DISCLAIMER: The information provided in this guide is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice. The information provided in this guide is based upon my own experiences as well as my own interpretations of the current research that is available. The advice and tips given in this guide are meant for healthy adults only. You should consult your physician to insure advice and tips given in this guide are appropriate for your individual circumstances. If you have any health issues or pre-existing conditions, please consult your physician before implementing any of the information provided below. This product is for informational purposes only and the author does not accept any responsibility for any liabilities or damages, real or perceived, resulting from the use of this information. All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, without the written permission and signature of the author.
Table of Contents

1. Introduction to the 21-Day Shred from Dennis and Kelsey Heenan
2. Tips Before Starting the 21-Day Shred
3. Nutrition Overview
4. Intermittent Fasting and Flexible Intermittent Fasting
5. Calculating Your Caloric Needs
6. Calculating Your Macros
7. Cycling Your Carbs
8. Foods to Eat
9. Meal Examples
10. Nutrition Calendar
11. The Workouts
12. Workout Calendar
13. Closing
14. Exercise Descriptions
Welcome to the HIITBURN 21-Day Shred!

Are you ready to finally start getting fit and lean the right way?

As the old saying goes, “There is no better time than now!”

Before we get going, I quickly wanted to introduce myself. My name is Dennis Heenan and that’s my beautiful wife, Kelsey. We are the founders of HIITBURN.com, where we share the latest and greatest breakthroughs in interval training.

Together, we’ve been in the fitness industry for over a decade and have had the opportunity to work with over 11,000 men and women from across the globe.

And in this time, our goal has always been the same: to get men and women as lean and as fit as possible... in the SIMPLEST and most effective way.

Through endless research and testing, we have come up with simple yet powerful solutions on how to get fit fast and finally get the body you deserve and desire.

This manual has our most cutting edge strategies and amazing findings from the last decade, ones that are PROVEN to work to finally get you the body you want.

You will find ways to get fit fast, while doing it the right way. We have seen far too many books and programs that advocate unhealthy ways of getting fit and it absolutely infuriates us.

That’s why we strive to be DIFFERENT.

Not only do we want you to get in the best shape of your life, we want you to be healthy and stay fit for life.

Some of the information you come across may surprise you but just know that it has been tried and tested and it works every single time!

We are so excited to get the opportunity to share this information with you and to be a part of your fitness journey. Our hopes are that this blueprint is just the beginning of something great to take place in your life.

As you go through this, we encourage you to take the information and start applying it to your life IMMEDIATELY. Set some goals, get motivated, and follow the path to the outcomes and results you desire.

Can’t wait to hear all about YOUR transformation story!

To your lifelong success,

-Dennis and Kelsey Heenan
21-Day SHRED Introduction From Dennis and Kelsey...

We are so excited that you have this program in your hands.

Last year, I (Dennis) was in a bit of a bind. After gaining some winter pounds, my wife and I planned a trip to California where the sun is always shining.

Knowing I would be going to the beach, I wanted to make sure I was looking my best. I had 22-days before leaving, so I spent the day devising a plan.

And what I came up with was the plan that are on the pages that follow. It shows my exact steps that I took and the exact workouts that I did over those 21-days.

As a result of this 21-Day Shred Program, I was able to burn 2% body fat, going from 9% to 7% AND was able to gain some lean muscle.

I honestly couldn’t believe the results that I saw.

Anyway, I’ve tested this program out on a few others and the results have been similar. This is my go to program when clients come to me in a bind.

Whether that be a wedding coming up, beach vacation, or for those looking to get their fastest results.

Now, please understand that this program is NOT meant to be done year round. It is intense, BUT it’s only 21-days.

You can do anything for 21-days. So if you are ready, let’s get after it!

To your fat burning success,

Dennis and Kelsey Heenan
**HIITBURN: 21-Day Shred**

**Tips Before Starting**

1. If you are unsure of how to do an exercise, be sure to get instruction from a certified trainer.

2. If something hurts or feels off, don’t do that exercise. There are plenty of alternates that you can add in. Please feel free to email dennis (at) hiitburn (dot) com for ideas or see the Exercise Library manual for alternative exercises.

3. Because this is a new program, be sure to start slow to avoid injury. Pushing too hard after not working out for a while will only lead to injury or being overly sore.

4. If you find you need more rest in between exercises, take it. Over the course of the program, you should work on shortening your rest periods.

5. This program is demanding so if going three days per week is too much, start by going 2 days a week with your others days being “active rest” days (walking, hiking, etc.).

