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 sets, 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 do 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
- 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

SHORTCUT TO SHRED

WORKOUT PROGRAM

PHASE 1: WEEK 1

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

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
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<tbody>
<tr>
<td>Bench Press</td>
<td>4</td>
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<tr>
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<td>9-11</td>
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<tr>
<td>Decline Smith Machine Press</td>
<td>3</td>
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</tr>
<tr>
<td>Dips</td>
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<tr>
<td>Close-Grip Bench Press</td>
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<td>Smith Machine Hip Thrust</td>
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WORKOUT 2: SHOULDERS, LEGS, CALVES (MULTI-JOINT)

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

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<td>Barbell or EZ-Bar Preacher Curl</td>
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<td>Reverse-Grip Barbell Curl</td>
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WORKOUT 4: CHEST, TRICEPS, ABS (SINGLE JOINT)

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WORKOUT 5: SHOULDERS, LEGS, CALVES

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WORKOUT 6: BACK, TRAPS, BICEPS

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WORKOUT 2: BACK, TRAPS, BICEPS (MULTI-JOINT)

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PHASE 1: WEEK 2

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

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WORKOUT 2: SHOULDERS, LEGS, CALVES

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<td>Squat</td>
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### PHASE 1: WEEK 3

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

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<tr>
<td>Barbell Wrist Curl</td>
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### 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 4: CHEST, TRICEPS, ABS (SINGLE-JOINT)

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#### WORKOUT 5: SHOULDERS, LEGS, CALVES

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<td>Leg Extension</td>
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<td>Donkey or Leg Press Calf Raise</td>
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#### WORKOUT 6: BACK, TRAPS, BICEPS

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<tr>
<td>Straight-Arm Pulldown</td>
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*On the last set do a cardio accelerated rest-pause dropset*
### PHASE 2: WEEK 5

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

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<td>Hanging Leg Raise*</td>
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*On the last set do a cardio accelerated rest-pause dropset

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

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

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

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<td>Barbell Shrug</td>
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<td>Behind-The-Back Wrist Curl</td>
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*On the last set do a cardio accelerated rest-pause dropset

### PHASE 2: WEEK 6

#### WORKOUT 4: CHEST, TRICEPS, ABS (MULTI-JOINT)

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<td>Incline Bench Press</td>
<td>3*</td>
<td>2-5</td>
</tr>
<tr>
<td>Decline Dumbbell Press</td>
<td>3*</td>
<td>2-5</td>
</tr>
<tr>
<td>Dips</td>
<td>4*</td>
<td>2-5</td>
</tr>
<tr>
<td>Squat</td>
<td>4*</td>
<td>2-5</td>
</tr>
<tr>
<td>Standing Calf Raise</td>
<td>3*</td>
<td>7-8</td>
</tr>
<tr>
<td>Seated Calf Raise</td>
<td>3*</td>
<td>7-8</td>
</tr>
</tbody>
</table>

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

#### WORKOUT 5: SHOULDERS, LEGS, CALVES (MULTI-JOINT)

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barbell Shoulder Press</td>
<td>4*</td>
<td>6-8</td>
</tr>
<tr>
<td>Dumbbell Shoulder Press (Seated)</td>
<td>3*</td>
<td>6-8</td>
</tr>
<tr>
<td>Dumbbell Upright Row</td>
<td>3*</td>
<td>6-8</td>
</tr>
<tr>
<td>Squat</td>
<td>4*</td>
<td>6-8</td>
</tr>
<tr>
<td>Deadlift</td>
<td>3*</td>
<td>6-8</td>
</tr>
<tr>
<td>Leg Press</td>
<td>3*</td>
<td>6-8</td>
</tr>
<tr>
<td>Standing Calf Raise</td>
<td>3*</td>
<td>7-8</td>
</tr>
<tr>
<td>Seated Calf Raise</td>
<td>3*</td>
<td>7-8</td>
</tr>
</tbody>
</table>

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

#### WORKOUT 6: BACK, TRAPS, BICEPS (MULTI-JOINT)

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lat Pulldown</td>
<td>4*</td>
<td>12-15</td>
</tr>
<tr>
<td>Behind-the-Neck Pulldown</td>
<td>3*</td>
<td>12-15</td>
</tr>
<tr>
<td>Rope Straight-Arm Pulldown</td>
<td>3*</td>
<td>12-15</td>
</tr>
<tr>
<td>Dumbbell Shrug</td>
<td>4*</td>
<td>12-15</td>
</tr>
<tr>
<td>EZ-Bar Cable Curl</td>
<td>3*</td>
<td>12-15</td>
</tr>
<tr>
<td>Incline Dumbbell Curl</td>
<td>3*</td>
<td>12-15</td>
</tr>
<tr>
<td>Dumbbell Hammer Curl</td>
<td>3*</td>
<td>12-15</td>
</tr>
<tr>
<td>Dumbbell Reverse Wrist Curl</td>
<td>3*</td>
<td>12-15</td>
</tr>
</tbody>
</table>

