

# SKINNY TO SHREDDED: WORKOUT ROUTINES



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# SKINNY TO SHREDDED: INTRODUCTION

## SO YOU WANT TO GET SHREDDED?

When I first started lifting weights I was 17 years old. I went to the gym, I followed handfuls of routines that I found on the Internet, but it wasn't until I started training with real lifters, bodybuilders, and competitive powerlifters, that I learned how to really put on muscle, get big, and get shredded.

In this guide, I will share with you the 4 different routines I've used over the years to help me go from skinny to shredded. When I was 17, I weighed less than 100lbs. At 24 years old, I now weigh 170lbs with ~7% body fat. These are routines that I use myself, and would suggest to anyone that wants to build something of themselves.

Let's get started.



# WORKOUT #1: 6 DAY CYCLE



**THE 6 DAY CYCLE** was my introduction to the world of bodybuilding and was my first real lifting routine. It is intended to teach you the basics of all major lifts and get you in the rhythm of going to the gym every day. I suggest this for all beginners and Intermediate lifters.

I have detailed in the following sections the exercise names, number of sets, and desired number of reps. However, feel free to experiment and add certain exercises in from other routines included in this guide.

Something to remember: While each set suggests a certain number of reps, it's important that you use weight that's heavy enough so that when you do reach the suggested number of reps, you physically cannot do another. If you hit your 10 or 12 reps and you still have some energy left, you aren't going heavy enough. This requires honesty on your part, and admitting to yourself when you can go heavier than you're used to.

I stuck with the following routine for almost 8 months, rarely deviating all that much. It allowed me time to learn the basics of lifting, and because I stuck with the same lifts, I was able to see how my strength increased over time. I started off unable to lift the 50lb dumbbells on the flat bench, and 8 months later, I was hitting the 100s.

Consistency is the key.

## 6 DAY CYCLE WEEK ROUTINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chest	Back	Quads	Shoulders	Arms	Hamstrings	Rest

# WORKOUT #1: 6 DAY CYCLE



## 6 DAY CYCLE—CHEST EXERCISES: MONDAY

MUSCLE GROUP	EXERCISE	SETS	REPS
Chest	Flat Bench Barbell Press	5	8-12
Chest	Incline Bench Barbell Press	5	8-12
Chest	Flat Bench Dumbbell Press	4	8-10
Chest	Incline Bench Dumbbell Press	4	8-10
Chest	Incline Bench Dumbbell Flys	4	10-15

**TIP:** FOCUS ON PUSHING FROM YOUR CHEST, NOT YOUR SHOULDERS, AND SQUEEZING YOUR CHEST AS HARD AS YOU CAN AT THE TOP OF EVERY REP.

## 6 DAY CYCLE—BACK EXERCISES: TUESDAY

MUSCLE GROUP	EXERCISE	SETS	REPS
Back	Wide Grip Pullups	4	10
Back	Wide Grip Pulldown	4	10-12
Back	Barbell Bent Over Row	6	8-12
Back	Seated Cable Row	4	10-15
Back	Barbell Shrugs	4	20 reps (2 sec pause at the top)

**TIP:** LESS WEIGHT IS BETTER THAN GOING HEAVY WHEN FIRST STARTING OUT. YOUR ARMS SHOULD BE RELAXED SO THE MAJORITY OF THE MOVEMENT IS COMING FROM YOUR BACK. START WITH LESS WEIGHT UNTIL YOU GET THE FORM DOWN.

# WORKOUT #1: 6 DAY CYCLE



## 6 DAY CYCLE—LEGS EXERCISES: WEDNESDAY

MUSCLE GROUP	EXERCISE	SETS	REPS
Quads	Leg Extensions	4	15-20
Quads	Leg Press, Close Stance	4	10-12
Quads	Smith Machine Squats	4	8-12
Quads	Barbell Walking Lunges	4	10 steps each leg
Quads	Standing Calf Raises	8	15

**TIP: MAKE SURE THAT ON EACH EXERCISE YOU ARE PUSHING FROM YOUR QUAD AND NOT YOUR HIPS OR YOUR BACK. USE LESS WEIGHT IF NEEDED AND KEEP THE MOVEMENTS SLOW AND CONTROLLED, DIGGING RIGHT INTO THE QUADRICEPS.**

## 6 DAY CYCLE—SHOULDERS EXERCISES: THURSDAY

MUSCLE GROUP	EXERCISE	SETS	REPS
Shoulders	Lateral Dumbbell Raises	4	15-20
Shoulders	Arnold Presses	4	10-12
Shoulders	Cable Face Pulls	4	10-15
Shoulders	Barbell Front Later Raises	4	10-12
Shoulders	Seated Dumbbell Rear Delt Flys	4	10-15

**TIP: AT THE TOP OF EACH REP, MAKE SURE YOU PAUSE FOR A FULL SECOND AND SQUEEZE YOUR SHOULDER MUSCLES TIGHT. SHOULDERS CAN BE PRONE TO INJURY, SO YOU WILL GROW MORE WITH LIGHT WEIGHT YOU CAN SQUEEZE RATHER THAN BY SWINGING HEAVY WEIGHT.**

# WORKOUT #1: 6 DAY CYCLE



## 6 DAY CYCLE—ARMS EXERCISES: FRIDAY

MUSCLE GROUP	EXERCISE	SETS	REPS
Arms	Dumbbell Bicep Curls	4	10-12
Arms	Tricep Rope Pushdowns	4	10-12
Arms	EZ Bar Bicep Curls	4	10-12
Arms	V-Bar Tricep Pushdowns	4	10-15
Arms	Dips	4	To Failure

**TIP: THE KEY TO BUILDING BIG ARMS IS THE PAUSE. WHEN YOU SWING THE WEIGHT, YOU ACTIVATE THE SHOULDERS. DON'T SWING. RAISE AND LOWER THE WEIGHT IN A CONTROLLED MANNER, SQUEEZING AS HARD AS YOU CAN AT THE TOP OF EVERY REP.**

## 6 DAY CYCLE—LEGS EXERCISES: SATURDAY

MUSCLE GROUP	EXERCISE	SETS	REPS
Hamstrings	Lying Leg Curls	4	10-15
Hamstrings	Barbell Squats	8	10-12
Hamstrings	Leg Press, High + Wide Stance	4	10-15
Hamstrings	Seated Calf Raises	4	15
Hamstrings	Standing Weight Calf Raises	4	10-15

**TIP: MAKE SURE YOU SPEND 10-15 MINUTES STRETCHING BEFORE YOU SQUAT. DOING 5-10 MINUTES ON THE STAIRMASTER CAN ALSO BE A GREAT WAY TO GET THE BLOOD PUMPING AND THE MUSCLES READY.**



# SKINNY TO SHREDDED: FULL EBOOK

WANT THE REST OF THE SKINNY TO  
SHREDDED WORKOUT ROUTINES?

***CLICK HERE!***