

JIM STOPPANI'S 6-WEEK
SHORTCUT TO
SHRED

WORKOUT PROGRAM

Cardio acceleration is critical to Shortcut to Shred. It will fire up your fat-burning furnace like nothing else. Cardio acceleration is a technique that combines high-intensity cardio and resistance training into one fast-paced workout. Instead of resting between your lifts, you will do cardio between every single set. Simply put, you'll lift one set of a prescribed exercise, such as bench press, and then immediately follow it with one minute of cardio.

Cardio effectively replaces your rest periods. Now, I don't mean you have to rack the barbell, run across the gym, and jump on a treadmill or stationary bike. Your cardio acceleration exercises can be as simple as running in place next to the bench. You can also jump rope, perform dumbbell cleans, step-ups, or any combination of full-body exercises. Whatever you do, the point is to move for an entire minute.

Between each set, you'll do one minute of a cardio acceleration exercise. If you're new to fitness and find that one minute is too long, you can reduce the time to 30 seconds, or go at a slower pace. The goal is to gradually increase the time you spend doing high-intensity cardio. You want to keep each cardio acceleration minute as intense and demanding as possible.

CARDIO ACCELERATION OPTIONS

KB Swing
Goblet Squat
Squat Jump
Box Jump
DB Step-up
BB Step-up
Sprints
Running in Place
Medicine Ball Slam
Dumbbell Lunge
Lunge Jumps
Side-to-Side Box Shuffle
Sledgehammer Swing
Battling Ropes
Rocket Jump
Lateral Bound
Lateral Box Jump
Side Standing Long Jump
Mountain Climber
Jump Rope

Knee Tuck Jump
Diagonal Bound
Tire Flip
Skipping (in place)
Elliptical
DB Clean
Smith Machine Clean
Step-up with Knee Raise

SHORTCUT TO SHRED WORKOUT PROGRAM

PHASE 1: WEEK 1

WORKOUT 1: CHEST, TRICEPS, ABS (MULTI-JOINT)

EXERCISE	SETS	REPS
Bench Press	4	9-11
Incline Dumbbell Press	3	9-11
Decline Smith Machine Press	3	9-11
Dips	4	9-11
Close-Grip Bench Press	4	9-11
Cable Crunch	3	9-11
Smith Machine Hip Thrust	3	9-11

WORKOUT 2: SHOULDERS, LEGS, CALVES (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Shoulder Press	4	9-11
Alternating Dumbbell Shoulder Press (Standing)	3	9-11
Smith Machine One-Arm Upright Row	3	9-11
Squat	4	9-11
Deadlift	3	9-11
Walking Lunge	3	9-11
Standing Calf Raise	3	9-11
Seated Calf Raise	3	9-11

WORKOUT 3: BACK, TRAPS, BICEPS (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Bent Over Row	4	9-11
Dumbbell Bent-Over Row	3	9-11
Seated Cable Row	3	9-11
Barbell Shrug	4	9-11
Barbell Curl	3	9-11
Barbell or EZ-Bar Preacher Curl	3	9-11
Reverse-Grip Barbell Curl	3	9-11
Barbell Wrist Curl	3	9-11

WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

EXERCISE	SETS	REPS
Incline Dumbbell Flye	3	12-15
Dumbbell Flye	3	12-15
Cable Crossover	3	12-15
Triceps Pressdown	3	12-15
Overhead Dumbbell Extension	3	12-15
Cable Lying Triceps Extension	3	12-15
Crunch	3	12-15
Standing Oblique Cable Crunch	3	12-15

WORKOUT 5: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	3	12-15
Barbell Front Raise	3	12-15
Dumbbell Bent-Over Lateral Raise	3	12-15
Leg Extension	4	12-15
Leg Curl	4	12-15
Seated Calf Raise	3	12-15
Donkey or Leg Press Calf Raise	3	12-15

WORKOUT 6: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Lat Pulldown	3	12-15
Reverse-Grip Pulldown	3	12-15

Straight-Arm Pulldown	3	12-15
Smith Machine Behind-the-Back Shrug	4	12-15
Incline Dumbbell Curl	3	12-15
High Cable Curl	3	12-15
Rope Cable Curl	3	12-15
Dumbbell Reverse Wrist Curl	3	12-15

PHASE 1: WEEK 2

WORKOUT 1: CHEST, TRICEPS, ABS (MULTI-JOINT)

EXERCISE	SETS	REPS
Bench Press	4	6-8
Incline Dumbbell Press	3	6-8
Decline Smith Machine Press	3	6-8
Dips	4	6-8
Close-Grip Bench Press	4	6-8
Cable Crunch	3	7-8
Smith Machine Hip Thrust	3	7-8

