REVITALIZE MEDICAL SOLUTIONS

Strength & Shred

A 6-Week Body Composition Program

Built for patients optimizing hormones and body composition

TRACK A 6-Day Full Program	TRACK B 3-Day Essential	GLP-1 Modifications

What's inside this guide

How this program works	The science behind pairing weight training with cardio to maximize fat loss while preserving lean muscle.
Nutrition made simple	Practical protein and carb targets — with a no-tracking option for patients who want simplicity.
Track A — 6-Day Full Program	The complete program for patients ready to commit to six days of training per week.
Track B — 3-Day Essential	A condensed, equally effective version for busy schedules or patients new to structured training.
GLP-1 Modifications	Specific adjustments for patients on semaglutide, tirzepatide, or retatrutide — protecting muscle while the medication does its appetite work.
Week-by-week rep guide	How reps and intensity shift each week so your body never adapts and fat loss keeps moving.

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THE METHOD

How This Program Works

Most cardio and weight training programs treat fat loss and muscle building as separate goals. This program does both at the same time using a method called **cardio acceleration** — where instead of resting between sets, you do one minute of light cardio. Your heart rate stays elevated through the entire session, turning a 45-minute weight workout into the metabolic equivalent of a weight session plus a cardio session combined.

> **Why this works for hormone optimization patients**
>
> When your hormones are optimized, your body is primed to build and hold lean muscle. This program takes advantage of that by keeping training intensity high while reducing the fat that covers the muscle you're building. The result is body recomposition — less fat, more definition — not just weight loss.

The Cardio Acceleration Method

Between every set of weights, do exactly **1 minute** of one of the following. Pick whatever matches your energy level that day:

- Jumping jacks or jump rope
- Bodyweight squats or step-ups
- Mountain climbers
- Stationary bike or treadmill walk/jog
- Kettlebell swings (if available)
- Brisk walking in place

GLP-1 patients: start with lower-intensity options like walking in place or slow step-ups. The goal is to keep moving, not to exhaust yourself between sets.

The Rep Wave — Why Reps Change Each Week

Each two-week block changes the rep range across all exercises. This is called periodization and it's the reason this program works better than doing the same thing every week. Your body adapts to a rep range in about two weeks — changing it forces continued adaptation and keeps fat loss moving even as the weeks add up.

Week	Multi-Joint Reps	Single-Joint Reps	Focus
1	9–11	12–15	Hypertrophy base
2	6–8	16–20	Strength + endurance
3	2–5	21–30	Max strength + metabolic burn
4	9–11	12–15	Hypertrophy + dropsets

5	6–8	16–20	Strength + dropsets
6	2–5	16–20	Peak intensity, carb cycle

Weeks 4–6 add dropsets on the last set of each exercise (explained on the exercise pages).

Multi-Joint vs. Single-Joint Days

Multi-Joint Days
Compound movements that use multiple muscle groups at once: squats, deadlifts, bench press, rows. These burn more calories and build more total-body strength.

Single-Joint Days
Isolation movements that target one muscle at a time: curls, flyes, lateral raises, extensions. Higher reps and longer time under tension — excellent for fat burning.

FUELING YOUR RESULTS

Nutrition Guidelines

You do not need to track every calorie to see results on this program. Below are two approaches — choose the one you'll actually stick to. The only non-negotiable is protein.

Option 1 — Macro Tracking
Protein: 1.0–1.5g per pound of body weight
Carbs (Weeks 1–3): 1.5g per pound
Carbs (Weeks 4–5): 1.0g per pound
Carbs (Week 6): 0.5g on training days
2.0g+ on one rest day/week
Fat: 0.4–0.5g per pound
Best for: patients who like structure and want maximum fat loss speed.

Option 2 — Simple Approach
Every meal: a palm-sized protein source (chicken, fish, eggs, Greek yogurt, lean beef)
Every meal: a fist-sized portion of vegetables
Training days only: one fist-sized portion of complex carbs (rice, potato, oats)
Best for: patients who want results without tracking numbers.

Protein — The Most Important Number

Protein is what allows your body to maintain and build muscle while you're losing fat. Without enough of it, your body will break down muscle for energy instead of fat — especially true when on a GLP-1 medication that reduces total food intake.

Daily protein targets by body weight

Body Weight	Minimum Protein	Optimal Protein	Example sources to hit it
140 lbs	140g	175–210g	6 oz chicken (52g) + 2 eggs (12g) + Greek yogurt (17g) + shake (25g)
160 lbs	160g	200–240g	8 oz salmon (46g) + cottage cheese (14g) + 2 shakes (50g) + lean beef (50g)
180 lbs	180g	225–270g	8 oz turkey (60g) + 3 eggs (18g) + 2 shakes (50g) + tuna can (25g)
200 lbs	200g	250–300g	10 oz chicken (84g) + 2 shakes (50g) + Greek yogurt (17g) + eggs (18g)
220 lbs	220g	275–330g	12 oz beef (84g) + 3 shakes (75g) + cottage cheese (28g) + eggs (24g)

GLP-1 Patients — Special Nutrition Notes

If you are on semaglutide, tirzepatide, or retatrutide

Your medication will significantly reduce your appetite. This is the mechanism that makes it work for weight loss — but it creates a real risk of under-eating protein, which causes muscle loss, not just fat loss.

Non-negotiable: consume a protein shake or high-protein meal within 60 minutes of waking, regardless of hunger. Do not skip this even on days when you have no appetite.

If you can only eat one substantial meal per day due to nausea or low appetite, make that meal

protein-first. Build your plate around the protein source before adding anything else.

