



THE AC

12 week

SHRED

CODE



Duration:

12 Weeks

Focus:

Fat loss

Muscle retention

Hormonal balance

Workouts per Week:

3 Full Body Resistance Days

Rest/Active Recovery Days:

4 Days

Key Tools:

Progressive overload

calorie deficit

nutrient timing

stress management

WEEKLY ROUTINE BREAKDOWN

Day	Focus	Details
Monday	PUSH Workout	Heavy compound lifts for chest, shoulders, and triceps. Start the week strong.
Tuesday	Active Recovery	20–30 min light cardio (walk, cycle, swim), plus stretching or yoga.
Wednesday	PULL Workout	Hit back, biceps, and rear delts. Focus on controlled reps and good form.
Thursday	Rest or Light Walk	Optional 30 min walk + hydration + mobility. Focus on recovery.
Friday	LEGS + CORE Workout	Build your foundation with squats, RDLs, lunges + core finishers.
Saturday	HIIT or Mobility Day	20–25 min HIIT (sprints, kettlebells, bodyweight circuits) or deep mobility.
Sunday	Meal Prep + Reset	Grocery shop, prep meals, review progress, set goals for next week.

PROGRESSIVE OVERLOAD STRATEGY

Week 1-4: Build consistency, focus on form

Week 5-8: Increase weights gradually, +2.5–5% weekly if possible

Week 9-12: Focus on intensity, shorter rest, keep weight high

Track lifts in a journal or app to ensure constant progression.

WHY PROGRESSIVE OVERLOAD

Progressive overload is the key to building and maintaining muscle. By gradually increasing the weight, reps, or intensity of your workouts over time, you force your muscles to adapt and grow stronger. This is especially important when cutting, because it helps preserve lean muscle mass while you're in a calorie deficit — keeping you toned, not skinny.

No progression = no results. Challenge your body, and it will respond.

WORKOUT SPLIT (3 Days/Week)

Each workout hits major muscle groups with progressive overload to retain muscle during fat loss.

Day 1

PUSH (Chest, Shoulders, Triceps)

A) Bench Press – 4x6-10

B) Dumbbell Shoulder Press – 3x10-12

C) Incline Dumbbell Press – 3x8-12

D) Tricep Dips – 3x12-15

E) Cable Chest Fly – 3x12-15

Finisher:

Push-ups AMRAP x 2 sets

WORKOUT SPLIT (3 Days/Week)

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Day 2

PULL (Back, Biceps, Rear Delts)

A) Deadlifts – 4x5-8

B) Pull-Ups – 3xAMRAP

C) Bent Over Rows – 3x8-10

D) Seated Cable Row – 3x10-12

E) Barbell Curl – 3x12

F) Hammer Curl – 3x12-15

Finisher:

Face Pulls 2x20

WORKOUT SPLIT (3 Days/Week)

Each workout hits major muscle groups with progressive overload to retain muscle during fat loss.

Day 3

LEGS + CORE

A) Back Squat – 4x6-10

B) Romanian Deadlifts – 3x10

C) Walking Lunges – 3x20 steps

D) Leg Curls – 3x12

E) Standing Calf Raises – 3x15

F) Hanging Leg Raises – 3x15

Finisher:

Plank – 3x1 min

NUTRITION PLAN TO SHRED & BALANCE HORMONES

Calorie deficit of 10-20% (use a calculator like TDEE Calculator online)

1g protein per pound of body weight

Healthy fats to support hormones (don't go too low!)

Complex carbs around workouts

Hydrate (3–4L water/day)

Sample Day of Eating (1800–2200 Calories):

Meal 1 : Breakfast

3 eggs + 2 egg whites

1/2 avocado

1 slice Ezekiel toast

Black coffee

Meal 2 : Lunch

6 oz grilled chicken

1 cup quinoa or brown rice

Steamed greens

Olive oil drizzle

Meal 3 : Pre-Workout Snack

Banana + 1 scoop whey protein

Meal 4 : Post-Workout / Dinner

6 oz salmon or lean beef

Sweet potato

Asparagus or broccoli

Meal 5 : Optional Snack

Greek yogurt + cinnamon + handful of almonds

SUPPLEMENTS TO SUPPORT YOUR CUT

Supplements = Assistants, not magic pills.

