

Jim Stoppani, Ph. D

# SHORTCUT TO SIZE



Edited by Doyu Hevenliff

## Shortcut To Size: Phase 1, Week 1, Day 1

Day one of Shortcut to Size is all about the chest and tri's. Put some size on your mirror muscles, and carve a pair of sick calves. Get growing!

Some people think "day one" means an easy day -- orientation, paperwork, nothing serious. Not here. You better be ready to lift, because my Shortcut to Size workouts will take everything you have, every time.

Before you even step foot in the gym, make sure you've got headphones in your ears. A study I did with the Weider Research Group shows significant strength gains across all lifts when athletes train to their favorite tunes.

If you're tired of your playlist and need new music, check out my favorite chest and tri jams. Got suggestions of your own? Add 'em to the comments section at the bottom of this page -- after you lift, that is.

Since this is your first time through Microcycle 1, take your time choosing the right weight. You should fail between 12-15 reps. If you don't pick the proper weight on your first set, don't worry. Add or subtract 5 pounds and try again on the next set.

Remember to watch each workout video this week for special tips on exercise technique, intensity, and more.

### Day 1: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 12-15 reps, Rest-pause on final set				
Incline Bench Press: 3 sets of 12-15 reps, Rest-pause on final set				XX
Incline Dumbbell Flyes: 3 sets of 12-15 reps, Rest-pause on final set				XX
Cable Crossover: 3 sets of 12-15 reps, Rest-pause on final set				XX
Triceps Pushdown: 4 sets of 12-15 reps, Rest-pause on final set				
Lying Triceps Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Cable Overhead Triceps Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Standing Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

## Shortcut To Size: Phase 1, Week 1, Day 2

Yesterday, you pushed it. Today, you'll pull with everything you've got. Day two demands brutal work from your back and biceps. Bring it.

You made it through chest like a champ. If your triceps scream like you tortured them, it's a sign you did something right. There's no better way to celebrate yesterday's push workout than with a pull workout today.

Remember, stash your iPod in your gym bag or suffer through a weaker workout. A study I performed with the Weider Research Groups shows that lifters are stronger across all lifts when they train to their favorite tunes. Need more new music to fuel your back and biceps? Grab my favorites to the right.

Microcycle 1 means 12-15 reps on every set of back and bi's. Don't worry if you don't pick up the perfect weight on set 1. If you need to go a bit heavier to fail within the prescribed rep range, bump up the weight by 5-10 pounds. You'll get it right on your second set.

Remember to watch all the workout videos this week. They're packed with specific tips for each workout, including unique exercise adjustments.

### Workout 2: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 12-15 reps, Rest-pause on final set				
Wide-Grip Pulldown: 3 sets of 12-15 reps, Rest-pause on final set				XX
Standing Pulldown: 3 sets of 12-15 reps, Rest-pause on final set				XX
Straight Arm Pulldown: 3 sets of 12-15 reps, Rest-pause on final set				XX
Barbell curl: 4 sets of 12-15 reps, Rest-pause on final set				
Dumbbell Incline Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
One-Arm High Cable Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Hip Thrust: 3 sets of 20-30 reps, Rest-pause on final set				XX
Crunch: 3 sets of 20-30 reps, Rest-pause on final set				XX
Oblique Crunch: 3 sets of 20-30 reps, Rest-pause on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### **Shortcut To Size: Phase 1, Week 1, Day 3**

It's an active rest day, and the doctor is in. Check his cardio prescription and get the low down on high-intensity interval training.

Welcome to your first rest day. If you haven't been training consistently before this program, you're probably feeling some muscle soreness right now. Don't worry: Muscle fiber damage is an essential part of muscle hypertrophy. For your muscles to adapt and get bigger, they need to undergo stress. Soreness is a result of that stress. With proper rest and nutrition, the soreness will pass and you'll get bigger and become stronger.

On every rest day, I'm going to provide you with a simple tip to maximize your results. Each tip will be standalone and can be applied to this program, plus any other workout routine you try in the future. Remember, mother knows best, but doctors know quite a bit, too.

Doctor's Orders: HIIT It!

The number one question people ask me: Should I do cardio while following a mass- and strength-gain plan? Absolutely! And it should absolutely be high-intensity interval training (HIIT). HIIT is one of the most effective forms of cardio to burn off body fat and save -- if not build -- muscle. I won't bore you with all the details here, but if you would like more detail on HIIT, read my [Ultimate 8-Week HIIT Workout](#) when you have a spare.

There are a number of options for scheduling your HIIT. Try to do it 4 days per week. You can follow each Shortcut to Size workout with 15-30 minutes of HIIT, or you can use your days away from the gym as HIIT cardio days. Either way, when HIITing it hard, aim for 15-30 minute sessions.

On your rest days, don't hesitate to head outside. Knock out some sprints, or play HIIT-style sports like soccer or pick-up football.

Of course, if you prefer, just head into the hills and hike. HIIT is effective, but it isn't required. Choose a form of cardio that you actually like, which will keep you engaged for 12 complete weeks.

Active Rest

Remember that every rest day should be an active rest day. Rest days are for recovery; they're not an excuse to be lazy. Get out and hit 15-30 minutes of HIIT cardio today, or perform 30-60 minutes of your favorite activity: hiking, biking, walking, playing a sport, etc.

### Shortcut To Size: Phase 1, Week 1, Day 4

A delt workout is knocking at your door. Answer the call, and get ready for an all-in-one shoulder struggle with presses, raises and shrugs. Don't forget your calves!

You better be feeling fresh after a day of active rest, because this shoulder session demands every ounce of sweat your body can muster. Celebrate your rest day with your strongest workout yet.

Remember, stash your iPod in your gym bag to ensure a stronger training session. Research shows that lifters with a favorite soundtrack are able to lift heavier on all working sets.

We're still in Microcycle 1, which means 12-15 reps per set. Don't worry if you don't pick up the perfect weight on set 1. If you need to heave a bit heavier to fail within the prescribed rep range, bump up your chosen load by 5-10 pounds. You'll get it right on your second set, and you'll be well on your way to bolder shoulders, bigger traps, and carved calves.

Remember to track your lifts and utilize those rest-pause sets. That 15 seconds of rest followed by extra reps will make a huge impact on your results. Those extra reps separate the growing from the slowing.

#### Day 4: Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 12-15 reps, Rest-pause on final set				
Dumbbell Lateral Raise: 3 sets of 12-15 reps, Rest-pause on final set of 12-15 reps				XX
One-Arm Cable Front Raise: 3 sets of 12-15 reps, Rest-pause on final set of 12-15 reps				XX
High Cable Rear Delt Fly: 3 sets of 12-15 reps, Rest-pause on final set of 12-15 reps				XX
Dumbbell Shrug: 4 sets of 12-15 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				
Leg Press Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 1, Week 1, Day 5

Today is all about the quads, hamstrings and core. Time to show your legs and abs some tough love.

Rest your swollen shoulders. You dominated delts yesterday, so give your upper-body a break and focus on your wheels. That's right: Today is leg day, and leg day means war.

You better pick a suitable soundtrack, because music will make or break your fourth set of squats and deadlifts. This workout is high volume, so make sure the volume in your ears is cranked up to match.

This is your last workout of microcycle 1, which means 12-15 reps per set. Don't forget your finishing rest-pause sets, which should leave you limping. If you're not hobbling out of the gym after this workout, you didn't do it right.

Lay waste to your legs and abs so you can build them up, bigger and stronger, with rest and nutrition. You've got two rest days after this, so make today's workout worth both of them.

#### Workout 4: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:** \_\_\_\_\_

**WEIGHT:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 12-15 reps, Rest-pause on final set				
One-Leg Leg Press: 3 sets of 12-15 reps, Rest-pause on final set				XX
Leg Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Romanian Deadlift: 4 sets of 12-15 reps, Rest-pause on final set				
Lying Leg Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Hip Thrust: 3 sets of 20-30 reps, Rest-pause on final set				XX
Crunch: 3 sets of 20-30 reps, Rest-pause on final set				XX
Plank: 3 sets of 1 minute, Rest-pause on final set				XX

## Shortcut To Size: Phase 1, Week 1, Day 6

Active rest for your body, doctor's orders for your mind. Today's tip is about the importance of going organic.

### Doctor's Orders: Go Organic

Honestly, some organic produce isn't worth the extra cash. However, the nonprofit organization known as the Environmental Working Group has a list it calls "The Dirty Dozen," which labels the 12 fruits and veggies produced with the highest amounts of pesticides. It may very well be worthwhile to go organic when buying these foods:

- [Peaches](#)
- [Apples](#)
- [Bell Peppers](#)
- [Celery](#)
- [Nectarines](#)
- [Strawberries](#)
- [Cherries](#)
- [Pears](#)
- [Grapes](#)
- [Spinach](#)
- [Lettuce](#)
- [Potatoes](#)

Some studies also show that certain types of organic produce contain more antioxidants than their industrial kin. These include:

- [Tomatoes](#)
- [Broccoli](#)
- [Blueberries](#)
- [Blackberries](#)
- [Strawberries](#)
- [Raspberries](#)

When it comes to dairy, it's definitely worth it to buy organic. Research suggests that organic milk (milk from cows raised organically) contains higher amounts of omega-3 fatty acids, and conjugated linoleic acid (CLA), than regular (conventional, industrial) milk. These healthy fats can help you lose body fat; build lean, strong muscle; and even offer cardio-protective benefits.

Since dairy products like cottage cheese and yogurt are made from milk, it's also smart to choose organic versions of these products. Of course, if you buy skim milk or fat-free dairy products, you won't be getting the benefits of these healthy fats. So only buy organic if you go with low-, reduced-, or the whole-fat versions of these dairy products.

Organic beef (beef from organically raised cattle) is also worth the extra cash. Like the milk from organically raised dairy cows, the beef from organically raised cattle contains higher levels of CLA and omega-3 fatty acids. Research also has shown that organic beef contains higher levels of beta-carotene and vitamin E than conventional beef.

### Active Rest

Every rest day is an active rest day. Rest days are for recovery; they're not an excuse to be lazy. Get out and hit 15-30 minutes of HIIT cardio today, or perform 30-60 minutes of your favorite activity: hiking, biking, walking, playing a sport, etc.

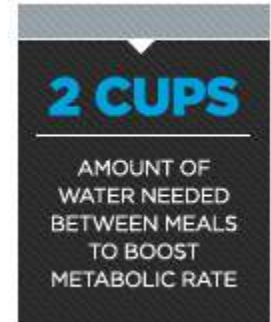
### **Shortcut To Size: Phase 1, Week 1, Day 7**

Enjoy one more day of active rest. Tomorrow, it's back to the gym. Today's orders are about the many wonders of water.

#### Doctor's Orders: Wonderful Water

Drink a gallon of water every day. Why? Water is essential for overall health, as well as muscle growth. Keeping your body well-hydrated is important to everything from protein synthesis to digestion. Steady water intake keeps nutrients moving in your bloodstream and into your muscle cells. Don't drink that gallon-plus in one sitting -- gulp it during the course of the day. This is especially important for trainees on high-protein diets, as well as those of you using creatine.

Remember, water keeps your muscles full. It can also help you stay lean -- research has shown that simply drinking two cups of water between meals boosts metabolic rate. Water is the essence of life, and its importance to athletes can't be overstressed. Drink a pint of water with main meals and try to exceed the daily one-gallon recommendation.



### **Shortcut To Size: Phase 1, Week 2, Day 8**

Attack the mirror muscles. Chisel your chest, torch your triceps, and train your calves for a well-rounded physique.

Welcome to week 2, microcycle 2 of Shortcut to Size. Hope you've had a restful couple days, because it's time to hit your muscles with heavier weight.

This week, the rep range drops from 12-15 to 9-11. Of course, this drop is balanced by an increase in load. I suggest adding 5-10 pounds to all your lifts, erring on the heavier side for compound movements like bench press. Take your time, and a few sets, to find your new weight for the prescribed rep range.

