



SHORTCUT TO SIZE

**THE 12-Week
PLAN TO GET
BIGGER, STRONGER & LEANER**

By Jim Stoppani, PhD

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



**SUPPLEMENTATION
OVERVIEW**



**GET JIM'S RECOMMENDED
SHORTCUT TO SIZE SUPPLEMENTS**





Micro Muscle

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. And I'll teach you how to tweak the program and your diet to maximize either strength and muscle gain or fat loss. But of course, you can also work on all three!

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 reps down to 6-8 per set. And in week 8, or week 4 of phase 2,



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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 100 pounds on the squat and over 60 pounds on the bench press. And for muscle, some guys have gained over 20 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 30 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 80 pounds, and bench press strength by 40 pounds. And gains in muscle of over 10 pounds and fat loss over 20 pounds.

But I'm not the only one to report insane gains in muscle size and strength with concomittant losses in body fat. Researchers from Federal University of Sao Carlos (Sao Paulo, Brazil) reported impressive results using a similar micro cycle linear periodization program for 12 weeks. They had one group of female athletes follow a linear periodization program with weekly micro cycles repeating three times for a total of 12 weeks and a second group following a reverse linear periodized program with micro cycles 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. Yet, if you want to focus more on one of these three goals, you can also do that and still get the other benefits as well.

Focus: Maximize Strength Gains - If you want to focus on maximizing your strength gains on this program, stick with the plan as outlined. Rest a good 3 minutes or even longer between sets. The key is performing as many reps as possible within that prescribed rep range. More reps equals more work performed each workout and that equates to greater strength gains over time. You'll also want to follow the Gain Size and Strength Shortcut To Diet as outlined to truly maximize strength gains during these 12 weeks.

Focus: Maximizing Muscle Growth - If it's muscle growth you're after, then the simple addition of two techniques will do the trick - rest pause and drop sets. 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. When it comes to diet you'll want to follow the Gain Size and Strength Shortcut-To-Size Diet to really maximize muscle growth.

Focus: Maximize Fat Loss - If your goal is to drop as much body fat as possible, while also increasing strength and size, then I have a tweak that you can do for that too. The technique is called *Cardioacceleration*. To do this you simply make one change to your rest periods. Instead of sitting around on your glutes for 2 or 3 minutes after you end a set and wait for the next set, you will end a set and go right into some cardio. The simplest thing to do so that you don't lose your weight station between sets is to jump rope, or do jumping jacks right there. Of course, if the gym is very slow, or



you train at home, you can also sprint on the treadmill, or the stationary cycle, or stair stepper, or elliptical, or sprint outside. In Phase 1, after you finish each set, you will immediately do 30 seconds of your chosen cardio as intensely as possible. Then rest about 1-2 minutes before the next set. In phase 2, bump up the cardio to 45 seconds, but keep the intensity as high or higher than Phase 1, while keeping rest after the cardio to 1-2 minutes. And in Phase 3, you will do 60 seconds of cardio, but keeping the intensity up and the rest after to 1-2 minutes. You'll also want to follow the Get Lean Shortcut-To-Size Diet as outlined. Since you will only be training with weights four days per week, and therefore only doing *Cardioacceleration* four times per week, I suggest that on your off days you follow one of my HIIT workouts, such as Power HIIT.

Focus: Minimize Workout Time - I even have a tweak for those of you who want to minimize the time you spend in the gym with this program. Instead of waiting to the end of your workout to do calves and abs, you can use a system called Staggered-Set Training. Instead of sitting around for those 2-3 minutes between sets you stagger a chest exercise with a calf exercise, until you have completed all sets of all exercises for calves. Because these exercises do not impact the larger muscle groups that you're training, that muscle group still gets a rest while you working the smaller muscle group. Despite this, I still recommend that you do not start your staggered sets until after your first exercise of each workout. So in workout 1, start staggered sets with calves after you have finished the last set of bench presses. In workout 2, start staggered sets with abs after you have completed the last set of dumbbell rows. In workout 3, start staggered sets for calves after your last set of dumbbell shoulder presses. And in workout 4, start staggered sets for abs after your last set of squats. Even though the large muscle groups get a break while you train the smaller muscle group, your body does not get a rest, which could have a small impact on your strength in the larger muscle group. This will allow you to still maximize your strength gains on these first exercises while limiting the amount of time you spend in the gym.

