



GM NUTRITION

GM Nutrition presents

SHRED X

VEGETARIAN FAT LOSS PROGRAM
NO MEAT | NO FISH | NO CHICKEN

DESIGNED & CREATED BY
GURU MANN

SHRED X - WORKOUT PLAN

CATEGORY: FAT LOSS PROGRAM

AGE: 16 TO 70 YEARS

ACTIVITY: GYM WORKOUT

NUTRITION: VEG & NON-VEG

DAYS: 6 DAYS WEIGHT TRAINING / 3 DAY CARDIO / 3 DAYS ABS

DESIGNED & CREATED BY GURU MANN

JULY 2021



WORKOUT PLAN

DAYS	MON	TUE	WED	THUR	FRI	SAT
WEEK 1	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO
WEEK 2	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO
WEEK 3	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO
WEEK 4	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO
WEEK 5	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO
WEEK 6	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO
WEEK 7	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO
WEEK 8	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO
WEEK 9	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO
WEEK 10	SHOULDERS TRAPS ABS	LEGS CARDIO	CHEST TRICEPS ABS	BACK BICEPS CARDIO	SHOULDERS TRAPS ABS	LEGS CARDIO


NOTE: SUNDAY IS REST DAY



CHEST & TRICEPS

GURU MANN FITNESS	EXERCISE	SETS	REPS	REST
WARM UP	LIGHT WEIGHT DUMBBELLS	2	20-25	
SUPERSET	1A. BARBELL BENCH PRESS 1B. STRANDING ARM FLY	3 3	8-12 50	90SEC
SUPERSET	2A. DB INCLINE PRESS 2B. INCLINE ARM FLY	3 3	8-12 50	90SEC
SUPERSET	3A. CABLE CROSSOVER 3B. SEATED CABLE FLY	3 3	8-12 8-12	90SEC
SUPERSET	4A. SKULL CRUSHER 4B. CLOSE GRIP PUSHUPS	3 3	8-12 50	90SEC
SUPERSET	5A. TRICEP BAR PRESSDOWN 5B. TRICEP DIPS	3 3	8-12 20-50	90SEC

BACK & BICEPS

GURU MANN FITNESS	EXERCISE	SETS	REPS	REST
WARM UP	LIGHT WEIGHT	2	20-25	
SUPERSET	1A. WIDE GRIP LAT PULL DOWN 1B. INVERTED ROWS	3 3	8-12 50	90SEC
SUPERSET	2A. WIDE GRIP CABLE ROWS 2B. PULL-UP & HANG	3 3	12-10-8 30SEC	90SEC
SUPERSET	3A. RACK PULL 3B. SEATED CABLE ROWS	3 3	8-12 8-12	90SEC
SUPERSET	4A. EZ BAR CURL 4B. REVERSE GRIP CURLS	3 3	8-12 8-12	90SEC
SUPERSET	5A. DB HAMMER CURL (ALTERNATE & TOGETHER)	3	8-12	90SEC
REGULAR SET	6A. STANDING CABLE CURL (STAND IN BETWEEN THE FUNCTIONAL MACHINE)	3	8-12	90SEC

SHOULDERS & TRAPS

GURU MANN FITNESS	EXERCISE	SETS	REPS	REST
WARM UP	LIGHT WEIGHT DUMBBELLS	2	20-25	
SUPERSET	1A. DB PRESS (SINGLE HAND) 1B. DB PRESS (DOUBLE HAND)	3 3	8-12 8-12	90SEC
SUPERSET	2A. DB SINGLE HAND SIDE RAISE 2B. DB ARM CIRCLE	3 3	8-12 50	90SEC
SUPERSET	3A. ROPE FRONT RAISE 3B. UNDERHAND BAR FRONT RAISE	3 3	8-12 8-12	90SEC
SUPERSET	4A. FACE PULL 4B. CABLE REAR DELT FLY	3 3	8-12 8-12	90SEC
SUPERSET	5A. BARBELL SHRUGS 5B. ROPE SHRUGS	3 3	8-12 50	90SEC

LEGS

GURU MANN FITNESS	EXERCISE	SETS	REPS	REST
WARM UP	LIGHT WEIGHT DUMBBELLS	2	20-25	
SUPERSET	1A. BARBELL SQUAT 1B. JUMP SQUAT	3 3	8-12 8-12	90SEC
SUPERSET	2A. LEG PRES 2B. SPLIT SQUAT	3 3	8-12 50	90SEC
SUPERSET	3A. SUMO DEADLIFT 3B. SUMO DB SQUAT	3 3	8-12 8-12	90SEC
SUPERSET	4A. BARBELL STIFF LEG DEADLIFT 4B. STANDING CALF RAISE	3 3	8-12 8-12	90SEC

ABS

GURU MANN FITNESS	EXERCISE	SETS	REPS	REST
REGULAR SET	1. ROPE CRUNCHES	3	15-20	45SEC
REGULAR SET	2. HANGING LEG RAISE	3	15-20	45SEC
REGULAR SET	3. WOOD CHOPPER	3	15-20	45SEC
REGULAR SET	4. LAYING LEG RAISE	3	15-20	45SEC

NOTE: 1 MINUTE REST AFTER EACH SET.

CARDIO

GURU MANN FITNESS	EXERCISE	SETS	REPS	REST
CARDIO				
TREADMILL	10 MIN WALK + 20 MIN RUNNING	30MIN	--	--

NOTE: WATCH SHRED X WORKOUT VIDEOS ON YOUTUBE

Best Wishes to Everyone

*Regards
GM*

