

JIM STOPPANI'S 12-WEEK  
**SHORTCUT TO**  
**SIZE**

## SHORTCUT TO SIZE

The 12-week program I am about to take you through is based on one of the oldest, tried and true methods for gaining strength and muscle. This type of training has successfully prepared almost every type of athlete imaginable, from Olympic weightlifters to soccer players. It works so well that it has been used continually for decades.

I know that I am best known for my unique exercises and novel training programs, but sometimes you have to rely on the basics. That's especially true when a basic program works as well as this one. Of course, I have taken the basic, but very effective program and tweaked it to perfect its effectiveness and to maximize the results you get. These results include greater strength, bigger muscles, and less body fat.

## PERIODIZATION WORKS... PERIOD!

This program is based on the training concept called periodization. Periodization is the method of changing up your training at specified time points. The very first periodized scheme to be used with weights is called Linear Periodization (also known as Classic Periodization). That simply means that you start with light weight and high reps and as the program progresses the weights used get heavier and heavier and the reps completed per set get fewer and fewer. Most periodized programs take many months to complete. Many last anywhere from 4 to 12 months to complete the cycle. But this periodized program utilizes a concept known as microcycles. Where a typical linear periodized scheme might stick with the same weight and rep range for a month or longer, the micro cycles change up the weight and rep ranges every week.

In week one your rep range will be 12-15 reps. In week two you bump up all the weights and drop reps down to 9-11. Week three adds weight again to each exercise to drop the rep range down to 6-8. And in week four you bump the weight up again to drop reps down to 3-5 per set. Those are the four microcycles that you will repeat. On the fourth week you have completed the first 4-week phase. On the fifth week you drop the weight back down and start all over at 12-15 reps per set. This is the start of Phase 2. But now you will be able to do each rep range with at least 5 and up to 20 pounds more than you could in Phase 1. In the sixth week, or week 2 of Phase 2, you will be back at 9-11 reps per set. In week

7, or week 3 of phase 2, weight will go up again to drop your rep range down to 6-8 per set. And in week 8, or week 4 of phase 2, weight will go up to limit reps to 3-5 per set. That completes Phase 2. And in week 9 you start the final phase, phase 3 by dropping back down to 12-15 reps per set and run through the four microcycles again until you are back down at 3-5 reps per set. Of course, in each phase you will be using 5-20 pounds more than you did in phase 2 and 10-40 pounds more than you used in Phase 1. This is how you get stronger... Much stronger, over this 12-week program.

The constant increase in weight each week and the recycling of these four phases leads to impressive strength gains. The microcycles also lead to muscle hypertrophy due to the constant changing up of the rep ranges each and every week. Another reason for the strength and mass gains has to do with the fact that you keep the weight steady on each exercise for all sets and you are forced to complete the minimum number of reps in that rep range.

Greater gains in strength and muscle mass are guaranteed with this program. I have seen some impressive results with this program. In men, I have seen gains of strength over 90 pounds on the squat and over 50 pounds on the bench press. And for muscle, some guys have gained over 15 pounds of muscle. Yes, pure muscle, while actually dropping body fat. Speaking of body fat, when maximizing body fat with my training and diet tweaks some men have lost over 20 pounds of body fat. And women have also seen impressive gains in strength and muscle while losing body fat. Women following my program have increased their squat strength by over 60 pounds, and bench press strength by 30 pounds. And gains in muscle of over 10 pounds and fat loss over 10 pounds.

But I'm not the only one to report insane gains in muscle size and strength with concomitant losses in body fat. Researchers from Federal University of Sao Carlos (Sao Paulo, Brazil) reported impressive results using a similar microcycle linear periodization program for 12 weeks. They had one group of female athletes follow a linear periodization program with weekly microcycles repeating three times for a total of 12 weeks and a second group following a reverse linear periodized program with microcycles for 12 weeks. While the linear periodized group started with 12-14 reps per set and ended each phase with 4-6 reps per set, the reverse

linear group started each phase with 4-6 reps and ended with 12-14. They measured their muscle mass, body fat and strength on bench presses, lat pulldowns, barbell curls, and leg extensions before and after the 12 weeks. They reported that the linear group gained 7 pounds of lean muscle mass while the reverse group only gained 3 pounds of muscle. The linear group also lost over 5 pounds of body fat while the reverse group lost a little over 3 pounds of body fat. Although both groups increased strength on all exercises, the linear group made greater gains than the reverse group.

The first exercise you do for each muscle group (except for abs and calves) will remain constant throughout all 12 weeks. This is the exercise that you are focusing on increasing your strength on. Most of the assistance exercises that follow the first exercise will change every phase. For abs, the exercises will change each week based on the rep ranges. This is due to the fact that some ab exercises are easier to do for higher reps, while some are difficult to do for lower reps. So I organized the best ab exercises for the prescribed rep ranges.