WORKOUT 2: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Barbell Shoulder Press	4	6-8
Alternating Dumbbell Shoulder Press (Standing)	3	6-8
Smith Machine One-Arm Upright Row	3	6-8
Squat	4	6-8
Deadlift	3	6-8
Walking Lunge	3	6-8
Standing Calf Raise	3	7-8
Seated Calf Raise	3	7-8

WORKOUT 3: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Barbell Bent Over Row	4	6-8
Dumbbell Bent-Over Row	3	6-8

Seated Cable Row	3	6-8
Barbell Shrug	4	6-8
Barbell Curl	3	6-8
Barbell or EZ-Bar Preacher Curl	3	6-8
Reverse-Grip Barbell Curl	3	6-8
Barbell Wrist Curl	3	6-8

WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

EXERCISE	SETS	REPS
Incline Dumbbell Flye	3	16-20
Dumbbell Flye	3	16-20
Cable Crossover	3	16-20
Triceps Pressdown	3	16-20
Overhead Dumbbell Extension	3	16-20
Cable Lying Triceps Extension	3	16-20
Crunch	3	16-20
Standing Oblique Cable Crunch	3	16-20

WORKOUT 5: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	3	16-20
Barbell Front Raise	3	16-20
Dumbbell Bent-Over Lateral Raise	3	16-20
Leg Extension	4	16-20
Leg Curl	4	16-20
Seated Calf Raise	3	16-20
Donkey or Leg Press Calf Raise	3	16-20

WORKOUT 6: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Lat Pulldown	3	16-20
Reverse-Grip Pulldown	3	16-20
Straight-Arm Pulldown	3	16-20
Smith Machine		
Behind-the-Back Shrug	4	16-20
Incline Dumbbell Curl	3	16-20
High Cable Curl	3	16-20
Rope Cable Curl	3	16-20
Dumbbell Reverse Wrist Curl	3	16-20

PHASE 1: WEEK 3

WORKOUT 1: CHEST, TRICEPS, ABS (MULTI-JOINT)

EXERCISE	SETS	REPS
Bench Press	4	2-5
Incline Dumbbell Press	3	2-5
Decline Smith Machine Press	3	2-5
Dips	4	2-5
Close-Grip Bench Press	4	2-5
Cable Crunch	3	5-6
Smith Machine Hip Thrust	3	5-6

WORKOUT 2: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Barbell Shoulder Press	4	2-5
Alternating Dumbbell		
Shoulder Press (Standing)	3	2-5
Smith Machine		
One-Arm Upright Row	3	4-5
Squat	4	2-5
Deadlift	3	2-5
Walking Lunge	3	4-5
Standing Calf Raise	3	5-6
Seated Calf Raise	3	5-6

WORKOUT 3: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Barbell Bent Over Row	4	2-5
Dumbbell Bent-Over Row	3	2-5
Seated Cable Row	3	2-5
Barbell Shrug	4	2-5
Barbell Curl	3	2-5
Barbell or EZ-Bar Preacher Curl	3	4-5
Reverse-Grip Barbell Curl	3	4-5
Barbell Wrist Curl	3	4-5

WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

EXERCISE	SETS	REPS
Incline Dumbbell Flye	3	21-30

Dumbbell Flye	3	21-30
Cable Crossover	3	21-30
Triceps Pressdown	3	21-30
Overhead Dumbbell Extension	3	21-30
Cable Lying Triceps Extension	3	21-30
Crunch	3	21-30
Standing Oblique Cable Crunch	3	21-30

WORKOUT 5: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	3	21-30
Barbell Front Raise	3	21-30
Dumbbell Bent-Over Lateral Raise	3	21-30
Leg Extension	4	21-30
Leg Curl	4	21-30
Seated Calf Raise	3	21-30
Donkey or Leg Press Calf Raise	3	21-30

WORKOUT 6: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Lat Pulldown	3	21-30
Reverse-Grip Pulldown	3	21-30
Straight-Arm Pulldown	3	21-30
Smith Machine		
Behind-the-Back Shrug	4	21-30
Incline Dumbbell Curl	3	21-30
High Cable Curl	3	21-30
Rope Cable Curl	3	21-30
Dumbbell Reverse Wrist Curl	3	21-30

PHASE 2: WEEK 4

If you're feeling really good and want to make the Shortcut to Shred sessions even more intense, start performing a "cardio accelerated rest-pause dropset" on the last set of each major exercise. The technique is as brutal as it sounds, believe me.

Cardio accelerated rest-pause dropset: Take the last set of each exercise to muscle failure. Then, rack the weight and perform cardio acceleration by running in place for 15-20 seconds. Pick up the weight and continue doing reps until you reach muscle failure again. Immediately decrease the weight

by 20-30 percent and lift until you reach muscle failure again. You are now done with the set and ready to move to the next exercise.

