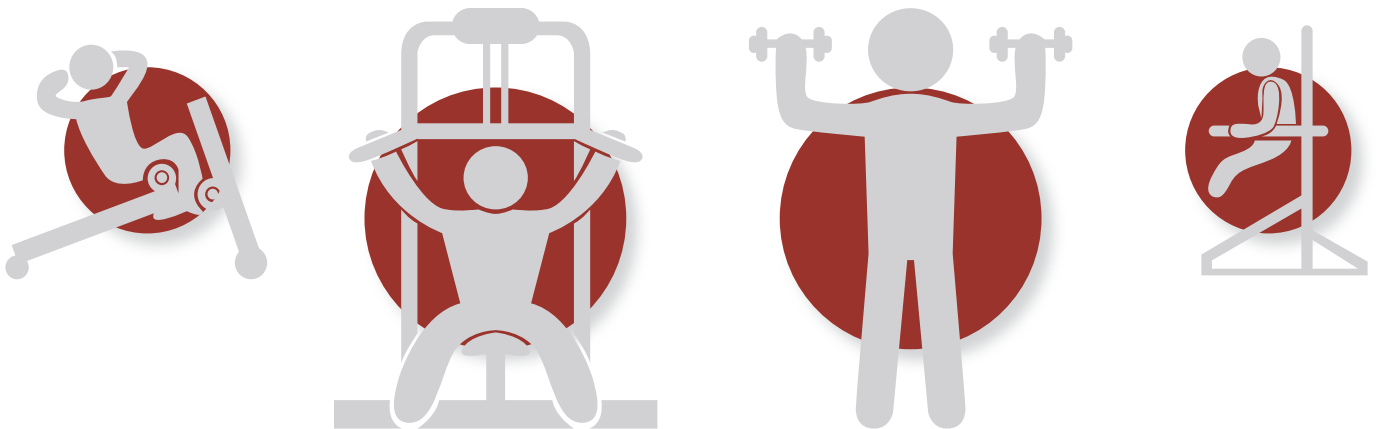





— 25 MINUTES, 7 DAYS PER WEEK —

TITANIUM **SHRED**



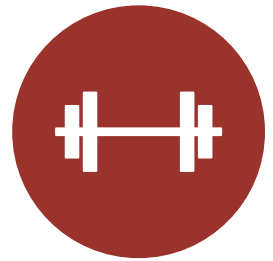
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25 MINUTES, 7 DAYS PER WEEK

	DAY 1	DAY 2	DAY 3	DAY 4
Large Muscle Group	Chest	Back	Shoulders	Legs
Small Muscle Group	Biceps	Triceps	Abs	Legs
5-Minute Burn-Out	Abs	Glutes	Abs	Glutes

WEIGHT TO USE

- For all exercises, unless noted otherwise, use a weight that you cannot do more times than the maximum listed in the range. For example, if the range is 8-12, pick a weight that you can ideally do a maximum of 10 times but not one that you can do more than 12 times. If you pick something you cannot do at least 8 times, you have gone too heavy.
- Unless noted otherwise, increase the weight between multiple sets of the same exercise unless you did not exceed the minimum on the previous set.



GETTING IN & OUT OF THE GYM

- This program works because it costs you very little time and you'll get so used to it that you will be a bit lost without it.
- You will be on a timer from the time you get out of your car to the time you get back in your car!

LADIES



MEN



- You are going to have to work and move fast!
- Have your ear buds in so you can avoid conversations and stay focused!

TIMING

- When you get in the gym, move quickly to get to the floor.
- Once on the floor, set your timer to 25 minutes and put on your music.
- When you have 5 minutes left, move on to the final section regardless of what you have left.
- When the time is up, stop and leave the gym floor. Don't worry, you'll be back tomorrow!