## GET FOCUSED

As I already mentioned, this program works well to increase the three main goals that we all have – increasing muscle strength, boosting muscle size, and enhancing fat loss. To boost muscle mass as much as possible, we'll be using two intensity techniques: rest-pause and dropsets.

**Focus: Maximizing Muscle Growth** – During weeks one and two of each phase of the program, you will do one rest-pause on the last set of each exercise. To do this, reach muscle failure on the last set, then rack the weight and rest 15 seconds. Then continue the set until you reach muscle failure again. During weeks three and four of all phases, you will do a drop set on the last set of each exercise. To do this, take the last set to muscle failure then immediately reduce the weight to the amount you used for that exercise during week 1, and continue the set until failure again.

# SHORTCUT TO SIZE WORKOUT PROGRAM

## PHASE 1: WEEK 1

*Rest-pause set as last set of each exercise*

### WORKOUT 1: CHEST, TRICEPS, CALVES

EXERCISE	SETS x REPS
Bench Press	4 x 12-15
Incline Bench Press	3 x 12-15
Incline Dumbbell Flye	3 x 12-15
Cable Crossover	3 x 12-15
Triceps Pressdown	3 x 12-15
Lying Triceps Extension	3 x 12-15
Cable Overhead Triceps Extension	3 x 12-15
Standing Calf Raise	4 x 25-30
Seated Calf Raise	4 x 25-30

### WORKOUT 2: BACK, BICEPS, ABS

EXERCISE	SETS x REPS
Dumbbell Bent-Over Row	4 x 12-15
Wide-Grip Pulldown	3 x 12-15
Standing Pulldown	3 x 12-15
Straight Arm Pulldown	3 x 12-15
Barbell curl	4 x 12-15
Dumbbell Incline Curl	3 x 12-15
One-Arm High Cable Curl	3 x 12-15
Hip Thrust	3 x 20-30*
Crunch	3 x 20-30*
Oblique Crunch	3 x 20-30*

*\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can try to get as close to 20 reps as possible.*

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Shoulder Press	4 x 12-15
Dumbbell Lateral Raise	3 x 12-15
One-Arm Cable Front Raise	3 x 12-15
High Cable Rear Delt Fly	3 x 12-15
Dumbbell Shrug	4 x 12-15
Seated Calf Raise	4 x 25-30
Leg Press Calf Raise	4 x 25-30

### WORKOUT 4: LEGS AND ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Squat	4 x 12-15
One-Leg Leg Press	3 x 12-15
Leg Extension	3 x 12-15
Romanian Deadlift	4 x 12-15
Lying Leg Curl	3 x 12-15
Hip Thrust	3 x 20-30*
Crunch	3 x 20-30*
Plank	3 x 1 minute

*\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can trying to get as close to 20 reps as possible.*

## PHASE 1: WEEK 2

*Rest-pause set as last set of each exercise*

### WORKOUT 1: CHEST, TRICEPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Bench Press	4 x 9-11
Incline Bench Press	3 x 9-11
Incline Dumbbell Flye	3 x 9-11
Cable Crossover	3 x 9-11
Triceps Pressdown	3 x 9-11
Lying Triceps Extension	3 x 9-11
Cable Overhead Triceps Extension	3 x 9-11
Standing Calf Raise	4 x 15-20
Seated Calf Raise	4 x 15-20

### WORKOUT 2: BACK, BICEPS, ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Bent-Over Row	4 x 9-11
Wide-Grip Pulldown	3 x 9-11
Standing Pulldown	3 x 9-11
Straight Arm Pulldown	3 x 9-11
Barbell curl	4 x 9-11
Dumbbell Incline Curl	3 x 9-11
One-Arm High Cable Curl	3 x 9-11
Hanging Leg Raise	3 x 15-19*
Weighted Crunch	3 x 15-19
Dumbbell Side Bend	3 x 15-19

*\*If you cannot complete 15 reps, do as many as you can trying to get as close to 15 reps as possible.*

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Shoulder Press	4 x 9-11
Dumbbell Lateral Raise	3 x 9-11
One-Arm Cable Front Raise	3 x 9-11
High Cable Rear Delt Fly	3 x 9-11
Dumbbell Shrug	4 x 9-11
Seated Calf Raise	4 x 15-20
Leg Press Calf Raise	4 x 15-20

### WORKOUT 4: LEGS AND ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Squat	4 x 9-11
One-Leg Leg Press	3 x 9-11
Leg Extension	3 x 9-11
Romanian Deadlift	4 x 9-11
Lying Leg Curl	3 x 9-11
Hanging Leg Raise	3 x 15-19*
Weighted Crunch	3 x 15-19
Side Plank	3 x 1 min.