WORKOUT 1: CHEST, TRICEPS, ABS (MULTI-JOINT)

EXERCISE	SETS	REPS
Bench Press	4*	9-11
Incline Bench Press	3*	9-11
Decline Dumbbell Press	3*	9-11
Dips	4*	9-11
Close-Grip Bench Press	4*	9-11
Smith Machine Crunch	3*	9-11
Hanging Leg Raise	3*	9-11

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 2: SHOULDERS, LEGS, CALVES (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Shoulder Press	4*	9-11
Dumbbell Shoulder Press (Seated)	3*	9-11
Dumbbell Upright Row	3*	9-11
Squat	4*	9-11
Deadlift	3*	9-11
Leg Press	3*	9-11
Standing Calf Raise	3*	9-11
Seated Calf Raise	3*	9-11

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 3: BACK, TRAPS, BICEPS (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Bent Over Row	4*	9-11
Incline Dumbbell Row	3*	9-11
Seated Cable Row	3*	9-11
Barbell Shrug	4*	9-11
Barbell Curl	3*	9-11
Seated Barbell Curl	3*	9-11
Reverse-Grip Barbell or EZ-Bar Curl	3*	9-11
Behind-The-Back Wrist Curl	3*	9-11

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

EXERCISE	SETS	REPS
Cable Crossover from Low Pulley	4*	12-15
Cable Crossover	3*	12-15
Dumbbell Flye	3*	12-15
Overhead Cable Triceps Extension	3*	12-15
Lying Triceps Extension	3*	12-15
Rope Triceps Pressdown	3*	12-15
Crossover Crunch	3*	12-15
Cable Woodchopper	3*	12-15

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 5: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	4*	12-15
Cable Front Raise	3*	12-15
Lying Cable Rear Delt Flye	3*	12-15
Leg Extension	4*	12-15
Leg Curl	4*	12-15
Seated Calf Raise	3*	12-15
Donkey or Leg Press Calf Raise	3*	12-15

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 6: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Lat Pulldown	4*	12-15
Behind-the-Neck Pulldown	3*	12-15
Rope Straight-Arm Pulldown	3*	12-15
Dumbbell Shrug	4*	12-15
EZ-Bar Cable Curl	3*	12-15
Incline Dumbbell Curl	3*	12-15
Dumbbell Hammer Curl	3*	12-15
Dumbbell Reverse Wrist Curl	3*	12-15

*On the last set do a cardio accelerated rest-pause dropset

PHASE 2: WEEK 5**WORKOUT 1: CHEST, TRICEPS, ABS (MULTI-JOINT)**

EXERCISE	SETS	REPS
Bench Press	4*	6-8
Incline Bench Press	3*	6-8
Decline Dumbbell Press	3*	6-8
Dips	4*	6-8
Close-Grip Bench Press	4*	6-8
Smith Machine Crunch	3*	7-8
Hanging Leg Raise^	3*	7-8

*On the last set do a cardio accelerated rest-pause dropset

^Use ankle weights or hold dumbbell between feet if needed

WORKOUT 2: SHOULDERS, LEGS, CALVES (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Shoulder Press	4*	6-8
Dumbbell Shoulder Press (Seated)	3*	6-8
Dumbbell Upright Row	3*	6-8
Squat	4*	6-8
Deadlift	3*	6-8
Leg Press	3*	6-8
Standing Calf Raise	3*	7-8
Seated Calf Raise	3*	7-8

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 3: BACK, TRAPS, BICEPS (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Bent Over Row	4*	6-8
Incline Dumbbell Row	3*	6-8
Seated Cable Row	3*	6-8
Barbell Shrug	4*	6-8
Barbell Curl	3*	6-8
Seated Barbell Curl	3*	6-8
Reverse-Grip Barbell or EZ-Bar Curl	3*	6-8
Behind-The-Back Wrist Curl	3*	6-8

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

EXERCISE	SETS	REPS
Cable Crossover from Low Pulley	4*	16-20
Cable Crossover	3*	16-20
Dumbbell Flye	3*	16-20
Overhead Cable Triceps Extension	3*	16-20
Lying Triceps Extension	3*	16-20
Rope Triceps Pressdown	3*	16-20
Crossover Crunch	3*	16-20
Cable Woodchopper	3*	16-20

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 5: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	4*	16-20
Cable Front Raise	3*	16-20
Lying Cable Rear Delt Flye	3*	16-20
Leg Extension	4*	16-20
Leg Curl	4*	16-20
Seated Calf Raise	3*	16-20
Donkey or Leg Press Calf Raise	3*	16-20

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 6: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Lat Pulldown	4*	16-20
Behind-the-Neck Pulldown	3*	16-20
Rope Straight-Arm Pulldown	3*	16-20
Dumbbell Shrug	4*	16-20
EZ-Bar Cable Curl	3*	16-20
Incline Dumbbell Curl	3*	16-20
Dumbbell Hammer Curl	3*	16-20
Dumbbell Reverse Wrist Curl	3*	16-20