6. Always warm up properly. Be sure you are fully warmed up before starting your workouts.

7. Use a foam roll and stretch consistently. This will greatly help with eliminating soreness throughout the program.

8. Get good rest. You must allow your body to recover from your workouts so be sure you are getting good sleep.

9. Drink lots of water. This will keep you hydrated and allow you to lose fat more easily.

10. Have a cool down period at the end of each workout that includes stretching and foam rolling.
Let's Start With Nutrition...

Nutrition will be the most important part of this entire plan. And below, we will be going into detail on exactly how you should be eating over the next 21-days.

With this plan, you will be using a nutrition strategy called “Flexible Intermittent Fasting.” With this strategy, you will learn how to time your meals for optimum fat burning, and how to calculate your caloric needs and your macronutrients, so that you can get incredible results over these next 21 days.

The point of this strategy is to learn how to have an eating framework that you stick to the vast majority of the time, but building in the necessary flexibility that you will need to maintain a happy, healthy life.

So, let’s get to the details!
What is Intermittent Fasting?

You may have heard the term “Intermittent Fasting” before. If not, it is a really simple concept. Intermittent Fasting is a nutrition strategy that is designed to optimize fat burning through periods of fasting and non-fasting.

Traditional Intermittent Fasting is typically taught by suggesting you fast for a period of time, then have an “eating window.” Some examples would be, fasting for 16 hours and then having an 8-hour eating window. Others suggest fasting for up to 24 hours, 1-2 days per week. There are dozens of other variations that we have come across in the past.

Before we get to the strategy we will be using in this manual, let’s first cover myths about fasting.

There are lots of myths when it comes to fasting.

Some of these myths include:

- **MYTH**: Eating frequent, small meals boosts your metabolism
- **MYTH**: Fasting makes your body go into starvation
- **MYTH**: Fasting causes muscle loss
- **MYTH**: Fasting prevents strength gains
- **MYTH**: The human body can’t absorb more than 30g of protein in on sitting

Let’s bust those myths with the benefits of what intermittent fasting can provide:

- **BENEFIT**: Increased fat burning
- **BENEFIT**: Improved ability to control appetite
- **BENEFIT**: Reduced blood pressure and bad cholesterol
- **BENEFIT**: Improved blood sugar balance
- **BENEFIT**: Reduced cancer risk

There are several schools of thought in regards to Intermittent Fasting, but the strategy that HIITBURN teaches is called FLEXIBLE INTERMITTENT FASTING.
Flexible Intermittent Fasting

The foundation of Flexible Intermittent Fasting (Flexible IF) is built on the principles of intermittent fasting, where you will fast for periods of time and have windows of eating.

You will fast between 12-16 hours as a guideline for your eating. That means if you eat your last meal of the day at 7:00 pm, you will then fast from 7:00 pm until the window of 7:00 am-11:00 am the following day.

What this allows for is the majority of the “fast” will be done while you are sleeping, so a 12-16 hour fast is not nearly as difficult as it sounds. In fact, it only extends slightly outside of traditional meal times—but it makes a huge impact!

What the fast does for your body is that it helps normalize your insulin and leptin sensitivity. This balance and normalization helps provide you with more energy and allows your body to use more fat as fuel, which aids in providing more constant energy.

In addition, you’ll burn way more fat and still be able to keep your lean muscle. Intermittent fasting has been known to be the most effective method for burning fat, while maintain muscle. The fast helps secrete HGH, which is a hormone that aids in fat burning, and anti-aging, as well as secretion of ketones which prevents dementia and promotes brain health.

The major improvement with Flexible Intermittent Fasting is that it is designed to maintain all of the positive benefits listed above, but also give you the flexibility to maintain a normal and healthy life.

Flexible IF maintains the daily fast, but allows you to adjust the timing of your fast based on what you have going on in your life. Why? Because the reality is, if you go out for late night happy hour with a group of friends, you need the flexibility to make balanced choices.

Flexible Intermittent Fasting is not restricting, it is scientifically timing your meals, without extreme rigidity, so you can burn the optimum amount of fat, while still living your life!
Flexible Intermittent Fasting Continued…

