



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



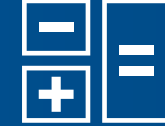
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COACH MYER'S TOP 3 NEW YEAR SHREDS WORKOUTS

Accomplish all of your New Year's goals with this 30 day shred from Coach Myers composed of heavy lifting to build muscle and HIIT to spark fat loss!

Link to Workout: <https://www.muscleandstrength.com/workouts/myers-30-day-shred>

Main Goal: Lose Fat

Training Level: Beginner

Program Duration: 4 Weeks

Days Per Week: 3 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, Kettle Bells, Machines

Author: Coach Dustin Myers

New Year's Workout 1

Exercise	Sets	Reps
1a. Bench Press	5	5
1b. T-Bar Row	5	8
1c. Treadmill Jog	5	90 Secs
2a. Incline Dumbbell Iso-Press	5	8 Each Arm
2b. Dumbbell Row	5	8 Each Arm
2c. Treadmill Incline Jog	5	60 Secs
3a. Barbell Curl	5	5
3b. Dumbbell Skull Crushers	5	5
3c. Dumbbell Curl	5	10
3d. Tricep Press Down	5	20
3e. Treadmill Incline Speed Walk	5	2 Mins
4. Ab Wheel	5	12

New Year's Workout 2

Exercise	Sets	Reps
1a. 1 Mile Run	3	-
1b. Pull Ups	3	30
1c. Dips	3	40
1d. Ring Rows	3	50
1e. Push Ups	3	60

New Year's Workout 3

Exercise	Sets	Reps
1a. Kettlebell Swings	60	3
1b. Pullups	60	5
1c. Pushups	60	8

Perform the Tri Set at the top of each minute for 60 minutes straight: 3 kettlebell hips swings, right into 5 pull ups, then drop to the ground and rep out 8 push ups.