*On the last set do a cardio accelerated rest-pause dropset

PHASE 2: WEEK 6**WORKOUT 1: CHEST, TRICEPS, ABS (MULTI-JOINT)**

EXERCISE	SETS	REPS
Bench Press	4*	2-5
Incline Bench Press	3*	2-5
Decline Dumbbell Press	3*	2-5
Dips	4*	2-5
Close-Grip Bench Press	4*	2-5
Smith Machine Crunch	3*	4-5
Hanging Leg Raise^	3*	4-5

*On the last set do a cardio accelerated rest-pause dropset

^Use ankle weights or hold dumbbell between feet if needed

WORKOUT 2: SHOULDERS, LEGS, CALVES (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Shoulder Press	4*	2-5
Dumbbell Shoulder Press (Seated)	3*	2-5
Dumbbell Upright Row	3*	2-5
Squat	4*	2-5
Deadlift	3*	2-5
Leg Press	3*	2-5
Standing Calf Raise	3*	4-5
Seated Calf Raise	3*	4-5

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 3: BACK, TRAPS, BICEPS (MULTI-JOINT)

EXERCISE	SETS	REPS
Barbell Bent Over Row	4*	2-5
Incline Dumbbell Row	3*	2-5
Seated Cable Row	3*	2-5
Barbell Shrug	4*	2-5
Barbell Curl	3*	2-5
Seated Barbell Curl	3*	2-5
Reverse-Grip Barbell or EZ-Bar Curl	3*	4-5
Behind-The-Back Wrist Curl	3*	4-5

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

EXERCISE	SETS	REPS
Cable Crossover from Low Pulley	4*	21-30
Cable Crossover	3*	21-30
Dumbbell Flye	3*	21-30
Overhead Cable Triceps Extension	3*	21-30
Lying Triceps Extension	3*	21-30
Rope Triceps Pressdown	3*	21-30
Crossover Crunch	3*	21-30
Cable Woodchopper	3*	21-30

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 5: SHOULDERS, LEGS, CALVES

EXERCISE	SETS	REPS
Dumbbell Lateral Raise	4*	21-30
Cable Front Raise	3*	21-30
Lying Cable Rear Delt Flye	3*	21-30
Leg Extension	4*	21-30
Leg Curl	4*	21-30
Seated Calf Raise	3*	21-30
Donkey or Leg Press Calf Raise	3*	21-30

*On the last set do a cardio accelerated rest-pause dropset

WORKOUT 6: BACK, TRAPS, BICEPS

EXERCISE	SETS	REPS
Lat Pulldown	4*	21-30
Behind-the-Neck Pulldown	3*	21-30
Rope Straight-Arm Pulldown	3*	21-30
Dumbbell Shrug	4*	21-30
EZ-Bar Cable Curl	3*	21-30
Incline Dumbbell Curl	3*	21-30
Dumbbell Hammer Curl	3*	21-30
Dumbbell Reverse Wrist Curl	3*	21-30

*On the last set do a cardio accelerated rest-pause dropset

NUTRITION PLAN

Shortcut to Shred is built on three distinct nutrition phases. Each phase calls for different amounts of carbohydrates and calories. Your protein and fat intake remains the same throughout Shortcut to Shred, but your carb intake gradually drops, which also drops your overall calories.

SHORTCUT TO SHRED NUTRITION PLAN

PROTEIN

Phase 1-3: 1.5 g per pound of bodyweight

FAT

Phase 1-3: 0.5 g per pound of bodyweight

CARBS

Phase 1, Week 1: 1.5 g per pound of bodyweight

Phase 2, Weeks 2-3: 1 g per pound of bodyweight

Phase 3, Weeks 3-6: 0.5 g per pound of bodyweight

In Phases 1 and 2, your caloric intake is different on workout days and rest days, because on rest days you will not ingest a pre- or post-workout meal.

In Phase 3, you will have *more* calories on your rest days than on workout days. Why? When you drop your carb intake down to 0.5 grams per pound of bodyweight, your leptin levels may drop if you don't have enough calories. Leptin is a critical hormone for maintaining your metabolic rate. If leptin levels drop too low, your metabolic rate drops, too.

By giving your body a high-carb day, you can keep your leptin levels even, which helps you continue burning fat and get through the diet. A high-carb rest day will do wonders for your mind.