HIGH-INTENSITY

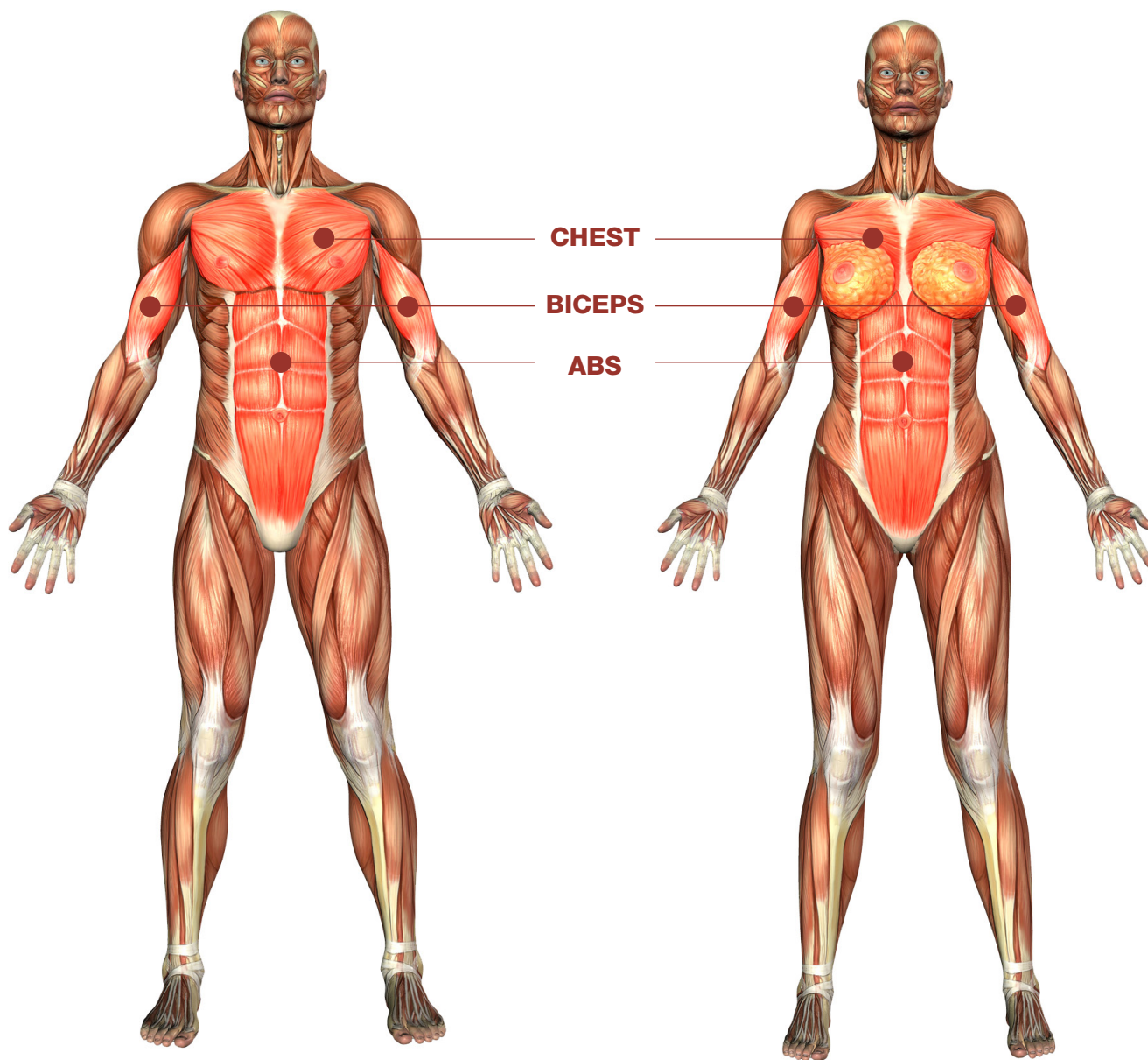
- This workout is a short burst of high intensity training
- This is your cardio and your weight training all in one!
- If you're not sweating, you're not moving fast enough
- If the machine or weight you need is taken, go to something else - anything! **Don't Stand.**



1
DAY

CHEST, BICEPS, & ABS

REFERENCE CHART



1 DAY

WARM-UP

- Stretch Shoulders, back, chest and arms quickly as you are preparing and getting up to the gym floor. You can easily do this in the car or as you walk.
- 12 Pull-Ups
- Eventually, you will do this without assistance but will start with assistance using a pull-up machine that assists you up.
- Quick Chest Warm-Up with light dumbbells

5-MINUTE NON-STOP ABS

Do 5 consecutive ab exercises in a row for one minute each without rest.