*\*If you cannot complete 15 reps, do as many as you can trying to get as close to 15 reps as possible.*

## PHASE 1: WEEK 3

Drop set as last set of each exercise

### WORKOUT 1: CHEST, TRICEPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Bench Press	4 x 6-8
Incline Bench Press	3 x 6-8
Incline Dumbbell Flye	3 x 6-8
Cable Crossover	3 x 6-8
Triceps Pressdown	3 x 6-8
Lying Triceps Extension	3 x 6-8
Cable Overhead Triceps Extension	3 x 6-8
Standing Calf Raise	4 x 10-14
Seated Calf Raise	4 x 10-14

### WORKOUT 2: BACK, BICEPS, ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Bent-Over Row	4 x 6-8
Wide-Grip Pulldown	3 x 6-8
Standing Pulldown	3 x 6-8
Straight Arm Pulldown	3 x 6-8
Barbell curl	4 x 6-8
Dumbbell Incline Curl	3 x 6-8
One-Arm High Cable Curl	3 x 6-8
Weighted Hip Thrust*	3 x 10-14
Cable Crunch	3 x 10-14
Cable Oblique Crunch	3 x 10-14

\*Perform the hip thrust while holding a medicine ball or dumbbell between your feet, or while wearing ankle weights.

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Shoulder Press	4 x 6-8
Dumbbell Lateral Raise	3 x 6-8
One-Arm Cable Front Raise	3 x 6-8
High Cable Rear Delt Fly	3 x 6-8
Dumbbell Shrug	4 x 6-8

Seated Calf Raise	4 x 10-14
Leg Press Calf Raise	4 x 10-14

### WORKOUT 4: LEGS AND ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Squat	4 x 6-8
One-Leg Leg Press	3 x 6-8
Leg Extension	3 x 6-8
Romanian Deadlift	4 x 6-8
Lying Leg Curl	3 x 6-8
Weighted Hip Thrust*	3 x 10-14
Cable Crunch	3 x 10-14
Cable Woodchopper	3 x 10-14

\*Perform the hip thrust while holding a medicine ball or dumbbell between your feet, or while wearing ankle weights.

## PHASE 1: WEEK 4

Drop set as last set of each exercise

### WORKOUT 1: CHEST, TRICEPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Bench Press	4 x 3-5
Incline Bench Press	3 x 3-5
Incline Dumbbell Flye	3 x 3-5
Cable Crossover	3 x 3-5
Triceps Pressdown	3 x 3-5
Lying Triceps Extension	3 x 3-5
Cable Overhead Triceps Extension	3 x 3-5
Standing Calf Raise	4 x 6-9
Seated Calf Raise	4 x 6-9

### WORKOUT 2: BACK, BICEPS, ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Bent-Over Row	4 x 3-5
Wide-Grip Pulldown	3 x 3-5
Standing Pulldown	3 x 3-5
Straight Arm Pulldown	3 x 3-5
Barbell curl	4 x 3-5

Dumbbell Incline Curl	3 x 3-5
One-Arm High Cable Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Band Roundhouse Elbow	3 x 6-9

Triceps Pressdown	3 x 12-15
Dumbbell Overhead Triceps Extension	3 x 12-15
Cable Lying Triceps Extension	3 x 12-15
Standing Calf Raise	4 x 25-30
Seated Calf Raise	4 x 25-30

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 3-5
Dumbbell Lateral Raise	3 x 3-5
One-Arm Cable Front Raise	3 x 3-5
High Cable Rear Delt Fly	3 x 3-5
Dumbbell Shrug	4 x 3-5
Seated Calf Raise	4 x 6-9
Leg Press Calf Raise	4 x 6-9

### WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 3-5
One-Leg Leg Press	3 x 3-5
Leg Extension	3 x 3-5
Romanian Deadlift	4 x 3-5
Lying Leg Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Plank	3 x 75 sec.

## PHASE 2: WEEK 1

*Rest-pause set as last set of each exercise*

### WORKOUT 1: CHEST, TRICEPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 12-15
Incline Dumbbell Press	3 x 12-15
Dumbbell Flye	3 x 12-15
Incline Cable Cable Flye	3 x 12-15

### WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 12-15
Behind-Neck Pulldown	3 x 12-15
Seated Cable Row	3 x 12-15
Reverse-Grip Pulldown	3 x 12-15
Barbell curl	4 x 12-15
Preacher Curl	3 x 12-15
Behind-Back Cable Curl	3 x 12-15
Hip Thrust	3 x 20-30*
Crunch	3 x 20-30*
Oblique Crunch	3 x 20-30*

*\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can try to get as close to 20 reps as possible.*

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 12-15
Smith Machine Upright Row	3 x 12-15
One-Arm Cable Lateral Raise	3 x 12-15
Bent-Over Lateral Raise	3 x 12-15
Barbell Shrug	4 x 12-15
Seated Calf Raise	4 x 25-30
Leg Press Calf Raise	4 x 25-30

### WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 12-15
Front Squat	3 x 12-15

Leg Extension	3 x 12-15
Romanian Deadlift	4 x 12-15
Seated Leg Curl	3 x 12-15
Hip Thrust	3 x 20-30*
Crunch	3 x 20-30*
Plank	3 x 75 sec.