Remember to use rest-pause on your final sets per exercise. Doing so will maximize the training effects from your workouts. Don't forget the tips from last week's workout videos. The exercise techniques I showed you still apply. Finally, don't forget your music! You'll need every ounce of strength to push through this one.



**Day 8: Chest/Triceps/Calves**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 9-11 reps, Rest-pause on final set				
Incline Bench Press: 3 sets of 9-11 reps, Rest-pause on final set				XX
Incline Dumbbell Flies: 3 sets of 9-11 reps, Rest-pause on final set				XX
Low-Pulley Cable Crossover: 3 sets of 9-11 reps, Rest-pause on final set				XX
Triceps Pushdown: 4 sets of 9-11 reps, Rest-pause on final set				
Lying Triceps Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Cable Overhead Triceps Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Standing Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 1, Week 2, Day 9

Build your pulling power! Train your back for mile-wide lats, build bigger biceps with taller peaks, and target your core for total-body strength.

Microcycle 2 means 9-11 reps per set. Take your time and use your first couple sets to find the correct weight for this rep range. Make sure to log your numbers on all exercises -- tracking is essential to progress, and progress is crucial for growth.

Remember to use rest-pause on your final sets of each exercise. Doing so will maximize the training effect of your workout and push your body to grow. Don't forget the tips from last week's workout videos, either. The exercise techniques I showed you still apply. Finally, don't forget your music! You'll need tunes to pull through this brutal back day.

#### Day 9: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 9-11 reps, Rest-pause on final set				
Wide-Grip Pulldown: 3 sets of 9-11 reps, Rest-pause on final set				XX
Standing Pulldown: 3 sets of 9-11 reps, Rest-pause on final set				XX
Straight Arm Pulldown: 3 sets of 9-11 reps, Rest-pause on final set				XX
Barbell curl: 4 sets of 9-11 reps, Rest-pause on final set				
Dumbbell Incline Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
One-Arm High Cable Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Hanging Leg Raise: 3 sets of 15-19 reps, Rest-pause on final set				XX
Weighted Crunch: 3 sets of 15-19 reps, Rest-pause on final set				XX
Dumbbell Side Bend: 3 sets of 15-19 reps, Rest-pause on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

## Shortcut To Size: Phase 1, Week 2, Day 10

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Plenty of Protein

I recommend you take in at least one gram of protein per pound of bodyweight each day, and even up to almost 2g per pound on workout days. Protein needs for individual trainees may vary, but this minimum ensures sufficient amounts with which to build muscle. If your bodyweight is low or if your caloric requirements for maintenance are high, then you may need even more protein than athletes of comparable size.

There is a lot of debate in the science community about whether consuming very high amounts of protein - around the 2 gram per pound mark - will result in more muscle growth. While most research suggests that you don't need more than 1 gram per pound, I still argue that those who train very intensely do need more protein.

None of the research on weight-trained subjects and protein intake involves the type of intense training that you find in a program like Shortcut to Size. When individuals who train at that level of intensity consume very high amounts of protein, they see great results as far as muscle growth and strength gains. I've seen it; my clients have seen it.

This is when I, as a scientist, step back from the lab and prefer to use recommendations based on everything I've seen in the gym. Eat your protein, kids!

## Shortcut To Size: Phase 1, Week 2, Day 11

Build bolder shoulders, stronger traps, and carved calves. Time to press, flye, and raise the roof on your results.

### Day 10: Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 9-11 reps, Rest-pause on final set				
Dumbbell Lateral Raise: 3 sets of 9-11 reps, Rest-pause on final set				XX
One-Arm Cable Front Raise: 3 sets of 9-11 reps, Rest-pause on final set				XX
High Cable Rear Delt Fly: 3 sets of 9-11 reps, Rest-pause on final set				XX
Dumbbell Shrug: 4 sets of 9-11 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				
Leg Press Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				

## Shortcut To Size: Phase 1, Week 2, Day 12

Lay the foundation: Squat, press, and deadlift your way to bigger, stronger legs. Complete the package with incredible abs.

Microcycle 2 means 9-11 reps per set. Take your time, and a few sets, to find the right weight for this prescribed rep range. Track your lifts to ensure constant growth. Next time you do this workout, you'll be pushing heavier iron; keeping a log of how much you lift each session is absolutely crucial.

Remember to use rest-pause on your final sets per exercise. Doing so will maximize the training effects from your workouts. Don't forget the tips from last week's workout videos, either: The exercise techniques I showed you still apply. Finally, don't forget your music! Squat till the beat drops.

### Day 12: Legs/Abs

#### Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 9-11 reps, Rest-pause on final set				
One-Leg Leg Press: 3 sets of 9-11 reps, Rest-pause on final set				XX
Leg Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Romanian Deadlift: 4 sets of 9-11 reps, Rest-pause on final set				
Lying Leg Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Hanging Leg Raise: 3 sets of 15-19 reps, Rest-pause on final set				XX
Weighted Crunch: 3 sets of 15-19 reps, Rest-pause on final set				XX
Side Plank: 3 sets of 1 minute, Rest-pause on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### **Shortcut To Size: Phase 1, Week 2, Day 13**

Active rest for the body, more knowledge for your mind. Follow the doctor's orders for best results!

Doctor's Orders: Complexity

Complex carbs are constructed of long chains of sugars. Most, but not all, complex carbs are low-glycemic or slow digesting. For most meals, stress whole-grain products (whole-wheat bread and pastas, oatmeal, brown rice, etc.) and sweet potatoes, which are all slow digesting, as opposed to white breads, white potatoes and refined sugars, which are all fast digesting.

Slow-digesting carbs provide longer-lasting energy, and there's less chance they'll be stored as body fat. During a mass-building phase, strive to take in roughly 2g of carbohydrates per body pound on your workout days. If you're not growing as quickly as you'd like or find yourself unnaturally fatigued during a workout, you can slowly up your carbs.

As critical as protein is for building muscle, carbs are also important when you're trying to maximize muscle growth. The carbs you consume get stored in your muscles as glycogen. Glycogen pulls lots of water into the muscle, which fills the muscle cells. This makes your muscle bellies look fuller, but not just in the short run. When you fill a muscle with fluid, it places a stretch on the muscle membrane, which instigates pathways that lead to an increase in muscle protein synthesis. So carb up when mass is your main goal!

Today, many people worry about consuming wheat due to the gluten it contains. Gluten is a type of protein to which many people are sensitive. If your stomach is sensitive to gluten, avoid eating whole-wheat bread, pastas, crackers, etc. Watch out for some oat-based cereals, too, as they may also contain wheat. Today, there are many glute-free food options, but naturally gluten-free and low-glycemic carb sources are even better. These include sweet potatoes, oatmeal, quinoa, and fruit.

### **Shortcut To Size: Phase 1, Week 2, Day 14**

Active rest for the body, more knowledge for your mind. Follow the doctor's orders for best results!

Doctor's Orders: Simplicity

Except after workouts, an athlete should minimize calorie consumption from simple carbohydrates (sugar). Simple carbs can be rapidly absorbed, especially in liquids with little to no fat, or solid foods that lack fat to slow down digestion. Significant quantities of simple carbs provide the release of insulin, desirable after a workout, but not at other times because it can encourage the body to store sugars as body fat. Foods that are high in sugar are among the worst for trainees seeking to keep body fat low.

The one exception here is the extreme hard gainer, like some teenagers who burn so many calories each day that they find it hard to eat enough food. In this case, eating some faster-digesting carbs like white bread and sugars may be a good idea for two main reasons: The first is that these foods digest rapidly. This allows you to be hungry again much sooner so you can eat more calories. The second reason has to do with the insulin spike you get from fast-digesting carbs. Yes, insulin can speed up fat gain, but it's also a powerful anabolic hormone that pushes muscle growth forward. So, spiking it throughout the day can keep you very anabolic. For those who have no worry about fat gain, this can be a good strategy to build more muscle mass.

### **Shortcut To Size: Phase 1, Week 3, Day 15**

Attack the mirror muscles. Chisel your chest, torch your triceps, and train your calves for a well-rounded physique.

Week 3, microcycle 3 brings lower reps and even heavier weight. This week, you'll be heaving 6-8 reps on each set of your major exercises. If you've never lifted this heavy, take some extra time -- and use extra caution -- when choosing the right weight. You should be able to add another 5-10 pounds to last week's numbers.

You'll switch from rest-pause to drop sets this week. Give these finishing sets everything you've got. Doing so will force your body to grow. Don't forget the tips from my workout videos -- the exercise techniques I showed you still apply. Finally, don't forget your music!

**Day 15: Chest/Triceps/Calves**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 6-8 reps, Dropset on final set				
Incline Bench Press: 3 sets of 6-8 reps, Dropset on final set				XX
Incline Dumbbell Flyes: 3 sets of 6-8 reps, Dropset on final set				XX
Low-Pulley Cable Crossover: 3 sets of 6-8 reps, Dropset on final set				XX
Triceps Pushdown: 3 sets of 6-8 reps, Dropset on final set				
Lying Triceps Extension: 3 sets of 6-8 reps, Dropset on final set				XX
Cable Overhead Triceps Extension: 3 sets of 6-8 reps, Dropset on final set				XX
Standing Calf Raise: 4 sets of 10-14 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 10-14 reps, Dropset on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 1, Week 3, Day 16

Build your pulling power! Train your back for mile-wide lats, build bigger biceps with taller peaks, and target your core for total-body strength.

Microcycle 3 means 6-8 reps per set. Take your time and use caution to find your correct weight for this rep range. Be sure you're logging weight lifted for each exercise across all workouts; you should be able to add 5-10 pounds to your microcycle 2 numbers.

Remember your drop sets. Give these finishing sets everything you've got and force your body to adapt. Don't forget the tips from my workout videos -- the exercise techniques I showed you still apply. Finally, don't forget your soundtrack!

#### Day 16: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 6-8 reps, Dropset on final set				
Wide-Grip Pulldown: 3 sets of 6-8 reps, Dropset on final set				XX
Standing Pulldown: 3 sets of 6-8 reps, Dropset on final set				XX
Straight Arm Pulldown: 3 sets of 6-8 reps, Dropset on final set				XX
Barbell curl: 4 sets of 6-8 reps, Dropset on final set				
Dumbbell Incline Curl: 3 sets of 6-8 reps, Dropset on final set				XX
One-Arm High Cable Curl: 3 sets of 6-8 reps, Dropset on final set				XX
Weighted Hip Thrust: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Crunch: 3 sets of 10-14 reps, Dropset on final set				XX
Oblique Cable Crunch: 3 sets of 10-14 reps, Dropset on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 1, Week 3, Day 17

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Get Fat

Foods containing unsaturated fats, particularly monounsaturates, are excellent for bodybuilders. Don't buy into the notion that a bodybuilding diet should be low fat-it should only be low in trans fats. Omega-3 fatty acids, found in fish and flaxseed oils, are important for creating a favorable hormonal environment for building muscle tissue and staying lean.



Other unsaturated fats, such as those found in olives, avocados, nuts, seeds, plus olive and canola oils, also provide bodybuilders with numerous muscle-building advantages. Except when cutting up, fats should represent 20%-30% of your daily diet. Even saturated fats have a place in a bodybuilding diet. Why? Athletes consuming higher amounts of saturated fats and monounsaturated fats tend to have higher testosterone levels.

If you have a tough time juggling the numbers, one easy way to make sure that you are consuming enough fat is to eat half your weight in pounds in fat grams. So a 200-pound person would eat around 100 grams of fat each day.

### Shortcut To Size: Phase 1, Week 3, Day 18

Shoulders: Build bolder shoulders, stronger traps, and carved calves. Time to press, flye, and raise the roof on your results.

