

**Welcome to Cybernetic Shredder Workout designed to unleash your inner machine and push your limits. Get ready to channel the strength and resilience of Cyborg as we embark on a journey to transform our bodies into high-tech powerhouses. Gear up because this workout is about to take you to the next level!**

**1.** **Circuit Core Mt. Climbers:** 3 sets of 30 secs.

-Hand plank and alt. each leg in while engaging your core and activating your cybernetic stability.

**2.** **Pulse Cannon Alt. Front Raises:** 3 sets of 20 reps

-Alternating lifting weights in the front emphasizing explosive power as you mimic Cyborg's energy blasts.

**3.** **Bionic Bursts (Jump Squats):** 3 sets of 15 reps

-Squat down and then add an explosive jump at the end to simulate Cyborg's powerful movements.

**4.** **Cyber Alt. Lateral Raises:** 3 sets of 20 reps

-Alternating lifting weights on the side enhancing your upper body strength and flexibility.

**5.** **Tech Target Seated Knee Tucks:** 3 sets of 15 reps

-Sit and put arms behind. Bringing your knees to your chest and kickout to engage your core.

**6.** **Hydraulic Hyperextensions:** 3 sets of 15 reps

- Lifting your upper body to strengthen your lower back and glutes. Add a weight for a challenge.

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| **Exercises:** | **Sets**  **Reps**  **Wt.** | **M** | **T** | **W** | **T** | **F** | **S** | **S** |
| Mountain Climber Exercise Illustrations, Royalty-Free Vector Graphics ...**Mt.**  **Climbers** | **3 sets** |  |  |  |  |  |  |  |
| **30 sec.** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Man doing Dumbbell front raise exercise. Flat vector illustration ...**Alt.**  **Front**  **Raises** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing squats  Description automatically generated**Jump**  **Squats** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| Alternating Lateral Raise - Coachedwell**Alt.**  **Lateral**  **Raises** | **3 sets** |  |  |  |  |  |  |  |
| **20 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| core strengthening exercises**Seated**  **Knee**  **Tucks** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |
| A person doing exercise on an exercise machine  Description automatically generated**Back**  **Extension** | **3 sets** |  |  |  |  |  |  |  |
| **15 reps** |  |  |  |  |  |  |  |
| **Wt.** |  |  |  |  |  |  |  |

Congratulations, you've completed the **Cybernetic Shredder Workout**! You've embraced your inner cyborg, conquered the challenges, and pushed your limits. Remember, true strength comes from within, and you've just proven that you're a superhero in the making.

**A red cape with a yellow sign

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