

# ALL IN SHRED

**12 WEEK HOME PROGRAM**



**INTERMEDIATE  
CYCLE**

"Time To Step It Up & Build Off The Foundations Set"

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**IMPORTANT DISCLAIMER:** When following any of my workout videos please ensure you have taken precaution to exercise in a safe environment. Even though I am an Accredited Exercise Physiologist, I advise seeking medical clearance from your general practitioner or health care professional before undertaking any of the workouts in this program. The healthy habit advice throughout this program is general and based on the most common patterns of behaviours I have seen client's make. Therefore, your results may vary. Everybody is unique and there is not one size fits all to health and fitness solutions. Your health situation may require a more specific tailored approach thus I recommend seeking specific medical/health expertise from your general practitioner or healthcare professional. Sam Jones will not be held responsible or liable for injury, harm, or unattained health and fitness results throughout this program.

## WHAT YOU GET

- 1) 35 Minute Home Workouts
- 2) Body Weight & Equipment Based Workouts
- 3) 16 Total Live Workouts
- 4) Sustaining the 5 Key Healthy Habits
- 5) Instructions of how to do the exercises correctly

## WHAT YOU NEED

- 1) Towel & water bottle
- 2) Chair, bench or couch
- 3) Equipment: I recommend a pair of
  - 3kg Dumbbells
  - 5kg Dumbbells
  - 7.5kg Dumbbells
  - 10kg Dumbbells
  - 12.5kg Dumbbells

You will need equipment for the workouts where equipment is used. A couple of pairs is a great start

## WELCOME

Hey there,

My name is Sam Jones Accredited Exercise Physiologist and welcome to the **12 Week ALL IN SHRED** program.

To those that are continuing on from the beginner cycle, then welcome back. To those that are here for the first time, then welcome and I hope you get value out of this program.

This month will include 3 sessions/week combined with additional healthy habits following on from the previous month.

Let's get straight into it!

**Watch the Video below:**



## WHY ARE YOU HERE?

This is something that you have to be very clear on. You must know what you want from this. Are you here for or to:

- **Improve your health?**
- **Lose weight?**
- **Improve your sleep?**
- **Increase your energy?**
- **Increase lean muscle?**
- **Reduce your stress?**
- **Gain more confidence?**
- **Feel better in your body?**
- **Improve your social interactions?**
- **Improve your love life?**
- **Improve your Libido?**

Whatever the REAL reason is to why you are here, I want you to write it down. Write it down below and know that this will be your Intrinsic Motivation.

Your Intrinsic Motivation is the key to you performing the workouts, focusing on the habits and working towards the health that you want.

## LET'S WRITE YOUR WHY DOWN

Your Why #1:

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Your Why #2:

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Your Why #3:

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## LET'S WRITE YOUR GOALS DOWN

Month Goal #1:

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Month Goal #2

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Month Goal #3

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## MEASUREMENTS

You will be taking some measurements now, so watch the video below and find out what you are required to do

Watch the Video below:



Pre-Weight:

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Pre-Waist:

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Pre-Hips:

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Pre-Waist to Hip Ratio:

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## WEEK 5

### HABIT



### DAY 1



## DAY 2



## DAY 3



## COOLDOWN



## COMPLETION



## HABIT CHANGE

The habit we are focusing on now is to increase the amount of vegetables you consume on a daily basis. The amount of vegetables you want to eventually achieve is:

### 5 Serves/day

A palm size is a serve so use that as a measuring stick.

Vegetables contain the proper nutrients, minerals and vitamins for our cells, tissues and muscles and won't impact our hormones in a negative way compared to processed foods. A list of veggies is below.

### LIST OF VEGGIES

- Kale
- Collard Greens
- Bok Choy
- Spinach
- Arugula
- Brussel Sprouts
- Cabbage
- Carrots
- Broccoli
- Cawliflower
- Capsicums
- Asparagus
- Mushrooms
- Tomatoe
- Sweet Potatoe
- Zucchini
- Lettuce





## WEEK 6

## INTRO



## DAY 1



## DAY 2



## DAY 3



## COOLDOWN



## COMPLETION



## WEEK 7

### HABIT



### DAY 1





## DAY 2



## DAY 3



## COOLDOWN



## COMPLETION



## HABIT CHANGE



The Habit we are now focused on changing is reducing the processed refined carbohydrates. These foods have negative impacts on our hormones leading to mood swings, lack of energy, poor sleep, inflammation in joints and weight gain.

Below are a list of foods that you want to be reducing or eliminating.

- Lollies/chocolates
- Biscuits
- Supermarket Breads
- White flour products
- Pre-packaged meals
- Crackers
- Pastries
- Muffins
- Baked Goods
- Spreads/ sweetend cereals



## WEEK 8

### INTRO



### DAY 1



## DAY 2



## DAY 3



## COOLDOWN



## MEASUREMENTS

Let's take our post month measurements. Once taken you will compare them to the pre measurement data.

Watch the Video below:



Post-Weight:

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Post-Waist:

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Post-Hips:

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Post-Waist to Hip Ratio:

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## HABIT'S CHANGED

Throughout this month we have been working on 2 new habits to make consistent with your health and quality of life.

- 1. Eating 5 Serves of vegetables/day**
- 2. Reducing the process refined CHO's to no more than 1-2times/week**

Remember that if you are really committed to improving your health, living longer, feeling better, having more energy, having improved sleep and ofcourse reducing your weight, then these are 2 habits that are critical to your healthy lifestyle change.

So be patient, be consistent and work hard.



## COMPLETION

Congratulations on completing the **Intermediate Cycle** and trying to implement the habits that have been outlined during this month.

You should be very proud of your efforts, however it is not the time to be content with what you have achieved.

It is time to take your training to the next level, so it is time to start the next 4 weeks of the training, the **Advanced Cycle**.

**Watch the Video below:**