#### Day 18: Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 6-8 reps, Dropset on final set				
Dumbbell Lateral Raise: 3 sets of 6-8 reps, Dropset on final set				XX
One-Arm Cable Front Raise: 3 sets of 6-8 reps, Dropset on final set				XX
High Cable Rear Delt Fly: 3 sets of 6-8 reps, Dropset on final set				XX
Dumbbell Shrug: 4 sets of 6-8 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 10-14 reps, Dropset on final set				
Leg Press Calf Raise: 4 sets of 10-14 reps, Dropset on final set				



### Shortcut To Size: Phase 1, Week 3, Day 19

Lay the foundation: Squat, press, and deadlift your way to bigger, stronger legs. Complete the package with incredible abs.

You're at the end of microcycle 3, which means finishing strong with 6-8 reps per set. Take your time and use caution to find your correct weight for this rep range, especially on technical exercises like the deadlift. You should be able to add 5-10 pounds to your microcycle 2 numbers, though you might be able to push more with the squat. Don't let your form suffer!

Remember your drop sets. Give these finishing sets everything you've got and force your body to grow. Don't forget the tips from my workout videos -- the exercise techniques I showed you still apply. Finally, don't forget your essential squat soundtrack.

Day 19: Legs/Abs  
Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 6-8 reps, Dropset on final set				
One-Leg Leg Press: 3 sets of 6-8 reps, Dropset on final set				XX
Leg Extension: 3 sets of 6-8 reps, Dropset on final set				XX
Romanian Deadlift: 4 sets of 6-8 reps, Dropset on final set				
Lying Leg Curl: 3 sets of 6-8 reps, Dropset on final set				XX
Weighted Hip Thrust: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Crunch: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Woodchopper: 3 sets of 10-14 reps, Dropset on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

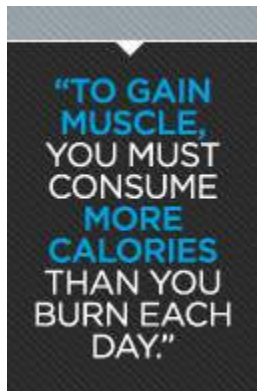
### Shortcut To Size: Phase 1, Week 3, Day 20

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Count Calories

In my Shortcut to Size diet, I don't talk too much about calories. But that does NOT mean that they're not important. However, based on the amount of each macronutrient (protein, carbs, and fat) that I suggest you eat every day, you will consume the proper amount of calories to grow.

Every gram of carbs has approximately four calories, every gram of protein has four calories, and every gram of fat has about nine calories. This calorie differential explains why bodybuilders, even those who are not on a low-fat diet, need to pay attention to calories-per-macronutrient.



To gain muscle, you must consume more calories than you burn each day. Otherwise your body will not expend calories on muscle growth. Shoot for at least 20 calories per pound of bodyweight on days you work out.

When you work out, you burn a good 400-1000 extra calories depending on the workout type, intensity, duration, and your personal body weight. Thus, regardless of whether your goal is to gain muscle or lose fat, you should be eating more on workout days and much less on rest days to prevent fat gain.

Even though you are maximizing muscle growth on the Shortcut to Size program, on rest days your total calorie consumption drops down to about 17 per pound of body weight. After all, you want to gain muscle and minimize fat.

### Shortcut To Size: Phase 1, Week 3, Day 21

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Fire Up Your Fiber

Many bodybuilding foods are notoriously low in fiber. However, bodybuilders need plenty of fiber to make ideal gains. Fiber is an indigestible complex carbohydrate. Consumption of soluble and insoluble fiber enhances the health of the digestive tract and improves the absorption and efficiency of bodybuilding diets.

Fiber increases the bulk of food consumed, helping to process it, and keeps the digestive system working at peak efficiency. Fiber can also slow down the digestion of food to keep blood glucose and insulin levels steadier, which may help prevent fat gain. Plus, fiber can help blunt hunger and help you eat less when dieting.

You should get most of your dietary fiber from complex carbohydrates, fruits and vegetables. Strive to take in about 10-15 g of total fiber in your diet for every 1,000 calories eaten from food or supplements. If your diet doesn't provide this amount, then consider daily supplementation with a fiber product. Consider taking 3-5 grams of fiber from supplements before large meals to help slow digestion.

Just so you have an idea of how much fiber you're eating daily, here are a few of the fiber-providing foods you should be eating on this diet and the amount of fiber that they provide:

- 1 cup black beans - 15 g
- 1 large apple - 5 g
- 1 cup cooked oatmeal - 4 g
- 1 cup cooked brown rice - 4 g
- 1 cup cooked whole-wheat pasta - 4 g
- 1/2 cantaloupe - 4 g
- 1 large orange - 4 g
- 1 cup Brussels sprouts - 3 g
- 1 oz. mixed nuts - 3 g
- 1 slice whole-wheat bread - 2 g
- 1 cup sliced pineapple - 2 g
- 1 cup chopped broccoli - 2 g
- 1 cup green beans - 2 g
- 1 cup spinach - 1 g
- 1 cup lettuce - 1 g

## Shortcut To Size: Phase 1, Week 4, Day 22

Welcome to week 4, microcycle 4. You better be ready for some heavy weight, because we're dropping all the way down to 3-5 reps per set. That drop is accompanied by another increase in load, which means you should add 5-10 pounds to the weight you lifted last week. Be sure to record your numbers - accuracy is essential to progress, and progress is critical to muscle growth.

Because we're going heavier than ever, be sure to give your warm-up sets some extra focus. Make sure your joints are lubricated, your muscles are pumped, and your body is primed before hitting the heavy weights.

### Day 22: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 3-5 reps, Dropset on final set				
Incline Bench Press: 3 sets of 3-5 reps, Dropset on final set				XX
Incline Dumbbell Flyes: 3 sets of 3-5 reps, Dropset on final set				XX
Low-Pulley Cable Crossover: 3 sets of 3-5 reps, Dropset on final set				XX
Triceps Pushdown: 4 sets of 3-5 reps, Dropset on final set				
Lying Triceps Extension: 3 sets of 3-5 reps, Dropset on final set				XX
Cable Overhead Triceps Extension: 3 sets of 3-5 reps, Dropset on final set				XX
Standing Calf Raise: 4 sets of 6-9 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 6-9 reps, Dropset on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 1, Week 4, Day 23**

Attack your back with heavy weights! Microcycle 4 demands 3-5 reps per set, which means you'll be moving some serious iron on every exercise. Add 5-10 pounds to the weight you lifted in microcycle 3, and be sure to warm up properly.

Record your numbers, remember my video tips, dominate your drop sets, crank up your music, and blast your back and biceps till they tremble.

**Day 23: Back/Biceps/Abs**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 3-5 reps, 1 dropset of 3-5 reps				
Wide-Grip Pulldown: 3 sets of 3-5 reps, 1 dropset of 3-5 reps				XX
Standing Pulldown: 3 sets of 3-5 reps, 1 dropset of 3-5 reps				XX
Straight Arm Pulldown: 3 sets of 3-5 reps, 1 dropset of 3-5 reps				XX
Barbell curl: 4 sets of 3-5 reps, 1 dropset of 3-5 reps				
Dumbbell Incline Curl: 3 sets of 3-5 reps, 1 dropset of 3-5 reps				XX
One-Arm High Cable Curl: 3 sets of 3-5 reps, 1 dropset of 3-5 reps				XX
Smith Machine Hip Thrust: 3 sets of 6-9 reps, 1 dropset of 6-9 reps				XX
Ab Crunch Machine: 3 sets of 6-9 reps, 1 dropset of 6-9 reps				XX
Band Roundhouse Elbow: 3 sets of 6-9 reps, 1 dropset of 6-9 reps				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 1, Week 4, Day 24**

Active rest for the body, more knowledge for the mind. Follow the doctor’s orders for best results!

Doctor's Orders: Meat Makes Muscle!

All forms of protein are good for athletes seeking to add muscle mass, but lean meats are among the best. Turkey, chicken, beef and other meats are complete proteins, meaning they contain all the amino acids your body needs; other forms of protein, especially vegetable sources, are often incomplete and thus less-effective sources.



For best results, I recommend that trainees strive to take in some form of animal protein at almost every meal. Among the best meat choices are chicken and turkey breast, as well as lean cuts of red meat.

Red meat has received an unnecessarily bad rap from the media. I do suggest that you choose beef from grass-fed cattle, which is much higher in CLA and omega-3 fats. Personally, I consume beef all seven days of the week, and sometimes more than once per day. And I've been doing so most of my life. Incidentally, my cholesterol levels, blood pressure, and

cardiovascular function are all at optimal levels... and I'm 44 years old.

**Shortcut To Size: Phase 1, Week 4, Day 25**

This workout calls for 3-5 reps per set of heavy shoulder work. Warm up to your new weight slowly -- it's okay if you don't find the exact load on your first set. When you've got heavy objects overhead, it's best to play it safe until you're sure.

Track your progress, tune into your music, dominate your drop sets, and shock your shoulders with this powerful session.

**Day 25: Shoulders/Traps/Calves**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO \_\_\_\_\_ **EXERCISE** \_\_\_\_\_ **DURATION** \_\_\_\_\_

**LENGTH OF WORKOUT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**MOOD WHEN STARTING:**

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 3-5 reps, Dropset on final set				
Dumbbell Lateral Raise: 3 sets of 3-5 reps, Dropset on final set				XX
One-Arm Cable Front Raise: 3 sets of 3-5 reps, Dropset on final set				XX
High Cable Rear Delt Fly: 3 sets of 3-5 reps, Dropset on final set				XX
Dumbbell Shrug: 4 sets of 3-5 reps, Dropset on final set				
Standing Calf Raise: 4 sets of 6-9 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 6-9 reps, Dropset on final set				

## Shortcut To Size: Phase 1, Week 4, Day 26

It's time to hit your legs, and we're going heavier than ever: 3-5 reps per set, with 5-10 more pounds than your last leg session. Warm up thoroughly and be careful when you're deep in the squat pocket -- brace your abs, engage your core, and push up with everything you've got on every set.

If you love lifting heavy, this is your time to shine. Next week brings us back to the 12-15 rep range, so heave the heavy iron while you can.

Track your progress, tune into your music, dominate your drop sets, and lay waste to your legs. You get two days of rest after this, so you better make the workout worthwhile. If it keeps you on the couch all night, you did it right.

### Day 26: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 3-5 reps, Dropset on final set				
One-Leg Leg Press: 3 sets of 3-5 reps, Dropset on final set				XX
Leg Extension: 3 sets of 3-5 reps, Dropset on final set				XX
Romanian Deadlift: 4 sets of 3-5 reps, Dropset on final set				
Lying Leg Curl: 3 sets of 3-5 reps, Dropset on final set				XX
Smith Machine Hip Thrust: 3 sets of 6-9 reps, Dropset on final set				XX
Ab Crunch Machine: 3 sets of 6-9 reps, Dropset on final set				XX
Plank: 4 sets of 75 sec				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 1, Week 4, Day 27

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Go Fish

Fish, an excellent source of protein, should be consumed regularly by athletes and bodybuilders. Varying in fat content, some types of fish are high in healthy fats, while others are low in fat altogether. Unlike other tissue proteins, fatty fish provide a host of benefits. Salmon and sardines, for example, are excellent sources of omega-3 fatty acids, which support immune system function and assist with muscle recovery and growth, in addition to many other benefits (fat-burning among them). Low-fat fish, such as tilapia, also make excellent sources of protein. Regardless of your phase or training goals, strive to take in eight ounces of fatty fish at least twice a week.



### Shortcut To Size: Phase 1, Week 4, Day 28

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: The Incredible Egg

Eggs are a versatile, easy-to-cook and easy-to-consume protein source. They're also relatively inexpensive. Eggs can be boiled in bulk, they're easily transported, and they make fine between-meal fare.



Like eggs, dairy products provide many dietary options. First and foremost, milk proteins - casein and whey - have innumerable nutritional benefits. Nonfat milk is an excellent, cheap and readily available source of protein, calcium and other nutrients. Cottage cheese is the casein fraction of milk and an outstanding bodybuilding protein - you can find low- or nonfat varieties that are relatively inexpensive. Greek yogurt is another great option that is high in casein protein and low in carbs. Unsweetened plain yogurt is also a good protein source (though not as high in protein as Greek yogurt), and it contains beneficial bacteria to help support the immune system and improve digestive efficiency.

