT – 60 secs Rest
   ***Sprint at your FASTEST possible speed you can handle for 15 ALL OUT secs
   ***Set incline at 15-45 degrees

2A) 20 Min Walk @ A Brisk Pace OR 20 Min Incline Walk on Treadmill

Soft Tissue + Mobility + Stretching

ACTIVE RECOVERY (IF NOT Doing Aggressive SHRED Cardio – DO NOT DO BOTH!)

1A) Go Through Normal SHRED Warm Up

Mobility Circuit DEMO >>> http://tinyurl.com/d828ss8

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5 / Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching
Day 3 – Strength SHRED Matrix

1A) Barbell Front Squat x 5, 3, 3, 10
1B) Weighted Pull Ups 4 x submax
***If can’t get over 3 reps on weighted, do bodyweight only)
***Heaviest Possible for Each
***Rest 60 secs between movements and sets

2A) 5 min AMRAP of:
   a) Barbell Bent Rows – Supinated Grip x 5
   b) Suspended Push Ups OR Normal Push Ups x 10
***Do NOT work to failure – if you must, cut the reps down to avoid failure
***Goal is to get in more TOTAL WORK then in any previous weeks

3A) 5 Min AMRAP of:
   a) DB OR KB Front Rack Walking Lunge x 5/leg
   b) Kettlebell Russian Swing x 10
***Goal is to get in more TOTAL WORK then in any previous weeks

4A) 5 Min AMRAP of:
   a) Redline Row w/ Neutral Grip (palms in) x 10
   b) Bear Crawl x 20 yards total
***Goal is to get in more TOTAL WORK then in any previous weeks

5A) Complete The Following
   a) Lateral Burpee x 30
   b) Sit Out (do required reps per side) x 30
   c) Squat Jump x 30
***6 Min Time Cap
***BEAT Week 3 Time if possible
Day 4 – REST - MOBILITY + STRETCHING Work

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5/ Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge + Hamstring Stretch x 5 / side
   d) Side Step Squat w/ Spin x 10 Total
   e) Toy Soldiers x 10 / Leg
   f) Slow Burpee x 5

Soft Tissue + Mobility + Stretching

Day 5 – Strength SHRED Matrix

1A) DB OR KB 1 Arm Power Snatch 8, 6, 4, 2, 2 – Get HEAVIEST possible
1B) Box Jump x 5 x MAX Effort each round –HIGHEST possible – step down off box after each jump
***Rest only 60 secs between sets – NO rest between movements

2A) 5 Rounds – Double DB OR KB Complex
   a) Single DB OR KB Power Clean To Press x 5 (touch ground every rep)
   b) Single DB OR KB Sumo DL x 5
   c) Single DB OR KB Drop Lunge x 5 (hold DB OR KB in front rack - step back with OPPOSITE leg)
   d) Single DB OR KB 1 Arm Bent Row x 5 / Side
***Switch Arms and Repeat on Other Side = 1 Round
***Choose a weight that will allow you to go the whole way through the complex without dropping the weight – CHALLENGE YOURSELF!
***Increase weight from Week 3
***Rest 60 secs between rounds

3A) Tabata + 1 Of:
   a) High Knee Sprints In Place
   b) Full Burpee
***Alternate between movements – 20 secs of ALL OUT work w/ 10 secs REST
***Complete 4 rounds of each movement total = 10 total rounds
***SCORE – total amount of burpees completed

Soft Tissue + Mobility + Stretching
**Day 6 – Aggressive SHRED Cardio**
CRITICAL NOTE - Make sure to warm up to the point that you're sweating BEFORE you start sprinting!

1A) 10 Rounds Of:
   a) Hill Sprints
   ***Find a hill that stretches up at least 30-40 yards @ an angle of 15-45 degrees at the most
   ***Rest only 60 secs MAX between rounds - use walk back down as rest
   ***If no hill, you can do stairs OR just go to regular 40-yard sprints on flat ground

OR

   a) Treadmill Intervals x 20 secs ALL OUT – 60 secs Rest
   ***Sprint at your FASTEST possible speed you can handle for 25 ALL OUT secs
   ***Set incline at 15-45 degrees

2A) SHRED Core x 2 Rounds
   a) Jumping Jacks x 60
   b) Suspended Double Knee Tucks x 20
   c) Full V-Seat reach x 20
   d) Jumping “Seal” Jacks x 60
   e) Suspended Alternating Knee Tucks x 20
   f) Hollow Rocks x 25
   ***Rest 60 secs and repeat

Soft Tissue + Mobility + Stretching

**Day 7 – REST! MOBILITY + STRETCHING Work**

OPTIONAL - ACTIVE REST Mobility Circuit

1A) Go Through Normal SHRED Warm Up

2A) 3 Rounds Of:
   a) Lunge + Reach And Rotation x 5/ Side
   b) Inch Worm + Dog + Sumo x 10
   c) Lunge Crawl + Hamstring Stretch x 5 / side
   d) Side Step Lunge + Rotation x 10 Total
   e) Toy Soldiers + Balance Reach x 10 / Leg
   f) 7 Count “SLOW” Burpees x 5

Soft Tissue + Mobility + Stretching
Travis Stoetzel is a hardcore and aggressive strength coach located in Omaha, NE where he owns and operates The Forged Athlete Gym, which caters to highly dedicated athletes and serious lifters of all walks of life.

Below you can gain knowledge insight on the various tools and resources he uses to help turn his clients and athletes into strong, jacked, and athletic soldiers. The section below showcases the other various strength and conditioning programs and products he has created and uses to help people all across the world get results.
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