*\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can trying to get as close to 20 reps as possible.*

## PHASE 2: WEEK 2

*Rest-pause set as last set of each exercise*

### WORKOUT 1: CHEST, TRICEPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Bench Press	4 x 9-11
Incline Dumbbell Press	3 x 9-11
Dumbbell Flye	3 x 9-11
Incline Cable Cable Flye	3 x 9-11
Triceps Pressdown	3 x 9-11
Dumbbell Overhead Triceps Extension	3 x 9-11
Cable Lying Triceps Extension	3 x 9-11
Standing Calf Raise	4 x 15-20
Seated Calf Raise	4 x 15-20

### WORKOUT 2: BACK, BICEPS, ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Bent-Over Row	4 x 9-11
Behind-Neck Pulldown	3 x 9-11
Seated Cable Row	3 x 9-11
Reverse-Grip Pulldown	3 x 9-11
Barbell curl	4 x 9-11
Preacher Curl	3 x 9-11
Behind-Back Cable Curl	3 x 9-11
Hanging Leg Raise	3 x 15-19*
Weighted Crunch	3 x 15-19
Dumbbell Side Bend	3 x 15-19

*\*If you cannot complete 15 reps, do as many as you can trying to get as close to 15 reps as possible.*

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Dumbbell Shoulder Press	4 x 9-11
Smith Machine Upright Row	3 x 9-11
One-Arm Cable Lateral Raise	3 x 9-11
Bent-Over Lateral Raise	3 x 9-11
Barbell Shrug	4 x 9-11
Seated Calf Raise	4 x 15-20
Leg Press Calf Raise	4 x 15-20

### WORKOUT 4: LEGS AND ABS

<b>EXERCISE</b>	<b>SETS x REPS</b>
Squat	4 x 9-11
Front Squat	3 x 9-11
Leg Extension	3 x 9-11
Romanian Deadlift	4 x 9-11
Seated Leg Curl	3 x 9-11
Hanging Leg Raise	3 x 15-19*
Weighted Crunch	3 x 15-19
Side Plank	3 x 75 sec.

*\*If you cannot complete 15 reps, do as many as you can trying to get as close to 15 reps as possible.*

## PHASE 2: WEEK 3

*Drop set as last set of each exercise*

### WORKOUT 1: CHEST, TRICEPS, CALVES

<b>EXERCISE</b>	<b>SETS x REPS</b>
Bench Press	4 x 6-8
Incline Dumbbell Press	3 x 6-8
Dumbbell Flye	3 x 6-8
Incline Cable Cable Flye	3 x 6-8
Triceps Pressdown	3 x 6-8
Dumbbell Overhead Triceps Extension	3 x 6-8
Cable Lying Triceps Extension	3 x 6-8
Standing Calf Raise	4 x 10-14
Seated Calf Raise	4 x 10-14

## WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 6-8
Behind-Neck Pulldown	3 x 6-8
Seated Cable Row	3 x 6-8
Reverse-Grip Pulldown	3 x 6-8
Barbell curl	4 x 6-8
Preacher Curl	3 x 6-8
Behind-Back Cable Curl	3 x 6-8
Weighted Hip Thrust*	3 x 10-14
Cable Crunch	3 x 10-14
Cable Oblique Crunch	3 x 10-14

\*Perform the hip thrust while holding a medicine ball or dumbbell between your feet, or while wearing ankle weights.

## WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 6-8
Smith Machine Upright Row	3 x 6-8
One-Arm Cable Lateral Raise	3 x 6-8
Bent-Over Lateral Raise	3 x 6-8
Barbell Shrug	4 x 6-8
Seated Calf Raise	4 x 10-14
Leg Press Calf Raise	4 x 10-14

## WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 6-8
Front Squat	3 x 6-8
Leg Extension	3 x 6-8
Romanian Deadlift	4 x 6-8
Seated Leg Curl	3 x 6-8
Weighted Hip Thrust*	3 x 10-14
Cable Crunch	3 x 10-14
Cable Woodchopper	3 x 10-14

\* Perform the hip thrust while holding a medicine ball or dumbbell between your feet, or while wearing ankle weights.

