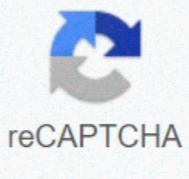




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## Jim stoppani's 6-week shortcut to strength pdf

This post may contain Amazon or other affiliate links. As an Amazon Associate I earn from qualifying purchases.This post may contain Amazon or other affiliate links. As an Amazon Associate I earn from qualifying purchases.One of my goals for 2017 was to start exercising regularly. Not hard, mind you, just regularly. Trim Healthy Mama has made my mind and body feel better than I have in years, but to be honest, I got a little burnt out by cooking too many complex meals (and desserts!) and constantly making sure that my meal was an S, or E, or FP. Trim Healthy Mama really works, but I wanted a break from it while still continuing my health and fitness journey. I actually got started working a out a little before the new year, the day after Thanksgiving, doing the 12-week Shortcut to Size Program. I haven't written a full review of it yet, but it's in the works, complete with pictures, measurements, and tons of helpful tips for this awesome free workout program. But now that I'm done with Shortcut to Size, I've decided to start it's (harder) sister program: Shortcut to Shred. It is free as well, but it's half as long - 6 weeks - and much harder! Designed by Dr. Jim Stoppani, the nerd of the fitness world, Shortcut to Shred is an intense, six-week training program that claims to help you torch fat, built muscle, and boost your strength. The workouts are built on reverse linear periodization, cardio acceleration, and a precise three-phase nutrition plan. And yes, it's free. First up, Cardio Acceleration: Cardio Acceleration has been proven to fire up your fat-burning furnace, because it combines High intensity cardio with resistance training. Instead of resting between lifts, you do cardio between every single set. Cardio replaces your rest periods. Doing this small amount of cardio might seem strange, but over the course of the workout, those short bursts will add up to 20-30 minutes of high-intensity intervals per workout, and those minutes will burn far more fat than the same time spent running or walking like in traditional cardio exercises. Second, Strength Training: Periodization, the training system, calls for changes in the number of reps, and the weight of what you're lifting each week. This is one of the best techniques for increasing muscle strength and size. It's also the method Shortcut to Size was based off of, and I saw significant muscle gains and fat losses during that program, so I have no reason to believe that it won't work during Shred as well! Third, The Program: Now, this is where I'm making changes. Shortcut to Shred is BRUTAL. It calls for 6 workouts per week, working each muscle group 2 times per week. During the first 3 workouts, I'll train with multi-joint exercises, and the second 3 workouts I'll train single-joint exercises. Now, because I don't have time (or the stamina) to run a 90-minute workout marathon 6 days a week, I'm going to do at least 4, possibly 5 workouts per week. This will put my program at 8-9 weeks, although I'm shooting for 8. In reading a lot of review and looking at results from this workout, I'm finding that lot of people do fewer workouts, eat right, and still see amazing results. Also, I know my limits and if I try to and push myself to do 6 workouts per week and can't, I'll get frustrated and quit, so I'm sticking with what I KNOW I can do. Now, for my thoughts: During Shortcut to Size, I lifted lots and lots of weight. I went from squatting #0 to #100 consistently. And, while I only lost 10 pounds during the 12 weeks, I also lost 8% body fat and so many inches. But, more to the point: during Size, I rested between reps, generally 30 to 60 seconds, depending upon how hard the exercise was, how heavy I lifted, and how many reps there were. Shortcut to Shred flips that training mentality on its head, and instead of resting between reps, you do 30-90 seconds of HIT such as running in place, kettlebell swings, running stairs, jumping jacks, plyo squats, etc. If you don't know what HIT is, it is High Intensity Interval Training designed to skyrocket your heart rate and work your body really hard for short bursts of time. Some call this type of training Tabata training, but the methodology remains the same. Science has shown that giving 100% of your effort for short bursts of time not only burns more fat in less time, it increases your strength and afterburn far more than doing traditional cardio alone. But it's hard. In Shortcut to Shred I'll be going from heavy lifting straight into HIT and then right back into lifting. There is no rest. And the workouts take about 90 minutes each. But that's why I did Shortcut to Size first, before doing Shred. I hadn't been working out at all, and was so weak and out of shape that there would have been no chance of me completing Shred without getting frustrated and giving up. So I took on the easier program first, and am now attempting the