I recommend eating at least 3 egg yolks each and every day. Research suggests that those consuming 3 yolks daily while following a strength-training program gained about twice the muscle mass and strength as those not eating yolks.

## Shortcut To Size: Phase 2, Week 5, Day 29

Welcome to Phase 2; welcome BACK to Microcycle 1. That's right: You've made it through all four Microcycles of Shortcut to Size. Now, you head back to the beginning, but you bring some serious extra weight. You'll be hitting 12-15 reps per set again, but you'll crush your original numbers.

Flip back in your workout log to see where you started. Now, add poundage to every exercise. Most of you will be able to slide 10-to-20 more pounds on each lift. The beasts among you might even be able to add 30-to-40 extra pounds. Whatever you add, make sure to log your new numbers. Expect to see more strength increases throughout the following weeks.

Take note: The Phase 2 workouts feature slightly different exercises than Phase 1. Be sure to print the new workout logs. Enough talk. Let's hit the gym and see how much stronger you are.

### Day 29: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 12-15 reps, Rest-pause on final set				
Incline Dumbbell Press: 3 sets of 12-15 reps, Rest-pause on final set				XX
Dumbbell Flies: 3 sets of 12-15 reps, Rest-pause on final set				XX
Incline Cable Flies: 3 sets of 12-15 reps, Rest-pause on final set				XX
Triceps Pushdown: 4 sets of 12-15 reps, Rest-pause on final set				
Standing Dumbbell Triceps Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Cable Lying Triceps Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Standing Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**



## Shortcut To Size: Phase 2, Week 5, Day 30

How's it feel back in the 12-to-15 rep range? You should be coming off every exercise with a solid pump, target muscles full of blood. Not only does a pump feel (and look) great, but it's a sign that your working muscles are receiving the oxygen and nutrients they need to function, perform, repair and grow.

Since you've been lifting with me for 4 solid weeks, you should be getting a little more comfortable with my workouts. Don't get too cozy! Make sure to check the exercise list below, as select exercises will continue to change. Push yourself harder and harder with heavier weight, and you'll keep transforming. Let's get to work.

Day 30: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 12-15 reps, Rest-pause on final set				
Wide-Grip Pulldown Behind Neck: 3 sets of 12-15 reps, Rest-pause on final set				XX
Seated Cable Rows: 3 sets of 12-15 reps, Rest-pause on final set				XX
Reverse-Grip Pulldown: 3 sets of 12-15 reps, Rest-pause on final set				XX
Barbell curl: 4 sets of 12-15 reps, Rest-pause on final set				
Preacher Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Standing One-Arm Cable Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Hip Thrust: 3 sets of 20-30 reps				XX
Crunch: 4 sets of 20-30 reps				XX
Oblique Crunch: 4 sets of 20-30 reps				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 2, Week 5, Day 31**

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Vegetables!

Vegetables are one of the most overlooked components of fitness nutrition. Many athletes are rigorous about their protein and complex carbohydrate consumption, but lax about eating a sufficient quantity and variety of vegetables. Athletes and bodybuilders should strive to take in five or six servings every day.

To meet your needs, include more than one serving at a meal. Not only do vegetables provide nutrients that other bodybuilding foods may lack, but they also provide bulk and fiber, helping your body more efficiently process a high-protein diet.

Another benefit of vegetables is that they break down in the body to alkaline residues. Protein, on the other hand, breaks down into acidic residues. When your body has high acidity levels, it can decrease your performance, your health, and your potential to build muscle.

The answer is NOT cutting back on protein. The answer is consuming MORE vegetables to counteract the acidity of the high protein diet, which will keep your body in a more alkaline state and can help encourage greater muscle growth, performance and overall health.



**Shortcut To Size: Phase 2, Week 5, Day 32**

Day 32: Shoulders/Traps/Calves

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 12-15 reps, Rest-pause on final set				
Smith Machine Upright Row: 3 sets of 12-15 reps, Rest-pause on final set				XX
One-Arm Cable Lateral Raise: 3 sets of 12-15 reps, Rest-pause on final set				XX
Bent Over Rear Lateral Raise: 3 sets of 12-15 reps, Rest-pause on final set				XX
Barbell Shrug: 4 sets of 12-15 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				
Leg Press Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

### Shortcut To Size: Phase 2, Week 5, Day 33

Your legs are neither strong enough nor big enough. Your prescription? Squats. Lots of squats. Between barbell and front squats, you'll hit 7 total sets of squat work in this session. If you can walk properly after the workout, you did it wrong. Get sore today; get stronger tomorrow.

#### Day 33: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 12-15 reps, Rest-pause on final set				
Front Barbell Squat: 3 sets of 12-15 reps, Rest-pause on final set				XX
Leg Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Romanian Deadlift: 4 sets of 12-15 reps, Rest-pause on final set				
Seated Leg Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Hip Thrust: 4 sets of 20-30 reps				XX
Crunch: 3 sets of 20-30 reps				XX
Plank: 3 sets of 1 minute				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 2, Week 5, Day 34

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Create with Creatine

Supplementing with creatine can provide bodybuilders with tremendous benefits, including faster recovery from intense weight training, decreased post-exercise muscle soreness, and increases in muscle mass and strength. Depending on the form of creatine you use, I recommend taking 2-5 g of creatine immediately before and after workouts.

My creatine of choice these days is Con-Cret, which is creatine hydrochloride. One study found that subjects taking this form of creatine increased their blood values of creatine by almost 70% better than those taking creatine monohydrate. Plus, I have seen marked improvements in my strength and size while using Con-Cret compared to other forms of creatine. Plus, I take it right through when I am prepping for a photo shoot, with no worries of the water retention that other forms of creatine might cause.



[View Product](#)

Active Rest

Remember that every rest day should be an active rest day. Rest days are for recovery; they're not an excuse to be lazy. Get out and hit 15-30 minutes of HIIT cardio today, or perform 30-60 minutes of your favorite activity: hiking, biking, walking, playing a sport, etc.

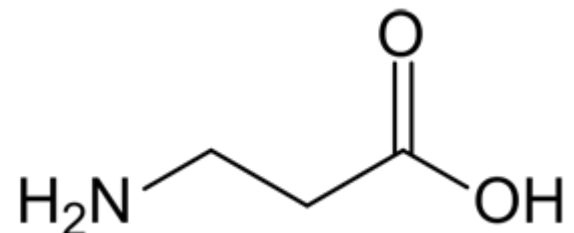
### Shortcut To Size: Phase 2, Week 5, Day 35

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Better with Beta-Alanine

Beta-alanine combines with l-histidine in the muscle to form carnosine. Muscles with higher carnosine concentrations have more strength and endurance. Research shows that bodybuilders taking beta-alanine in addition to creatine gain significantly more muscle than those taking just creatine. Take 1.5-to-3 grams of beta-alanine immediately before and after workouts.

Although many pre-workout supplements include beta-alanine, if the label doesn't disclose the exact amount of beta-alanine in the formula, then it's likely not enough. In that case, you should definitely add extra beta-alanine to your pre-workout regimen.



## Shortcut To Size: Phase 2, Week 6, Day 36

Dial 911. No, it's not an emergency -- it's your new rep range. Load 5-to-10 more pounds on the bar; drop the reps to 9-to-11. You might not get the muscle-popping pump that last week's workouts induced, but you'll still feel a pretty extreme surge and burn.

I expect you to give this workout every ounce of sweat you can muster. Expect the same of yourself. Chisel your chest and build horseshoe triceps. Settle for nothing less than the best.

### Day 36: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 9-11 reps, Rest-pause on final set				
Incline Dumbbell Press: 3 sets of 9-11 reps, Rest-pause on final set				XX
Dumbbell Flies: 3 sets of 9-11 reps, Rest-pause on final set				XX
Incline Cable Flies: 3 sets of 9-11 reps, Rest-pause on final set				XX
Triceps Pushdown: 4 sets of 9-11 reps, Rest-pause on final set				
Standing Dumbbell Triceps Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Cable Lying Triceps Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Standing Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

## Shortcut To Size: Phase 2, Week 6, Day 37

Shake off yesterday's session and get ready for another back attack. Row, pull, curl and crunch your way to a bigger, stronger physique.

### Day 37: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 9-11 reps, Rest-pause on final set				
Wide-Grip Pulldown Behind Back: 3 sets of 9-11 reps, Rest-pause on final set				XX
Seated Cable Row: 3 sets of 9-11 reps, Rest-pause on final set				XX
Reverse-Grip Pulldown: 3 sets of 9-11 reps, Rest-pause on final set				XX
Barbell curl: 4 sets of 9-11 reps, Rest-pause on final set				
Preacher Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Standing One-Arm Cable Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Hanging Leg Raise: 4 sets of 15-19 reps				XX
Weighted Crunches: 3 sets of 15-19 reps, Rest-pause on final set				XX
Dumbbell Side Bend: 3 sets of 15-19 reps, Rest-pause on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 2, Week 6, Day 38

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Pro Antioxidants!

Take a mix of antioxidants. A good cocktail can have an anti-catabolic effect by quenching free radicals formed during and after intense exercise. In your antioxidant regimen, include these top performers: 400-800 international units of vitamin E; 500-1,000 milligrams of vitamin C; and 200 micrograms of selenium. Get the rest from your daily servings of fruits, vegetables and even nuts.

### Shortcut To Size: Phase 2, Week 6, Day 39

Work your body from both ends. Build bigger shoulders for a better taper and the appearance of a smaller waist, and carve toned calves for increased power and a classic, athletic look.

#### Day 39: Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 9-11 reps, Rest-pause on final set				
Smith Machine Upright Row: 3 sets of 9-11 reps, Rest-pause on final set				XX
One-Arm Cable Lateral Raise: 3 sets of 9-11 reps, Rest-pause on final set				XX
Bent-Over Rear Lateral Raise: 3 sets of 9-11 reps, Rest-pause on final set				XX
Barbell Shrug: 4 sets of 9-11 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				
Leg Press Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				

## Shortcut To Size: Phase 2, Week 6, Day 40

Warm-up your knees. Stretch your quads. Get ready to squat deep. You've got all weekend to recover, so give your legs and abs nothing less than your best. Leg workouts are brutal, so load up on new music if your playlist has gone stale. Drop with the beat, then rocket out of the pocket.

### Day 40: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 9-11 reps, Rest-pause on final set				
Front Barbell Squat: 3 sets of 9-11 reps, Rest-pause on final set				XX
Leg Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Romanian Deadlift: 4 sets of 9-11 reps, Rest-pause on final set				
Seated Leg Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Hanging Leg Raise: 4 sets of 15-19 reps, Rest-pause on final set				XX
Weighted Crunches: 3 sets of 15-19 reps, Rest-pause on final set				XX
Side Bridge: 4 sets of 75 seconds				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**



### Shortcut To Size: Phase 2, Week 6, Day 41

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Consider Calcium

Take extra calcium. Even if you take a daily multivitamin/mineral supplement, it might not deliver the amount of calcium you need - at least 1000 mg per day for men and women. Most multis are shockingly low in calcium, actually!

Calcium is not only important for bone health and keeping body fat low, but research shows that it can help keep testosterone levels high. That's right guys: You need calcium to maximize your testosterone levels, and therefore muscle growth and strength gains.

Don't go downing 1000 mg of calcium in one dose. Research suggests that your body can only absorb about 500-600 mg of calcium at a time. Your best bet is to take calcium twice a day, along with at least 1000 IU vitamin D, which enhances calcium uptake. Try to take your calcium supplement when you do not take other supplements, since it can interfere with the absorption of other nutrients.



### Shortcut To Size: Phase 2, Week 6, Day 42

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Don't Omit Omegas!