## PHASE 2: WEEK 4

Drop set as last set of each exercise

### WORKOUT 1: CHEST, TRICEPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 3-5
Incline Dumbbell Press	3 x 3-5
Dumbbell Flye	3 x 3-5
Incline Cable Cable Flye	3 x 3-5
Triceps Pressdown	3 x 3-5
Dumbbell Overhead Triceps Extension	3 x 3-5
Cable Lying Triceps Extension	3 x 3-5
Standing Calf Raise	4 x 6-9
Seated Calf Raise	4 x 6-9

### WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 3-5
Behind-Neck Pulldown	3 x 3-5
Seated Cable Row	3 x 3-5
Reverse-Grip Pulldown	3 x 3-5
Barbell curl	4 x 3-5
Preacher Curl	3 x 3-5
Behind-Back Cable Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Band Roundhouse Elbow	3 x 6-9

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 3-5
Smith Machine Upright Row	3 x 3-5
One-Arm Cable Lateral Raise	3 x 3-5
Bent-Over Lateral Raise	3 x 3-5
Barbell Shrug	4 x 3-5
Seated Calf Raise	4 x 6-9
Leg Press Calf Raise	4 x 6-9



## WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 3-5
Front Squat	3 x 3-5
Leg Extension	3 x 3-5
Romanian Deadlift	4 x 3-5
Seated Leg Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Plank	3 x 90 sec.

## PHASE 3: WEEK 1

*Rest-pause set as last set of each exercise*

## WORKOUT 1: CHEST, TRICEPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 12-15
Reverse-Grip Incline Dumbbell Press	3 x 12-15
Incline Dumbbell Flye	3 x 12-15
Cable Crossover	3 x 12-15
Triceps Pressdown	3 x 12-15
One-Arm Overhead Cable Triceps Extension	3 x 12-15
Close-Grip Bench Press	3 x 12-15
Standing Calf Raise	4 x 25-30
Seated Calf Raise	4 x 25-30

## WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 12-15
Wide-Grip Pulldown	3 x 12-15
Straight-Arm Pulldown	3 x 12-15
Seated Cable Row	3 x 12-15
Barbell curl	4 x 12-15
Incline Cable Curl	3 x 12-15
Dumbbell Concentration Curl	3 x 12-15
Hip Thrust	3 x 20-30*

Crunch	3 x 20-30*
Oblique Crunch	3 x 20-30*

*\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can trying to get as close to 20 reps as possible.*

## WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 12-15
Dumbbell Lateral Raise	3 x 12-15
Dumbbell Upright Row	3 x 12-15
Bent-Over Lateral Raise	3 x 12-15
One-Arm Smith Machine Shrug	4 x 12-15
Seated Calf Raise	4 x 25-30
Leg Press Calf Raise	4 x 25-30

## WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 12-15
Leg Press	3 x 12-15
Leg Extension	3 x 12-15
Romanian Deadlift	4 x 12-15
Lying Leg Curl	3 x 12-15
Hip Thrust	3 x 20-30*
Crunch	3 x 20-30*
Plank	3 x 90 sec.

*\*Shoot for at least 20-30 reps, but if you can do more, continue until reaching failure. If you cannot complete 20 reps, do as many as you can trying to get as close to 20 reps as possible.*

## PHASE 3: WEEK 2

*Rest-pause set as last set of each exercise*

## WORKOUT 1: CHEST, TRICEPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 9-11
Reverse-Grip Incline Dumbbell Press	3 x 9-11
Incline Dumbbell Flye	3 x 9-11
Cable Crossover	3 x 9-11

Triceps Pressdown	3 x 9-11
One-Arm Overhead Cable Triceps Extension	3 x 9-11
Close-Grip Bench Press	3 x 9-11
Standing Calf Raise	4 x 15-20
Seated Calf Raise	4 x 15-20

## WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 9-11
Wide-Grip Pulldown	3 x 9-11
Straight-Arm Pulldown	3 x 9-11
Seated Cable Row	3 x 9-11
Barbell curl	4 x 9-11
Incline Cable Curl	3 x 9-11
Dumbbell Concentration Curl	3 x 9-11
Hanging Leg Raise	3 x 15-19*
Weighted Crunch	3 x 15-19
Dumbbell Side Bend	3 x 15-19

*\*If you cannot complete 15 reps, do as many as you can trying to get as close to 15 reps as possible.*

## WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 9-11
Dumbbell Lateral Raise	3 x 9-11
Dumbbell Upright Row	3 x 9-11
Bent-Over Lateral Raise	3 x 9-11
One-Arm Smith Machine Shrug	4 x 9-11
Seated Calf Raise	4 x 15-20
Leg Press Calf Raise	4 x 15-20

## WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 9-11
Leg Press	3 x 9-11
Leg Extension	3 x 9-11

Romanian Deadlift	4 x 9-11
Lying Leg Curl	3 x 9-11
Hanging Leg Raise	3 x 15-19*
Weighted Crunch	3 x 15-19
Side Plank	3 x 90 sec.

