

SHRED 20

7 DAY CHALLENGE CALENDAR



FIRE TEAM WHISKEY
MILITARY FITNESS PROTOCOL

SUNDAY 01

Total Body

MONDAY 02

Cardio HIIT

TUESDAY 03

UPPER BODY

WEDNESDAY 04

LEGS

THURSDAY 05

AMRAP

FRIDAY 06

EMOM

SATURDAY 07

REST OR
BONUS WORKOUT

SHRED 20

20
MINUTES A
DAY TO GET
IN THE
BEST
SHAPE OF
YOUR LIFE!

Marcus Wallace