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To Size | Review
and Results

Training Overview |

Jim Stoppani's
Shortcut to Shred
Training Program

#3 Jim Stoppani's
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To Size

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m - Shortcut To
Size- Phase 1,**

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Week 1, Day 12

1(97601m) #2

Jim Stoppani's

12-Week

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#1 Jim Stoppani's

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Jim Stoppani's

6-Week Shortcut to

Strength Review

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Oscar oglecki Jim
Stoppani's 12
Week Shortcut To
Size: Ph 1, Wk 1,
Day 4 - Shoulders/T
raps/Calves Day 1 |
30 Minute at Home
Strength Workout |
Clutch Life: Ashley
Conrad's 24/7
Fitness Trainer Kris
Gethin's
4Weeks2Shred
Training Program

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Scott Do SARMs
Work? Bench Press
Biomechanics:
Complete Guide to
the Bench Press |
Jim Stoppani, PhD
Deadlift Form:
Conventional vs.
Sumo | Jim
Stoppani, PhD Full-
Body Training For*

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Full Fat Loss | Dr.
Jim Stoppani Can I
repeat Shortcut To
Shred or Shortcut
To Size back-to-
back? 4 Reasons
You Should Be
Doing Whole Body
Training | Jim
Stoppani Breaking
My Silence
Transformation
Testimonial | Jim
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Stoppani's Shortcut
to Strength~~

~~Program Overview
| Jim Stoppani's
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Training Program~~

Oscar Oglecki

**\ "Jim Stoppani's
12 Week**

**Shortcut To Size:
Ph 1, Wk 1, Day
2 -**

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Back/Biceps/Abs

" Jim stoppani 12
week shortcut to
size review

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Shortcut To Size-
Phase 1, Week 1,
Day 2(97611m)

**What order is it
best to do my
Shortcut To
series? 9**

**Nutrition Rules
for Building**

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Muscle | Jim

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Shortcut to

Strength Jim

Stoppani's 12 Week

Shortcut

Jim Stoppani's

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to Size From the

labs of Yale

University to the

most hardcore

gyms in America,

Jim Stoppani has

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devoted his entire career to the science of building muscle and burning fat. He's helped millions transform their lives, and now it's your turn! START MY FREE 7-DAY TRIAL

*Jim Stoppani's
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to Size |

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Workout Review:

Jim Stoppani's 12

Week Shortcut To

Size 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

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other guru workout programmes reveals myriad hokum, quasi-debilitating looking exercises and gratuitous use of the word 'bro'.

Jim Stoppani's 12 Week Shortcut To Size Review

Let's take a look at what Jim has in

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store for the next
12 weeks! Training.
Week Shortcut
Day 1: Chest
Triceps & Calves.
Day 2: Back Biceps
& Abs. Day 3: Rest.
Day 4: Delts, Traps
Calves. Day 5: Legs
& Abs. Day 6: Rest.
Day 7: Rest.
Shortcut to Size is
set up with 4
training days per
week.

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Stoppans 12
*Jim Stoppani's
Shortcut to Size
Summary -*

Engineered Gains
As with the original
Shortcut to Size,
this program uses
linear
periodization,
meaning the
weight
progressively gets
heavier each

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“microcycle” 12

which in this case
is every week.

Week 1 starts with
12-15 reps per set,
then in Week 2 the
weight increases to
drop the rep range
to 9-11 per set.

*Shortcut to size full
body training |
jimstoppani.com*
Shortcut to Size is

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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

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to 15 reps. 12
Week Shortcut
Shortcut to SIZE
Reviews & Results
from Real People
(2020....
Program Review:
Jim Stoppa's 12
Week Shortcut to
Size. Hi guys! So
I've been looking
for an online
program to follow,
just to get some

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new exercises and routines. I came across Jim Stoppani and his 12 Week Shortcut to Size and I'm wondering if anyone here has completed it, or knows about it, and would like to give me some thoughts or reviews ...