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Phase **1**

Micro Muscle/Shortcut to Size

This is Phase 1 (weeks 1-4) of the 12-week program Shortcut to Size.

WEEK 1

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	12-15	Chest
Incline Bench Press	3	12-15	Chest
Incline Dumbbell Flye	3	12-15	Chest
Cable Crossover (High Pulley)	3	12-15	Chest
Triceps Pressdown	4	12-15	Triceps
Lying Triceps Extension	3	12-15	Triceps
Overhead Cable Triceps Extension (low pulley)	3	12-15	Triceps
Standing Calf Raise	4	25-30	Legs
Seated Calf Raise	4	25-30	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	12-15	Back
Wide-Grip Lat Pulldowns	3	12-15	Back
Standing Lat Pulldown	3	12-15	Back
Straight-Arm Pulldown	3	12-15	Back
Barbell Curl	4	12-15	Arms
Incline Dumbbell Curl	3	12-15	Arms
One-Arm High Cable Curl	3	12-15	Arms
Hip Thrust	3	20-30	Abs
Crunch	3	20-30	Abs
Oblique Crunch	3	20-30	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	12-15	Shoulders
Dumbbell Lateral Raise	3	12-15	Shoulders
One-Arm Cable Front Raise	3	12-15	Shoulders
High Cable Rear Delt Flye	3	12-15	Shoulders
Dumbbell Shrug	4	12-15	Traps
Seated Calf Raise	4	25-30	Legs
Leg Press Calf Raise	4	25-30	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	12-15	Legs
One-Leg Leg Press	3	12-15	Legs
Leg Extension	3	12-15	Legs
Romanian Deadlift	4	12-15	Legs
Lying Leg Curl	3	12-15	Legs
Hip Thrust	3	20-30	Abs
Crunch	3	20-30	Abs
Plank	3	1 minute	Abs



WEEK 2

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	9-11	Chest
Incline Bench Press	3	9-11	Chest
Incline Dumbbell Flye	3	9-11	Chest
Cable Crossover (High Pulley)	3	9-11	Chest
Triceps Pressdown	4	9-11	Triceps
Lying Triceps Extension	3	9-11	Triceps
Overhead Cable Triceps Extension (low pulley)	3	9-11	Triceps
Standing Calf Raise	4	15-20	Legs
Seated Calf Raise	4	15-20	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	9-11	Back
Wide-Grip Lat Pulldowns	3	9-11	Back
Standing Lat Pulldown	3	9-11	Back
Straight-Arm Pulldown	3	9-11	Back
Barbell Curl	4	9-11	Arms
Incline Dumbbell Curl	3	9-11	Arms
One-Arm High Cable Curl	3	9-11	Arms
Hanging Leg Raise	3	15-19	Abs
Crunch	3	15-19	Abs
Dumbbell Side Bend	3	15-19	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	9-11	Shoulders
Dumbbell Lateral Raise	3	9-11	Shoulders
One-Arm Cable Front Raise	3	9-11	Shoulders
High Cable Rear Delt Flye	3	9-11	Shoulders
Dumbbell Shrug	4	9-11	Traps
Seated Calf Raise	4	15-20	Legs
Leg Press Calf Raise	4	15-20	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	9-11	Legs
One-Leg Leg Press	3	9-11	Legs
Leg Extension	3	9-11	Legs
Romanian Deadlift	4	9-11	Legs
Lying Leg Curl	3	9-11	Legs
Hanging Leg Raise	3	15-19	Abs
Crunch	3	15-19	Abs
Side Plank	3	1 min.	Abs