Let’s quickly cover what a 7-Day period might look like.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fast:</strong> 9pm on Sat.</td>
<td><strong>Fast:</strong> 8 pm on</td>
<td><strong>Fast:</strong> 7 pm on</td>
<td><strong>Fast:</strong> 10 pm</td>
<td><strong>Fast:</strong> 7 pm on</td>
<td><strong>Fast:</strong> 7 pm on</td>
<td><strong>Fast:</strong> 7 pm on</td>
</tr>
<tr>
<td>Night – Noon on Sunday</td>
<td>Sunday – 11 am on</td>
<td>Monday – Noon on</td>
<td>Tuesday – 1 pm</td>
<td>Wednesday – Noon</td>
<td>Thursday – 11 am</td>
<td>Friday – Noon</td>
</tr>
<tr>
<td><strong>Eating Window:</strong></td>
<td><strong>Eating Window:</strong></td>
<td>Noon on Tuesday –</td>
<td>on Wednesday –</td>
<td>on Thursday –</td>
<td>on Friday – Noon</td>
<td>on Saturday</td>
</tr>
<tr>
<td>Noon – 8 pm on Sunday</td>
<td>Noon – 10 pm</td>
<td>1 pm – 8 pm</td>
<td>Noon on Thursday</td>
<td>Noon on Thursday</td>
<td>Noon on Friday</td>
<td>Noon – 9 pm</td>
</tr>
<tr>
<td><strong>Eating Window:</strong></td>
<td>Noon – 10 pm</td>
<td>Noon – 7 pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noon – 7 pm on Monday</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

(You meet up with friends for late night happy hour, so eating window needs to be extended!)

**Note:** From experience working with clients, men can typically fast longer than women.

For a general guideline:

- **Men:** Try to fast between 14-16 hours
- **Women:** Try to fast between 12-14 hours

But remember, it’s ok to fast longer or shorter some days, as long as you feel like you are operating at your optimum and it fits your schedule.
Calculating Your Caloric Needs:
The first step to reaching your goals over the next 21-days is understanding exactly how many calories you should be eating each day.
To calculate your calories needed, you can get a rough estimate using the equation below:

- Ectomorphs – bodyweight x 16-17
- Mesomorphs – bodyweight x 15
- Endomorphs – bodyweight x 13-14

For example, if you are a female who is an ectomorph (naturally thinner) and you weight 140 pounds, then your equation would look like this:
140 pounds X 16 = 2,240 calories/day

That number is what you would need to eat to MAINTAIN your weight. Now because we are trying to cut fat, you are going to take that number and subtract 400-600 calories per day.

This will put us at a nice deficit over the next 21-days so we can burn fat while still maintaining our lean muscle.

So, continuing our example...
We have our 140 pound female needing 2,240 calories. We will then subtract 400 calories from that number so we are at a nice caloric deficit.

2,240 calories – 400 = **1,840 calories per day**

So, as you can see, to lose a few pounds and burn fat... Eating around 1,840 calories per day is what's recommended for this 140 pound woman. Here's the full equation for you to use for yourself:

**Ectomorphs** – Your Weight (in pounds) x 16-17 – 400-600 = Your Calories Per Day  
**Mesomorphs** – Your Weight (in pounds) x 15 – 400-600 = Your Calories Per Day  
**Endomorphs** – Your Weight (in pounds) x 13-14 – 400-600 = Your Calories Per Day

Now there is one BIG rule of thumb here:

**WOMEN**: Never drop below 1,200 calories in a day.  
**MEN**: Never drop below 1,600 calories in a day.

Your body NEEDS calories in order to burn fat. Notice, we are NOT drastically cutting calories. We are simply cutting a small amount in order to be at a nice deficit over the next 21 days.

As you will see below with the foods we will be eating, it's OK if you go over on your calories per day. In fact, I encourage you to error on the high side because of the quality of foods that we will be eating.

After you have your calories per day, let’s move onto your macros...
Calculating Your Macros...

Over the next 21-days, it’s going to be all about those macros... **Protein, Carbs, and Fats.** Let's start with your protein intake:

**Protein:** try to eat at least 1 gram of protein per pound of bodyweight each day for the next 21-days.

An easy way to do this is by adding 20-30 grams of protein to every meal that you eat. This can mean a few eggs, piece of chicken, steak, fish, whey protein shake, etc.

**Equation:** bodyweight x 1 gram of protein = grams of protein per day

Example: 140 pounds x 1 gram of protein = 140 grams of protein per day

**Fats:** Add them to all your meals. Grass fed butter, avocado, nuts, seeds, olive oil, coconut oil, etc.

One thing to take note of here...

As you will see in the ‘Carbs’ section that follows... You should cycle between low and high fat days. A good guideline for how much fat to eat would be to use the calculation below:

**Fats Per Day:**
- **Low Days:** 0.2-0.3 grams per pound of bodyweight.
- **High Days:** 0.3-0.5 grams per pound of bodyweight
  
  \[(140 \text{ pound female} \times 0.3 = 42 \text{ grams of fat})\]

In a moment, I'll be showing you WHEN to have higher fat days and lower fat days. First, let’s cover carbs:

Carbs can be a bit trickier, however, there’s a simple breakdown below for you: Over the next 21-days, we will be CYCLING our carbs. Here’s a simple outline on how to eat your carbs over these 21-days...
Cycling Your Carbs...