Focus on whole foods first.

Whey Protein Isolate: Hit your protein goal easily

Creatine Monohydrate (min 5g daily): Preserve strength & fullness

Omega-3 Fish Oil: Inflammation control & hormone support

Vitamin D3 + K2: Boost testosterone + immune health

ZMA (Zinc, Magnesium, B6): Improve sleep + recovery

Ashwagandha: Helps lower cortisol, supports testosterone, improves stress response

L-Carnitine (optional): Can support fat metabolism and energy production, especially pre-cardio

FAT LOSS HACKS TO MAKE LIFE EASIER

◆ Meal Prep Like a Pro -

Cook proteins, carbs, and veggies in bulk on Sundays & Wednesdays

Use simple containers to portion by macros

Label meals to avoid thinking throughout the week

◆ Use the 80/20 Rule

80% clean, whole foods

20% flexible (don't stress a beer or a slice of pizza once in a while)

◆ Master Hunger with Volume Foods

Fill your plate with fibrous veggies (spinach, cucumber, zucchini, cauliflower)

Use calorie-free condiments (mustard, hot sauce, lemon, vinegar)

◆ Wake Up & Walk

10–15 mins of fasted walking in the morning = gentle fat burn + improved insulin sensitivity

◆ Track (but don't obsess)

Use apps like MyFitnessPal to track food

Use a smart scale or photos weekly — not daily weigh-ins

Why Balancing Hormones Is Crucial During a Cut:

When you're shredding body fat, your body is under physical and mental stress — which can throw off key hormones like testosterone, cortisol, insulin, and thyroid hormones. Keeping these in balance is essential for:

Burning fat efficiently

Maintaining muscle mass

Boosting energy, focus & motivation

Improving sleep and recovery

Reducing cravings and mood swings

If your hormones are out of whack, you'll feel tired, lose muscle, store more fat (especially belly fat), and crash hard. A diet rich in healthy fats, quality sleep, stress management, and proper supplementation keeps your hormones optimized so you shred smarter — not harder.

HORMONE-BALANCING FOODS

Support testosterone & lower cortisol naturally:

Zinc-rich foods: Eggs, pumpkin seeds, beef

Magnesium: Spinach, dark chocolate, almonds

Healthy fats: Avocado, nuts, olive oil, fatty fish

Cruciferous veggies: Broccoli, cauliflower (helps estrogen detox)

Vitamin D: Get sunlight or supplement

HORMONE-SUPPORTING LIFESTYLE HABITS

Keeping testosterone high and cortisol low is key to successful fat shredding without losing muscle.

Sleep: 7–9 hours of quality sleep every night

No screens 30–60 mins before bed — improves sleep quality & hormone function

Cold showers or cold exposure: Supports recovery, energy, and metabolism

Sunlight exposure: 15–20 mins/day for natural vitamin D production

Sexual health: Healthy libido and testosterone go hand in hand with consistent workouts and nutrition

Avoid overtraining: More is not better — recovery is where growth happens

FINAL TIPS TO STAY SHREDDED & STRONG

Protein every meal – Retains lean mass

Strength training > endless cardio – Cardio is a tool, not the main driver

Consistency wins – Even 80% consistency for 12 weeks beats 100% for 3 weeks then burnout

Mindset matters – Visualize success, track small wins, and stay accountable

QUICK CHECKLIST (PRINT/POST THIS!)

- ✓ Lift 3x a week (Progressive overload)
 - ✓ Stay in a 10–20% calorie deficit
 - ✓ Hit protein: 1g per lb body weight
 - ✓ Prioritize sleep and recovery
 - ✓ Supplement smart, not heavy
 - ✓ Manage stress & stay consistent
- ✓ Weekly progress check-ins (photos, measurements)