WEEK 3

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	6-8	Chest
Incline Bench Press	3	6-8	Chest
Incline Dumbbell Flye	3	6-8	Chest
Cable Crossover (High Pulley)	3	6-8	Chest
Triceps Pressdown	4	6-8	Triceps
Lying Triceps Extension	3	6-8	Triceps
Overhead Cable Triceps Extension (low pulley)	3	6-8	Triceps
Standing Calf Raise	4	10-14	Legs
Seated Calf Raise	4	10-14	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	6-8	Back
Wide-Grip Lat Pulldowns	3	6-8	Back
Standing Lat Pulldown	3	6-8	Back
Straight-Arm Pulldown	3	6-8	Back
Barbell Curl	4	6-8	Arms
Incline Dumbbell Curl	3	6-8	Arms
One-Arm High Cable Curl	3	6-8	Arms
Hip Thrust	3	10-14 (weighted)	Abs
Cable Crunch	3	10-14	Abs
Oblique Cable Crunch	3	10-14	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	6-8	Shoulders
Dumbbell Lateral Raise	3	6-8	Shoulders
One-Arm Cable Front Raise	3	6-8	Shoulders
High Cable Rear Delt Flye	3	6-8	Shoulders
Dumbbell Shrug	4	6-8	Traps
Seated Calf Raise	4	10-14	Legs
Leg Press Calf Raise	4	10-14	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	6-8	Legs
One-Leg Leg Press	3	6-8	Legs
Leg Extension	3	6-8	Legs
Romanian Deadlift	4	6-8	Legs
Lying Leg Curl	3	6-8	Legs
Hip Thrust	3	10-14 (weighted)	Abs
Cable Crunch	3	10-14	Abs
Cable Woodchopper	3	10-14	Abs



WEEK 4

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	3-5	Chest
Incline Bench Press	3	3-5	Chest
Incline Dumbbell Flye	3	3-5	Chest
Cable Crossover (High Pulley)	3	3-5	Chest
Triceps Pressdown	4	3-5	Triceps
Lying Triceps Extension	3	3-5	Triceps
Overhead Cable Triceps Extension (low pulley)	3	3-5	Triceps
Standing Calf Raise	4	6-9	Legs
Seated Calf Raise	4	6-9	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	3-5	Back
Wide-Grip Lat Pulldowns	3	3-5	Back
Standing Lat Pulldown	3	3-5	Back
Straight-Arm Pulldown	3	3-5	Back
Barbell Curl	4	3-5	Arms
Incline Dumbbell Curl	3	3-5	Arms
One-Arm High Cable Curl	3	3-5	Arms
Smith Machine Hip Thrust	3	6-9	Abs
Machine Crunch	3	6-9	Abs
Band Roundhouse Elbow	3	6-9	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	3-5	Shoulders
Dumbbell Lateral Raise	3	3-5	Shoulders
One-Arm Cable Front Raise	3	3-5	Shoulders
High Cable Rear Delt Flye	3	3-5	Shoulders
Dumbbell Shrug	4	3-5	Traps
Seated Calf Raise	4	6-9	Legs
Leg Press Calf Raise	4	6-9	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	3-5	Legs
One-Leg Leg Press	3	3-5	Legs
Leg Extension	3	3-5	Legs
Romanian Deadlift	4	3-5	Legs
Lying Leg Curl	3	3-5	Legs
Smith Machine Hip Thrust	3	6-9	Abs
Machine Crunch	3	6-9	Abs
Plank	3	75 sec.	Abs



Phase **2**

Micro Muscle/Shortcut to Size

Follow these four weeks during Phase 2 of the Micro Muscle workout program. For details please read the Micro Muscle eBook in my eBooks section of the site.

WEEK 1

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	12-15	Chest
Incline Dumbbell Press	3	12-15	Chest
Dumbbell Flye	3	12-15	Chest
Incline Cable Flye	3	12-15	Chest
Triceps Pressdown	4	12-15	Triceps
Dumbbell Overhead Triceps Extension Both Arms	3	12-15	Arms
Lying Cable Triceps Extensions (Bench)	3	12-15	Triceps
Standing Calf Raise	4	25-30	Legs
Seated Calf Raise	4	25-30	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	12-15	Back
Behind the Neck Pulldown	3	12-15	Back
Seated Cable Row (Close)	3	12-15	Back
Reverse-Grip Lat Pulldown	3	12-15	Back
Barbell Curl	4	12-15	Arms
Preacher Curl (Also can Use EZ bar)	3	12-15	Arms
Behind-The-Back Cable Curl	3	12-15	Arms
Hip Thrust	3	20-30	Abs
Crunch	3	20-30	Abs
Oblique Crunch	3	20-30	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Shoulder Press (Overhand Grip)	4	12-15	Shoulders
Smith Machine Upright Row	3	12-15	Shoulders
One-Arm Cable Lateral Raise	3	12-15	Shoulders
Bent-Over Lateral Raise	3	12-15	Shoulders
Barbell Shrug	4	12-15	Traps
Seated Calf Raise	4	25-30	Legs
Leg Press Calf Raise	4	25-30	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	12-15	Legs
Front Squat	3	12-15	Legs
Leg Extension	3	12-15	Legs
Romanian Deadlift	4	12-15	Legs
SEATED LEG CURL	3	12-15	Legs
Hip Thrust	3	20-30	Abs
Crunch	3	20-30	Abs
Plank	3	75 sec.	Abs