**Low Carb Days:** Eat 25-100 grams of carbs
The more active you are, the closer to 100 you will eat.

**High Carb Days:** 150-300+ grams of carbs
Again, the more active you are, the more carbs you will eat on these high carb days.

*A good equation for high carb days would be to eat 1-2.5 grams of carbs per pound of bodyweight.*

If you are super active and workout a ton, eat 2.5 grams per pound of bodyweight.

If you aren’t very active, stick with eating 1 gram per pound of bodyweight on high carb days.

Here’s some equations that you can use:

**LOW CARB DAYS:** bodyweight x .25-.5 grams of carbs = total for low carb day
(140 pound female X .5 grams of carb = 70 grams on low carb days)

**HIGH CARB DAYS:** bodyweight x 1-2.5 grams of carbs = total for high carb day
(140 pound female X 2 grams of carb = 280 grams on high carb days)
To be honest, this is one of the simplest and most effective methods of eating that I’ve ever come across when it comes to getting lean.

One more thing to take note of here...

On your HIGH carb days... You should eat lower amounts of fat. On your LOW carb days... You should eat higher amounts of fat.

LOW Carb = HIGH Fat HIGH Carb = LOW Fat

Here’s an example for a HIGH carb day:

Protein: 1 gram per pound of bodyweight
Fats: .25 grams per pound of bodyweight
Carbs: 2 grams per pound of bodyweight
So, here’s what the breakdown would look like for a 140 pound female:

- **Protein:** 140 grams (140 X 1 gram)
- **Fats:** 35 grams (140 X .25 grams)
- **Carbs:** 280 grams (140 X 2 grams)

And for a LOW carb day, you would do the same thing...

- **Protein:** 1 gram per pound of bodyweight
- **Fats:** .5 grams per pound of bodyweight
- **Carbs:** .5 grams per pound of bodyweight

So, here’s what the breakdown would look like for a 140 pound female:

- **Protein:** 140 grams (140 X 1 gram)
- **Fats:** 70 grams (140 X .5 grams)
- **Carbs:** 70 grams (140 X .5 grams)

Pretty easy. Here’s again all the equations that you will be using:

**For Calories...**

- **Ectomorphs** – Your Weight (in pounds) x 16-17 – 400-600 = Your Calories Per Day
- **Mesomorphs** – Your Weight (in pounds) x 15 – 400-600 = Your Calories Per Day
- **Endomorphs** – Your Weight (in pounds) x 13-14 – 400-600 = Your Calories Per Day

**For Protein...**

Bodyweight x 1 gram of protein = grams of protein per day

**For Fats...**

- **Low Days:** 0.2-0.3 grams per pound of bodyweight.
- **High Days:** 0.3-0.5 grams per pound of bodyweight

**For Carbs...**

LOW CARB DAYS: bodyweight x .25-.5 grams of carbs = total for low carb day
HIGH CARB DAYS: bodyweight x 1-2.5 grams of carbs = total for high carb day

Get your calculations done, then let’s move on to the foods you will be eating in the next 21- days...
**Foods To Eat...**

Since we only have 21-days to get you summer ready, we are really going to have to have your diet dialed in.

So here's the foods you will be focusing on over the next 21-days:

<table>
<thead>
<tr>
<th>Protein</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td></td>
<td>It is always best to buy free-range, vegetarian fed eggs and chicken.</td>
</tr>
<tr>
<td>Chicken</td>
<td></td>
<td>Grass-fed beef is typically the highest quality as well</td>
</tr>
<tr>
<td>Beef</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wild Game</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bacon</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fats</th>
<th></th>
<th>Grass-fed butter, cream and cheese are the highest quality and will yield the best results</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grass-fed butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coconut Oil (Unrefined)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grass-fed heavy cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive Oil (Unrefined, extra virgin)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Almond Butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avocados</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts (almonds, cashews, macadamias)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grass-fed cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plain Greek Yogurt</td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th></th>
<th>On high carb days, you may substitute beans or regular potatoes for sweet potatoes or rice, if you prefer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Rice</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steel Cut Oats</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black and/or Pinto Beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Veggies</th>
<th></th>
<th>Look at your meal plan and decide which veggies you will want for the week. Feel free to mix and match veggies based on your preferences</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kale</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits</th>
<th></th>
<th>There is not a lot of fruit in the plan, so buy small amounts, so they don’t go to waste</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
That right there is your shopping list. You can also feel free to add some spices and any of the below approved items:

