

# SHREDDER

# WORKOUT ROUTINE



Bonus PDF File  
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# SHREDDER WORKOUT ROUTINE

## Training Volume:

5+ days per week

## Explanation:

For this routine I'll be building you 3 days devoted to heavy weight lifting to build our super strength, and then 2 days devoted to speed and endurance work. I will also provide you an extra set of mixed martial arts programs from [Coach Derek](#), but that will be on you to add in on top of the training!

## Shredder Workout Day One: Push Day

### Warm Up:

15-20 Minute Run

### Heavy 5x5s:

Barbell Bench Press

5x5

Seated Overhead Press

5x5

### Accessory Work:

Power Cleans

3×10

Seated Overhead DB Extensions

3×10

Incline Press

3×10

Weighted Dips

3xFailure

## **Shredder Workout Day Two: Speed and Endurance Training**

**Warm Up:**

3.1 Mile Run

**Workout:**

*Circuit One:*

10 Kettlebell Swings

15 DB Thrusters

20 Clap Push Ups

25 Double Unders

30 Second Battle Rope

*Circuit Two:*

10 Pull Ups

20 Jumping Lunges

30 Seconds of Tire Flips

*Circuit Three:*

15 Mountain Climbers

15 Plank to Push Ups

15 Hanging Leg Raises

15 Sit Ups

## **Shredder Workout Day Three: Pull Day**

**Warm Up:**

15-20 Minute Run

**Heavy 5x5s:**

Deadlift

5x5

Barbell Bent Over Rows

5x5

**Accessory Work:**

Wide Grip Lateral Pulldowns

3×10

Cable Rows

3×10

Lateral Raises

3×10

Weighted Chin Ups

3xFailure

## **Shredder Workout Day Four: Speed and Endurance Training**

**Warm Up:**

3.1 Mile Run

**Workout:**

*Circuit:*

70 Calorie Row

60 Dumbbell Deadlifts

50 Barbell Clean and Presses

40 Push Ups

30 Air Squats

20 Chin Ups

10 DB Snatches Each Arm

## **Shredder Workout Day Five: Leg Day**

### **Warm Up:**

15-20 Minute Run

### **Heavy 5x5s:**

Back Squats

5×5

Leg Press

5×5

### **Accessory Work:**

Hamstring Curls or Kickbacks

3×10

Quad/Leg Extensions

3×10

Seated Calf Raises

3×10

Weighted Lunges

3xFailure

## Shredder Workout: Mixed Martial Arts Bonus

If you want to step your game up and start training with mixed martial arts, these are some of the programs Coach Derek has created for us outside of [The Academy](#) to do so.

Check out programs on the site from Coach Derek here: [Moon Knight](#), [Deathstroke](#), [Daredevil](#), and [Sagat](#).

For some Thai Boxing fun check out [Anna Diop's](#) routine.

The [Parkour Workout](#) (Nightrunner) designed by [Academy](#) member Felix.