

SUMMER SHRED



4 WEEK CHALLENGE

4 WEEK DUMBBELL & BODYWEIGHT HYPERTROPHY PROGRAM

Over the next 4 weeks, you'll train with nothing but dumbbells and bodyweight to carve out **lean muscle**, boost **muscular endurance**, and level up your conditioning fast. Every week ramps up the work so you **progressively overload** your body—forcing real adaptation, real strength, and visible results. Show up, push hard, and earn the transformation.

WEEKLY PROGRESSION

Week	Training Focus
Week 1	4 sets per movement • 10-12 reps • 45-60 sec rest
Week 2	6 sets per movement • 10-12 reps • 45 sec rest
Week 3	6 sets per movement • 12-15 reps • 30-45 sec rest
Week 4	8 sets per movement • 12-15 reps • 30 sec rest

MONDAY - UPPER BODY PUSH

- ☐ Dumbbell Floor Press
- ☐ Push-Ups
- ☐ Dumbbell Shoulder Press
- ☐ Dumbbell Lateral Raises
- ☐ Bench/Chair Dips
- ☐ Plank Shoulder Taps

MONDAY TRACKING LOG

Exercise	Set 1	Set 2	Set 3	Set 4	Notes
Dumbbell Floor Press					
Push-Ups					
Dumbbell Shoulder Press					
Dumbbell Lateral Raises					
Bench/Chair Dips					
Plank Shoulder Taps					

 Track your progress: Log weight x reps for each set (e.g., 25lbs x 12 or BW x 15)

TUESDAY - LOWER BODY STRENGTH

- ☐ Goblet Squats
- ☐ Goblet Squats
- ☐ Reverse Lunges
- ☐ Dumbbell Romanian Deadlifts
- ☐ Bulgarian Split Squats
- ☐ Glute Bridges
- ☐ Bodyweight Squat Pulses

TUESDAY TRACKING LOG

Exercise	Set 1	Set 2	Set 3	Set 4	Notes
Goblet Squats					
Reverse Lunges					
Dumbbell Romanian Deadlifts					
Bulgarian Split Squats					
Glute Bridges					
Bodyweight Squat Pulses					

WEDNESDAY - ACTIVE RECOVERY

- ☐ 30 Minute Walk or Light Jog
- ☐ Dynamic Mobility Flow
- ☐ Foam Rolling
- ☐ Stretching Routine

THURSDAY - UPPER BODY PULL

- ☐ Single Arm Dumbbell Rows
- ☐ Renegade Rows

- ☐ Dumbbell Hammer Curls
- ☐ Rear Delt Flys
- ☐ Bodyweight Superman Holds
- ☐ Mountain Climbers

THURSDAY TRACKING LOG

Exercise	Set 1	Set 2	Set 3	Set 4	Notes
Single Arm Dumbbell Rows					
Renegade Rows					
Dumbbell Hammer Curls					
Rear Delt Flys					
Bodyweight Superman Holds					
Mountain Climbers					

FRIDAY - FULL BODY HYPERTROPHY

- ☐ Dumbbell Thrusters
- ☐ Push-Up to Row
- ☐ Dumbbell Walking Lunges
- ☐ Burpees
- ☐ Dumbbell Swings
- ☐ Russian Twists

FRIDAY TRACKING LOG

Exercise	Set 1	Set 2	Set 3	Set 4	Notes
Dumbbell Thrusters					
Push-Up to Row					
Dumbbell Walking Lunges					
Burpees					
Dumbbell Swings					
Russian Twists					

WEEKLY CONDITIONING FINISHERS

Week 1: 5 Minute AMRAP – 10 Jump Squats, 10 Push-Ups, 20 Mountain Climbers

Week 2: 8 Minute EMOM – 12 Dumbbell Swings + 10 Burpees

Week 3: 10 Minute Ladder – 2-4-6-8-10 reps of Thrusters and Push-Ups

Week 4: 12 Minute Circuit – 15 Squats, 15 Push-Ups, 20 Lunges, 20 Sit-Ups



NUTRITION GUIDELINES

Consume **0.8-1 gram of protein** per pound of bodyweight.

Prioritize **whole foods** and hydrate consistently.

Limit processed snacks and sugary drinks.

Aim for **7-8 hours of sleep** nightly for recovery.

Track **progress photos** weekly instead of relying only on the scale.



Consistency beats intensity. Stay disciplined for 4 weeks and build momentum that lasts beyond summer.



SPECIAL OFFER

Ready to take your training to the next level?

Join **Fit to Respond** and get **20% off your first 3 months!** Access exclusive workout programs, personalized coaching, and a community of dedicated athletes committed to transformation.

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