- Plank
- Bent-Knee Hip Raise
- Knee-Hip Raise On Parallel Bars
- Ab Crunch Machine
- Air Bike

CHEST, BICEPS, & ABS

Superset 1 – Chest 1 /Biceps 1

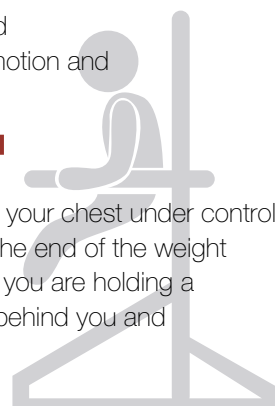
- Chest 1 - Incline, Deep Dumbbell Flys (8-12)
 - Get a deep stretch on the way down and squeeze chest together at the top
- Biceps 1 - Standing Bar Curls (8-12)
 - Go all the way down and all the way up but the focus is on the squeeze at the top
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 2 – Chest 2 /Biceps 2

- Chest 2 - Incline, Deep Dumbbell Press (8-12)
 - Use more weight than the flys
 - At the bottom, keep arms at 90 degree angle
 - Be sure to push up before bringing the weights together. Up first, then in
- Biceps 2 - Seating Curls (8-12)
 - Decrease weight from standing curls
 - Place triceps firmly on the mat
 - Go down all the way and feel a stretch at the bottom Do not come up all the way—stop just before you feel the pressure decrease slightly
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 3 – Chest 3 /Biceps 3

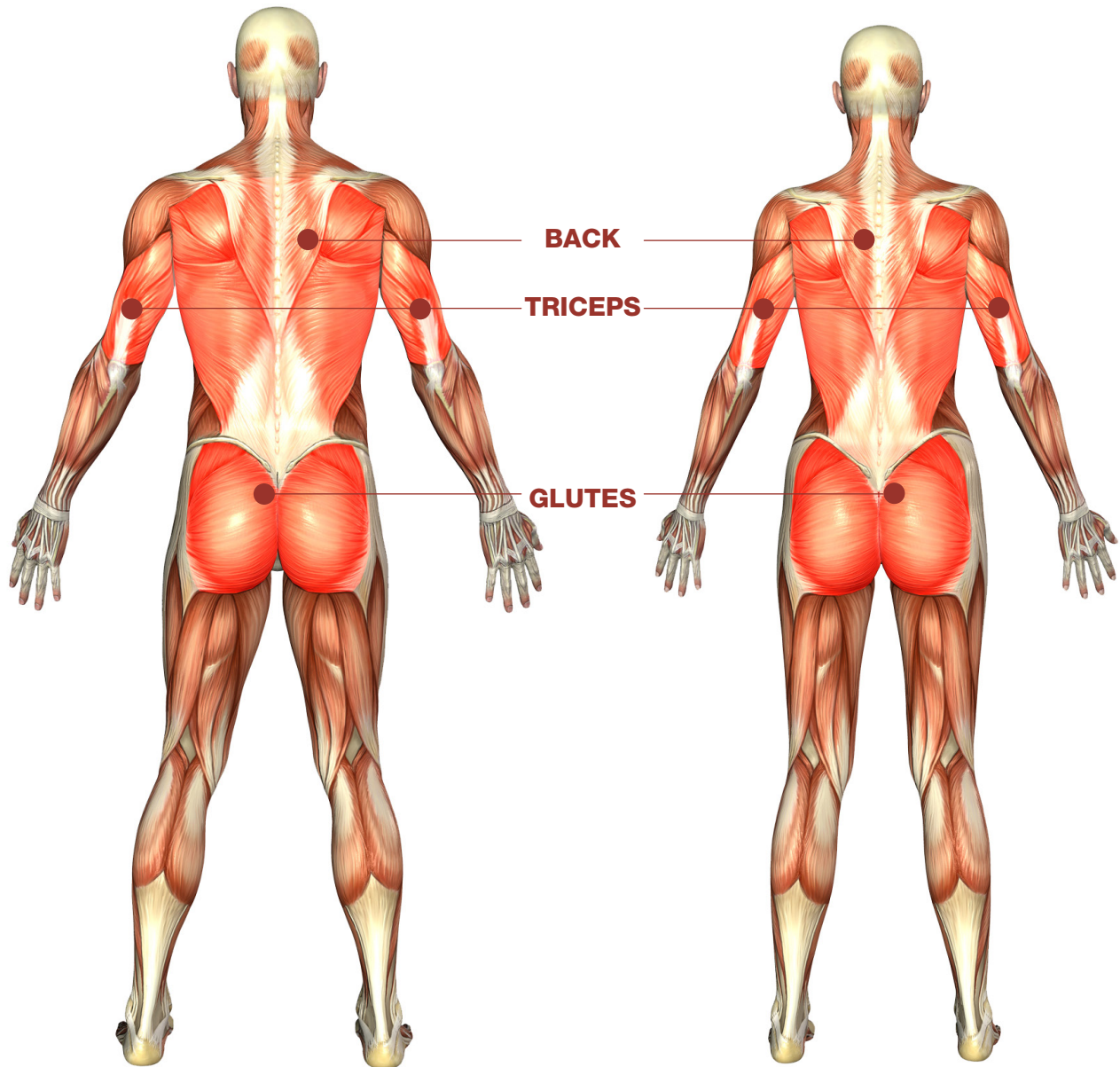
- Chest 3 - Flat Bench Dumbbell Press (8-12)
 - Increase weight from incline press
 - Keep lower back flush against the back rest
 - Keep arms at 90 degrees at the bottom
 - Push up first and bring together at the end
 - Stretch chest apart at the bottom of the motion and squeeze at the top
- Biceps 3 - Hammer Curls (8-12, 16-24 total)
 - Do not swing or more your body at all
 - Bring dumbbell to the middle/inner part of your chest under control as if you are reaching for your chin with the end of the weight
 - Bring weight back down to your side as if you are holding a hammer and hitting a nail that is placed behind you and on your side



