

The RahWay

4-Week Shred & Tone Plan

Tone up, build strength, and burn fat in just 45 minutes a day with this simple and effective program.

Weekly Schedule

Monday: Lower Body Strength + Conditioning

Tuesday: Upper Body Strength + Core Wednesday:

HIIT / Conditioning

Thursday: Full Body Strength + Core Friday:

Lower/Upper Split + Conditioning Saturday: Active

Recovery (Walk, Yoga, Mobility) Sunday: Rest

Daily Workouts (<=45 min)

Warm-Up (5–7 min)

Jumping Jacks – 1 min

Arm Circles – 30 sec each direction

Hip Circles – 30 sec each direction

Bodyweight Squats – 15 reps

High Knees / March in Place – 1 min

Cool-Down / Stretch (3–5 min)

Forward Fold – 30 sec

Quad Stretch – 30 sec per leg

Shoulder Stretch – 30 sec each arm

Cat-Cow – 30 sec

Deep Breathing – 1 min

Sample Workouts

Monday – Lower Body + Conditioning

- Squats – 3×12
- Romanian Deadlifts – 3×12
- Walking Lunges – 2×12 each leg
- Glute Bridges – 2×15
- Jump Rope or HIIT – 5–7 min

Tuesday – Upper Body + Core

- Push-ups – 3×12–15
- Dumbbell Bench Press – 3×12
- Bent-over Rows – 3×12
- Plank – 3×30–45 sec
- Russian Twists – 2×20

Wednesday – HIIT / Conditioning

- Sprint 20 sec / Walk 40 sec × 8 rounds
- Bodyweight Circuit (Push-ups, Squats, Burpees, Mountain Climbers) ×2

Thursday – Full Body + Core

- Deadlifts – 3×10
- Pull-ups / Assisted Pull-ups – 3×8
- Dumbbell Step-Ups – 2×12 each leg
- Shoulder Press – 2×12
- Hanging Knee Raises – 2×12

Friday – Lower/Upper + Conditioning

- Front Squats – 3×12
- Romanian Deadlifts – 2×12
- Bench Press – 3×12
- Dumbbell Rows – 2×12
- Jump Rope / HIIT – 5–7 min

Saturday – Active Recovery - 20–30 min

brisk walk or mobility work

Sunday – Rest

- Rest and recover

Weeks 3–4 Progression

- Slightly increase weights (5–10%)
- Reduce rest between sets (30–45 sec) -
- Optional supersets to save time
- Increase jump rope / HIIT duration 1–2 min

Tips – The Rah Way

- Focus on compound moves for max results - Keep protein intake high for muscle & fat loss - Track weights, reps, and jump rope progress - Sleep 7–8 hours to recover