

30

BUILT BY LAURENZO

DAY SHREDDING PROGRAM

Train consistently. Move daily. Create a sustainable calorie deficit.

30 DAYS • 4 LIFTS / WEEK • 1 REPEATABLE SYSTEM

Start with safety, not promises!

This is a structured starting point—not a promise of a specific amount of weight loss.

Fat loss comes from maintaining a calorie deficit over time while resistance training, eating enough protein, moving regularly, and recovering well.

- 01 Use a load that leaves roughly 1–3 good reps in reserve on most working sets.
- 02 Prioritize controlled technique and a full comfortable range of motion.
- 03 For injuries, medical conditions, pregnancy, or disordered-eating history, get individualized professional guidance.
- 04 **Stop for sharp pain, dizziness, chest pain, or unusual shortness of breath.**

Four weeks build one repeatable system

01



LEARN THE PLAN

Technique & consistency

02



BUILD MOMENTUM

Add reps or a small
weight increase

03



PUSH PERFORMANCE

Progress without losing
form

04



FINISH STRONG

Maintain training &
assess

Progress by adding quality reps first. Load comes second.

WEEKLY SCHEDULE

Four training days anchor every week

DAY	PLAN	INTENT
MON	Upper Body A	TRAIN
TUE	Lower Body A	TRAIN
WED	Steps / optional easy cardio	MOVE
THU	Upper Body B	TRAIN
FRI	Lower Body B	TRAIN
SAT	Steps / optional cardio	MOVE
SUN	Rest / recovery	RESET

TRAINING RULES

Train hard enough to progress, not hard enough to break form

5–10

MIN

Warm up, then complete 1–3 lighter ramp-up sets before the first big lift.

2–3

MIN

Rest on compound lifts; use 60–120 seconds for most isolation work.

1–3

RIR

Finish most working sets with good reps still available, don't aim for failure.

DOUBLE PROGRESSION

Reach the top of the rep range on every set with good form then increase the load slightly next time.

UPPER A

Upper A builds the press/pull foundation

EXERCISE	SETS	REPS	DEMO
Machine / DB Bench Press	3	6–10	ExerciseClips
Lat Pulldown	3	8–12	ExerciseClips
Seated Cable Row	3	8–12	ExerciseClips
Incline DB Press	2	8–12	ExerciseClips
DB Lateral Raise	3	10-12	ExerciseClips
Cable Curl	2	10-12	ExerciseClips
Rope Triceps Pushdowns	2	8-12	ExerciseClips



PROGRESSION

Start near the low end. Add reps first; add a small amount of weight only after every set reaches the top with solid technique.

LOWER A

Lower A prioritizes squat and hinge strength

EXERCISE	SETS	REPS	DEMO
Back Squat or Leg Press	3	6–10	ExerciseClips
Romanian Deadlift	3	6-10	ExerciseClips
Leg Extension	2	8-12	ExerciseClips
Seated / Lying Leg Curl	2	8-12	ExerciseClips
Standing Calf Raise	3	10-12	ExerciseClips
Bodyweight Crunch	3	10-12	ExerciseClips



PROGRESSION

Start near the low end. Add reps first; add a small amount of weight only after every set reaches the top with solid technique.

UPPER B

Upper B changes angles while keeping the same progression

EXERCISE	SETS	REPS	DEMO
Incline Machine / DB Press	3	6-10	ExerciseClips
Chest-Supported Row	3	6-10	ExerciseClips
Assisted Pull-Up or Lat Pulldown	3	8-10	ExerciseClips
Cable / Machine Fly	2	10-12	ExerciseClips
Rear-Delt Fly	3	8-10	ExerciseClips
Hammer Curl	2	8-10	ExerciseClips
Overhead Cable Triceps Extension w Rope	2	10-12	ExerciseClips



PROGRESSION

Start near the low end. Add reps first; add a small amount of weight only after every set reaches the top with solid technique.

Lower B adds unilateral work and glute volume

EXERCISE	SETS	REPS	DEMO
Hack Squat or Leg Press	3	6-10	ExerciseClips
Abductor & Adductor	3	8-12	ExerciseClips
Bulgarian Split Squat	2	8-12 / leg	ExerciseClips
Leg Curl	3	10-12	ExerciseClips
Seated Calf Raise	3	10-12	ExerciseClips
Hanging leg Raise / Reverse Crunch	3	10-12	ExerciseClips



PROGRESSION

Start near the low end. Add reps first; add a small amount of weight only after every set reaches the top with solid technique.

The deficit works when four levers stay realistic

01 CALORIES

Begin with a modest deficit—often around 10–20% below estimated maintenance. Treat it as a starting point.

03 STEPS

Use your current average as the baseline. A simple starting target can be 7,000–10,000 steps per day.

02 PROTEIN

Aim for roughly 1.6–2.2 g per kg of body weight per day, spread across several meals.

04 CARDIO

Optional: 2–3 easy-to-moderate sessions each week, lasting 20–30 minutes. Choose what you can recover from.

Adjust gradually. Repeatability beats aggression.

Build around protein, produce, and foods you enjoy

- | | | |
|----|---------|---|
| 01 | PROTEIN | Chicken, turkey, lean beef, fish, eggs, Greek yogurt, cottage cheese, tofu, protein shakes |
| 02 | PRODUCE | Fruit and vegetables for volume, fiber, and micronutrients |
| 03 | CARBS | Rice, potatoes, oats, pasta, bread, cereal, and other foods you enjoy |
| 04 | FATS | Nuts, nut butter, avocado, olive oil. Measure calorie-dense foods when fat loss is the goal |

Keep foods you enjoy. The goal is a plan you can follow not a list of “perfect” foods.

EATING OUT

One restaurant meal does not derail the week

AT THE RESTAURANT

- Choose a protein-centered meal.
- Pick the side you actually want and not several calorie-dense extras.
- Use sauces and dressings strategically; ask for them on the side when useful.

AFTER THE MEAL

NEXT MEAL

Return to your normal plan.

No punishment. No “starting over Monday.”
Consistency is what happens after imperfect moments.

Track trends, not daily noise

WEEK	AVG WEIGHT	WAIST	TRAINING PERFORMANCE	STEPS	NOTES
1					
2					
3					
4					

Use weekly averages and repeated measurements, not one-day fluctuation to judge the trend.

Audit first. Adjust second.

- | | | |
|----|-------------------|---|
| 01 | Confirm the trend | Has average body weight truly stalled for 2–3 weeks, not just a few days? |
| 02 | Audit intake | Check tracking accuracy, portions, weekends, drinks, sauces, and untracked bites. |
| 03 | Audit movement | Check whether daily steps or general movement have fallen. |
| 04 | Change one lever | If adherence is strong, reduce calories modestly or add a small amount of activity. |
| 05 | Give it time | Let the adjustment work before changing the plan again. |

Finish by comparing the whole picture

01

AVERAGE WEIGHT

trend

02

WAIST

measurement

03

PHOTOS

visual change

04

GYM PERFORMANCE

strength + reps

05

STEPS

daily movement

06

CONSISTENCY

habits kept

The win is not simply a lighter scale number.

It is building habits and training performance you can carry forward.

WHAT'S NEXT?

Keep the momentum without guessing.

1-on-1 coaching can build the next phase around your schedule, body, training history, nutrition, and goals.

Build your dream physique and become stronger with a plan that fits real life.

[Apply for Coaching — BuiltByLaurenzo](#)

30-DAY SHREDDING PROGRAM



BUILT *BY* LAURENZO

CONSISTENCY • STRENGTH • CLARITY