*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: 1.5 g per pound of body weight

Phase 2: 0.5 g per pound of body weight

**CARBS**

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

Phase 2, Week 2: 1 g per pound of body weight

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

**FAT**

Phase 1: 1.5 g per pound of body weight

Phase 2: 1 g per pound of body weight

Phase 3: 0.5 g per pound of body weight

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

**EXERCISE**

<table>
<thead>
<tr>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cable Crossover from Low Pulley</td>
<td>4</td>
</tr>
<tr>
<td>Dumbbell Reverse Wrist Curl</td>
<td>3</td>
</tr>
<tr>
<td>Incline Dumbbell Curl</td>
<td>3</td>
</tr>
<tr>
<td>EZ-Bar Cable Curl</td>
<td>4</td>
</tr>
<tr>
<td>Dumbbell Reverse Wrist Curl</td>
<td>3</td>
</tr>
</tbody>
</table>

**WORKOUT 5: SHOULDERS, LEGS, CALVES**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dumbbell Lateral Raise</td>
<td>4</td>
<td>21-30</td>
</tr>
<tr>
<td>Cable Front Raise</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Lying Cable Rear Delt Flye</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Leg Extension</td>
<td>4</td>
<td>21-30</td>
</tr>
<tr>
<td>Leg Curl</td>
<td>4</td>
<td>21-30</td>
</tr>
<tr>
<td>Seated Calf Raise</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Donkey or Leg Press Calf Raise</td>
<td>3</td>
<td>21-30</td>
</tr>
</tbody>
</table>

**WORKOUT 6: BACK, TRAPS, BICEPS**

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>SETS</th>
<th>REPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lat Pulldown</td>
<td>4</td>
<td>21-30</td>
</tr>
<tr>
<td>Behind-the-Neck Pulldown</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Rope Straight-Arm Pulldown</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Dumbbell Shrug</td>
<td>4</td>
<td>21-30</td>
</tr>
<tr>
<td>EZ-Bar Cable Curl</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Incline Dumbbell Curl</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Dumbbell Hammer Curl</td>
<td>3</td>
<td>21-30</td>
</tr>
<tr>
<td>Dumbbell Reverse Wrist Curl</td>
<td>3</td>
<td>21-30</td>
</tr>
</tbody>
</table>

**BREAKFAST**

30-60 min after wake-up supplements

- 2-3 g CLA
- 2-3 g fish oil

**LATE-MORNING SNACK**

8 oz. low-fat Greek yogurt
1 tbsp honey
1/2 oz. walnuts (7 halves) crushed

**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

**NUTRITION PLAN**

**PHASE I**

Protein: 1.5 g per pound

Fat: 0.5 g per pound

Carbs: 1.5 g per pound

**WAKE-UP SUPPLEMENTS**

- 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
15-5 g creative
15-2 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
15-5 g creatine
15-2 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 g per pound of body weight

Fat: 0.5 g per pound

Carbs: 1 g 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

**SHORTCUT TO SHRED**

**NUTRITION PLAN**

- 2 g acetyl-L-carnitine
- 500-2000 mg yohimbe
- 500-1000 mg green tea extract
- 200 mg caffeine
- WAKE-UP SUPPLEMENTS
- 0.5 grams per pound

**PHASE I**

- Carbs: 0.5 grams per pound
- Fat: 1.5 grams per pound
- Protein: 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

**WORKOUT MEAL**

Sip throughout workout
1/2 scoop whey
1/2 scoop casein
15-5 g creative
15-2 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
15-5 g creatine
15-2 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

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**SHORTCUT TO SHRED**

**NUTRITION PLAN**

- 2 g acetyl-L-carnitine
- 500-2000 mg yohimbe
- 500-1000 mg green tea extract
- 200 mg caffeine
- WAKE-UP SUPPLEMENTS
- 0.5 grams per pound

**PHASE I**

- Carbs: 0.5 grams per pound
- Fat: 1.5 grams per pound
- Protein: 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