WEEK 2

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	9-11	Chest
Incline Dumbbell Press	3	9-11	Chest
Dumbbell Flye	3	9-11	Chest
Incline Cable Flye	3	9-11	Chest
Triceps Pressdown	4	9-11	Triceps
Dumbbell Overhead Triceps Extension Both Arm	3	9-11	Arms
Lying Cable Triceps Extensions (Bench)	3	9-11	Triceps
Standing Calf Raise	4	15-20	Legs
Seated Calf Raise	4	15-20	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	9-11	Back
Behind the Neck Pulldow	3	9-11	Back
Seated Cable Row (Close)	3	9-11	Back
Reverse-Grip Lat Pulldown	3	9-11	Back
Barbell Curl	4	9-11	Arms
Preacher Curl (Also can Use EZ bar)	3	9-11	Arms
Behind-The-Back Cable Curl	3	9-11	Arms
Hanging Leg Raise	3	15-19	Abs
Crunch	3	15-19	Abs
Dumbbell Side Bend	3	9-11	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Shoulder Press (Overhand Grip)	4	9-11	Shoulders
Smith Machine Upright Row	3	9-11	Shoulders
One-Arm Cable Lateral Raise	3	9-11	Shoulders
Bent-Over Lateral Raise	3	9-11	Shoulders
Barbell Shrug	4	9-11	Traps
Seated Calf Raise	4	15-20	Legs
Leg Press Calf Raise	4	15-20	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squa	4	9-11	Legs
Front Squat	3	9-11	Legs
Leg Extension	3	9-11	Legs
Romanian Deadlift	4	9-11	Legs
SEATED LEG CURL	3	9-11	Legs
Hanging Leg Raise	3	15-19	Abs
Crunch	3	15-19	Abs
Side Plank	3	75 sec.	Abs



WEEK 3

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	6-8	Chest
Incline Dumbbell Press	3	6-8	Chest
Dumbbell Flye	3	6-8	Chest
Incline Cable Flye	3	6-8	Chest
Triceps Pressdown	4	6-8	Triceps
Dumbbell Overhead Triceps Extension Both Arms	3	6-8	Arms
Lying Cable Triceps Extensions (Bench)	3	6-8	Triceps
Standing Calf Raise	4	10-14	Legs
Seated Calf Raise	4	10-14	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	6-8	Back
Behind the Neck Pulldown	3	6-8	Back
Seated Cable Row (Close)	3	6-8	Back
Reverse-Grip Lat Pulldown	3	6-8	Back
Barbell Curl	4	6-8	Arms
Preacher Curl (Also can Use EZ bar)	3	6-8	Arms
Behind-The-Back Cable Curl	3	6-8	Arms
Hip Thrust	3	10-14	Abs
Cable Crunch	3	10-14	Abs
Oblique Cable Crunch	3	10-14	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Shoulder Press (Overhand Grip)	4	6-8	Shoulders
Smith Machine Upright Row	3	6-8	Shoulders
One-Arm Cable Lateral Raise	3	6-8	Shoulders
Bent-Over Lateral Raise	3	6-8	Shoulders
Barbell Shrug	4	6-8	Traps
Seated Calf Raise	4	10-14	Legs
Leg Press Calf Raise	4	10-14	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	6-8	Legs
Front Squat	3	6-8	Legs
Leg Extension	3	6-8	Legs
Romanian Deadlift	4	6-8	Legs
SEATED LEG CURL	3	6-8	Legs
Hip Thrust	3	10-14	Abs
Cable Crunch	3	10-14	Abs
Cable Woodchopper	3	10-14	Abs



