

*Kris Gettman's*  
**4 WEEKS<sup>2</sup>**  
**SHRED**



|   |  |  |   |   |  |  |
|---|--|--|---|---|--|--|
| <p><b>DAY 1</b></p> <p>AM: BACK/BICEPS<br/>PM: CALVES, ABS/<br/>CARDIO</p>  | <p><b>DAY 2</b></p> <p>AM: DELTS/TRICEPS<br/>PM: CARDIO</p>                  | <p><b>DAY 3</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p>  | <p><b>DAY 4</b></p> <p>AM: LEGS<br/>PM: CARDIO</p>  | <p><b>DAY 5</b></p> <p>AM: CHEST/CALVES<br/>PM: CARDIO/ABS</p>  | <p><b>DAY 6</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p>  | <p><b>DAY 7</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p>  |
| <p><b>DAY 8</b></p> <p>AM: BACK/BICEPS<br/>PM: CALVES, ABS/<br/>CARDIO</p>  | <p><b>DAY 9</b></p> <p>AM: DELTS/TRICEPS<br/>PM: CARDIO</p>                  | <p><b>DAY 10</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> | <p><b>DAY 11</b></p> <p>AM: LEGS<br/>PM: CARDIO</p> | <p><b>DAY 12</b></p> <p>AM: CHEST/CALVES<br/>PM: CARDIO/ABS</p> | <p><b>DAY 13</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> | <p><b>DAY 14</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> |
| <p><b>DAY 15</b></p> <p>AM: BACK/BICEPS<br/>PM: CALVES, ABS/<br/>CARDIO</p> | <p><b>DAY 16</b></p> <p>AM: DELTS/TRICEPS<br/>PM: CARDIO</p>                 | <p><b>DAY 17</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> | <p><b>DAY 18</b></p> <p>AM: LEGS<br/>PM: CARDIO</p> | <p><b>DAY 19</b></p> <p>AM: CHEST/CALVES<br/>PM: CARDIO/ABS</p> | <p><b>DAY 20</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> | <p><b>DAY 21</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> |
| <p><b>DAY 22</b></p> <p>AM: BACK/BICEPS<br/>PM: CARDIO</p>                  | <p><b>DAY 23</b></p> <p>AM: DELTS/TRICEPS<br/>PM: CALVES/ABS/<br/>CARDIO</p> | <p><b>DAY 23</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> | <p><b>DAY 25</b></p> <p>AM: LEGS<br/>PM: CARDIO</p> | <p><b>DAY 26</b></p> <p>AM: CHEST/CALVES<br/>PM: CARDIO</p>     | <p><b>DAY 27</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> | <p><b>DAY 28</b></p> <p>AM: ACTIVE REST<br/>PM: CARDIO</p> |

**DAY 1**

AM: BACK/  
BICEPS  
PM: CALVES,  
ABS/CARDIO

CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS

WHAT'S YOUR GOAL? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ **ACHIEVED YOUR GOAL: YES / NO**