**WORKOUT MEAL**

Sip throughout workout
1/2 scoop whey
1/2 scoop casein
15-5 g creative
15-2 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
15-5 g creatine
15-2 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 g per pound of body weight

Fat: 0.5 g per pound

Carbs: 1 g 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 benefit 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**
- 2-3 g CLA
- 2-3 g fish oil
- 1/2 large grapefruit
- 1 tbsp honey
- 1 cup cooked oatmeal
- 3 egg whites
- 3 whole eggs

**WORKOUT MEAL**
- 30-60 min after wake-up supplements
- 1 scoop whey protein (sip while prepping breakfast)

**POST-WORKOUT MEAL**
- Within 30 minutes after workout
- 1/2 scoop casein
- 14 small Wonka Pixy Stix or 1 Giant Pixy Stix
- 5 g BCAAs

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

**LATE-MORNING SNACK**
- 8 oz. reduced-fat Greek yogurt
- 1 tsp honey
- 1/2 large grapefruit
- 2-3 g fish oil
- 2-3 g CLA

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

**LUNCH**
- 2-3 g CLA
- 2-3 g fish oil

**HIGH-CARB, REST DAY MACROS**

- 0.5 grams per pound
- At least 2 grams of carbs per pound of bodyweight

**HIGH-CARB, PIG-OUT DAY**

- 1.5 grams of protein per pound of bodyweight
- 0.5 grams per pound of bodyweight

**WORKOUT DAYS**

**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 g creatine

**POST-WORKOUT MEAL**
- Within 30 minutes after workout
- 1/2 scoop whey
- 1/2 scoop casein
- 1/2 scoop casein

**WORKOUT MEAL**
- Sip throughout workout
- 1/2 scoop whey
- 1/2 scoop casein
- 14 small Wonka Pixy Stix or 1 Giant Pixy Stix
- 5 g BCAAs

**HIGH-CARB, REST DAY MACROS**

**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

**DINNER**
- 1 oz mixed nuts

**WORKOUT DAYS**

**LATE-MORNING 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

**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

**WORKOUT MEAL**
- Sip throughout workout
- 1/2 scoop whey
- 1/2 scoop casein
- 1/2 scoop casein

**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

**WORKOUT MEAL**
- Sip throughout workout
- 1/2 scoop whey
- 1/2 scoop casein
- 1/2 scoop casein

**WORKOUT MEAL**
- Sip throughout workout
- 1/2 scoop whey
- 1/2 scoop casein
- 14 small Wonka Pixy Stix or 1 Giant Pixy Stix
- 5 g BCAAs

**WORKOUT MEAL**
- Sip throughout workout
- 1/2 scoop whey
- 1/2 scoop casein
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- Sip throughout workout
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- 5 g BCAAs

**WORKOUT MEAL**
- Sip throughout workout
- 1/2 scoop whey
- 1/2 scoop casein
- 14 small Wonka Pixy Stix or 1 Giant Pixy Stix
- 5 g BCAAs
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 yohimbine
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)
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
500-2000 mg yohimbine
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.

www.bodybuilding.com/shortcut2shred
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: 15-2 g
- Yohimbe: 500-2,000 mg
- CLA: 2-3 g

**LATE MORNING/EARLY AFTERNOON**
- Caffeine: 200-300 mg
- Green tea extract: 500-1,000 mg
- Acetyl L-carnitine: 15-2 g
- Yohimbe: 500-2,000 mg

**30-45 MINUTES PRE-WORKOUT**
- Caffeine: 200-300 mg
- Green tea extract: 500-1,000 mg
- Acetyl L-carnitine: 15-2 g
- Yohimbe: 500-2,000 mg
- BCAAs: 5 g
- Creatine: 1 serving
- Beta-alanine: 15-3 g

**IMMEDIATELY PRE-WORKOUT**
- Whey protein: 1/2 scoop
- Casein protein: 1/2 scoop

**IMMEDIATELY POST-WORKOUT**
- Whey protein: 1 scoop
- Casein protein: 1 scoop
- BCAAs: 5 g
- Creatine: 1 serving
- Beta-alanine: 15-3 g
- L-carnitine: 2 g

**DURING**
- 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

**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**
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

**Meat Replacements**
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.

- Yohimbe: 500-2,000 mg
- Acetyl L-carnitine: 1.5-2 g
- Green tea extract: 500-1,000 mg
- Caffeine: 200-300 mg
- Casein protein: 1 scoop
- Mixed protein powder.

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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