WEEK 4

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	3-5	Chest
Incline Dumbbell Press	3	3-5	Chest
Dumbbell Flye	3	3-5	Chest
Incline Cable Flye	3	3-5	Chest
Triceps Pressdown	4	3-5	Triceps
Dumbbell Overhead Triceps Extension Both Arms	3	3-5	Arms
Lying Cable Triceps Extensions (Bench)	3	3-5	Triceps
Standing Calf Raise	4	6-9	Legs
Seated Calf Raise	4	6-9	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	3-5	Back
Behind the Neck Pulldown	3	3-5	Back
Seated Cable Row (Close)	3	3-5	Back
Reverse-Grip Lat Pulldown	3	3-5	Back
Barbell Curl	4	3-5	Arms
Preacher Curl (Also can Use EZ bar)	3	3-5	Arms
Behind-The-Back Cable Curl	3	3-5	Arms
Smith Machine Hip Thrust	3	6-9	Abs
Machine Crunch	3	6-9	Abs
Band Roundhouse Elbow	3	6-9	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Shoulder Press (Overhand Grip)	4	3-5	Shoulders
Smith Machine Upright Row	3	3-5	Shoulders
One-Arm Cable Lateral Raise	3	3-5	Shoulders
Bent-Over Lateral Raise	3	3-5	Shoulders
Barbell Shrug	4	3-5	Traps
Seated Calf Raise	4	6-9	Legs
Leg Press Calf Raise	4	6-9	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	3-5	Legs
Front Squat	3	3-5	Legs
Leg Extension	3	3-5	Legs
Romanian Deadlift	4	3-5	Legs
SEATED LEG CURL	3	3-5	Legs
Smith Machine Hip Thrust	3	6-9	Abs
Machine Crunch	3	6-9	Abs
Plank	3	90 sec.	Abs



Phase **3**

Micro Muscle/Shortcut to Size

WEEK **1**

DAY **1**

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	12-15	Chest
Reverse Grip Incline Dumbbell Press	4	12-15	Chest
Incline Dumbbell Flye	3	12-15	Chest
Cable Crossover (High Pulley)	3	12-15	Chest
Triceps Pressdown	4	12-15	Triceps
One-Arm Overhead Cable Triceps Extension (Low Pulley)	3	12-15	Triceps
Close-Grip Bench Press	3	12-15	Chest
Standing Calf Raise	4	25-30	Legs
Seated Calf Raise	4	25-30	Legs

DAY **2**

EXERCISE	SETS	REPS	MUSCLE GROUP
One-Arm Dumbbell Row	4	12-15	Back
Wide-Grip Lat Pulldowns	3	12-15	Back
Straight-Arm Pulldown	3	12-15	Back
Seated Cable Row (Close)	3	12-15	Back
Barbell Curl	4	12-15	Arms
Incline Cable Curl	3	12-15	Arms
Concentration Curl	3	12-15	Arms
Hip Thrust	3	20-30	Abs
Crunch	3	20-30	Abs
Oblique Crunch	3	20-30	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	12-15	Shoulders
Dumbbell Lateral Raise	3	12-15	Shoulders
Dumbbell Upright Row	3	12-15	Shoulders
Bent-Over Lateral Raise	3	12-15	Shoulders
Smith Machine One-Arm Dumbbell shrug	4	12-15	Traps
Seated Calf Raise	4	25-30	Legs
Leg Press Calf Raise	4	25-30	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	12-15	Legs
Leg Press	3	12-15	Legs
Leg Extension	3	12-15	Legs
Romanian Deadlift	4	12-15	Legs
Lying Leg Curl	3	12-15	Legs
Hip Thrust	3	20-30	Abs
Crunch	3	20-30	Abs
Plank	3	90 sec.	Abs



WEEK 2

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	9-11	Chest
Reverse Grip Incline Dumbbell Press	3	9-11	Chest
Incline Dumbbell Flye	3	9-11	Chest
Cable Crossover (High Pulley)	3	9-11	Chest
Triceps Pressdown	4	9-11	Triceps
One-Arm Overhead Cable Triceps Extension (Low Pulley)	3	9-11	Triceps
Close-Grip Bench Press	3	9-11	Chest
Standing Calf Raise	4	15-20	Legs
Seated Calf Raise	4	15-20	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Row	4	9-11	Back
Wide-Grip Lat Pulldowns	3	9-11	Back
Straight-Arm Pulldown	3	9-11	Back
Seated Cable Row (Close)	3	9-11	Back
Barbell Curl	4	9-11	Arms
Incline Cable Curl	3	9-11	Arms
Concentration Curl	3	9-11	Arms
Hanging Leg Raise	3	15-19	Abs
Crunch	3	15-19	Abs
Dumbbell Side Bend	3	15-19	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	9-11	Shoulders
Dumbbell Lateral Raise	3	9-11	Shoulders
Dumbbell Upright Row	3	9-11	Shoulders
Bent-Over Lateral Raise	3	9-11	Shoulders
Smith Machine One-Arm Dumbbell shrug	4	9-11	Traps
Seated Calf Raise	4	15-20	Legs
Leg Press Calf Raise	4	15-20	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	9-11	Legs
Leg Press	3	9-11	Legs
Leg Extension	3	9-11	Legs
Romanian Deadlift	4	9-11	Legs
Lying Leg Curl	3	9-11	Legs
Hanging Leg Raise	3	15-19	Abs
Crunch	3	15-19	Abs
Side Plank	3	90 sec.	Abs



