

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 <sup>^</sup>	3*	7-8

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

*<sup>^</sup>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 <sup>^</sup>	3*	4-5

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

*<sup>^</sup>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 body weight

### FAT

Phase 1-3: 0.5 g per pound of body weight

### CARBS

Phase 1, Week 1: 1.5 g per pound of body weight

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

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

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

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  
2 g acetyl-L-carnitine

## LUNCH

5 oz. can tuna  
2 slices whole-wheat bread  
1 tbsp light mayonnaise  
1/2 large grapefruit

## MIDDAY 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  
2 g acetyl-L-carnitine

## WORKOUT MEAL

*Sip throughout workout*  
1 scoop protein powder  
1.5-5 g creatine  
1.5-2 g beta-alanine

## POST-WORKOUT MEAL

*Within 30 minutes after workout*  
2 scoops protein powder

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  
2 g acetyl-L-carnitine

## BREAKFAST

*30-60 min after wake-up supplements*  
1 scoop protein powder (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  
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

## MIDDAY 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  
2 g acetyl-L-carnitine

## WORKOUT MEAL

*Sip throughout workout*  
1 scoop protein powder  
1.5-5 g creatine  
1.5-2 g beta-alanine

## POST-WORKOUT MEAL

*Within 30 minutes after workout*  
2 scoops protein powder  
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 body weight

**Carbs:** At least 2 grams of carbs per pound of body weight

**Fat:** 0.5 grams per pound of body weight

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

2 g acetyl-L-carnitine

### BREAKFAST

*30-60 min after wake-up supplements*

1 scoop protein powder (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

2 g acetyl-L-carnitine

### LUNCH

5 oz. can tuna

2 cups mixed green salad

1 tbsp olive oil

1 tbsp vinegar

### MIDDAY 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

2 g acetyl-L-carnitine

### WORKOUT MEAL

*Sip throughout workout*

1 scoop protein powder

1.5-5 g creatine

1.5-2 g beta-alanine

### POST-WORKOUT MEAL

*Within 30 minutes after workout*

2 scoops protein powder

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  
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 protein powder (sip while prepping pizza)  
Stoppani 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  
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 sticks light 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.

### PROTEIN

If you still think that drinking a whey protein shake before and after workouts is the best way to ensure proper muscle growth, you're only half right. Yes, whey is critical to take both before and after workouts. But using whey alone will shortchange your results.

Research suggests that a combination of fast-digesting whey protein along with both a medium-digesting protein, like egg-white protein, and a very slow-digesting protein, such as micellar casein, is superior to a single protein source. Based on the research and real-world data, your protein shake

should be about 25-40% whey, 50% casein, and 10-25% medium-digesting protein like egg-white protein.

## 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. Omega-3 fats may help reduce your risk of coronary heart disease, as well as support healthy brain and joint function. But for those who train, nothing is more exciting than current research suggesting fish oil may help with muscle growth and recovery as well as support fat loss. 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.

## 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

Protein powder: 1 scoop  
Fish oil: 2-3 g  
Caffeine: 200 mg  
Green tea extract: 500-1,000 mg  
Acetyl L-carnitine: 1.5-2 g  
CLA: 2-3 g

### LATE MORNING/EARLY AFTERNOON

Caffeine: 200-300 mg  
Green tea extract: 500-1,000 mg  
Acetyl L-carnitine: 1.5-2 g

### 30-45 MINUTES PRE-WORKOUT

Caffeine: 200-300 mg  
Green tea extract: 500-1,000 mg  
Acetyl L-carnitine: 1.5-2 g  
BCAAs: 5 g  
Creatine: 1 serving  
Beta-alanine: 1.5-3 g

### IMMEDIATELY PRE-WORKOUT

Protein powder: 1 scoop

### IMMEDIATELY POST-WORKOUT

Protein powder: 2 scoops  
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

Protein powder: 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