*\*If you cannot complete 15 reps, do as many as you can trying to get as close to 15 reps as possible.*

## PHASE 3: WEEK 3

*Drop set as last set of each exercise*

### WORKOUT 1: CHEST, TRICEPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 6-8
Reverse-Grip Incline Dumbbell Press	3 x 6-8
Incline Dumbbell Flye	3 x 6-8
Cable Crossover	3 x 6-8
Triceps Pressdown	3 x 6-8
One-Arm Overhead Cable Triceps Extension	3 x 6-8
Close-Grip Bench Press	3 x 6-8
Standing Calf Raise	4 x 10-14
Seated Calf Raise	4 x 10-14

### WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 6-8
Wide-Grip Pulldown	3 x 6-8
Straight-Arm Pulldown	3 x 6-8
Seated Cable Row	3 x 6-8
Barbell curl	4 x 6-8
Incline Cable Curl	3 x 6-8
Dumbbell Concentration Curl	3 x 6-8
Weighted Hip Thrust*	3 x 10-14
Cable Crunch	3 x 10-14
Cable Oblique Crunch	3 x 10-14

*\*Perform the hip thrust while holding a medicine ball or dumbbell between your feet, or while wearing ankle weights.*

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 6-8
Dumbbell Lateral Raise	3 x 6-8
Dumbbell Upright Row	3 x 6-8
Bent-Over Lateral Raise	3 x 6-8
One-Arm Smith Machine Shrug	4 x 6-8
Seated Calf Raise	4 x 10-14
Leg Press Calf Raise	4 x 10-14

### WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 6-8
Leg Press	3 x 6-8
Leg Extension	3 x 6-8
Romanian Deadlift	4 x 6-8
Lying Leg Curl	3 x 6-8
Weighted Hip Thrust*	3 x 10-14
Cable Crunch	3 x 10-14
Cable Woodchopper	3 x 10-14

\*Perform the hip thrust while holding a medicine ball or dumbbell between your feet, or while wearing ankle weights.

## PHASE 3: WEEK 4

Drop set as last set of each exercise

### WORKOUT 1: CHEST, TRICEPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Bench Press	4 x 3-5
Reverse-Grip Incline Dumbbell Press	3 x 3-5
Incline Dumbbell Flye	3 x 3-5
Cable Crossover	3 x 3-5
Triceps Pressdown	3 x 3-5
One-Arm Overhead Cable Triceps Extension	3 x 3-5
Close-Grip Bench Press	3 x 3-5
Standing Calf Raise	4 x 6-9
Seated Calf Raise	4 x 6-9

### WORKOUT 2: BACK, BICEPS, ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Bent-Over Row	4 x 3-5
Wide-Grip Pulldown	3 x 3-5
Straight-Arm Pulldown	3 x 3-5
Seated Cable Row	3 x 3-5
Barbell curl	4 x 3-5
Incline Cable Curl	3 x 3-5
Dumbbell Concentration Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Band Roundhouse Elbow	3 x 6-9

### WORKOUT 3: SHOULDERS, TRAPS, CALVES

<u>EXERCISE</u>	<u>SETS x REPS</u>
Dumbbell Shoulder Press	4 x 3-5
Dumbbell Lateral Raise	3 x 3-5
Dumbbell Upright Row	3 x 3-5
Bent-Over Lateral Raise	3 x 3-5
One-Arm Smith Machine Shrug	4 x 3-5
Seated Calf Raise	4 x 6-9
Leg Press Calf Raise	4 x 6-9

### WORKOUT 4: LEGS AND ABS

<u>EXERCISE</u>	<u>SETS x REPS</u>
Squat	4 x 3-5
Leg Press	3 x 3-5
Leg Extension	3 x 3-5
Romanian Deadlift	4 x 3-5
Lying Leg Curl	3 x 3-5
Smith Machine Hip Thrust	3 x 6-9
Machine Crunch	3 x 6-9
Plank	3 x 105 sec.

## SHORTCUT TO SIZE NUTRITION

Of course, as you well know by now, no training program is complete without a nutrition and supplement program to work with it. Training is just half the equation and nutrition is equally, if not more important for realizing your goals. But just as you can alter your training to focus more on a specific goal, you also need to alter your diet to better reach that goal. This diet is built for those who want to maximize muscle growth and strength gains.

## GAIN SIZE AND STRENGTH

As you know the three main macronutrients are: 1) Protein, 2) Carbs and 3) Fat. As you've heard me state time and time again, protein is critical for building muscle size and strength. So it should come at no surprise that this diet will provide you ample amounts of protein to pack on muscle and get you stronger and more powerful. The basic diet plan, which is meant for rest days, or days you are not training, will provide you about 1.5 grams of protein. This will keep you anabolic and encourage muscle growth. On Workout days the addition of a pre and postworkout shake or my favorite, a pre/during/postworkout shake, will bring your total daily protein intake closer to 2 grams per pound, which will be the days that extra protein will ensure that you're really kicking up muscle growth on those training days.