harder program! Now, a word about diet: There is a diet that accompanies Shortcut to Size, and to be honest, it's brutal. You're supposed to really focus on protein, eating between 1 - 1.5 grams of protein for every pound of body weight. And trying to cram all 200+ grams of protein in an 8-hour Intermittent Fasting window? Yeah, it's insane. But you'll never be hungry, and if you can stick with it, you'll be eating cleaner than ever, eating more than ever, and dropping weight like there's no tomorrow. The app has helpful sample meals plans that should work for many body weights and types. If you like discipline, this meal plan and workout regimen is for you. But that doesn't mean it's easy. Your body will feel like you ran a marathon, mentally, it will be a struggle, but with big effort you get big rewards (or so they say). I started Shortcut to Shred on 4/14, but then took a few days off for Easter, so I'm writing this intro post now, and a Week #1 wrap-up post will be coming soon! In the meantime, you can check out the Shortcut To Shred overview, download the free PDF, or even get started with the app. Stay tuned for the Week #1 updated, and my results post when I've made it through! Talk soon, Gretchen This post may contain affiliate links. See my disclosures for more information. With an opening gambit of 'Real Science, Unreal Results', I couldn't help but be interested in this workout. After all, a quick search on YouTube for other guru workout programmes reveals myriad hokum, quasi-debilitating looking exercises and gratuitous use of the word 'hunk'. For example, just have a look at this video detailing Greg Plitt's 'MFT 28 Shoulder Shred' workout. Now I'm not doubting his physique, but probably 90% of people interested in following Greg's videos won't be able to do these particular exercises. It's absurd - concussion is far more likely than muscle growth. Whereas Dr Jim Stoppani PhD has a doctorate in exercise physiology. I know who I'd go with... Shortcut to Size overview Warning: if you plan on following the full 12 week Shortcut to Size programme, then I advise you to start putting aside money for new clothes now. The upper body gains in particular were Hulk-esque. If we were to give Shortcut to Size a label, it would be 'Linear Periodisation', as each week you perform a different rep range: Week 1: 12-15 Week 2: 9-11 Week 3: 6-8 Week 4: 3-5 I love the variance. Very few programmes will include strength work, but this one looks to build size and strength. You then repeat this for two further four week cycles, by which time you'll be looking like something carved out of Marble. (It'll probably be the statue of the thalidomide woman if you follow Greg Plitt's workout.) Rather than guide you through the programme week by week, just click on the following link which has everything you need, including both instructional videos and a useful PDF: With this review I'm simply going to give you my personal highlights of the programme. 'Rest-pause' saved my life Perhaps a slightly grandiose statement, but I think this technique is one of the principle contributing factors to the success of this programme. During weeks 1-2, after the final set of each exercise you rack the weights, rest 15 seconds, then go again to failure. In weeks 3-4, you do the same but reduce the weight after the last set and go once again to failure. I had this discussion with a fellow Gymtalk employee: "Why do rest-pause, shouldn't you just go to failure on the final set?" It's a valid argument, and, indeed, Stoppani encourages you to go to failure, but the real benefit of rest-pause is that it allows you to squeeze out a few more reps to failure, but with better technique. Let's face it, you can be the best lifter in the world, but when you know you can't physically lift that barbell off your chest, a primordial instinct takes over and you contort your body in any way possible to get it up (insert phallus joke). Good technique is, of course, all important in bodybuilding - unless you're Branch Warren. Seriously, watch this video from about six minutes onwards. Sure, it's a heavy weight, but I'm surprised his lungs don't collapse. New exercises The age-old adage in bodybuilding is that you need to be constantly 'shocking' your muscles. Monotony breeds muscle inertia, but, by the end of Shortcut to Size, I'd done seven exercises I'd never done before in this form: Standing pull-down One arm cable front raise Single leg leg press Behind back cable curl Reverse grip incline dumbbell press One arm smith machine shrug Incline cable curl How could I help but build muscle? Confession time Forgive me Stoppani for I have sinned. I did not do any of the abdominal work (I'm not that vain) nor did I follow the diet (I simply don't have the time at work to eat all those meals). Plus it just looks untish when you're tucking into your fifth meal of the day and the receptionist is surviving on a diet of rice cakes, water and pseudo-flirtatious banter with anyone that'll give her the time of day. That said, I