<table>
<thead>
<tr>
<th>Spices</th>
<th>□ Salt</th>
<th>□ Pepper</th>
<th>□ Cinnamon</th>
<th>□ Cayenne Pepper</th>
<th>□ Red Pepper Flakes</th>
<th>□ Garlic</th>
<th>These are a couple of basic spices, feel free to add your favorites</th>
</tr>
</thead>
<tbody>
<tr>
<td>Other</td>
<td>□ Salsa</td>
<td>□ Balsamic Vinegar</td>
<td>□ Protein Powder</td>
<td>□ Coffee</td>
<td>□ Tea</td>
<td></td>
<td>Salsa is an excellent addition to meals to add flavor.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>When looking for protein powder, look for a low or zero carb isolate with at least 25 grams of protein per serving</td>
</tr>
</tbody>
</table>

If you stick with eating the foods above over the next 21-days, you will see some AMAZING results.

Now, let's cover some meal examples...
Meal Examples, Breakfast...

Below are different meal options you can choose from. These are just a few of the many examples of meals you can eat while on this plan. **None of the meals below include carbohydrate sources, so you should add those in on your high carb days. Please see the list above for approved carbs.**

**Note:** These are example meals that I personally would eat. Feel free to adjust how much food each meal has to fit YOUR needs!

**Meal 1**

**Option 1:** 4 whole vegetarian fed eggs, 2 cups of spinach, ½ cup asparagus, ½ tbsp grass fed butter, 4oz grass fed ground beef

Calories: 565  
Protein: 53g  
Carbs: 7g  
Fat: 39g

**Option 2:** 4 whole vegetarian fed eggs, 1 tbsp grass fed butter, 1-cup asparagus

Calories: 413  
Protein: 27  
Carbs: 9  
Fat: 30

**Option 3:** 4 pieces of organic bacon, 4 whole vegetarian fed eggs, 2 cups of spinach

Calories: 452  
Protein: 38g  
Carbs: 4g  
Fat: 35g

**Option 4:** Protein Shake (2 scoops)

Calories: 315  
Protein: 50g  
Carbs: 10g  
Fat: 6g
Meal 2/3 Examples...

**Option 1:** 8oz Chicken Breast, 2 cups of broccoli, 1 TBSP of coconut oil
Calories: 440
Protein: 59g
Carbs: 12g
Fat: 16g

**Option 2:** 8oz Chicken Breast, 10 spears of asparagus in ½ tbsp of butter, 2 cups of spinach, homemade salad dressing (1 tbsp of olive oil, spicy mustard, spices)
Calories: 460
Protein: 57g
Carbs: 6g
Fat: 22g

**Option 3:** 8oz grass fed ground beef patty, 1 cup of mushrooms, 1½ cup of brussel sprouts, ½ tbsp of butter
Calories: 500
Protein: 53g
Carbs: 19g
Fat: 24g

**Option 4:** 8oz grass fed beef steak, 10 asparagus spears and 1-cup broccoli (steamed)
Calories: 490
Protein: 45g
Carbs: 10g
Fat: 32

**Option 5:** 6oz Salmon, 1 cup of green beans, 1 tbsp of coconut oil
Calories: 404
Protein: 36g
Carbs: 11g
Fat: 25g

The meal examples above are simply there as a guide. You should determine the amount of food you need in order to best attain your goals. Each person is different so find what works and stick with it. **Remember to add your carbs in when needed. Use your calculations from earlier to determine the amounts of calories and macros you should be eating.**

Now, let's move onto HOW you will be eating in the next 21-day...
21-Day SHRED 21-Day Nutrition Calendar...

Using your calculations above, follow the format as outlined below for high carb and low carb days. This is strategic so make sure you follow exactly what it says.

- **Purple:** LOW CARB DAYS (Higher in fats)
- **Blue:** HIGH CARB DAYS (Lower in fats)