Carbs are the macronutrient we like to give the most credit to when it comes to providing us energy, especially when we work out. Yet, while carbs are critical for workout energy, so is protein and fat. Yes, amino acids from the protein you eat can be used for energy... and so can fat. I'll get into this in just a minute. Back to carbs... to ensure you have ample levels of energy to get through these workouts and recover properly from them, you will be getting in about 1.5 grams of carbs per pound of body weight on rest days, and a full 2 grams of carbs per pound on workout days. To provide yourself the type of long-lasting energy that will get you through these grueling workouts, without adding body fat, you should focus mainly on slow-digesting carbs. Research studies confirm that when athletes consume slow-digesting carbs (such as fruit and whole grains) earlier in the day, such as at breakfast and lunch, they have more energy for workouts and can workout harder for longer, in addition they burn more fat during exercise and at rest sitting around. That is why this diet focuses on fruits, oatmeal, and whole-wheat bread. These carbs will keep insulin levels low, which means you have more stable and longer-lasting energy, and you will burn more fat.

Of course, there is a time or two when you want to focus on fast-digesting carbs. The first time is right when you wake up. Getting in fast carbs at this time will send those carbs straight to your liver, which will tell your body to stop burning up muscle protein for fuel. Yes, the bad news is that when you sleep, you go so long without eating that your body feeds on your muscle for fuel. But getting in fast carbs like cantaloupe (one of the few fast fruits, along with watermelon) will stop it quickly. Even other fruits that are low-glycemic or slow-digesting, such as apples, berries, oranges, etc... make a good carb choice when you wake. One of the main reasons that fruit is low glycemic is the fructose content. Fructose has to go to the liver first to be converted to glucose (blood sugar). That is one of the main reasons why most fruits are "slow". But the fructose still gets to your liver fairly quickly and signals your liver to stop burning muscle for fuel. Of course, with these carbs you'll need a fast protein like a whey shake to stop the breakdown of muscle protein and replace some of the lost aminos. This also happens to be the reason why you will go with a slow-digesting protein, like casein right before bed. The slow-digesting protein gives you a long and steady supply of amino acids throughout most of the night so your body doesn't eat up as much muscle protein for fuel. The only other time you want fast carbs is right after the workout. Here you want those carbs to not only quickly replenish the carbs you burned during the workout, but you want them to spike insulin levels. The anabolic hormone insulin drives amino acids and carbs (in the form of glucose) into the muscles for recovery and growth, and it also turns on the process of muscle protein synthesis (which is the biochemical steps that lead to muscle growth). So after workouts turn to fast carbs like gummy bears and other fat-free candy, white bread, white potatoes, or sports drinks.

The other issue with carbs is timing. You should focus the majority of your carb intake on the earlier parts of the day, like breakfast, lunch and the snacks you have up till the afternoon. When it comes to dinner, you should stick with vegetables as your sides and skip the carby potatoes, rice, breads and pastas. Also keep snacks after dinner to just protein and healthy fats.

Speaking of healthy fats, you also need to get in ample amounts of fat, especially healthy fats like olive oil, egg yolks, omega-3 fats from salmon and other fatty fish, and peanut butter. These fats are not as readily stored as body fat as other fats and are readily used for fuel during exercise. On this diet your total daily fat intake will be about 0.5 grams per pound of body weight and about 30% of your total daily calories. Fat is also critical for keeping testosterone levels high.

The sample daily diet I provided is what a typical day will look like on days you do not train. This is for a typical 180-pound guy, but will suffice for men and women between 160-200 pounds who want to build more muscle and strength. If you weigh more or less than this range, adjust your macronutrients accordingly for your weight.

On workout days, simply add the pre and postworkout meals (or do it as a pre/during/post workout meal) in around your workout time. If you train close to one of the meal times, simply replace that meal with the pre workout meal and follow up with the next scheduled meal about 1 hour after your postworkout meal. For example, if you workout first thing in the morning, skip the shake and cantaloupe and go with the preworkout meal as your first meal. Then have breakfast one hour after the postworkout meal.

## BASIC DIET

### BREAKFAST 1

*(Immediately upon waking)*

1 scoop Whey Protein  
1/2 medium cantaloupe

### BREAKFAST 2

*(30-60 minutes after shake and cantaloupe)*

3 whole eggs  
3 egg whites  
1 Tbsp Olive oil  
1 slice lowfat American cheese  
*(scramble eggs cook in olive oil and add cheese to melt)*  
2 cups cooked Oatmeal

### LATE MORNING SNACK

1 cup low-fat cottage cheese  
1 cup sliced pineapple  
*(mix pineapple in cottage cheese)*  
1 Cliff bar (any flavor)

### LUNCH

1 can albacore tuna  
2 slices whole wheat bread  
1 Tbsp light mayonnaise  
1 large piece of fruit (apple, orange, banana, etc.)

