

**THE MECCA METHOD**  
**4 WEEK TRAINING PLAN**  
**WEEK 2**

# SHRED WEIGHT



**Purpose:** To continue building your baseline muscular strength and cardiovascular fitness with two full body strength training workouts, four cardio sessions. While you train the same number of days this week you will begin to add more volume through an increase in sets. Additionally, the program will begin to introduce you to free-weight movements for your ancillary muscle groups. The final progression will be to add an additional ten minutes of cardio on your "cardio only" days.

**DAY 1: FULL BODY**

**DAY 2: CARDIO**

**DAY 3: REST**

**DAY 4: FULL BODY**

**DAY 5: CARDIO**

**DAY 6 & 7: REST**

FULL BODY: STRENGTH TRAINING					FULL BODY: STRENGTH TRAINING				
Seated dumbbell bicep curls > Keep your shoulder blades against the back pad the entire time > Your elbows should always be at your side and never moving upward > Turn your wrists towards ceiling while curling the weight > Make sure each rep is slow and controlled throughout the entire rep, squeezing your muscles to full contraction					Lying dumbbell extension > Rest your head on the bench > Upper arm and torso should always form a 90° angle > When lowering the weights, do not allow your elbow to move backwards > Make sure each rep is slow and controlled throughout the entire rep, squeezing your muscles to full contraction				
DAY 1					DAY 4				
WARM-UP		10 MINS: ELLIPTICAL							
EXERCISES	SETS	REST	REPS	WEIGHT DAY 1	EXERCISES	SETS	REST	REPS	WEIGHT DAY 1
Leg Press	Set 1	30 sec	20		Leg Press	Set 1	30 sec	20	
	Set 2		20			Set 2		20	
	Set 3		20			Set 3		20	
Incline Chest Press	Set 1	30 sec	20		Incline Chest Press	Set 1	30 sec	20	
	Set 2		20			Set 2		20	
	Set 3		20			Set 3		20	
LAT Pulldown	Set 1	30 sec	20		LAT Pulldown	Set 1	30 sec	20	
	Set 2		20			Set 2		20	
	Set 3		20			Set 3		20	
Seated Dumbbell Curls	Set 1	30 sec	20		Lying Dumbbell Extension	Set 1	30 sec	20	
	Set 2		20			Set 2		20	
Crunches	Set 1	30 sec	20		Crunches	Set 1	30 sec	20	
	Set 2		20			Set 2		20	
<b>CARDIO</b>	20 MINS CARDIO EQUIPMENT								

**CARDIO: CARDIO SESSION**

On Cardio Session days you either can do a 45 - 60 min. Cardio Workout on a cardio machine or you can take a Group Fitness Class.

Check out your local GGX schedule for details.

DAY 2	
EXERCISES	TIME
<input type="checkbox"/> Cardio Machine	
<input type="checkbox"/> Group Fitness Class	

DAY 5	
EXERCISES	TIME
<input type="checkbox"/> Cardio Machine	
<input type="checkbox"/> Group Fitness Class	

**BUILT BY GOLD'S X POWERED BY PANDA**