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Day 2</td>
<td>Day 3</td>
<td>Day 4</td>
<td>Day 5</td>
<td>Day 6</td>
<td>Day 7</td>
</tr>
<tr>
<td>Low Carb</td>
<td>Low Carb</td>
<td>Low Carb</td>
<td>High Carb</td>
<td>Low Carb</td>
<td>Low Carb</td>
<td>High Carb</td>
</tr>
<tr>
<td>Day/HIGH FAT</td>
<td>Day/HIGH FAT</td>
<td>Day/HIGH FAT</td>
<td>Day/LOW FAT</td>
<td>Day/HIGH FAT</td>
<td>Day/HIGH FAT</td>
<td>Day/LOW FAT</td>
</tr>
<tr>
<td><strong>Day 8</strong></td>
<td>Day 9</td>
<td>Day 10</td>
<td>Day 11</td>
<td>Day 12</td>
<td>Day 13</td>
<td>Day 14</td>
</tr>
<tr>
<td>Low Carb</td>
<td>Low Carb</td>
<td>High Carb</td>
<td>Low Carb</td>
<td>Low Carb</td>
<td>High Carb</td>
<td>Low Carb</td>
</tr>
<tr>
<td>Day/HIGH FAT</td>
<td>Day/HIGH FAT</td>
<td>Day’LOW FAT</td>
<td>Day/HIGH FAT</td>
<td>Day/LOW FAT</td>
<td>Day/LOW FAT</td>
<td>Day/HIGH FAT</td>
</tr>
<tr>
<td><strong>Day 15</strong></td>
<td>Day 16</td>
<td>Day 17</td>
<td>Day 18</td>
<td>Day 19</td>
<td>Day 20</td>
<td>Day 21</td>
</tr>
<tr>
<td>Low Carb</td>
<td>High Carb</td>
<td>Low Carb</td>
<td>High Carb</td>
<td>Low Carb</td>
<td>High Carb</td>
<td>FULL CHEAT</td>
</tr>
<tr>
<td>Day/HIGH FAT</td>
<td>Day’LOW FAT</td>
<td>Day/HIGH FAT</td>
<td>Day/LOW FAT</td>
<td>Day/HIGH FAT</td>
<td>Day’LOW FAT</td>
<td>DAY!</td>
</tr>
</tbody>
</table>

Now that we have covered everything with your nutrition, it’s time to get to the workouts...

**NOTE:** It doesn't matter how many meals per day you eat. Just follow the guidelines above and hit your macros and calories. Whether that’s done in 3 meals or 8 meals, that doesn’t matter. Just remember to follow the fasting guidelines, and hit your macros!
21-Day SHRED 21-Day Shred Workouts...

You will be working out 5-days per week on this plan. The workouts will be 100% bodyweight and will last around 30-minutes.

These workouts may seem simple but they are brutally effective.

3-days per week, you will be performing sprints and 3-days per week you will be doing some metabolic strength circuits.

Your workout calendar will look like this:

**Monday:** Metabolic Strength  
**Tuesday:** Sprints  
**Wednesday:** Metabolic Strength, Sprints  
**Thursday:** Sprints  
**Friday:** Metabolic Strength  
**Saturday:** Active Rest  
**Sunday:** Active Rest

There are 5 different workouts below that you will be doing over the next 21-days. Your goal should be to improve on each workout that you do. This means doing more reps, completing more rounds, pushing at a higher intensity, etc. If you are ready, let’s get to the workouts...
The Workouts...

**Workout #1: Metabolic Strength**

Complete 10 repetitions on each exercise below and complete as many rounds as possible in 15-minutes. Rest ONLY when needed. You must FIRST complete 10-reps on one exercise before moving to the next.

- **Pull-Ups** – 10 reps
- **Pushups** – 10 reps
- **Box Jumps** – 10 reps

Once the 15-minutes is up... Rest 3-minutes then complete the 12-minute interval circuit below:

Perform 40-seconds on each exercise and rest 20-seconds in between. You will do this for 12- minutes (or 3 total rounds)

- **Burpees** – 40-seconds
  Rest 20-seconds
- **Bodyweight Squats** – 40-seconds
  Rest 20-seconds
- **Plank to Pushup** – 40-seconds
  Rest 20-seconds
- **Reverse Lunges** – 40-seconds
  Rest 20-seconds then move back to the top...
The Workouts...

**Workout #2: Sprint Conditioning**

Perform 15-minutes of sprint intervals either outdoors on a track or field, or perform indoors on a rowing machine or one of the other options below (feel free to combine a few different sprint exercises if needed).

**Outdoor Sprints** – Sprint 60-80 yards, rest and repeat for the 15-minutes

**Rowing Machine** – Perform 30-seconds of sprints followed by a 30-second rest and repeat.

**Indoor Sprint Options** – Choose either one or a combination of burpees, mountain climbers, sprints in place, Kettlebell Swings, or jump rope and perform 30-seconds of sprints followed by a 30-second rest and repeat.
The Workouts...

**Workout #3: Metabolic Strength, Sprints**

Complete 10 repetitions on each exercise below and complete as many rounds as possible in 15-minutes. Rest ONLY when needed. You must FIRST complete 10-reps on one exercise before moving to the next.

- **Decline Pushups** – 10 reps
- **Chin Ups** – 10 reps
- **Jump Lunges** – 10 reps each leg
- **Bulgarian Split Squats** – 10 reps each leg

Once the 15-minutes is up... And then complete 12-minutes of sprint intervals either outdoors on a track or field, or perform indoors on a rowing machine or one of the other options below (feel free to combine a few different sprint exercises if needed).