### AFTERNOON SNACK

1 scoop Whey Protein

1 Tbsp Peanut butter  
1 Tbsp Jam  
2 slices whole wheat bread  
*(make PB sandwich to eat with shake)*

### DINNER

8 oz. salmon  
1 cup chopped broccoli  
2 cups mixed green Salad  
2 Tbsp salad dressing (olive oil n vinegar)

### BEFORE BED SNACK

1 scoop Casein protein  
1 Tbsp Peanut butter

### TOTALS

**3100 CALORIES, 265 G PROTEIN, 260 G CARBS, 110 G FAT**

*(for the 180 pound person = 17 cal/pound, 1.5 g protein, 1.5 g/ carbs and 0.5 g fat per pound)*

Add these meals on your training days. Combine the pre- and post-workout shakes into one large pre/during/post-workout shake and drink about 1/3 10-15 minutes before the workout, another 1/3 during the workout, and the final 1/3 at the end of the workout.

### PREWORKOUT (WITHIN 30 MINUTES BEFORE WORKOUTS)

1 large apple

### PRE/DURING/POST-WORKOUT SHAKE

Whey Protein: 1 – 2 scoops  
Casein Protein: 1 – 2 scoops  
BCAAs: 5 grams  
Creatine: 1.5 – 5 grams  
Beta-alanine: 1.5 – 3 grams  
Betaine: 1.5 – 2 grams

### POSTWORKOUT (WITHIN 30 MINUTES AFTER WORKOUTS)

30 Gummy bears or 20 – 30 grams dextrose  
BCAAs: 5 grams  
Creatine: 1.5 – 5 grams  
Beta-alanine: 1.5 – 3 grams  
Betaine: 1.5 – 2 grams  
Carnitine: 1 – 2 grams  
Glutamine: 3 – 5 grams

This will bring up the Totals to: 3700 calories, 335 g protein, 340 g carbs, and fat stays at 110 grams (for the 180 pounder that = 21 cal/pound, about 1.8 grams of protein per pound, just shy of 2 grams of carbs per pound, and fat stays at about .5 grams per pound of body weight)

## MEAL REPLACEMENTS

The diet I offer only shows one sample day. Given the fact that you are training four days per week and have 3 rest days per week, you'll be eating an additional 47 workout days and 35 rest days. I do NOT recommend you eat the same meals for all of those days. You can mix it up and find foods that best suit your tastes and schedule. Consider this list as a good source to consider when you're not looking forward to yet another piece of salmon or bowl of oats.

### REPLACE ANY OF THE MEATS (SALMON OR TUNA) WITH ANY OF THESE:

- chicken breast
- chicken thighs
- turkey breast
- lean ground turkey
- lean ground beef
- tri-tip steak
- flank steak
- pork tenderloin
- bison
- salmon
- trout
- tilapia
- shrimp
- crab
- lean deli turkey breast
- lean deli ham
- lean deli roast beef

### REPLACE ANY OF THE DAIRY (COTTAGE CHEESE) WITH ANY OF THESE:

Although cottage cheese is one of the best forms of dairy because it's so high in protein, you can also incorporate these dairy foods into the diet (Greek yogurt comes in a close second to cottage cheese):

- Greek yogurt
- Low-fat or reduced-fat cheeses
- plain low-fat yogurt
- low-fat or reduced-fat milk

### REPLACE ANY OF THE WHOLE GRAINS (OATMEAL OR WHOLE-WHEAT BREAD) WITH ANY OF THESE:

- whole-wheat crackers
- brown rice
- whole-grain cold cereal  
(such as Cheerios, Quaker Oat Squares, Kashi)
- whole-wheat waffle
- Ezekiel bread
- rye bread
- sourdough bread
- whole-wheat English muffin
- whole-wheat pita bread
- whole-wheat bagel
- whole-wheat tortilla
- whole-wheat pasta
- quinoa
- sweet potato or yam

### REPLACE ANY OF THE VEGETABLES (BROCCOLI OR MIXED GREEN SALAD) WITH ANY OF THESE:

- asparagus
- green beans
- cauliflower
- bell peppers
- Brussels sprouts
- mixed vegetables
- zucchini or other squash
- eggplant
- bok choy

### REPLACE ANY OF THE FRUIT (CANTALOUPE, SLICED PINEAPPLE, APPLE) WITH ANY OF THESE:

- orange
- peach
- banana
- pear
- strawberries
- blueberries
- raspberries
- blackberries
- cherries
- grapes
- kiwifruit

### REPLACE THE POST-WORKOUT GUMMY BEARS OR GENR8 WITH ANY OF THESE:

- Wonka Pixy Stix
- Wonka Bottle Caps
- white bread
- angel food cake
- sorbet