WEEK 3

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	6-8	Chest
Reverse Grip Incline Dumbbell Press	3	6-8	Chest
Incline Dumbbell Flye	3	6-8	Chest
Cable Crossover (High Pulley)	3	6-8	Chest
Triceps Pressdown	4	6-8	Triceps
One-Arm Overhead Cable Triceps Extension (Low Pulley)	3	6-8	Triceps
Close-Grip Bench Press	3	6-8	Chest
Standing Calf Raise	4	10-14	Legs
Seated Calf Raise	4	10-14	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Row	4	6-8	Back
Wide-Grip Lat Pulldowns	3	6-8	Back
Straight-Arm Pulldown	3	6-8	Back
Seated Cable Row (Close)	3	6-8	Back
Barbell Curl	4	6-8	Arms
Incline Cable Curl	3	6-8	Arms
Concentration Curl	3	6-8	Arms
Hip Thrust	3	10-14	Abs
Cable Crunch	3	10-14	Abs
Oblique Cable Crunch	3	10-14	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	6-8	Shoulders
Dumbbell Lateral Raise	3	6-8	Shoulders
Dumbbell Upright Row	3	6-8	Shoulders
Bent-Over Lateral Raise	3	6-8	Shoulders
Smith Machine One-Arm Dumbbell shrug	4	6-8	Traps
Seated Calf Raise	4	10-14	Legs
Leg Press Calf Raise	4	10-14	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	6-8	Legs
Leg Press	3	6-8	Legs
Leg Extension	3	6-8	Legs
Romanian Deadlift	4	6-8	Legs
Lying Leg Curl	3	6-8	Legs
Hip Thrust	3	10-14	Abs
Cable Crunch	3	10-14	Abs
Cable Woodchopper	3	10-14	Abs



WEEK 4

DAY 1

EXERCISE	SETS	REPS	MUSCLE GROUP
Bench Press	4	3-5	Chest
Reverse Grip Incline Dumbbell Press	3	3-5	Chest
Incline Dumbbell Flye	3	3-5	Chest
Cable Crossover (High Pulley)	3	3-5	Chest
Triceps Pressdown	4	3-5	Triceps
One-Arm Overhead Cable Triceps Extension (Low Pulley)	3	3-5	Triceps
Close-Grip Bench Press	3	3-5	Chest
Standing Calf Raise	4	6-9	Legs
Seated Calf Raise	4	6-9	Legs

DAY 2

EXERCISE	SETS	REPS	MUSCLE GROUP
Dumbbell Row	4	3-5	Back
Wide-Grip Lat Pulldowns	3	3-5	Back
Straight-Arm Pulldown	3	3-5	Back
Seated Cable Row (Close)	3	3-5	Back
Barbell Curl	4	3-5	Arms
Incline Cable Curl	3	3-5	Arms
Concentration Curl	3	3-5	Arms
Smith Machine Hip Thrust	3	6-9	Abs
Machine Crunch	3	6-9	Abs
Band Roundhouse Elbow	3	6-9	Abs



DAY 3

EXERCISE	SETS	REPS	MUSCLE GROUP
Seated Dumbbell Shoulder Press	4	3-5	Shoulders
Dumbbell Lateral Raise	3	3-5	Shoulders
Dumbbell Upright Row	3	3-5	Shoulders
Bent-Over Lateral Raise	3	3-5	Shoulders
Smith Machine One-Arm Dumbbell shrug	4	3-5	Traps
Seated Calf Raise	4	6-9	Legs
Leg Press Calf Raise	4	6-9	Calves

DAY 4

EXERCISE	SETS	REPS	MUSCLE GROUP
Squat	4	3-5	Legs
Leg Press	3	3-5	Legs
Leg Extension	3	3-5	Legs
Romanian Deadlift	4	3-5	Legs
Lying Leg Curl	3	3-5	Legs
Smith Machine Hip Thrust	3	6-9	Abs
Machine Crunch	3	6-9	Abs
Plank	3	105 sec.	Abs



Micro Muscle/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. Those of you who want to maximize strength gains and/or muscle mass gains during these 12 weeks, should follow the Gain Size and Strength Micro Muscle/Shortcut-To-Size Diet. If you want to maximize fat loss while you still gain strength and muscle, then follow the Get Lean Micro Muscle/Shortcut-To-Size Diet.