Take a high-potency omega-3 fatty acid supplement, such as fish oil. The omega-3s in fish oil capsules (EPA and DHA) are more potent than fats in flax seed or flax seed oil. That's because the type of omega-3 in flax seeds, alpha linolenic acid, must be converted in the body to EPA and DHA to provide any benefits. These benefits may include greater fat burning, better muscle growth, enhanced joint recovery, improved mood and cognitive performance, as well as a host of health benefits. Take 2-to-3 g of fish oil with two-to-three meals per day, such as breakfast, lunch and dinner.



## Shortcut To Size: Phase 2, Week 7, Day 43

6-to-8 reps of chest and triceps torture. This workout will hurt, but a little pain goes a long way toward great gains. Hit the gym and get growing.

### Day 43: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 6-8 reps, Dropset on final set				
Incline Dumbbell Press: 3 sets of 6-8 reps, Dropset on final set				XX
Dumbbell Flyes: 3 sets of 6-8 reps, Dropset on final set				XX
Incline Cable Flyes: 3 sets of 6-8 reps, Dropset on final set				XX
Triceps Pushdown: 4 sets of 6-8 reps, Dropset on final set				
Standing Dumbbell Triceps Extension: 3 sets of 6-8 reps, Dropset on final set				XX
Cable Lying Triceps Extension: 3 sets of 6-8 reps, Dropset on final set				XX
Standing Calf Raise: 4 sets of 10-14 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 10-14 reps, Dropset on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

## Shortcut To Size: Phase 2, Week 7, Day 44

Back to the business of building a bigger back, this time with 6-to-8 reps of heavy weight. Hone your mind-muscle connection and focus on contracting your target muscles, which a lot of people have trouble doing when it comes to back exercises. Let your favorite music fuel you and get growing.

### Day 44: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 6-8 reps, Dropset on final set				
Wide-Grip Pulldown Behind Neck: 3 sets of 6-8 reps, Dropset on final set				XX
Seated Cable Row: 3 sets of 6-8 reps, Dropset on final set				XX
Reverse-Grip Pulldown: 3 sets of 6-8 reps, Dropset on final set				XX
Barbell curl: 4 sets of 6-8 reps, Dropset on final set				
Preacher Curl: 3 sets of 6-8 reps, Dropset on final set				XX
Standing One-Arm Cable Curl: 3 sets of 6-8 reps, Dropset on final set				XX
Weighted Hip Thrust: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Crunch: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Oblique Crunch: 3 sets of 10-14 reps, Dropset on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 2, Week 7, Day 45

Doctor's Orders: Z's with ZMA

ZMA is a specifically formulated and patented combination of zinc, magnesium and vitamin B6. The benefits of ZMA supplementation may include improved recovery due to enhanced sleep efficiency and increased anabolic hormone levels, specifically testosterone and insulin-like growth factor-I (IGF-I), as well as greater gains in muscle strength and power.

For best results, take ZMA on an empty stomach 30-60 minutes before bedtime. Follow label recommendations for dosage, but most will provide 30 mg zinc, 450 mg magnesium, and 11 mg B6.

I typically take my ZMA about one hour before bed, and then end the night with my casein protein shake immediately before bed.

### Shortcut To Size: Phase 2, Week 7, Day 46

Build bigger shoulders; they bear multiple benefits. Round, bold delts make waists look smaller, give your body a more athletic look, and separate your physique from the pack. Strong, defined traps are equally important. Shoulder girdle strength is incredibly useful, and strong shoulders will enhance any outfit. Look big, lift big.

#### Day 46: Shoulders/Traps/Calves

Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 6-8 reps, Dropset on final set				
Smith Machine Upright Row: 3 sets of 6-8 reps, Dropset on final set				XX
One-Arm Cable Lateral Raise: 3 sets of 6-8 reps, Dropset on final set				XX
Rear Lateral Raise: 3 sets of 6-8 reps, Dropset on final set				XX
Barbell Shrug: 4 sets of 6-8 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 10-14 reps, Dropset on final set				
Leg Press Calf Raise: 4 sets of 10-14 reps, Dropset on final set				

## Shortcut To Size: Phase 2, Week 7, Day 47

Squat till you drop set, and then squat some more. Got stubborn legs? Shortcut to Size will take them to a bigger place, provided you keep up the intensity. Remember to add weight based on your last recorded numbers. You can usually see some serious strength gains on squats, so don't be afraid to dig deep and lift heavy.

### Day 47: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 6-8 reps, Dropset on final set				
Front Barbell Squat: 3 sets of 6-8 reps, Dropset on final set				XX
Leg Extension: 3 sets of 6-8 reps, Dropset on final set				XX
Romanian Deadlift: 4 sets of 6-8 reps, Dropset on final set				
Seated Leg Curl: 3 sets of 6-8 reps, Dropset on final set				XX
Weighted Hip Thrust: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Crunch: 3 sets of 10-14 reps, Dropset on final set				XX
Cable Woodchopper: 3 sets of 10-14 reps, Dropset on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

## Shortcut To Size: Phase 2, Week 7, Day 48

Doctor's Orders: Branch Out

Branched-chain amino acids, also called BCAAs, include leucine, isoleucine and valine. These three aminos are the most critical for muscle growth.

Of the three, leucine is the more critical player, as it has been shown in the lab to literally act like a key that turns on muscle protein synthesis, which is the major growth process within muscle fibers.

Because leucine is so critical, you want to look for products that deliver leucine in at least twice the dose as isoleucine and valine. Shoot for a 2:1:1 ratio of leucine:isoleucine:valine.

Some companies are providing BCAAs with leucine at 8 times or even 10 times the amounts of isoleucine and valine.

While leucine is definitely the superior amino of the three, getting it at twice the amount of the others is ample enough. I'm not saying that getting it in higher amounts is less effective.

However, there currently isn't any research proving you need more than a 2:1:1 ratio.

Supplement with about 5 grams of BCAAs with your morning shake, pre-workout and post-workout shake, your nighttime shake. Also consider another 5 grams with smaller snacks throughout the day, as outlined in my Shortcut to Size sample meal plan. This will ensure that you are getting in adequate amounts of leucine at those smaller meals to kick up muscle protein synthesis and keep you in an anabolic state.



## Shortcut To Size: Phase 2, Week 7, Day 49

Doctor's Orders: Pro Protein Tips

In addition to eating several times a day, it's a good idea to stay focused on your protein consumption at each meal. By making certain that you take in a minimum of 20 grams of protein at each meal, it will be easier to get your daily total of about 1.5 grams per pound of bodyweight.

This includes snacks, as well. Don't just snack on a piece of fruit without an accompanying protein source. You always want to include a quality protein source every time you feed yourself.

Beef jerky makes a great portable protein that you can take anywhere. Keep it in your car, office desk, or gym bag. That way, if you're ever short a snack, you always have some quality protein within reach.

Protein bars also make a great protein to stash for those moments when you don't have time to grab a real meal.



**Shortcut To Size: Phase 2, Week 8, Day 50**

**Day 50: Chest/Triceps/Calves**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY? YES NO**

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 3-5 reps, Dropset on final set				
Incline Dumbbell Press: 3 sets of 3-5 reps, Dropset on final set				XX
Dumbbell Flyes: 3 sets of 3-5 reps, Dropset on final set				XX
Incline Cable Flyes: 3 sets of 3-5 reps, Dropset on final set				XX
Triceps Pushdown: 4 sets of 3-5 reps, Dropset on final set				
Standing Dumbbell Triceps Extension: 3 sets of 3-5 reps, Dropset on final set				XX
Cable Lying Triceps Extension: 3 sets of 3-5 reps, Dropset on final set				XX
Standing Calf Raise: 4 sets of 6-9 reps, Dropset on final set				XX
Seated Calf Raise: 4 sets of 6-9 reps, Dropset on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 2, Week 8, Day 51**

Day 51: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:****WEIGHT:****LOCATION:****MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 3-5 reps, Dropset on final set				
Wide-Grip Pulldown Behind Back: 3 sets of 3-5 reps, 1 drop set of 3-5 reps				XX
Seated Cable Row: 3 sets of 3-5 reps, Dropset on final set				XX
Reverse Grip Pulldown: 3 sets of 3-5 reps, Dropset on final set				XX
Barbell curl: 4 sets of 3-5 reps, Dropset on final set				
Standing One-Arm Cable Curl: 3 sets of 3-5 reps, 1 drop set of 3-5 reps				XX
Preacher Curl: 3 sets of 3-5 reps, Dropset on final set				XX
Smith Machine Hip Thrust: 3 sets of 6-9 reps, Dropset on final set				XX
Ab Crunch Machine: 3 sets of 6-9 reps, Dropset on final set				XX
Band Roundhouse Elbow: 3 sets of 6-9 reps, Dropset on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**



**Shortcut To Size: Phase 2, Week 8, Day 52**

Doctor's Orders: Pre-Workout Meal

The word used to be that you should train on an empty stomach. Research has shown that a small meal -- preferably 20 grams of whey protein, plus 20-to-40 grams of slow-burning carbs, like fruit -- taken right before training (15 to 30 minutes) will enhance energy for the workout and aid post-workout recovery and growth.

While the majority of your protein sources should come from whole foods like beef, chicken, eggs or dairy, the 30 minutes before a workout is one of those times when a protein shake trumps whole food. To be of any benefit during the workout, the protein you consume should actually get to your muscles during the workout. If you eat steak, or fish, or eggs, or chicken, the protein will take far too long to digest to offer you any benefit during the actual workout.

Whey protein, on the other hand, has been shown to get its amino acids to your muscles in 30 minutes. This is one of the main reasons why I always recommend a whey protein shake before every workout. The other reasons include the fact that whey is rich in the BCAAs, and it can help to boost blood flow to muscles.

**Shortcut To Size: Phase 2, Week 8, Day 53**

Day 53: Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 3-5 reps, Dropset on final set				
Smith Machine Upright Row: 3 sets of 3-5 reps, Dropset on final set				XX
One-Arm Cable Lateral Raise: 3 sets of 3-5 reps, Dropset on final set				XX
Rear Lateral Raise: 3 sets of 3-5 reps, Dropset on final set				XX
Barbell Shrug: 4 sets of 3-5 reps, Dropset on final set				
Seated Calf Raise: 4 sets of 6-9 reps, Dropset on final set				
Leg Press Calf Raise: 4 sets of 6-9 reps, Dropset on final set				

**Shortcut To Size: Phase 2, Week 8, Day 54**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 3-5 reps, Dropset on final set				
Front Barbell Squat: 3 sets of 3-5 reps, Dropset on final set				XX
Leg Extension: 3 sets of 3-5 reps, Dropset on final set				XX
Romanian Deadlift: 4 sets of 3-5 reps, Dropset on final set				
Seated Leg Curl: 3 sets of 3-5 reps, Dropset on final set				XX
Smith Machine Hip Thrust: 3 sets of 6-9 reps, Dropset on final set				XX
Ab Crunch Machine: 3 sets of 6-9 reps, Dropset on final set				XX
Plank: 4 sets of 90-seconds				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

## Shortcut To Size: Phase 2, Week 8, Day 55

Doctor's Orders: Peri-Workout Nutrition

One of your most crucial nutritional windows comes after each workout. In the post-workout period, your body needs fast-digesting carbs - 40-to-100 grams, depending on your size, diet and workout - to replenish glycogen stores depleted by weight training and to maximize muscle protein synthesis. By adding a good 40 grams of protein immediately after a workout, you provide your body with the raw building materials for repairing and constructing new muscle mass.

Much like the pre-workout shake I recommend, the post-workout protein source should be a protein shake. Again, you need fast-digesting whey so that it gets to your muscles ASAP for faster recovery and to better boost muscle growth. A whole food protein at this time will again take too long to digest and you'll miss the window of opportunity right after a workout when the muscle cells are eager for nutrients.

The same goes for carbs - here you want to focus on fast carbs, such as Vitargo or pure dextrose. Dextrose is glucose, which is what your blood sugar is. So, when you consume dextrose, there is no time needed to digest it. It is absorbed into your blood stream almost as quickly as you consume it. An easy and fun way to get in postworkout dextrose is to try Wonka Pixy Stix, Wonka Bottle Caps, or Wonka Sweetarts.



