

# ALL IN SHRED

**12 WEEK HOME PROGRAM**



**ADVANCED  
CYCLE**

"Let's Take It To The Next Level & Finish It Off"

**Sam Jones**  
Exercise Physiologist

# CONTENTS

WHAT YOU GET.....	3
WHAT YOU NEED.....	3
WELCOME .....	4
WHY ARE YOU HERE?.....	5
LET'S WRITE YOUR WHY DOWN.....	6
LET'S WRITE YOUR GOALS DOWN .....	7
MEASUREMENTS .....	8
WEEK 9.....	9
HABIT CHANGE .....	11
WEEK 9.....	12
OTHER SOURCES OF PROTEIN .....	14
WEEK 10 .....	15
WEEK 11 .....	19
WEEK 12 .....	23
HABIT CHANGE 1-12 WEEKS.....	27
MEASUREMENTS .....	30
COMPLETION.....	31

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 Intermediate 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 4 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 9

### HABIT



### DAY 1



## DAY 2



## HABIT CHANGE



The Habit to be focusing on now is to reduce the amount of meat or animal products you consume. In Western Society, we over consume meat, chicken and fish purely because we are told to eat it for PROTEIN. However I have found that you don't need to have more than 1 meal a day with these products.

SO there therefore I want you to focus on having only:

- **1 Meal/day Meat, Fish, Chicken, Pork, Dairy**
- **No more than 2 Palm sizes/meal**

## WEEK 9

## DAY 3



## DAY 4





## COOL DOWN



## COMPLETION



## OTHER SOURCES OF PROTEIN

So if you are struggling to find other sources of protein to replace meat, then here are some options.

Remember you can always replace the amount of meat servings you are eating with these products:

- Quinoa
- Wild Rice
- Pistachios
- Lentils
- Chickpeas
- Almonds
- Brussel Sprouts
- Asparagus
- Broccoli
- Avocado
- Most variety of beans
- Tofu, Tempeh and Edemame
- Green Peas
- Oats & Oatmeal
- Nuts, Nut butters and other seeds
- Bananas, blackberries, nectarines
- Spinach Leaves
- Eggs (2/day max)

## WEEK 10

### INTRO



### DAY 1



## DAY 2



## DAY 3





## DAY 4



## COOL DOWN



## COMPLETION



## WEEK 11

### INTRO



### DAY 1



## DAY 2



## DAY 3



## DAY 4



## COOL DOWN





## COMPLETION



## WEEK 12

### INTRO



### DAY 1



## DAY 2



# 12 Week ALL IN SHRED

## Week 12, Day 2 Advanced Cycle

*Your Ultimate Home  
Program*

## DAY 3



ALL IN SHRED 12-Week Program: Week 12, Day 3 (Advanced Level)

# 12 Week ALL IN SHRED

## ▶ Week 12, Day 3 Advanced Cycle

*Your Ultimate Home  
Program*

Watch on  YouTube



## DAY 4



## COOL DOWN



## HABIT



## HABIT CHANGE 1-12 WEEKS

### 1: INCREASE WATER



GOAL : 2-3 LITRES/DAY

### 2: INCREASE SLEEP



GOAL: 7-9 HOURS/NIGHT



### 3: INCREASE VEGETABLES



GOAL: 5 SERVES/DAY

### 4: REDUCED PROCESSED CARBS



GOAL: 1-2 TIMES/WEEK MAX!



## 5: REDUCED ANIMAL PRODUCTS



GOAL: 1-2 SERVES/DAY

## 6: BONUS: SNACKS



GOAL: FRUITS/NUTS/DIPS, REPLACE  
THE PROCESSED CARBS

## MEASUREMENTS

Let's take our Post-program measurements now, so watch the video below and find out what you are required to do

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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## COMPLETION

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

Thankyou so much for trying all these programs, whether you started at the beginning of the program or joined throughout, I am truly grateful that you had a go and took in the information I taught you.

Hopefully you have seen some changes in your overall health and have established some important habits that will keep you in a healthy state for a long period of time.

If you require more help with your situation and or want:

- 1 on 1 Training/Coaching
- A Gym Specific Program designed for you

Then contact me at the email and request a consult with yours truly.

[thatsitfitness@gmail.com](mailto:thatsitfitness@gmail.com)

Once again congratulations on all your hard work, goodluck and I will see you soon.