

THE MECCA METHOD
4 WEEK TRAINING PLAN
WEEK 4

SHRED WEIGHT



Purpose: In the final week we will have three strength training workouts but we will increase the volume in each to make this your highest volume week in the four week program.

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														
<ul style="list-style-type: none"> ▷ This week is your highest volume, so there might be times when you can't finish your reps with the amount of weight you started with ▷ When this happens in the middle of or towards the end of a set, just lower the weight a bit and continue the exercise until you hit the number of reps desired ▷ This is referred to as a "drop set" 														
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	
	Set 4		20			Set 4		20			Set 4		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	
	Set 4		20			Set 4		20			Set 4		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	
	Set 4		20			Set 4		20			Set 4		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	
	Set 3		20			Set 3		20			Set 3		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	
	Set 3		20			Set 3		20			Set 3		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