Program Review:

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*Jim Stoppani's 12
Week Shortcut to
Size ...*

Lat Pulldown 3

12-15 Reverse-Grip

Pulldown 3 12-15

Straight-Arm

Pulldown 3 12-15

Smith Machine

Behind-the-Back

Shrug 4 12-15

Incline Dumbbell

Curl 3 12-15 High

Cable Curl 3 12-15

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Rope Cable Curl 3
12-15 Dumbbell
Reverse Wrist Curl
3 12-15 PHASE 1:
WEEK 2 WORKOUT
1: CHEST, TRICEPS,
ABS (MULTI-JOINT)

*www.bodybuilding.
com/shortcut2shre
d*

4-week phase. On
the fifth week you
drop the weight

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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

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9-11 reps per set.

In week 7, or week

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SHORTCUTIZE S

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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

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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 ...

S SHORTCUTIZE S

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SHORTCUTIZE 2

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Dr. Jim Stoppani

Access to 100s of

Workouts

Resistance &

Bodyweight

Programs for Home

or Gym Dr.

Stoppani delivers

science based

training programs

that can all be

done AT HOME or

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in the gym. PLUS
Customizable Meal
Plans, Supplement
Guides, and
Supplementation
advice and
products. Your
entire source of
everything fitness
in one place.

Jim Stoppani, Ph.D.

| *Using REAL*

science to design

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REAL ...

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to Size. Close. 16.

Posted by 4 years
ago. Archived.

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12-Week Shortcut
to Size. ... I like

alternating 2
workouts 3 days a
week with

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cardio/ab off days
than alternating
multiple workouts
spread out over 12
weeks. *Still new
myself but I
thought I mention
this program ...

*About to start Jim
Stoppani's
12-Week Shortcut
to Size ...*

It is free as well,

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but it's half as long
– 6 weeks – and
much harder!

Quick Intro to Jim

Stoppioni's Shortcut
to Shred: Designed
by Dr. Jim

Stoppioni, the nerd
of the fitness
world, Shortcut to
Shred is an
intense, six-week
training program
that claims to help

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you torch fat, built muscle, and boost your strength.

Intro to Jim Book

Stoppani's Shortcut to Shred - Fit Mom Journey

Let's face it. The only "shortcuts" to bulking up and shredding fat are unsafe, unsustainable, or

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flat-out illegal. So when Jim Stoppani—a health consultant to the stars with a doctorate in exercise physiology to his name—began flaunting a program called “6-Week Shortcut to Shred” That was a bit of a head-

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*Jim Stoppani's
6-Week Shortcut To
Shred [Full Review
...
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Jim Stoppani's
program "12-Week
Shortcut To Size"
was an awesome
program all
around! It includes
a full workout and
nutrition plan, plus

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Stoppani's 12-Week Shortcut
To Size | Jim Stoppani's 12-Week Shortcut

*Jim Stoppani's
12-Week Shortcut
To Size | Review
and ...*

Jim Stoppani's
Shortcut To Shred
is a six-week
programme -
basically a crash
course - designed
to help you "torch

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fat, drop excess weight, and get lean faster than ever". It revolves around a six-workouts-per-week training split, which has you hitting shoulders, traps, chest, back, biceps, triceps and legs two times per week, and abs ...

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*Workout Review:
Jim Stoppani's Six-
Week Shortcut To
Shred*

Jim Stoppani's
6-Week Shortcut to
Shred. ... Finished
this program
yesterday and I am
very impressed
with the results. I
lost 10 pounds and
12 percent body
fat. I stuck with this

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program all the way through and every workout was great. The advanced cardio in between sets really keeps you going and burning all the way till the end.

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Shred |
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Here 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

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and leaning out.

Contents1 Review
from DoWhatYouCa

nt.com2 Review

from

GChanMako.com3

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Lecavalier4 Review

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Shortcut to SHRED

Reviews from 5

Real People (2020)

| *Lift ...*

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workouts,
supplement
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and much more
with the web's #1
fitness and
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