knew what I was getting into and still felt the programme was a success Conclusion Due to the aforementioned points, I didn't gain quite the same amount as Stoppani suggests I would in the introduction to Shortcut to Size. Personally, I see that as a bit of a safety net. That is, if you haven't followed Shortcut to Size to the absolute letter then you can't complain. However, I improved all strength lifts by around 10-16% and had visibly packed on muscle on all body parts. The overall gain across a three month period was about 4kg. I have to say a lot of that was back muscle, as my back grew exponentially, to which I can only surmise was due to the single-arm dumbbell rows. I'm a huge fan of barbell row so very rarely do this singular form. Suddenly it became the main focus of my back workouts, and my strength set went from 37.5kg in Phase 1 to 45kg in Phase 3. Criticisms These will be few, and one is simply the diet. I think unless you're unemployed (and therefore probably unable to afford all that gear), or a pro-athlete, you'll find it nigh on impossible to STRICTLY follow this diet plan. For instance, I'd be on A45 just passing Wellingborough when I'm supposed to be tucking into a six-egg scrambled egg with cheese and a bowl of oatmeal. Secondly, I don't quite feel that the strength week worked with the isolation exercises: lat raises, incline dumbbell curls, cable flies, etc. There was no evident benefit to going heavy, but that's just my opinion. Verdict I thoroughly enjoyed and recommend Jim Stoppani's 12 Week Shortcut to Size to anyone and everyone looking to pack on a serious amount of bulk without pissing around with unrealistic and pointless exercises. This is a solid workout routine that no-one can question. It's easy to follow and, most importantly, leaves you looking forward to the next week the second you finish your session. Cheers Jim! What do you think? If you've tried Shortcut to Size and have an opinion on it, or if you've tried any other 'celebrity workouts', please let me know in the comments below. I'd love to hear from you! Having spent every waking hour of his childhood swimming, Greg now works, lifts, eats chicken and travels. He is our (unmasked Zorro of bodybuilding academia. So my 12 Week Total Body Transformation Challenge came to an end and I was super happy with my results and reached my goal as I hoped to. I lost a total of 25kg and I reached my goal weight of 48kg... The aim is NOT to be skinny but rather to be STRONG & FIT, TONED & LEANED OUT!!! Skinny is not sexy - Strong & Healthy is beautiful - This is my opinion... But now it is time for a new challenge and a new goal... I reached my transformation goal now I want to focus more on the detail of building muscle, to boost my strength, and get absolutely shredded by burning fat, AND to top it off I only have six weeks to achieve the next "thing". I cannot reveal it now but I will tell you everything in 39 days. So new program - new diet - new goals - new supplementation...I decided to try out Jim Stoppani's 6 Week Shortcut to Shred! I absolutely LOVED the LiveFit trainer from Jamie Eason but I did the trainer a few times over the last two years, so I'm up for a new challenge/program... More about the program: Shortcut to Shred is a fast-paced fitness attack guaranteed to torch body fat, build muscle, and boost your strength. It's an intense, six-week plan built on six workouts per week, linear and reverse linear periodization, cardio acceleration, a precise three-phase nutrition plan, and a cutting-edge supplement program. Best of all, it's absolutely free. Shortcut to Shred isn't easy, but you don't want easy. You want results. So is there anyone out there NOT on a specific program who wants to join in on this challenge? I'm starting today - I switched the days around cause I did Chest & Shoulders yesterday - So here goes: Whoop lets do this... I will post more about my supplementation etc soon. Then to all my new blog visitors & subscribers & Facebook group friends - Welcome - I hope we can encourage, motivate and inspire each other on the journey on becoming fit and fab! Get your friends to like my Facebook page, join the blog, follow a tweet and lets get this circle of friends going. Have a super day. - C - Shortcut to Size is a 4 day body part split program by Jim Stoppani (who also created Shortcut to Shred). It is best suited for athletes with aesthetic or hypertrophy goals. It is a 12 week bodybuilding program broken down into three 4 week phases. Shortcut to Size Reviews Review by Beck Lievenbruck Beck gained about 12 pounds of muscle while running Shortcut to Size. He shares some before and after pictures at the 5:00 minute mark in the video if you'd like to check that out. He saw growth in his arms, chest, and shoulders (he skipped some leg days - don't do that!) and overall was very happy with the program results. Their full review is in the video below. Jim Stoppani's 12-Week Shortcut To Size | Review and Results Review by Jackie @ Writers Lift Too Jackie over at