

# M.A.S.S. SHREDDING

## PHASE 3





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Published By:

Muscle Monsters LLC

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### Personal Disclaimer

We are not doctors, nor do we possess a degree in nutrition. The advice we give is based on years of practical application, dealing with the needs of our own health and physiques as well as the needs of others. Any recommendations we may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor/s.

### Muscle-Building Disclaimer

**Required Legal Disclaimer:** Due to recent laws from the FTC, it is required that all companies identify what a "typical" result is. The truth is that most people never do anything when it comes to trying building muscle. They might buy a million products, including this one, but never do anything with the information they have in hand. The testimonials that you saw were of people who took action, followed a healthy lifestyle, exercised, and ate a balanced nutritional diet. If you want results like them, you should do this too.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Recovery	Upper-Body (c)	Lower-Body (c)	Cardio	Upper-Body (d)	Lower-Body (d)	Cardio
Cardio	Upper-Body (c)	Lower-Body (c)	Cardio	Upper-Body (d)	Lower-Body (d)	Cardio
Upper-Body (c)	Lower-Body (c)	Cardio	Cardio	Upper-Body (d)	Lower-Body (d)	Recovery
Upper-Body (c)	Lower-Body (c)	Cardio	Upper-Body (d)	Lower-Body (d)	Cardio	Cardio

### Cardio Options

**Elliptical - HIIT** 15 Minutes

**Sprints** 25

**Bodyweight Circuits** 15 Minutes

### Principles

- End each exercise 2 reps short of muscular failure.
- Aim for progression or maintenance – Try to avoid regression.
- Cardio can be done on training days (following weight training)
- **Deload Days**



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## C - Workout Index

### Upper-Body (c)

Exercise	Sets	Reps	Rest
Bench Press	4	5	3 Minutes
Overhead Press	3	5	2 Minutes
Incline DB Press	2	6-8	45-90 Seconds
Lateral Raises	2	6-8	45 Seconds
Triceps Pushdown	2	6-8	2-3 Minutes
Lat Pulldown	3	5	45-90 Seconds
Seated Rows	2	6-8	45-90 Seconds
DB Biceps Curls	2	6-8	45-90 Seconds
Barbell Shrugs	3	6-8	45-90 Seconds

### Lower-Body (c)

Exercise	Sets	Reps	Rest
Squat	5	5	3 Minutes
Hack Squat	3	6-8	60-90 Seconds
Seated Ham Curls	4	6-8	60-90 Seconds
Lying Ham Curls	3	6-8	60-90 Seconds
Standing Calf Raises	4	6-8	45 Seconds



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### D – Workout Index

#### Upper-Body (d)

Exercise	Sets	Reps	Rest
Bent Over Rows	4	5	2-3 Minutes
Pull Ups	2	AMAP	60-90 Seconds
Barbell Curls	2	6-8	60 Seconds
Face Pulls	3	6-8	60 Seconds
Flat DB Chest Press	3	5	2-3 Minutes
DB Chest Fly	2	6-8	60-90 Seconds
DB Shoulder Press	3	6-8	60 Seconds
Rear Delt Raises	2	6-8	60 Seconds
OH Triceps Ext.	2	6-8	45-60 Seconds

#### Lower-Body (d)

Exercise	Sets	Reps	Rest
Still Leg Deadlift	5	5	3 Minutes
Lying Ham Curls	3	6-8	60-90 Seconds
Front Squat	4	6-8	60-90 Seconds
DB Lunges	3	6-8	60-90 Seconds
Standing Calf Raises	4	6-8	45 Seconds