

THE MECCA METHOD
4 WEEK TRAINING PLAN
WEEK 3

SHRED WEIGHT



Purpose: We will stick with the full body strength training workouts but we will now add a third strength training day which will increase weekly volume.

DAY 1: FULL BODY

DAY 2: CARDIO

DAY 3: FULL BODY

DAY 4: REST

DAY 5: FULL BODY

DAY 6 & 7: REST

FULL BODY: STRENGTH TRAINING					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					Dumbbell lateral raise ▷ Stand straight up with your chest out ▷ DB hanging down to side, palms facing hips, shoulders are back and engaged ▷ Slowly raise dumbbells to the side shoulder level ▷ Make sure to slowly return the dumbbells to the starting position				
DAY 1					DAY 3					DAY 5				
WARM-UP					10 MINS: ELLIPTICAL									
EXERCISES	SETS	REST	REPS	WEIGHT DAY 1	EXERCISES	SETS	REST	REPS	WEIGHT DAY 3	EXERCISES	SETS	REST	REPS	WEIGHT DAY 5
Leg Press	Set 1	30 sec	20		Leg Press	Set 1	30 sec	20		Leg Press	Set 1	30 sec	20	
	Set 2		20			Set 2		20			Set 2		20	
	Set 3		20			Set 3		20			Set 3		20	
Incline Chest Press	Set 1	30 sec	20		Incline Chest Press	Set 1	30 sec	20		Incline Chest Press	Set 1	30 sec	20	
	Set 2		20			Set 2		20			Set 2		20	
	Set 3		20			Set 3		20			Set 3		20	
LAT Pulldown	Set 1	30 sec	20		LAT Pulldown	Set 1	30 sec	20		LAT Pulldown	Set 1	30 sec	20	
	Set 2		20			Set 2		20			Set 2		20	
	Set 3		20			Set 3		20			Set 3		20	
Seated Dumbbell Curls	Set 1	30 sec	20		Lying Dumbbell Extension	Set 1	30 sec	20		Dumbbell Lateral Raise	Set 1	30 sec	20	
	Set 2		20			Set 2		20			Set 2		20	
Crunches	Set 1	30 sec	20		Crunches	Set 1	30 sec	20		Crunches	Set 1	30 sec	20	
	Set 2		20			Set 2		20			Set 2		20	
Cardio	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	

BUILT BY GOLD'S X POWERED BY PANDA