2
DAY

BACK, TRICEPS, & GLUTES

REFERENCE CHART



2 DAY

WARM-UP

- Stretch Shoulders, back, chest and arms quickly as you are preparing and getting up to the gym floor. You can easily do this in the car or as you walk.
- 12 Pull-Ups
- Eventually, you will do this without assistance but will start with assistance using a pull-up machine that assists you up.

5-MINUTE NON-STOP GLUTES

Do 5 consecutive Glute exercises in a row for one minute each without rest.

- Butt Lift (Bridge) ◀
- Leg Lift ◀
- Single Leg Glute Bridge ◀
- Step-up With Knee Raise ◀
- Butt Lift (Bridge) ◀

BACK, TRICEPS, & GLUTES

Superset 1 – Wide-Grip Cable Pull Downs /Tricep Pushdown (Bar)

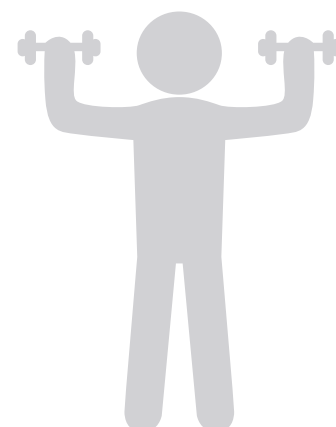
- Back 1 - Wide-Grip Cable Pull Downs (8-12) ◀
 - Extend and reach at the top and focus on squeezing the back muscles at the bottom
- Triceps 1 - Triceps Pushdowns with a V-Bar (8-12) ◀
 - Do not go higher than 90 degrees at the top and squeeze at the bottom. Don't rock your body at all
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 2 – Chest 2 /Biceps 2

- Back 2 - Close-Grip Front Lat Pulldown ◀
 - Extend and reach at the top and focus on squeezing the back muscles at the bottom
- Triceps 2 - Triceps Pushdowns (Rope) ◀
 - Do not go higher than 90 degrees at the top. At the bottom, stretch as far down and back as you can and really feel it in the triceps. Don't rock your body at all
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 3 – Seated Rows /Skull Crushers