**Outdoor Sprints** – Sprint 60-80 yards, rest and repeat for the 12-minutes

**Rowing Machine** – Perform 30-seconds of sprints followed by a 30-second rest and repeat.

**Indoor Sprint Options** – Choose either one or a combination of burpees, mountain climbers, sprints in place, Kettlebell Swings, or jump rope and perform 30-seconds of sprints followed by a 30-second rest and repeat.
The Workouts...

**Workout #4: Sprint Conditioning**

Perform 15-minutes of sprint intervals either outdoors on a track or field, or perform indoors on a rowing machine or one of the other options below (feel free to combine a few different sprint exercises if needed).

**Outdoor Sprints** – Sprint 60-80 yards, rest and repeat for the 15-minutes

**Rowing Machine** – Perform 30-seconds of sprints followed by a 30-second rest and repeat.

**Indoor Sprint Options** – Choose either one or a combination of burpees, mountain climbers, sprints in place, Kettlebell Swings, or jump rope and perform 30-seconds of sprints followed by a 30-second rest and repeat.
The Workouts...

Workout #5: Metabolic Strength

Complete 10 repetitions on each exercise below and complete as many rounds as possible in 15-minutes. Rest ONLY when needed. You must FIRST complete 10-reps on one exercise before moving to the next.

- **Chin-Ups** – 10 reps
- **Ground Lunge Punches** – 10 reps
- **Burpees** – 10 reps

Once the 15-minutes is up... Rest 3-minutes then complete the 12-minute interval circuit below:

Perform 40-seconds on each exercise and rest 20-seconds in between. You will do this for 12- minutes (or 3 total rounds)

- **Broad Jumps** – 40-seconds
  Rest 20-seconds
- **Outside Mountain Climbers** – 40-seconds
  Rest 20-seconds
- **Squat Jumps** – 40-seconds
  Rest 20-seconds
- **Close Grip Pushups** – 40-seconds
  Rest 20-seconds then move back to the top...
Workout Calendar...

Below is your workout calendar. Make sure you do not miss any workouts. I prefer going 5- days in a row and taking the weekends off. This is what I've found works best...

<table>
<thead>
<tr>
<th>Week</th>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEEK ONE</td>
<td>Workout 1</td>
<td>Workout 2</td>
<td>Workout 3</td>
<td>Workout 4</td>
<td>Workout 5</td>
<td>OFF</td>
<td>OFF</td>
</tr>
<tr>
<td>WEEK TWO</td>
<td>Workout 1</td>
<td>Workout 2</td>
<td>Workout 3</td>
<td>Workout 4</td>
<td>Workout 5</td>
<td>OFF</td>
<td>OFF</td>
</tr>
<tr>
<td>WEEK THREE</td>
<td>Workout 1</td>
<td>Workout 2</td>
<td>Workout 3</td>
<td>Workout 4</td>
<td>Workout 5</td>
<td>OFF</td>
<td>OFF</td>
</tr>
</tbody>
</table>
In closing...

You can see that this plan is very focused. It will take some hard work and a little sacrifice on your part but remember...

It’s ONLY 21-days.

You will be amazed at what you can accomplish in just 21-days from now when you follow this plan.

If you have any questions, feel free to reach out! Looking forward to hearing about your success,

Dennis and Kelsey Heenan
### 21-Day SHRED Exercise Descriptions

<table>
<thead>
<tr>
<th>The Exercise</th>
<th>The Description</th>
<th>The Photo</th>
</tr>
</thead>
</table>
| Alternating Lunges  | • Stand with your feet shoulder-width apart  
• Step forward with one leg, taking a slightly larger than normal step.  
• Plant your foot on the ground and use it to help keep your balance.  
• Lower your body until your front thigh is parallel to the ground.  
• Keep your upper body upright with chest proud.  
• Push back to the start position and switch legs.                                                                                              | ![Image](image1.png) |
| Bodyweight Squat    | • Start with your feet a little wider than shoulder width apart and arms placed straight out in front of you.  
• Place your feet in a comfortable position facing straight forward or a little outwards  
• Slowly lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight.  
• Once you have reached the bottom of your squat, pause then return to the starting position. This is considered one repetition. | ![Image](image2.png) |
| Box Jumps           | • Stand in front of a box that is 12-24 inches high. Engaging your core, jump and land on top of the box with your knees bent allowing your muscles to absorb the force.  
• Step down off the box and repeat. Gradually increase the box height according to what is comfortable for you. | ![Image](image3.png) |
| Broad Jumps         | • Stand in an athletic position on the balls of your feet, knees bent and core tight.  
• Driving through the ground, jump forward as far and as high as you can making sure you land softly. Once you land, repeat immediately. | ![Image](image4.png) |
## 21-Day SHRED Exercise Descriptions