PHASE I

Protein: 1.5 grams per pound

Fats: 0.5 grams per pound

Carbs: 1.5 grams per pound

WAKE-UP SUPPLEMENTS

200 mg caffeine

500-1000 mg green tea extract

500-2000 mg yohimbe

2 g acetyl-L-carnitine

BREAKFAST

30-60 min after wake-up supplements

3 whole eggs

3 egg whites

1 cup cooked oatmeal

1 tbsp honey

1/2 large grapefruit

LATE-MORNING SNACK

8 oz. reduced-fat Greek yogurt

1 tbsp honey

1/2 oz. walnuts (7 halves) crushed

LATE-MORNING SUPPLEMENTS

200 mg caffeine

500-1000 mg green tea extract

500-2000 mg yohimbe

2 g acetyl-L-carnitine

LUNCH

5 oz. can tuna

2 slices whole-wheat bread

1 tbsp light mayonnaise

1/2 large grapefruit

MID-DAY SNACK

3 sticks light mozzarella string cheese

1 medium apple

1 oz mixed nuts

PRE-WORKOUT SUPPLEMENTS

30-60 minutes before workout

200 mg caffeine

500-1000 mg green tea extract

500-2000 mg yohimbe

2 g acetyl-L-carnitine

WORKOUT MEAL

Sip throughout workout

1/2 scoop whey

1/2 scoop casein

1.5-5 g creatine

1.5-2 g beta-alanine

POST-WORKOUT MEAL

Within 30 minutes after workout

1 scoop whey

1 scoop casein

14 small Wonka Pixy Stix or 1 Giant Pixy Stix

5 g BCAAs

1.5-5 g creatine

1.5-2 g beta-alanine

2 g carnitine

DINNER

8 oz top sirloin steak

1 large sweet potato

2 cups mixed green salad

1 tbsp olive oil

1 tbsp vinegar

2-3 g fish oil

2-3 g CLA

NIGHTTIME SNACK

8 oz low-fat cottage cheese

1 cup sliced pineapple

2-3 g fish oil

2-3 g CLA

NUTRITIONAL INFO

Calories: 3,000

Protein: 285 g

Carbs: 270 g

Fat: 90 g

PHASE II – WEEKS 2-3

Protein: 1.5 grams per pound of body weight

Fats: 0.5 grams per pound

Carbs: 1 gram per pound

Like in Phase 1, on the one day of the week that you don't train, these numbers will be slightly lower since you skip the pre- and post-workout meals. Feel free to have your pre-workout shake as an extra snack on that rest day if you get hungry.

The sample meals are similar to Phase 1, but this does not mean you need to eat these exact foods and *only* these foods for all 3 weeks of the first 2 phases of this program. The foods are similar so you can see what I removed and changed to

bring the carbs down without affecting protein and fat much.

Refer to the alternative foods list for foods that you can use to replace these sample choices so the diet doesn't become boring and bereft of nutrient diversity.

WAKE-UP SUPPLEMENTS

200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

BREAKFAST

30-60 min after wake-up supplements

1 scoop whey protein (sip while prepping breakfast)
3 whole eggs
3 egg whites
1 cup cooked oatmeal
1 tbsp honey
1/2 large grapefruit
2-3 g fish oil
2-3 g CLA

LATE-MORNING SNACK

8 oz. reduced-fat Greek yogurt
1 tsp honey
1/2 oz walnuts (7 halves), crushed

LATE-MORNING SUPPLEMENTS

200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

LUNCH

5 oz. can tuna
2 cups mixed green salad
1 tbsp olive oil
1 tbsp vinegar
1/2 large grapefruit

MID-DAY SNACK

3 sticks light mozzarella string cheese
1 oz mixed nuts

PRE-WORKOUT SUPPLEMENTS

30-60 minutes before workout
200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

WORKOUT MEAL

Sip throughout workout
1/2 scoop whey
1/2 scoop casein
1.5-5 g creatine
1.5-2 g beta-alanine

POST-WORKOUT MEAL

Within 30 minutes after workout
1 scoop whey
1 scoop casein
14 small Wonka Pixy Stix or 1 Giant Pixy Stix
5 g BCAAs
1.5-5 g creatine
1.5-2 g beta-alanine
2 g carnitine

DINNER

8 oz top sirloin steak
1 large sweet potato
1 cup chopped broccoli
2-3 g fish oil
2-3 g CLA

NIGHTTIME SNACK

1 cup low-fat cottage cheese
2-3 g fish oil
2-3 g CLA

TOTALS

Calories: 2,600
Protein: 280 g
Carbs: 180 g
Fat: 80 g

PHASE III – WEEKS 4-6

Protein: 1.5 grams per pound
Fats: 0.5 grams per pound
Carbs: 0.5 grams per pound

Dropping calories and carbs again will cause your body to continue burning fat. Unlike in Phases 1 and 2, where you eat fewer calories and carbs on your rest day, the opposite holds true in Phase 3. You will eat *more* carbs and calories on your rest days.

