



CHRIS EDY

SUMMER SHRED CHALLENGE 2.0



JOIN OUR FACEBOOK COMMUNITY 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 40 MIN METABOLIC FULL BODY NEW	3 30 MIN LOWER BODY	4 30 MIN SHOULDERS ABS	5 REST
6 40 MIN UPPER BODY + SHRED NEW	7 40 MIN LOWER BODY + CORE NEW	8 REST	9 30 MIN FULL BODY DB HIIT NEW	10 REST	11 45 MIN FULL BODY BUILD NEW	12 REST
13 40 MIN CHEST + ARMS	14 REST	15 40 MIN CORE + CARDIO NEW	16 FULL BODY POWER HOUR NEW	17 REST	18 1 HOUR UPPER BODY BUILD & BURN NEW	19 REST
20 REST	21 30 MIN BODYWEIGHT HIIT NEW	22 45 MIN PUSH DAY	23 1 HOUR LOWER BODY NEW	24 REST	25 40 MIN PULL DAY	26 REST
27 40 MIN GLUTES + HAMS + CORE NEW	28 30 MIN TABATA NEW	29 REST	30 45 MIN UPPER BODY NEW	31 REST	SEPTEMBER SCHEDULE	

NEW UPLOADS @ 4AM PST

*TAP TITLES TO VIEW FULL WORKOUT