



A COMPREHENSIVE GUIDE

# 6-Week Shred Plan

Built for Men Who Want Real Results

This simplified, no-fluff cutting plan is designed for men who want to lean out, preserve muscle, and train with intensity—without relying on expensive supplements or complex tracking systems. Inspired by high-intensity programs like Shortcut to Shred, this guide gives you the tools to show up and dominate your cut.





### **Disclaimer**

This 6-Week Shred Plan is provided for informational and educational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult with your physician or a qualified healthcare provider before beginning any exercise, fitness, or nutrition program, especially if you have any pre-existing health conditions or are taking medications.

The creators of this program are not certified medical professionals and assume no liability for injuries, health issues, or adverse effects that may result from the use or misuse of this guide. All recommendations are made based on personal experience and general fitness knowledge. By using this plan, you acknowledge that you are voluntarily participating at your own risk and agree to release the creators from any and all liability.

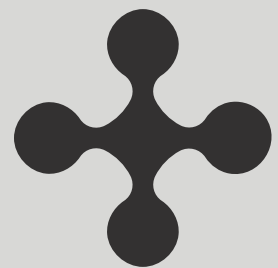




# 6-Week Shred

## Program Overview

- Length: 6 weeks
- Frequency: 6 days per week (1 rest day)
- Focus: Fat loss, muscle retention, metabolic conditioning
- Style: Weightlifting + cardio acceleration



# Weekly Training Split

Maximizing gains while prioritizing muscle recovery is essential.

**Day 1 – Chest + Core + Cardio Acceleration**

**Day 2 – Back + Biceps + Cardio Acceleration**

**Day 3 – Legs + Core**

**Day 4 – Shoulders + Triceps + Cardio Acceleration**

**Day 5 – Full Body Conditioning Circuit**

**Day 6 – Active Recovery (light cardio, stretching, mobility)**

**Day 7 – Rest & Recovery, not a cheat day.**

**Cardio Acceleration:** Between lifting sets, perform 30-60 seconds of high-intensity cardio (e.g., jump rope, mountain climbers, air squats) to keep your heart rate elevated and shred fat.





# Training Guidelines

**Transform your body and mindset through discipline**

- Use compound lifts as your foundation (squats, deadlifts, bench, pull-ups, rows)
- Keep rest between sets short (30–60 seconds)
- Use progressive overload (increase weight or reps weekly)
- Superset where possible to keep intensity high







# Nutrition Guidelines


**Goal: Calorie deficit with enough protein to maintain muscle**

## **Macronutrient Breakdown (Daily):**

- Protein: 1g per pound of body weight
- Fats: 0.3–0.4g per pound
- Carbs: Adjust to fit energy needs, centered around workouts

### **Tips:**

- Eat 4–5 meals per day
- Keep most carbs pre/post workout
- Hydrate aggressively—1 gallon of water daily



**"You are in danger of living a life so comfortable and soft, that you will die without ever realizing your true potential."**

**DAVID GOGGINS**



# Optional Supplement Stack

(Not required, but may support your performance)



## **Whey protein** **Creatine monohydrate**

Boosts muscle recovery, supports protein synthesis, and is an easy way to hit daily protein goals.



## **Caffeine or pre-workout** **(limit to early day use)**

Enhances focus, endurance, and workout performance, especially useful during low-energy phases of a shred.



## **Fish oil or omega-3s**

Promotes heart and hormone health, and can ease the impact of intense training on recovery.





# Example Day

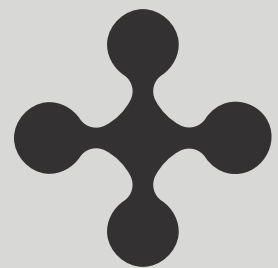
## **Workout: Chest + Core + Jump Rope (30 sec between sets)**

- Incline Dumbbell Press – 4 sets x 10–12
- Push-Ups – 3 sets to failure
- Cable Flys – 3 sets x 15
- Hanging Leg Raises – 4 sets x 12
- Russian Twists – 3 sets x 20 (each side)

## **Meal Plan (2000–2200 calories):**

- Meal 1: Eggs + oatmeal + berries
- Meal 2: Chicken breast + sweet potato + green beans
- Meal 3: Greek yogurt + almonds
- Meal 4: Salmon + quinoa + broccoli
- Meal 5 (optional): Protein shake + banana





# Final Word

You don't need hype. You need structure, consistency, and effort. Follow this plan, dial in your meals, and show up with intensity. In 6 weeks, you'll look—and feel—like a different man.

Built for results. Backed by grit. No excuses.