Gain Size and Strength Shortcut To Size Diet

If your primary goal is to gain more muscle mass and/or more strength, then this is the diet that you will want to follow during this 12-week program.

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.

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 you 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.

SHORTCUT TO SIZE

THE 12-WEEK PLAN

TO GET
BIGGER,
STRONGER &
LEANER



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

1 slice lowfat American cheese

3 egg whites

(scramble eggs cook in olive oil and add cheese to melt)

1 Tbsp Olive oil

2 cups cooked Oatmeal

Late Morning Snack

1 cup low-fat cottage cheese

(mix pineapple in cottage cheese)

1 cup sliced pineapple

1 Cliff bar (any flavor)

LUNCH

1 can albacore tuna

1 Tbsp light mayonnaise

2 slices whole wheat bread

1 large piece of fruit (apple, orange, banana, etc.)



Afternoon Snack

1 scoop Whey Protein
1Tbsp 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)



On Workout Days Add these Meals (or combine the pre and postworkout shakes into one large Pre/During/Postworkout Shake and drink about 1/3 within 30 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 scoop Whey Protein | 5-10 grams BCAAs |
| 1 large apple | 2-3 grams beta-alanine |
| 2-5 grams creatine
(depending on form) | 1.5 - 2 grams betaine |

POSTWORKOUT

(within 30 minutes after workouts)

- | | |
|---|------------------------|
| 1 scoop Whey Protein | 5-10 grams BCAAs |
| 1 scoop Casein Protein | 2-3 grams beta-alanine |
| 30 Gummy bears | 1.5 - 2 grams betaine |
| 2-5 grams creatine
(depending on form) | |

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)

Get Lean Micro Muscle Diet

If your goal is to maximize fat loss while still gaining strength and muscle, this is the diet plan that you want to follow for the next 12 weeks. Read the Gain Size and Strength Micro Muscle Diet above to learn more on this diet. The basic premise of the diets are the same, this one just provides fewer carbs to keep calories down and fat loss maximized, but the diets are very similar in organization and concepts.



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

1 slice lowfat American cheese

3 egg whites

(scramble eggs cook in olive oil and add cheese to melt)

1 Tbsp Olive oil

1 cup cooked Oatmeal

Late Morning Snack

1 cup low-fat cottage cheese

(mix pineapple in cottage cheese)

1 cup sliced pineapple

LUNCH

1 can albacore tuna

2 Tbsp salad dressing
(olive oil n vinegar)

2 cups mixed green Salad



Afternoon Snack

1 scoop Whey Protein

1Tbsp Peanut butter or 1 oz.
mixed nuts

DINNER

8 oz. salmon

2 cups mixed green Salad

1 cup chopped broccoli

2 Tbsp salad dressing
(olive oil n vinegar)

Before BED Snack

1 scoop Casein protein

1 Tbsp Peanut butter

Totals: **2400** calories, **240** g protein, **110** g carbs, **110** g fat

(for the **180** pound person = **14** cal/pound, **1.3** g protein, just over **0.5** g/carbs and just over **0.5** g fat per pound)



On Workout Days Add these Meals (or combine the pre and postworkout shakes into one large Pre/During/Postworkout Shake and drink about 1/3 within 30 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 scoop Whey Protein	5-10 grams BCAAs
1 large apple	2-3 grams beta-alanine
2-5 grams creatine (depending on form)	1.5 - 2 grams betaine

POSTWORKOUT

(within 30 minutes after workouts)

1 scoop Whey Protein	5-10 grams BCAAs
1 scoop Casein Protein	2-3 grams beta-alanine
30 Gummy bears	1.5 - 2 grams betaine
2-5 grams creatine (depending on form)	

This will bring up the Totals to: **3000** calories, **305** g protein, **190** g carbs, and fat stays around **110** grams (for the **180** pounder that = **17** cal/pound, about **1.7** grams of protein per pound, just over **1** grams of carbs per pound, and fat stays at just above **0.5** grams per pound of body weight)



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