## Shortcut To Size: Phase 2, Week 8, Day 56

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Post-Workout Food

Think of the post-training meal as two-tiered. First comes the liquid protein recovery drink and fast carbs, mentioned yesterday. Second, about 30-to-60 minutes later, comes a large solid-food meal high in protein. To really maximize mass-building with the Shortcut to Size program, you also want to consume a significant quantity of slow-digesting carbs at this meal (at least 30-to-60 grams) from foods like brown rice, sweet potatoes, quinoa, or whole-wheat pasta.



If you train right before dinner, be sure to add these carbs to the sample dinner menu that focuses mainly on protein and fibrous carbohydrates from vegetables. Piggy-backing another meal on the post-workout shake and carbs helps keep muscle protein synthesis turned on for longer, and that can lead to greater muscle growth. Plus, since the carbs from these two post-workout meals will be used to replenish your glycogen levels, there is little chance they will get turned into fat, regardless of what time of day it is. Yes, even at night.

If you lift very late at night and then go to bed within an hour or so of your workout, follow your post-workout shake and fast carbs with a whole food meal that consists of cottage cheese or Greek yogurt to take advantage of the slow-digesting casein. With that, have a cup of cooked oatmeal, a medium sweet potato, or ½ cup of cooked brown rice.

**Shortcut To Size: Phase 3, Week 9, Day 57**

Day 57: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:****WEIGHT:****LOCATION:****MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 12-15 reps, Rest-pause on final set				
Incline Dumbbell Press Reverse-Grip: 3 sets of 12-15 reps, Rest-pause on final set				XX
Incline Dumbbell Flyes: 3 sets of 12-15 reps, Rest-pause on final set				XX
Cable Crossover: 3 sets of 12-15 reps, Rest-pause on final set				XX
Triceps Pushdown: 4 sets of 12-15 reps, Rest-pause on final set				
One-Arm Overhead Triceps Extension: 3 sets of 12-15 reps, Rest-pause on final set				XX
Close-Grip Barbell Bench Press: 3 sets of 12-15 reps, Rest-pause on final set				XX
Standing Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 3, Week 9, Day 58**

Day 58: Back/Biceps/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 12-15 reps, Rest-pause on final set				
Wide-Grip Pulldown: 3 sets of 12-15 reps, Rest-pause on final set				XX
Straight Arm Pulldown: 3 sets of 12-15 reps, Rest-pause on final set				XX
Seated Cable Rows: 3 sets of 12-15 reps, Rest-pause on final set				XX
Barbell curl: 4 sets of 12-15 reps, Rest-pause on final set				
Dumbbell Incline Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Concentration Curl: 3 sets of 12-15 reps, Rest-pause on final set				XX
Hip Thrust: 3 sets of 20-30 reps, Rest-pause on final set				XX
Crunch: 3 sets of 20-30 reps, Rest-pause on final set				XX
Oblique Crunch: 3 sets of 20-30 reps, Rest-pause on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

## Shortcut To Size: Phase 3, Week 9, Day 59

### Doctor's Orders: Before-Bed Protein

One of the best ways to prevent your body from tapping into muscle stores for energy is to take in a moderate amount of protein shortly before going to bed at night. Before sleep, consume 20-to-40 grams of slow-digesting protein, which will provide your body with the nutrients it needs to repair and build muscle overnight. A casein protein shake is ideal before bedtime; a good alternative is cottage cheese, or Greek yogurt, which are both primarily casein protein. Casein forms a clot in the stomach. That clot gets digested one layer at a time, much like peeling an onion. This means that casein takes a very long time to be fully digested, meaning that it provides your body a slow and steady supply of amino acids throughout the night. This may help prevent overnight muscle breakdown.



## Shortcut To Size: Phase 3, Week 9, Day 60

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 12-15 reps, Rest-pause on final set				
Dumbbell Lateral Raise: 3 sets of 12-15 reps, Rest-pause on final set				XX
Standing Dumbbell Upright Row: 3 sets of 12-15 reps, Rest-pause on final set				XX
Seated Bent-Over Rear Delt Raise: 3 sets of 12-15 reps, Rest-pause on final set				XX
Smith Machine Shrug: 4 sets of 12-15 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				
Leg Press Calf Raise: 4 sets of 25-30 reps, Rest-pause on final set				

**Shortcut To Size: Phase 3, Week 9, Day 61**

Day 61: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:****WEIGHT:****LOCATION:****MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 12-15 reps, Rest-pause-on-final-set				
Leg Press: 3 sets of 12-15 reps, Rest-pause-on-final-set				XX
Leg Extension: 3 sets of 12-15 reps, Rest-pause-on-final-set				XX
Romanian Deadlift: 4 sets of 12-15 reps, Rest-pause-on-final-set				
Lying Leg Curl: 3 sets of 12-15 reps, Rest-pause-on-final-set				XX
Hip Thrust: 3 sets of 20-30 reps, Rest-pause-on-final-set				XX
Crunch: 3 sets of 20-30 reps, Rest-pause-on-final-set				XX
Plank: 3 sets of 1 minute				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 3, Week 9, Day 62

Doctor's Orders: Eat!

If you want to add size, you have to eat. You need to emphasize quality foods like chicken, lean red meat, fish, eggs, dairy products, brown rice, oatmeal and sweet potatoes, but you can also use foods and supplements that are easier to get down. This is an excellent time to consume mass-gaining beverages such as protein shakes, with or without carbs. You can even add an occasional quart of milk to your diet. Liquids make it easier for you to take in the calories you need for adding body weight.

If you find it hard to consume enough calories throughout the day, consider drinking casein protein shakes between meals. Research shows that casein may make you feel less immediately full than whey protein and allow you to eat more whole food later on.



### Shortcut To Size: Phase 3, Week 9, Day 63

Doctor's Orders: Junk the Junk

The temptations are everywhere -- soft drinks, fast food, chips. Even when you're on a mass gain diet, you need to limit these sugary and fatty foes. Most of these foods provide a lot of calories, but are low in quality nutrients. In fact, some of the nutrients can wreak havoc on your progress in gaining lean muscle.

One culprit is trans fat. This man-made fat is problematic because your body doesn't really know how to use it due to its chemical structure. Research shows it not only increases the risk of obesity and heart disease, but it can increase muscle breakdown and limit muscle growth.

Another culprit is fructose. Many junk foods use table sugar, which is half fructose -- or worse, they use high-fructose corn syrup, which is more than half fructose. Your body can not use fructose efficiently. Most of the fructose you consume must be converted to glucose in the liver. Sounds simple enough, until the liver decides otherwise. If the liver decides that you have ample glucose, it converts the fructose instead into fat! And even the fructose that does make it all the way to your muscles is problematic. Fructose inside muscle cells literally gunks them up, potentially causing them to function less efficiently.





## Shortcut To Size: Phase 3, Week 10, Day 64

Day 64: Chest/Triceps/Calves

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 3 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				
Incline Dumbbell Press: 2 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				XX
Incline Dumbbell Flyes: 2 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				XX
Cable Crossover: 2 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				XX
Triceps Pushdown: 3 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				
One-Arm Overhead Cable Triceps Extension: 2 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				XX
Close-Grip Barbell Bench Press: 2 sets of 9-11 reps, 1 rest-pause set of 9-11 reps				XX
Standing Calf Raise: 3 sets of 15-20 reps, 1 rest-paise set of 15-20 reps				
Seated Calf Raise: 3 sets of 15-20 reps, 1 rest-paise set of 15-20 reps				

TRAINING, NUTRITION & SUPPLEMENT NOTES:

# Shortcut To Size: Phase 3, Week 10, Day 65

Day 65: Back/Biceps/Abs

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 9-11 reps, Rest-pause on final set				
Wide-Grip Pulldown: 3 sets of 9-11 reps, Rest-pause on final set				XX
Straight Arm Pulldown: 3 sets of 9-11 reps, Rest-pause on final set				XX
Seated Cable Row: 3 sets of 9-11 reps, Rest-pause on final set				XX
Barbell curl: 4 sets of 9-11 reps, Rest-pause on final set				
Dumbbell Incline Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Concentration Curl: 3 sets of 9-11 reps, Rest-pause on final set				XX
Hanging Leg Raise: 3 sets of 15-19 reps, Rest-pause on final set				XX
Weighted Crunch: 3 sets of 15-19 reps, Rest-pause on final set				XX
Dumbbell Side Bend: 3 sets of 15-19 reps, Rest-pause on final set				XX

TRAINING, NUTRITION & SUPPLEMENT NOTES:

**Shortcut To Size: Phase 3, Week 10, Day 66**

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Rest Means Nutrition

Often, bodybuilders think of rest days as time away from bodybuilding. Nothing could be further from the truth! You don't grow when you train; you grow from your training while you're recovering.

Your body can only effectively recover when it's not under assault by weights. A non-training day is also an ideal opportunity for you to load up on quality foods, but be vigilant with your diet. Don't take in more calories than you need.

Focus on lean protein and quality slow-digesting carbs, and give yourself a huge edge in building mass.

This goes for supplements, as well. Obviously you won't need your pre- and post-workout shakes on rest days. However, I suggest that you still get in one dose of creatine and beta-alanine, even on rest days, with your morning shake.



**Shortcut To Size: Phase 3, Week 10, Day 67**

Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO \_\_\_\_\_ **EXERCISE** \_\_\_\_\_ **DURATION** \_\_\_\_\_

**LENGTH OF WORKOUT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**MOOD WHEN STARTING:** \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 9-11 reps, Rest-pause on final set				
Dumbbell Lateral Raise: 3 sets of 9-11 reps, Rest-pause on final set				XX
Standing Dumbbell Upright Row: 3 sets of 9-11 reps, Rest-pause on final set				XX
Rear Delt Raise: 3 sets of 9-11 reps, Rest-pause on final set				XX
Smith Machine Shrug One-Arm: 4 sets of 9-11 reps, Rest-pause on final set				
Seated Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				
Leg Press Calf Raise: 4 sets of 15-20 reps, Rest-pause on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 3, Week 10, Day 68**

**Day 68: Legs/Abs**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO \_\_\_\_\_ **EXERCISE** \_\_\_\_\_ **DURATION** \_\_\_\_\_

**LENGTH OF WORKOUT:** \_\_\_\_\_ **WEIGHT:** \_\_\_\_\_ **LOCATION:** \_\_\_\_\_

**MOOD WHEN STARTING:** \_\_\_\_\_

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 9-11 reps, Rest-pause on final set				
Leg Press: 3 sets of 9-11 reps, 1 Rest-pause on final set				XX
Leg Extension: 3 sets of 9-11 reps, Rest-pause on final set				XX
Romanian Deadlift: 4 sets of 9-11 reps, 1 Rest-pause on final set				
Lying Leg Curl: 3 sets of 9-11 reps, 1 Rest-pause on final set				XX
Hanging Leg Raise: 3 sets of 15-19 reps, 1 Rest-pause on final set				XX
Weighted Crunch: 3 sets of 15-19 reps, Rest-pause on final set				XX
Side Bridge: 3 sets of 90 sec, 1 Rest-pause on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 3, Week 10, Day 69

Doctor's Orders: Plan Ahead!

Sometimes work hours, school schedules, or travel can disrupt your diet. Eliminate nutritional backsliding by planning ahead!

Preparing meals the night before, utilizing Tupperware and carrying meal-replacement powders, RTDs, or protein bars with you are just a few simple tricks to help you fulfill your nutritional requirements, no matter what your circumstances demand.

Many experienced athletes cook a week's worth of meals in one night, so that they'll be ready to rock 'n' roll when time gets tight.

Freezers, canned foods, microwaves, plastic storage bags, pre-mixed supplements -- these are all tools to keep you stocked with mighty meals when you're on the go.



### Shortcut To Size: Phase 3, Week 10, Day 70

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Don't Forget D!