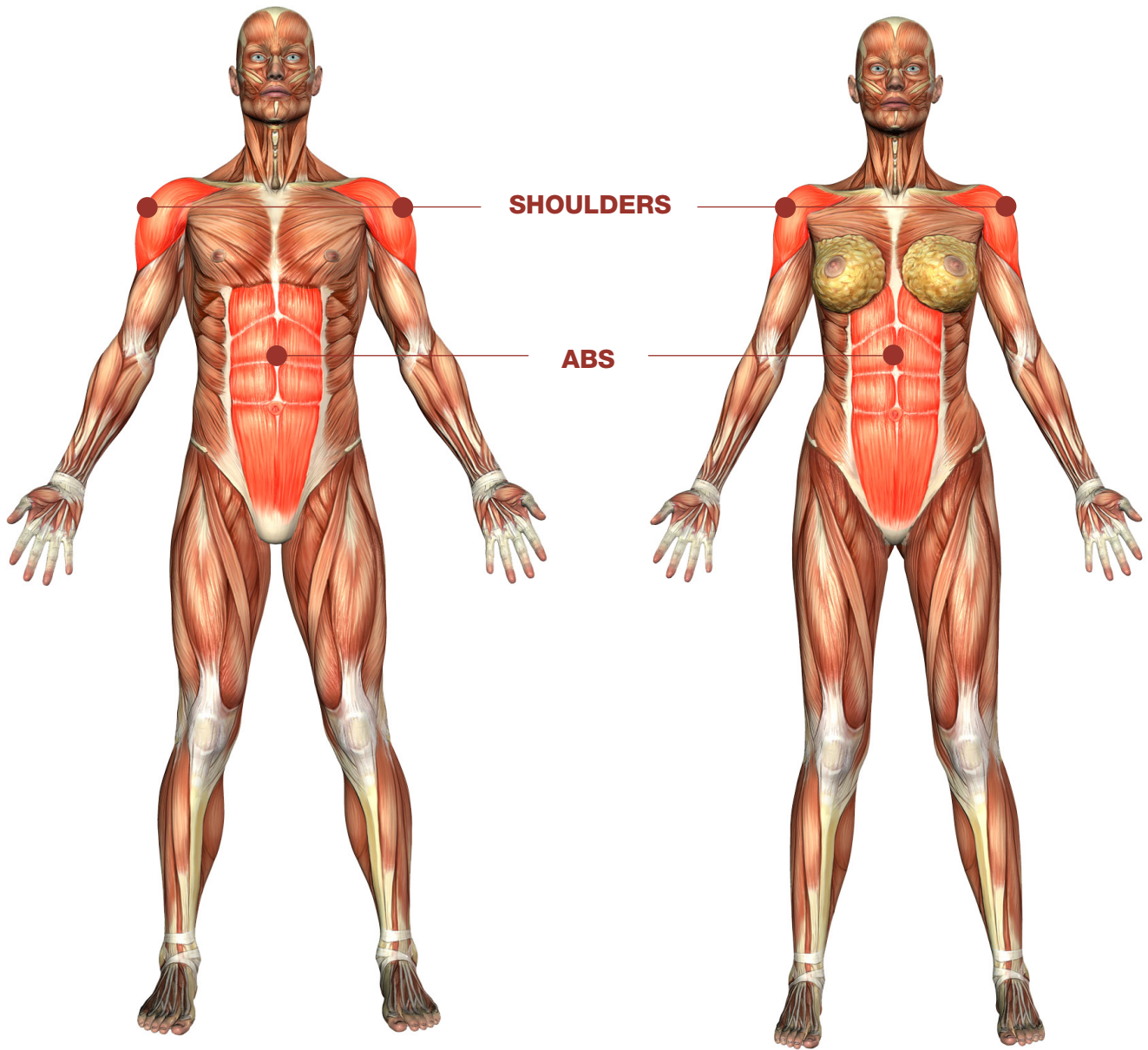
- Back 3 - Seated Rows ◀
 - Don't rock your body and focus on squeezing the shoulder blades and holding at the end
- Triceps 3 - Skull Crushers ◀
- Repeat 1 More set each with increased weight if you did more than the minimum



3
DAY

SHOULDERS, ABS & ABS

REFERENCE CHART



3 DAY

WARM-UP

- Stretch Shoulders, back, chest and arms quickly as you are preparing and getting up to the gym floor. You can easily do this in the car or as you walk.
- 12 Pull-Ups
- Eventually, you will do this without assistance but will start with assistance using a pull-up machine that assists you up.
- Quickly warm up the shoulders by grabbing some very light dumbbells and doing 5 reps of each of the shoulders exercises listed below. This should take no more than 25 seconds.

