

14 Days Fat Shredding Workout

Workout	Week 1 (3 to 6 times a week)	Week 2 (5 to 6 times a week)
Workout	(Recommended 3 min sets daily)	(Recommended 3 min daily)
	☐ Day 1:	□ Day 1:
	□ Day 2: Cardio:	□ Day 2: Cardio:
	Day 3:	□ Day 3:
	☐ Day 4: Cardio:	□ Day 4: Cardio:
	□ Day 5:	□ Day 5:
	Day 6: Cardio:	□ Day 6: Cardio:
	□ Day 7: Rest	□ Day 7: Rest
(a) (b)	□ Day 1:	□ Day 1:
	Day 2: Cardio:	□ Day 2: Cardio:
	□ Day 3:	□ Day 3:
	□ Day 4: Cardio:	□ Day 4: Cardio:
	□ Day 5:	□ Day 5:
	□ Day 6: Cardio:	□ Day 6: Cardio:
	□ Day 7: Post	□ Day 7: Rest
	□ Day 1: □ Day 2: Cardio:	☐ Day 1:
	Day 2:	Day 2: Calulo
	□ Day 3:	□ Day 3:
	Day 4: Cardio:	□ Day 4: Cardio:
	☐ Day 5: ☐ Day 6: Cardio:	☐ Day 5:
	Day 7: Rest	□ Day 7: Rest
Jump Squat	□ Day 1:	□ Day 1:
2 2 5	Day 2: Cardio:	□ Day 2: Cardio:
	□ Day 3:	□ Day 3:
	Day 4: Cardio:	Day 4: Cardio:
	Day 5:	□ Day 5:
	Day 6: Cardio:	□ Day 6: Cardio:
	☐ Day 7: Rest	□ Day 7: Rest
	□ Day 1:	□ Day 1:
	Day 2: Cardio:	Day 2: Cardio:
	□ Day 3:	□ Day 3:
	Day 4: Cardio:	Day 4: Cardio:
	□ Day 5:	□ Day 5:
	☐ Day 6: Cardio:	Day 6: Cardio:
	☐ Day 7: Rest	□ Day 7: Rest
	□ Day 1:	□ Day 1:
	☐ Day 2: Cardio:	Day 2: Cardio:
	☐ Day 3:	□ Day 3:
	☐ Day 4: Cardio:	□ Day 4: Cardio:
	☐ Day 5:	□ Day 5:
	☐ Day 6: Cardio:	□ Day 6: Cardio:
	☐ Day 7: Rest	□ Day 7: Rest
	□ Day 1:	□ Day 1:
	□ Day 2: Cardio:	□ Day 2: Cardio:
	□ Day 3:	□ Day 3:
	□ Day 4: Cardio:	□ Day 4: Cardio:
	□ Day 5:	□ Day 5:
	□ Day 6: Cardio:	□ Day 6: Cardio:
	□ Day 7: Rost	□ Day 7: Roct



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