When it comes to building lean muscle, the supplements that come to mind are ones such as whey protein, creatine, and beta-alanine. Few people consider vitamin D on that list. But you should.

Vitamin D is far more important than just a bone builder. Numerous research studies show that supplementing with vitamin D may raise testosterone levels. Plus, it can aid fat loss, enhance mood, and even support normal, healthy immunity.

There are actually two forms of vitamin D: vitamin D3 (cholecalciferol) and vitamin D2 (ergocalciferol). D3 is the more potent form, so be sure to stick with that when supplementing.

One study from Creighton University reported that D3 supplements were about 90% more potent at raising levels of 25-hydroxyvitamin D -- the storage form of vitamin D in the body -- than vitamin D2. It also increased stored levels of the vitamin three times more than D2 did.

Take 4,000-to-6,000 IU of vitamin D in two divided doses with your calcium.



**Shortcut To Size: Phase 3, Week 11, Day 71**

Day 71: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:****WEIGHT:****LOCATION:****MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 6-8 reps, Drop set on final set				
Incline Dumbbell Press Reverse-Grip: 3 sets of 6-8 reps, Drop set on final set				XX
Incline Dumbbell Flyes: 3 sets of 6-8 reps, Drop set on final set				XX
Cable Crossover: 3 sets of 6-8 reps, Drop set on final set				XX
Triceps Pushdown: 4 sets of 6-8 reps, Drop set on final set				
One-Arm Overhead Cable Triceps Extension: 3 sets of 6-8 reps, Drop set on final set				XX
Close-Grip Barbell Bench Press: 3 sets of 6-8 reps, Drop set on final set				XX
Standing Calf Raise: 4 sets of 10-14 reps, Drop set on final set				
Seated Calf Raise: 4 sets of 10-14 reps, Drop set on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 3, Week 11, Day 72**

**Day 72: Back/Biceps/Abs**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 6-8 reps, Drop set on final set				
Wide-Grip Pulldown: 3 sets of 6-8 reps, Drop set on final set				XX
Straight-Arm Pulldown: 3 sets of 6-8 reps, Drop set on final set				XX
Seated Cable Row: 3 sets of 6-8 reps, Drop set on final set				XX
Barbell curl: 4 sets of 6-8 reps, Drop set on final set				
Dumbbell Incline Curl: 3 sets of 6-8 reps, Drop set on final set				XX
Concentration Curl: 3 sets of 6-8 reps, Drop set on final set				XX
Weighted Hip Thrust: 3 sets of 10-14 reps, Drop set on final set				XX
Cable Crunch: 3 sets of 10-14 reps, Drop set on final set				XX
Cable Oblique Crunch: 3 sets of 10-14 reps, Drop set on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 3, Week 11, Day 73

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Get Salty



Many people follow a low-sodium diet all the time for fear of their cardiovascular health, water retention, or both. But that can actually work against you. Sodium is one of the most critical elements in the body. While it's true that a small percentage of the population is sodium-sensitive, this likely does not pertain to the healthy person who trains regularly. In fact, all that training causes you to lose more sodium than the average Joe or Jane. Plus, sodium is essential for muscle function and critical for creatine uptake.

If you think that constantly eating very low sodium will keep your body fluid levels low so that you look more ripped, you're wrong. Your body needs to maintain certain levels of water. So, even if you eat miniscule amounts of sodium, your body will adjust to those levels of sodium and will hold as much fluid as if you were eating twice that much sodium. The same goes for eating a higher sodium diet. Even if you consumed more than 4,000 mg of sodium every day, you would not hold water. Yes, you may hold more water temporarily for a few days, but then your body adjusts to the sodium levels and you retain the amount of fluid your body needs.

Your best bet is to keep sodium levels around 3,000-4,000 mg per day. That way your performance and muscle growth won't be limited, and when the time does come to peak for a competition or a photo shoot, dropping water will be easier when you do cut sodium. For those interested in learning how to use sodium and water intake to peak for a competition or photo shoot, read my article [7 Scientific Steps to a Camera-Ready Body](#).

### Shortcut To Size: Phase 3, Week 11, Day 74

Day 74: Shoulders/Traps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 6-8 reps, Drop set on final set				
Dumbbell Lateral Raise: 3 sets of 6-8 reps, Drop set on final set				XX
Standing Dumbbell Upright Row: 3 sets of 6-8 reps, Drop set on final set				XX
Rear Delt Raise: 3 sets of 6-8 reps, Drop set on final set				XX
Smith Machine Shrug One-Arm: 4 sets of 6-8 reps, Drop set on final set				
Seated Calf Raise: 4 sets of 10-14 reps, Drop set on final set				
Leg Press Calf Raise: 4 sets of 10-14 reps, Drop set on final set				



**Shortcut To Size: Phase 3, Week 11, Day 75**

Day 75: Legs/Abs

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 6-8 reps, Drop set on final set				
Leg Press: 3 sets of 6-8 reps, Drop set on final set				XX
Leg Extension: 3 sets of 6-8 reps, Drop set on final set				XX
Romanian Deadlift: 4 sets of 6-8 reps, Drop set on final set				
Lying Leg Curl: 3 sets of 6-8 reps, Drop set on final set				XX
Weighted Hip Thrust: 3 sets of 10-14 reps, Drop set on final set				XX
Cable Crunch: 3 sets of 10-14 reps, Drop set on final set				XX
Cable woodchopper: 3 sets of 10-14 reps, Drop set on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

### Shortcut To Size: Phase 3, Week 11, Day 76

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

#### Doctor's Orders: An Apple a Day



Fruit is one of my favorite pre-workout carb sources, particularly apples. Apples contain high amounts of polyphenols, which are powerful antioxidants that can lower body fat, raise muscle strength, and reduce muscle fatigue. One study, published in the journal *Medicine & Science in Sports & Exercise*, gave rats apple polyphenols and examined their weight, body fat percentage, the strength of their gastrocnemius (or calf) muscles, and how fatigued the gastrocs were after exercise. After three weeks, the polyphenol-fed rats had about 30% less body fat than the ones in the placebo group, demonstrated a whopping 100% more strength in their calves, and experienced significantly less muscle fatigue.

In another 2007 study, this one published in the *Journal of Oleo Science*, human subjects who took apple polyphenols for three weeks reduced their body weight and, critically, their abdominal fat levels. Scientists postulate that apple polyphenols activate genes that turn on fat-burning and slow fat storage. Using more fat as fuel may also be the reason why muscle fatigue was reduced, and the polyphenols antioxidant activity may reduce the

damage muscles incur during exercise and result in increased strength.

The latest research shows that one of the polyphenols in apples (mainly found in the peel), ursolic acid, may be responsible for a good deal of these beneficial properties. University of Iowa researchers fed mice a diet supplemented with ursolic acid for 5 weeks and found that those getting the ursolic acid gained 15% more muscle mass while simultaneously losing more body fat than those not getting additional ursolic acid. Plus, the mice getting the ursolic acid were stronger. It appears that ursolic acid works to boost muscle growth and strength by increasing insulin-like growth factor-I (IGF-I) levels in muscle cells. This is one of the growth factors that I have studied extensively in the lab. It is critical for stimulating muscle growth.

Eating a large apple with your pre-workout whey shake can provide around 200 mg of polyphenols to boost strength, energy, and even fat burning.

### Shortcut To Size: Phase 3, Week 11, Day 77

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

#### Doctor's Orders: Go Nuts

Including a variety of nuts in your diet will help you get ample healthy fats. When it comes to nuts, walnuts top the list: One ounce provides almost 3 grams of the essential omega-3 fats. No other nut even comes close. Keep in mind, the omega-3 in walnuts is that it is not the same omega-3 found in fatty fish like salmon. Walnuts contain the omega-3 fat ALA, or alpha linolenic acid. In the body this must be converted to eicosapentaenoic acid (EPA) and docosapentaenoic acid (DHA). Walnuts also contain almost 3 grams of monounsaturated fats per ounce. One ounce of walnuts (about 14 halves) provides 185 calories, 4 grams of protein, 4 grams of carbs, and 18 grams of fat total.



After walnuts, macadamias are next on the list due to their monounsaturated fat content. One ounce of macadamias has a whopping 17 grams of monounsaturated fats. Not many other nuts come close. One ounce of macadamias (about 10-to-12 nuts) will net you 203 calories, 2 grams of protein, 4 grams of carbs and 22 grams of fat.

Up next I would probably list pecans. One ounce of pecans supplies 12 grams of monounsaturated fats. They also have three times the omega-3 fats as most other nuts. (Of course, at 300 mg of ALA, it's just one tenth the amount in walnuts.) One ounce of pecans (about 15 halves) will deliver 200 calories, 3 grams of protein, 4 grams of carbs and 21 grams of fat total.

Almonds come up next as they contain 9 grams of monounsaturated fats per ounce, which is still more than most other nuts. Plus, one ounce of almonds supplies 7 grams of protein, almost double the amount of most other nuts, even triple the amount of some. One ounce of almonds (about 20 nuts) will total you 170 calories, 7 grams of protein, 5 grams of carbs and 15 grams of total fat.

Have an ounce of mixed nuts (including walnuts) with any meal or snack. Just be sure to stay within your allotment of total fat grams for the day.

**Shortcut To Size: Phase 3, Week 12, Day 78**

Day 78: Chest/Triceps/Calves

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:****WEIGHT:****LOCATION:****MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Bench Press: 4 sets of 3-5 reps, Drop set on final set				
Incline Dumbbell Press Reverse-Grip: 3 sets of 3-5 reps, Drop set on final set				XX
Incline Dumbbell Flyes: 3 sets of 3-5 reps, Drop set on final set				XX
Cable Crossover: 3 sets of 3-5 reps, Drop set on final set				XX
Triceps Pushdown: 4 sets of 3-5 reps, Drop set on final set				
One-Arm Overhead Triceps Extension: 3 sets of 3-5 reps, Drop set on final set				XX
Close-Grip Barbell Bench Press: 3 sets of 3-5 reps, Drop set on final set				XX
Standing Calf Raise: 4 sets of 6-9 reps, Drop set on final set				
Seated Calf Raise: 4 sets of 6-9 reps, Drop set on final set				

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 3, Week 12, Day 79**

**Day 79: Back/Biceps/Abs**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Bent-Over Row: 4 sets of 3-5 reps, Drop set on final set				
Wide-Grip Pulldown: 3 sets of 3-5 reps, Drop set on final set				XX
Straight-Arm Pulldown: 3 sets of 3-5 reps, Drop set on final set				XX
Seated Cable Row: 3 sets of 3-5 reps, Drop set on final set				XX
Barbell curl: 4 sets of 3-5 reps, Drop set on final set				
Dumbbell Incline Curl: 3 sets of 3-5 reps, Drop set on final set				XX
Concentration Curl: 3 sets of 3-5 reps, Drop set on final set				XX
Smith Machine Hip Thrust: 3 sets of 6-9 reps, Drop set on final set				XX
Ab Crunch Machine: 3 sets of 6-9 reps, Drop set on final set				XX
Band Roundhouse Elbow: 3 sets of 6-9 reps, Drop set on final set				XX

**TRAINING, NUTRITION & SUPPLEMENT NOTES:**

**Shortcut To Size: Phase 3, Week 12, Day 80**

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Mix It Up

After every workout, I recommend getting in fast-digesting whey. That's because it gets to your muscles ASAP to kick-start muscle protein synthesis for optimizing muscle growth. There was a time when we recommended avoiding casein protein because it digested too slowly to be of any benefit around workouts... or so we thought. But then several studies showed casein in a different post-workout light, especially when combined with whey.

A Baylor University (Waco, Texas) study found that subjects who consumed a whey-casein mixture built more muscle mass than those consuming a whey shake without the added casein. Other studies showed slow-digesting casein still increased muscle protein synthesis after workouts, and it kept it turned on for longer. This likely explains why combining whey and casein after workouts increases muscle gains better than whey alone.