Writers Lift Too saw some great size increases from running the Shortcut to Size. Most notably: Arms: +2 inches Hips: +1 inch Chest: +1 inch Waist: +1 inch Quads: +3 inches Calves + 1 inch Forearms: +1 inch Shoulders +1.5 inches Neck: +1.5 inches You can read their full review here. Before and after pics are below along with her video review. Shortcut to Size Results - Before and After pictures Review by Greg @ Gym Talk Greg over at Gym Talk had a positive experience while running Shortcut to Size, putting on about 4 kg (~9 lb) of muscle while increasing his lifts by 10-16%. Some of his criticisms include that it was quite difficult for him to adhere strictly to the diet plan. He also questioned some of the programming choices (e.g. going heavy). Still he 'enjoyed' and recommend[s] Jim Stoppani's Shortcut to Size to anyone looking to pack on a serious amount of bulk without pissing around unrealistic and pointless exercises." You can read their full review here. Before & After Pictures from Michael Kiriakos To round things off, here are two quick before and after pictures shared by @FitnessMike8 on Twitter. Here he is in December 2014 after running Shortcut to Size. Week 6 of @jimstoppani shortcut to size program, seeing results. #myarmy #jymsupplements #bodybuildingcom #gainz pic.twitter.com/r3GCx1Fy95 - Michael Kiriakos (@FitnessMike8) December 7, 2014 He ran the program again in 2015 and saw even more improvement: 5 weeks into #shortcuttoresize from @JimStoppani supps on point & daily macros around 3300cal. 5lbs gain, 10% to 9% BF pic.twitter.com/P8r8RiCfKw - Michael Kiriakos (@FitnessMike8) September 10, 2015 Shortcut to Size Overview Each phase of the workout program tapers the rep range from: 12 to 15 in week 1 9 to 11 in week 2 6 to 8 in week 3 3 to 5 in week 4 At the end of each phase, weight is added to all lifts, the rep range restarts at 12 to 15, and the tapering begins again over the next 4 weeks. The workout split is broken into: Day 1: Chest and Triceps Day 2: Back and Biceps Day 3: Shoulders Day 4: Legs Program Tip: Rest-Pause Sets In weeks 1 and 2 of each phase, you will do a "rest-pause" set after the final set of each exercise. A rest-pause set is done by completing the final set of an exercise as programmed, resting 15 seconds, then performing an AMRAP set (as many reps as possible) with the same weight until failure is reached. This helps induce muscular hypertrophy. Rest-pause sets are not used in weeks 3 or 4 of each phase. Frequently Asked Questions about Shortcut to Size What is Shortcut to Size? Shortcut to Size is a bodybuilding program designed by Jim Stoppani that is comprised of three 4 week phases. Each week covers a particular rep range: 12 to 15 reps, 9 to 11 reps, 6 to 8 reps, and 3 to 5 reps. Every 4 weeks, weight is added and the rep range resets at 12 to 15 reps. Is Shortcut to Size good for gaining mass? Yes. Shortcut to Size spends 3 of the 4 weeks of each phase within the 6 to 15 rep range and keeps the number of sets per muscle group in the fairly high range. It should be enough for most athletes to see improvement in muscular hypertrophy according to the Renaissance Periodization Hypertrophy Guide. Is Shortcut to Size good for losing weight? Any program can be used for losing weight if it helps burn more calories than are consumed in a day. Use a TDEE calculator, macro calculator, and food tracker to help understand what your diet should look like. If your primary goal is weight loss, you may be more interested in Shortcut to SHRED. Shortcut to Shred ReviewsHere are reviews of Jim Stoppani's Shortcut to Shred strength building and weight loss program from people that have run the program. Overall, Shortcut to Shred reviews are positive and show that the program can be effective for building muscle and leaning out. Review from... Larry Wheels Strength Program ReviewsNo Shortcut to Shred ReviewsHere are reviews of Jim Stoppani's Shortcut to Shred strength building and weight loss program from people that have run the program. Overall, Shortcut to Shred reviews are positive and show that the program can be effective for building muscle and leaning out. Review from... Larry Wheels Strength Program ReviewsNo reviews currently exist for the Larry Wheels Strength Program. :( Be the first to review - leave a comment below! Larry does have some testimonials up on his site: ♦ To purchase the program (for \$19.99!!!!) visit LarryWheels.com How to Write a Useful Review... Larry Wheels Hypertrophy Program ReviewsNo written reviews could be found for the Larry Wheels Hypertrophy Program. :( Be the first to review! Change the world! Larry does have some testimonials up on his site: ♦ To purchase the program (for \$19.99!!!!) visit LarryWheels.com Videos: Larry Wheels Hypertrophy Program Review... Kizen Powerlifting Program Reviews & ResultsCheck out Kizen Powerlifting program reviews below. If you'd like to write your own review, you can use the comment section at the bottom of the page. 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