On your rest days throughout Phase 3, you get to enjoy a high-carb, pig-out day. Since you go so low in carbs six days of the week, you will need this one high-carb day to prevent your metabolism from sputtering and slowing down to spare energy reserves (body fat). The high-carb day will help kick start your metabolism again, keeping you in a fat-burning mode for the final phase

HIGH-CARB, REST DAY MACROS

Protein: 1.5 grams of protein per pound of bodyweight
Carbs: At least 2 grams of carbs per pound of bodyweight
Fat: 0.5 grams per pound of bodyweight

A high-carb pig-out day *does not* mean you'll eat pizza and drink beer all day. Sure, a couple beers or a glass of wine won't derail your progress, but your high-carb day isn't a full 24-hour chest session.

Shoot for low-fat carb sources. High-glycemic or fast-digesting carbs are fine during the first half of the day, as is fruit, but to prevent any of those carbs from being stored as body fat, focus on slow-digesting or low-glycemic carbs later in the day.

WORKOUT DAYS

WAKE-UP SUPPLEMENTS

200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

BREAKFAST

30-60 min after wake-up supplements
1 scoop whey protein (sip while prepping breakfast)
3 whole eggs
3 egg whites

2-3 g fish oil
2-3 g CLA

LATE-MORNING SNACK

Turkey, Swiss, and avocado rolls

LATE-MORNING SUPPLEMENTS

200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

LUNCH

5 oz. can tuna
2 cups mixed green salad
1 tbsp olive oil
1 tbsp vinegar

MID-DAY SNACK

3 sticks light mozzarella string cheese
1 oz mixed nuts

PRE-WORKOUT SUPPLEMENTS

30-60 minutes before workout
200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

WORKOUT MEAL

Sip throughout workout
1/2 scoop whey
1/2 scoop casein
1.5-5 g creatine
1.5-2 g beta-alanine

POST-WORKOUT MEAL

Within 30 minutes after workout
1 scoop whey
1 scoop casein
14 small Wonka Pixy Stix or 1 Giant Pixy Stix
5 g BCAAs
1.5-5 g creatine
1.5-2 g beta-alanine
2 g carnitine

DINNER

8 oz top sirloin steak
1 cup chopped broccoli
2-3 g fish oil
2-3 g CLA

NIGHTTIME SNACK

8 oz low-fat cottage cheese
2-3 g fish oil
2-3 g CLA

TOTALS

Calories: 2,200
Protein: 280 g
Carbs: 80 g
Fat: 80 g

HIGH-CARB REST DAYS

WAKE-UP SUPPLEMENTS

200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

BREAKFAST

30-60 min after wake-up supplements

1 scoop whey protein (sip while prepping breakfast)
5 g BCAAs
1.5-5 g creatine
1.5-2 g beta-alanine
2 g carnitine
3 whole eggs
3 egg whites
3 four-inch pancakes
2 tbsp maple syrup
2-3 g fish oil
2-3 g CLA

LATE-MORNING SNACK

1 scoop whey protein (sip while prepping pizza)
Stoppioni EZ Pizza

Ingredients:

1/4 Boboli whole-wheat pizza crust

1/4 cup light mozzarella
1/4 cup marinara sauce

Directions:

1. Spread sauce on crust and top with cheese.
2. Place in oven and bake for about 15 minutes or until cheese is melted.

LATE-MORNING SUPPLEMENTS

200 mg caffeine
500-1000 mg green tea extract
500-2000 mg yohimbe
2 g acetyl-L-carnitine

LUNCH

6-inch Subway Turkey and ham (double meat) on wheat
1 oz. bag Baked Lays
1 large diet soda

MID-DAY SNACK

3 stick slight mozzarella string cheese
6 cups air-popped popcorn or 1 bag low-fat microwave popcorn
1/2 medium cantaloupe

DINNER

8 oz chicken breast
1 cup cooked brown rice
1 cup cooked black beans
1 cup chopped broccoli
2-3 g fish oil
2-3 g CLA

NIGHTTIME SNACK

1 cup reduced-fat Greek yogurt
1 tbsp honey
1/2 oz. walnuts (7 halves), crushed
2-3 g fish oil
2-3 g CLA

TOTALS

Calories: 3,100
Protein: 260 g
Carbs: 360 g
Fat: 70 g

SUPPLEMENT PLAN

The Shortcut to Shred supplement schedule is practiced and precise. Everything I do is researched, tested in the lab, and tried on my own physique. My body is a product of my brain. If you want the best results from this program, you need to follow this regimen. Every capsule, every shake, and every dose is intended to help you achieve your best physique.

WHEY PROTEIN

Whey is the king of muscle-building proteins. It's a fast-digesting milk protein that can help you build muscle and increase strength. Whey protein enhances recovery, boosts performance, and supports fat loss by helping you feel fuller, longer.

One of the major benefits of whey protein is its fast rate of digestion. It gets to your muscles faster than any other protein you can ingest. Whey is also loaded with essential branched chain amino acids (BCAAs), including leucine, considered one of the most critical muscle-making amino acids.