5-MINUTE NON-STOP ABS

Do 5 consecutive ab exercises in a row for one minute each without rest.

- Plank
- Bent-Knee Hip Raise
- Knee-Hip Raise On Parallel Bars
- Ab Crunch Machine
- Air Bike

SHOULDERS, ABS & ABS

Superset 1 – Front Dumbbell Raise /Ab Crunch Machine

- Shoulders 1 - Front Dumbbells Raises (8-12)
 - Keep your body as straight and steady as possible and try to hold and squeeze for a second at the top
- Abs 1 - Ab Crunch Machine
 - Tighten your abs and focus on attempting to curl your abs. If your gym does not have this machine, you can simply substitute another ab machine
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 2 – Side Lateral Raises /Favorite Ab Machine

- Shoulders 2 - Side Lateral Raises
 - Keep your body as straight and steady as possible and try to hold and squeeze for a second at the top
- Abs 2 - 2nd Favorite Ab Machine
 - Keep your abs as tight as possible for ALL ab exercises and focus on your abs
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 3 – Reverse Flys /2nd Favorite Ab Machine

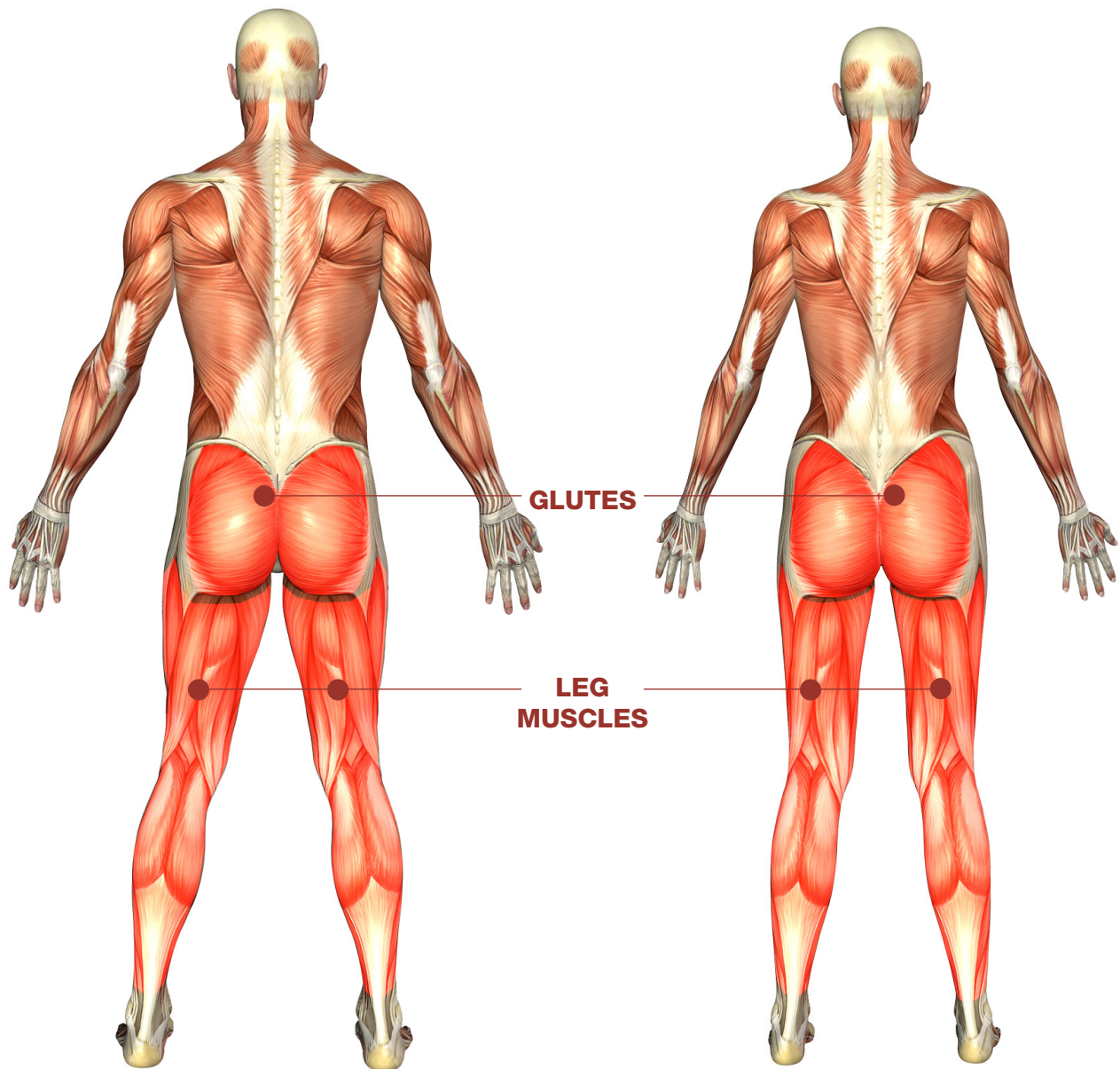
- Shoulders 3 - Reverse Flys
 - Keep your body as straight and steady as possible and try to hold and squeeze for a second at the top
- Abs 3 - Favorite Ab Machine 3
 - Keep your body as straight and steady as possible and try to hold and squeeze for a second at the top
- Repeat 1 More set each with increased weight if you did more than the minimum



