

# MIKE SHRANK'S TRAINING PROGRAM

## WEEK 4 DAY 1

# 1.

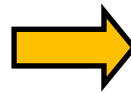
### 20 MINUTE INTERVAL BIKE

<u>MINUTES:</u>	<u>EFFORT:</u>	<u>MINUTES:</u>	<u>EFFORT:</u>
0-3	5	14-16	2
4-7	7	17-20	9
8-10	4	COOL OFF 21-23	4
11-12	9		
13-14	5		

# 2.

[CLICK PICS FOR VIDEO](#)

### MB SQUAT THROWS



### PUSH UP BRIDGE



4 sets

12reps

BODY WEIGHT SQUATS  
WITH 3 SEC PAUSE AT BOT-  
TOM

50sec

BAND PUNCH

4 sets



15reps

45-1hr TREADMILL



20ea side

# 3.