CASEIN PROTEIN

Casein is a slow-digesting milk protein that supports muscle growth and provides a steady stream of amino acids to your muscles. Because it releases slowly, casein is a great protein to take before bed. It can help reduce muscle breakdown while you sleep and feed your hungry muscles overnight. When mixed with whey around your workouts, casein will enhance and prolong your body's anabolic response.

BCAAs

The three BCAAs are leucine, isoleucine, and valine. They are critical for muscle growth. While whey protein is rich in BCAAs, taking additional BCAAs around your workouts can further enhance recovery and provide a quick source of muscular energy. As a result, BCAAs can improve your workouts and boost performance.

In fact, one study I performed with the Weider Research Group—presented at the 2009 annual meeting of the International Society of Sports Nutrition—further supports BCAAs' ability to help build muscle. We discovered that subjects taking them around workouts gained nearly twice as much muscle mass on an 8-week training program than subjects taking only whey or Gatorade around workouts.

Specific BCAAs offer additional benefits, such as:

Leucine: Turns on muscle protein synthesis; increases satiety

Isoleucine: Supports fat loss; provides energy

Valine: Decreases fatigue; supports fat loss; prolongs energy

FISH OIL

Fish oil supplements are a great source of essential omega-3 fats, especially EPA and DHA. These supplements support muscle growth and fat loss; help block fat storage; promote overall health and wellness; support normal, healthy immune function; and support heart, brain, vision, and joint health. If you're not already taking a fish oil supplement, reel one in today.

ACETYL L-CARNITINE

Acetyl L-carnitine (ALCAR) is L-carnitine with an acetyl group attached. This attachment increases carnitine's uptake by the body, making it more effective. ALCAR is able to enter the brain, where it may aid in brain function, boost alertness, and support positive mood.

In other areas of the body, such as muscle cells, carnitine aids fat loss transporting fatty acids into the power centers of cells, called mitochondria. These power centers work to generate energy by burning up nutrients such as fat for fuel.

L-CARNITINE L-TARTRATE

L-carnitine L-tartrate supports fat loss and increases energy. This pure form of carnitine requires insulin for absorption. Unlike ALCAR, which is great throughout the day, straight carnitine is best taken after a tough workout to enhance recovery and promote fatty acid metabolism. Whey and carbohydrates consumed post-workout are the perfect vehicles for this form of carnitine.

CREATINE

Creatine is one of the most-researched sports nutrition supplements on the market. It provides muscular energy for high-intensity exercise, helps you build muscle, and boosts strength gains. Research suggests that creatine can boost muscle gains by as much as 10 pounds and strength by 10 percent in just a few weeks.

For best delivery, put creatine in your pre- and post-workout protein shakes. That's when you get a bigger insulin response, and insulin helps drive creatine into your muscles.

BETA-ALANINE

Research suggests that when trained lifters add beta-alanine and creatine to their supplement regimen, they gain more muscle and lose more body fat than those taking creatine alone. Beta-alanine can also increase muscle strength and endurance during workouts.

CAFFEINE

This potent central nervous system stimulant increases alertness, mental focus, and your pain threshold during workouts. It also functions as a powerful fat burner. Since it's a stimulant, caffeine naturally increases the number of calories your body burns. Caffeine also attaches to receptors on fat cells to blunt fat storage and increase fatty acid release.

GREEN TEA EXTRACT

Green tea enhances fat loss and offers a host of additional health and physique benefits, including joint support and muscle recovery. Green tea aids fat loss by boosting daily calorie burn. The ingredients in green tea responsible for this effect are called catechins. The most important catechin is epigallocatechin gallate (EGCG).

EGCG inhibits an enzyme that normally breaks down norepinephrine, a neurotransmitter and hormone that boosts metabolic rate and fat burning.

YOHIMBE

Yohimbe comes from the bark of a West African tree. It contains the active compounds yohimbine and rauwolscine, otherwise known as alpha-yohimbine. Yohimbe boosts fat loss by increasing the amount of fat that your cells release. It also helps block fat storage and increase blood flow.

Research suggests that, when taken before exercise, yohimbe may more than double the amount of fat released from fat cells. Also, like caffeine, this means that yohimbe can increase muscle endurance by allowing the body to burn more fat as a training fuel source.

CONJUGATED LINOLEIC ACID (CLA)

Conjugated linoleic acid (CLA) is a naturally occurring group of omega-6 fats that aids fat loss and supports lean mass. CLA burns body fat by boosting your metabolic rate and inhibiting the enzyme lipoprotein lipase (LPL). LPL allows fat cells to pull fat from the bloodstream and store it as body fat. By inhibiting LPL, CLA encourages the body to burn fat instead of store it.