4
DAY

LEGS, LEGS & GLUTES

REFERENCE CHART





4 DAY

WARM-UP


- Stretch Shoulders, back, chest and arms quickly as you are preparing and getting up to the gym floor. You can easily do this in the car or as you walk.
- 12 Pull-Ups
- Eventually, you will do this without assistance but will start with assistance using a pull-up machine that assists you up.

LEGS, LEGS & GLUTES



Superset 1 – Leg Extensions /Standing Calf Raises

- Quads 1 - Leg Extensions 
 - Squeeze quadriceps at the top and hold for a second
- Calves 1 - Standing Calf Raises 
 - Squeeze calves at the top and hold for a second
- Repeat 1 More set each with increased weight if you did more than the minimum

Superset 2

- Hamstrings 1 - Lying Leg Curls 
 - Squeeze hamstrings at the top and hold for a second
- Calves 2 - Seated Calve Raises 
 - (Can use machine with free weights or other machines)
Squeeze calves at the top and hold for a second

Superset 3

- Legs 5 - Smith Machine Squats 
 - (If you don't have a Smith Machine, use a different machine)
- Legs 6 - Dumbbell Lunges 

5-MINUTE NON-STOP GLUTES

Do 5 consecutive Glute exercises in a row for one minute each without rest.

- Butt Lift (Bridge) 
- Leg Lift 
- Single Leg Glute Bridge 
- Step-up With Knee Raise 
- Butt Lift (Bridge) 



WARM-UP

- Stretch Shoulders, back, chest and arms quickly as you prepare to start. Spend no more than 2 minutes getting loosened up

5-MINUTE NON-STOP ABS

Do 5 consecutive ab exercises in a row for one minute each without rest.

- Plank
- Bent-Knee Hip Raise
- Knee-Hip Raise On Parallel Bars
- Ab Crunch Machine
- Air Bike

GYMLESS WORKOUT

(Only to be used when you have absolutely no choice)

Superset 1

- Rear Leg Raise
 - 25 or until failure
- Superman
 - 25 or until failure
- Step-Up With Knee Raise
 - 25 or until failure
- Repeat 1 More set each

Superset 2

- Knee Truck Jump
 - 20 or until failure
- Wide Push Ups
 - 30 or until failure
- Butt Lift (Bridge)
 - 20 or until failure
- Repeat 1 More set each

Superset 3

- Bodyweight Squats
 - 30 or until failure
- Push Up to Side Plank
 - 25 or until failure
- Leg Lift
 - 25 or until failure
- Repeat 1 More set each



2 IMPORTANT POINTS ABOUT THIS GYMLESS ROUTINE!

1

This is designed to be more of a full-body workout so it can be repeated day after day but it is not a substitute for regular exercise in a gym with weights because this routine does not do much for the back, biceps, shoulders and other important muscles.

2

Since there are no weights involved, it is your job to make this a HIGH-INTENSITY workout. That means absolutely no resting and it means doing everything you can to make these exercises work your muscles as much as possible. You cannot cheat or go slow here!