Make a post-workout shake containing 30g of whey and 10g of casein and consume within 30 minutes after training.



**Shortcut To Size: Phase 3, Week 12, Day 81**

**Day 81: Shoulders/Traps/Calves**

**DAY:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **am/pm**

**CARDIO TODAY?** YES NO

EXERCISE

DURATION

**LENGTH OF WORKOUT:**

**WEIGHT:**

**LOCATION:**

**MOOD WHEN STARTING:**

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Dumbbell Shoulder Press: 4 sets of 3-5 reps, Drop set on final set				
Dumbbell Lateral Raise: 3 sets of 3-5 reps, Drop set on final set				XX
Standing Dumbbell Upright Row: 3 sets of 3-5 reps, Drop set on final set				XX
Rear Delt Raise: 3 sets of 3-5 reps, Drop set on final set				XX
Smith Machine Shrug One-Arm: 4 sets of 3-5 reps, Drop set on final set				
Seated Calf Raise: 4 sets of 6-9 reps, Drop set on final set				
Leg Press Calf Raise: 4 sets of 6-9 reps, Drop set on final set				

# Shortcut To Size: Phase 3, Week 12, Day 82

Day 82: Legs/Abs

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ am/pm

CARDIO TODAY? YES NO

EXERCISE

DURATION

LENGTH OF WORKOUT:

WEIGHT:

LOCATION:

MOOD WHEN STARTING:

Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.

EXERCISE	Set #1	Set #2	Set #3	Set #4
Squat: 4 sets of 3-5 reps, Drop set on final set				
Leg Press: 3 sets of 3-5 reps, Drop set on final set				XX
Leg Extension: 3 sets of 3-5 reps, Drop set on final set				XX
Romanian Deadlift: 4 sets of 3-5 reps, Drop set on final set				
Lying Leg Curl: 3 sets of 3-5 reps, Drop set on final set				XX
Smith Machine Hip Thrust: 3 sets of 6-9 reps, Drop set on final set				XX
Ab Crunch Machine: 3 sets of 6-9 reps, Drop set on final set				XX
Plank: 4 sets of 105 sec, Drop set on final set				XX

TRAINING, NUTRITION & SUPPLEMENT NOTES:

### Shortcut To Size: Phase 3, Week 12, Day 83

Active rest for the body, more knowledge for the mind. Follow the doctor's orders for best results!

Doctor's Orders: Break Your Fast, Fast

We're nearing the end of Shortcut to Size, but that doesn't mean my orders are done. You can follow these orders anytime, not just on Shortcut to Size. Let's chat breakfast. I have essentially two breakfasts every morning. The first one consists of a whey shake and a piece of fruit, such as cantaloupe, and is to be eaten ASAP upon getting out of bed. Do not brush your teeth first. Do not shower first. As soon as your feet hit the floor in the morning, head right to the kitchen and down this first breakfast. Why? Because you have essentially been fasting for the 7 or 8 hours that you were asleep. Would you do that in the daytime without worrying about breaking down muscle? Of course not!

When you sleep, your body must fuel your brain and the rest of your central nervous system with glucose. Since you are not munching on carbs while you sleep, the body gets a good deal of that glucose from the glycogen (the body's storage form of glucose) stored in your liver. Once your liver glycogen levels reach a certain low, the liver may signal the body to attack your muscles and break down the muscle protein they hold to mine for amino acids. These amino acids are then converted to glucose to fuel the brain. So when you wake in the morning, your muscles may be under attack by your own body.

Fast-digesting whey protein will provide some quick amino acids to your body to use for fuel. The aminos not used for fuel will go to build back up the muscle protein lost during the night. Carbs are important here, too. You need to quickly restock your liver glycogen levels. Once they are topped off again, they will call off the troops that are eating up your muscle protein. The faster the carbs can get to your liver, the better. Sure, you could down Vitargo or dextrose if you want to get the job done, but I prefer tropical fruits like cantaloupe or honeydew, as they are fairly fast-digesting. They restock liver glycogen quickly AND provide your body some much-needed antioxidants and other phytonutrients.

About 30-60 minutes after this first breakfast, you want to follow with a whole food breakfast; I like eggs along with slow carbs like oatmeal or whole-wheat toast, or even whole-wheat waffles or pancakes. If you can find a good mix, I suggest you try buckwheat pancakes, which are a great low-glycemic option.

### Shortcut To Size: Phase 3, Week 12, Day 84

Doctor's Orders: Learn Label Lingo

Congratulations! If you're here, you've crushed Shortcut to Size. You're bigger, stronger, and ready for more. Because everybody has to eat, I thought I'd leave you with a tip about shopping for food. Watch for deceptive practices (sometimes "low fat" and "low sugar" don't mean what you think they do) by reading the fine print closely. Know the differences between the types of carbohydrates listed on panels, and keep in mind that not every calorie is created equal. Do the math. Pay attention to the number of servings per package, as well as the breakdown of macronutrients, and how the nutritional information adds up. Get the label lingo down!



Be wary of the following terms on food packages:

**Hydrogenated:** If you see the word hydrogenated or partially hydrogenated followed by any kind of oil or fat, there is trans fat in that product. Even if the nutrition label lists 0 grams of trans fat, as long as the amount is less than 0.5 grams per serving, the company can list 0 grams on the label, even if it only has 0.499999 grams.

**Maltodextrin:** This complex carb is actually VERY fast digesting. It's basically a bunch of dextrose molecules bound together. It gets taken up by the body about as fast as pure dextrose! That's great for after workouts, but if you are buying something with maltodextrin that claims to be low in sugar or zero sugar, you might as well be eating sugar! This food is not a good choice, unless eaten after a workout.

**Multigrain:** Many people grab multigrain products thinking that they're whole grain and therefore slow-digesting. Wrong. Multi-grain does not imply whole grain. It just means there is more than one type of grain. So it could have processed white flour as the main ingredient along with any other grain they decide to throw in there... which usually ends up being corn.

**High fructose corn syrup:** Do I even need to explain this one? I will, just in case the corn refiner association's despicable ads had you wondering. It's true that regular sugar is about 50% fructose and HFCS is about 55%. Not much difference, right? Wrong! Fructose is the problem, as I have explained elsewhere. So increasing it even slightly is a bad idea. Another problem with HFCS is the fact that the chemical processing steps they use sometimes leach mercury into the HFCS. One study reported that 50% of foods that contained HFCS were contaminated with mercury. Bad news!

## HIIT Can Get You Huge, Especially If You Are A Meathead In Need Of Cardio

The cardio devil details the effectiveness of HIIT cardio, breaking it down to the cellular level. Learn all you need to know about the science of slim. by [John Kiefer](#) Jan 08, 2013

You don't want conventional wisdom. You want to show convention your middle finger and start doing things the right way—and this applies to everything, across the board.

Take fat loss, for example. When you want to reach ridiculously low levels of body fat, what's the first thing conventional wisdom tells you to do? More cardio. The idea, then, is to put in hours and hours of work on the treadmill, elliptical and bike, right? That, conventional wisdom says, is how you'll get the fat off.

As usual, however, science tells us something different. Numerous studies have shown that this sort of steady-state cardio isn't even effective for burning fat. It also tells us something most of us don't know: that there's a big-time downside to doing hours of cardio, and several things to think about the next time you reserve an hour-long block of your time to step on a treadmill.

### Drawbacks Galore ///

When you perform conventional cardio for long periods of time, it's been found to deteriorate muscle tissue and decrease testosterone levels. That's bad, obviously, but things get even worse. A recent study in *The American Journal of Physiology* found that steady-state cardio decreases the ability of muscles to absorb glucose after training.

This happens because cardio immobilizes the GLUT4 transport system, which is responsible for the insulin-regulated translocation of glucose into cells. Cardio further limits hypertrophy by shutting down the mTOR pathway, which is one of the primary regulators of muscle growth. When this happens, you burn the same amount of muscle as you do fat.

All isn't lost though. It's possible to avoid all of this by doing things in a different way. It's even possible to make your cardio anabolic [promoting constructive metabolism].

### Ramp It Up ///

The "right" brand of cardio for anabolic fat loss is **High Intensity Interval Training (HIIT)**. This consists, in practice, of a set of bursts of balls-out, massive output cardio work followed by timed rest periods. This type of cardio is similar to the Fartlek style favored by old-school track athletes and it's been around for years, but it has enjoyed resurgence with this everything-old-is-new-again movement so prevalent in today's fitness industry. It's a simple concept, however, and since we know a lot more about how to program it—in terms of volume, intensity and duration—it's a perfect solution for anyone looking to drop fat.

It's all backed up by plenty of research, too. The *Journal of Strength and Conditioning Research* published recent work showing that HIIT can actually increase testosterone levels and GLUT4 concentration. Steady-state cardio, as I wrote earlier, has the exact opposite effect. Research has also shown that HIIT increases 24-hour mitochondrial biogenesis. This is the formation of new energy-producing mitochondria in cells, a process that typically shuts down mTOR during steady-state cardio.

Last, but not least, HIIT sets off an increase in the concentration of myofibrillar nuclei. Hypertrophy depends on increases in this concentration, along with the content of your muscle fibers.

### Start The Countdown ///

When it comes to the fat-burning process, timing is everything. The good news for you, however, is that if you decide to make HIIT your primary form of cardio, there are several tweaks you can throw in to enhance the process and get the fat off much faster.

The first of these tweaks applies to how you space out your workouts. Make sure to schedule your training so that you complete your HIIT sessions up to an hour before you train with weights. Studies have shown that when you time this properly, it can amplify the aforementioned mitochondrial biogenesis. Research in the *Journal of Applied Physiology* also showed that scheduling your training sessions this way also turns on the mTOR pathway of growth instead of shutting it off—the benefits of which were explained earlier.

Volume is the other key consideration with HIIT. Research has shown that higher-rep, strength-endurance training is the most effective way to complement your HIIT sessions when you perform both on the same day.

Finally, you'll want to cycle everything. With HIIT, it's most effective to go four weeks on, followed by four weeks without it. During your HIIT-less cycle, focus strictly on hypertrophy to promote mitochondrial biogenesis and an increase in the nuclei effect. When your nuclei



density is greater, you can make your muscle fibers larger. The only way to increase the number of intracellular nuclei you have, however, is to perform strength-endurance training.

This is somewhat dichotomous because this type of training will actually make muscle smaller. That's how it works: to get more nuclei to get bigger, you have to begin by training to make a muscle smaller. This sounds counterintuitive, but it works.

### **Time To Grow ///**

When you're done with your strength-endurance cycle, you'll be left with an increased number of cellular nuclei. Then, once you start a strict hypertrophy schedule, you'll be able to get bigger than you otherwise could have.

It's possible to lose some mitochondrial density here—this makes muscle oxidative—but it takes much longer to actually lose the mitochondria. Simply put, you alternate between periods of increasing your potential to gain muscle (your "on" HIIT weeks), and periods where you actually fulfill that potential and get bigger and stronger (your "off hypertrophy cycle).

HIIT can be performed a number of different ways, but to make things as anabolic as possible the idea is to get as close as you can to maximum power output for 30 seconds, followed by four minutes of rest, for four to-six rotations.

For your week "on" cycle, you'll follow this pattern three times each week. I like using spin bikes—the ones in your gym's aerobics room—for this. Don't focus on speed here. Instead, increase your resistance and your rate of force production. This lower cadence will give you greater surge of testosterone—probably because it simulates a form of resistance training.

### **Supplementation ///**

To get this right, there's a bit of supplementation you'll need to complement your HIIT cycles. I've long been known as a huge advocate of adding leucine to any supplement plan, and in terms of HIIT, I believe it's especially effective. Here, I'd recommend taking at least five grams of it before your workouts.

Research in the *American Journal of Clinical Nutrition* showed that taking leucine-enriched amino acids before aerobic exercise can increase post-exertion protein synthesis by up to 33 percent—further proof of leucine's efficacy.

We're all gonna make it brah...  
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