By helping the body use fat for fuel, CLA also spares your muscle mass. When your body is fueling itself with fats, it doesn't need to break down muscle tissue for additional fuel. In this way, CLA can help you burn unwanted blubber and preserve your hard-earned muscle.

SUPPLEMENT TIMING AND DOSAGE

MORNING

Whey protein: 1 scoop
Fish oil: 2-3 grams
Caffeine: 200 milligrams
Green tea extract: 500-1,000 mg
Acetyl L-carnitine: 1.5-2 g
Yohimbe: 500-2,000 mg
CLA: 2-3 g

LATE MORNING/EARLY AFTERNOON

Caffeine: 200 mg
Green tea extract: 500-1,000 mg
Acetyl L-carnitine: 1.5-2 g
Yohimbe: 500-2,000 mg

ONE HOUR PRE-WORKOUT

Caffeine: 200 mg
Green tea extract: 500-1,000 mg
Acetyl L-carnitine: 1.5-2 g
Yohimbe: 500-2,000 mg

30 MINUTES PRE-WORKOUT

Whey protein: 1/2 scoop
Casein protein: 1/2 scoop
BCAAs: 5 g
Creatine: 1 serving
Beta-alanine: 1.5-3 g

IMMEDIATELY POST-WORKOUT

Whey protein: 1 scoop
Casein protein: 1 scoop
BCAAs: 5 g
Creatine: 1 serving
Beta-alanine: 1.5-3 g
L-carnitine: 2 g

WITH DINNER

Fish oil: 2-3 g
CLA: 2-3 g

WITH FINAL MEAL

Fish oil: 2-3 g
CLA: 2-3 g

BEFORE BED

Casein protein: 1 scoop

ALTERNATIVE FOODS

You will notice that the sample meals given in each phase of Shortcut to Shred are very similar. This does not mean that you should eat these exact foods, and only these foods, throughout the program. Refer to the alternative foods below so you can keep your diet diverse and well-stocked with myriad nutrients!

MEAT REPLACEMENTS

The following meats can be used for any meal on Shortcut to Shred. You can also replace any meat with roughly 2 servings of the dairy products listed below, or 2 scoops of whey or mixed protein powder.

chicken breast
chicken thighs
chicken drumstick
turkey breast
turkey leg
lean ground turkey
lean ground beef
tri-tip steak
flank steak
pork tenderloin
bison
venison
ostrich
lamb
goat
salmon
sardines
herring
trout
tilapia
cod
halibut
sole or flounder
arctic char
shrimp
crab
scallop
clams
mussels
oysters
lobster
squid
octopus

lean deli turkey breast
lean deli chicken breast
lean deli ham
lean deli roast beef

DAIRY REPLACEMENTS

You will eat dairy at several meals, including foods like Greek yogurt, cottage cheese, and low-fat string cheese. Feel to replace any of these with each other, or any of the following:

4-6 oz of any of the meats above
2 oz beef jerky
3 slices or oz of low-fat cheese
1 scoop of whey or mixed protein
1 scoop casein or mixed protein

EGG REPLACEMENTS

I highly recommend that you do *not* replace eggs due to the benefits that they provide for muscle growth and strength. However, I understand that some people cannot stand eggs, others are allergic, and some of you just get sick of eating them. So, if you must, you can replace eggs with the following:

1-2 scoops egg protein
1-2 scoops whey protein or a mixed protein
1 serving of the dairy foods listed
6 oz of any of the meats listed

VEGETABLE REPLACEMENTS

These vegetables can replace the salad at dinner, and since they are low in carbs, you can add 0.5-1 cup to almost any meal on the plan:

asparagus
green beans
broccoli
cauliflower
onion
bell peppers
Brussels sprouts
zucchini
eggplant
bok choy (Chinese cabbage)
mushrooms
spinach
cucumber
okra

FRUIT REPLACEMENTS

Replace any of the fruit with any of these:

orange
peach
nectarine
banana
pear
Asian pear
strawberries
blueberries
raspberries
blackberries
cherries
grapes
kiwifruit

OATMEAL REPLACEMENTS

Replace the morning oatmeal with any of these alternatives:

whole-grain cold cereal
granola
whole-wheat waffle
Ezekiel bread
whole-wheat bread
whole-wheat English muffin
whole-wheat pita bread
whole-wheat bagel

WHOLE-WHEAT BREAD REPLACEMENTS

Replace whole-wheat bread with any of these:

Ezekiel bread
rye bread
sourdough bread
whole-wheat English muffin
whole-wheat pita bread
whole-wheat bagel
whole-wheat tortilla

SWEET POTATO REPLACEMENTS

When get to eat a sweet potato in the early stage of the diet, you can replace it with any of these:

1 cup brown rice
1 cup whole-wheat pasta (small amount of marinara sauce)
1 cup of beans
1 cup quinoa