<table>
<thead>
<tr>
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<th>The Photo</th>
</tr>
</thead>
</table>
| **Burpees**          | • Stand with your feet shoulder-width apart.  
                       • Drop down onto your hands and feet, then thrust your feet back so you are in a push-up position.  
                       • Perform a pushup (optional)  
                       • Thrust your feet back up and then stand back up.  
                       • Add a vertical jump at the end (optional)                                                                                                     | ![Burpee](image1)       |
| **Chin Ups**         | • Take underhand grip on the bar with the palms facing you.  
                       • Pull your body up until the chest reaches bar level using your lats and biceps.  
                       • Slowly lower yourself back to the start and repeat.                                                                                          | ![Chin Up](image2)      |
| **Close Grip Pushups** | • Get in a push-up position with your hands forming a diamond below your chest. Keep your core tight and your back straight.  
                           • Slowly lower yourself down to the floor keeping your core tight and back straight.  
                           • Once you have reached 2-4 inches off the floor, pause for a second then push yourself back up into the starting position. | ![Close Grip](image3)   |
| **Ground Lunge Punches** | • Start in an athletic position with your feet shoulder width apart.  
                           • In a quick movement, rotate your feet so they are pointing to the side as you drop one knee to the floor in a lunge.  
                           • As your knee goes to the ground, take your fist and touch the ground at the same time. (the same knee and fist will hit the ground each time)  
                           • Quickly return to the starting position and repeat on the opposite side.                                                                               | ![Ground Lunge](image4) |
### 21-Day SHRED Exercise Descriptions

<table>
<thead>
<tr>
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<th>The Photo</th>
</tr>
</thead>
</table>
| **Outside Mountain Climbers** | • Start in the push-up position with your core tight and back straight.  
                                          • Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to the outside of the elbow on the same side. Do not let your hips sag or rotate.  
                                          • Return your leg to the starting position and repeat with the other leg.                                                                                    | ![Example Photo] |
| **Plank-to-Pushup**        | • Start in the plank position keeping your core tight and back straight.  
                                          • Place one hand on the floor followed by the other hand and push yourself into the pushup position.  
                                          • Quickly return to the plank position and repeat.                                                                                                          | ![Example Photo] |
| **Pull Ups**               | • Take an overhand grip on the bar with the palms facing forward.  
                                          • Pull your body up until the chest reaches bar level.  
                                          • Slowly lower yourself keeping control of your body the entire time.                                                                                   | ![Example Photo] |
| **Pushups**                | • Place your hands just wider than shoulder-width apart.  
                                          • Slowly lower your chest and body down to the floor, keeping your core tight and back straight.  
                                          • After you hit the bottom of the movement, push with your arms & chest to get your body back up to the start position.  
                                          • If it is too hard, drop to the knees or perform pushups with your hands on a bench.                                                                     | ![Example Photo] |
| **Reverse Alternating Lunges** | • Stand with your feet shoulder-width apart  
                                          • Step backward with one leg, taking a slightly larger than normal step.  
                                          • Plant your back toe on the ground and use it to help keep your balance.  
                                          • Lower your body until your front thigh is parallel to the ground.  
                                          • Keep your upper body upright with chest proud.  
                                          • Push back to the start position and switch legs.                                                                                                         | ![Example Photo] |
## 21-Day SHRED Exercise Descriptions

<table>
<thead>
<tr>
<th>The Exercise</th>
<th>The Description</th>
<th>The Photo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprints In Place</td>
<td>• Run in place, bringing your knees high, alternating steps, and pumping your arms and legs as fast and as comfortably as possible.</td>
<td><img src="image1" alt="Photo" /></td>
</tr>
</tbody>
</table>
| Squat Jumps        | • Start with your feet shoulder width apart and arms placed straight out in front of you.  
• Place your feet in a comfortable position facing straight forward or a little outwards  
• Lower yourself down, as if you were going to sit down in a chair. Your weight should be on your heels with your core tight.  
• Once you have reached the bottom of your squat, explosively jump into the air and repeat the motion for the duration of the exercise | ![Photo](image2) |
Thanks for joining us for this edition of HIITBURN 21-Day Shred!

We want to hear about your incredible results. Get in touch with us to tell us about your experience with the program.

Feel free to email us at:

dennis@hiitburn.com

Or

kelsey@hiitburn.com

Can’t wait to stay in touch!

-Dennis and Kelsey Heenan

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