Signs you are under-eating protein: strength dropping faster than expected, feeling weak during workouts, losing more than 1.5 lbs per week consistently. Contact your provider.

TRACK A

6-Day Full Program

For patients ready to commit to six days of training per week

Six training days per week across two three-day blocks. Each block covers chest/triceps/abs, shoulders/legs/calves, and back/biceps — done once with heavy compound lifts, then again with isolation work at higher reps. Rest on day 7.

Day	Workout	Type
Monday	Chest, Triceps, Abs	Multi-Joint (heavy)
Tuesday	Shoulders, Legs, Calves	Multi-Joint (heavy)
Wednesday	Back, Biceps	Multi-Joint (heavy)
Thursday	Chest, Triceps, Abs	Single-Joint (isolation)
Friday	Shoulders, Legs, Calves	Single-Joint (isolation)
Saturday	Back, Biceps	Single-Joint (isolation)
Sunday	Rest	Active recovery or walk

Cardio acceleration — between every single set

Do not sit and rest between sets. Instead, immediately perform 1 minute of light cardio:

walking in place, step-ups, jumping jacks, slow bike, or anything low-impact.

This is the mechanism that makes this a fat-loss program and not just a muscle-building program.

Skipping cardio acceleration reduces results significantly.

GLP-1 patients: walk in place or do slow step-ups. Keep moving without overexerting.

PHASE 1 — WEEKS 1 THROUGH 3

Complete all six workouts below each week. Change only the reps according to the wave: Week 1 (9-11 / 12-15), Week 2 (6-8 / 16-20), Week 3 (2-5 / 21-30).

DAY 1

Chest, Triceps & Abs

Multi-Joint | Week 1: 9–11 | Week 2: 6–8 | Week 3: 2–5

Exercise	Sets	Reps	Notes
Bench Press	4	See wave above	*Full range, controlled descent*
Incline Dumbbell Press	3	See wave above	
Decline Dumbbell Press	3	See wave above	*Squeeze at top*
Dips	4	See wave above	*Lean forward for chest emphasis*
Close-Grip Bench Press	4	See wave above	*Elbows tucked, tricep focus*
Cable Crunch	3	See wave above	*Round through the lumbar*
Dead Bug	3	10 each side	*Anti-extension core — BJJ carry-over*

DAY 2

Shoulders, Legs & Calves

Multi-Joint | Week 1: 9–11 | Week 2: 6–8 | Week 3: 2–5

Exercise	Sets	Reps	Notes
Barbell Shoulder Press	4	See wave above	
Alternating DB Shoulder Press	3	See wave above	*Standing, full extension*
Cable Lateral Raise	3	See wave above	*Constant tension vs. DB at bottom*
Squat	4	See wave above	*Full depth if mobility allows*

Romanian Deadlift	3	See wave above	*Hip hinge, feel the hamstring stretch*
Deadlift	3	See wave above	*Brace hard, neutral spine*
Standing Calf Raise	3	See wave above	*Full stretch at bottom*
Seated Calf Raise	3	See wave above	

DAY 3

Back & Biceps

Multi-Joint | Week 1: 9–11 | Week 2: 6–8 | Week 3: 2–5

Exercise	Sets	Reps	Notes
Barbell Bent Over Row	4	See wave above	*Chest up, pull to lower chest*
Dumbbell Bent-Over Row	3	See wave above	
Seated Cable Row	3	See wave above	*Full stretch at start*
Barbell Shrug	4	See wave above	
Barbell Curl	3	See wave above	
EZ-Bar Preacher Curl	3	See wave above	
Reverse-Grip Barbell Curl	3	See wave above	
Face Pull	3	15 every week	*External rotation — shoulder health essential*

DAY 4

Chest, Triceps & Abs

Single-Joint | Week 1: 12–15 | Week 2: 16–20 | Week 3: 21–30

Exercise	Sets	Reps	Notes
Band Crossover (inner chest)	3	See wave above	*Squeeze hands together at center*

Band Fly (mid chest)	3	See wave above	*Constant tension, slow negative*
Cable Crossover	3	See wave above	
Triceps Rope Pressdown	3	See wave above	*Flare hands at bottom*
Overhead DB Extension	3	See wave above	
Cable Lying Triceps Extension	3	See wave above	
Pallof Press	3	10 each side	*Anti-rotation core stability*
Dead Bug	3	10 each side	*Keep lower back pressed to floor*

DAY 5

Shoulders, Legs & Calves

Single-Joint | Week 1: 12–15 | Week 2: 16–20 | Week 3: 21–30

Exercise	Sets	Reps	Notes
Cable Lateral Raise	3	See wave above	*Low pulley, arm slightly forward*
DB Front Raise	3	See wave above	
DB Bent-Over Rear Delt Raise	3	See wave above	
Y-T-W on Medicine Ball	3	10 each position	*Rotator cuff and scapular stability*
Leg Extension	4	See wave above	
Leg Curl	4	See wave above	
Romanian Deadlift (lighter)	3	See wave above	*Extra posterior chain volume*
Donkey Calf Raise	3	See wave above	

DAY 6

Back & Biceps

Single-Joint | Week 1: 12–15 | Week 2: 16–20 | Week 3: 21–30

Exercise	Sets	Reps	Notes
Lat Pulldown	3	See wave above	*Full stretch at top*
Reverse-Grip Pulldown	3	See wave above	
Straight-Arm Pulldown	3	See wave above	
DB Shrug	4	See wave above	
Incline DB Curl	3	See wave above	*Full stretch at bottom*
High Cable Curl	3	See wave above	
Rope Cable Curl	3	See wave above	
Face Pull	3	15 every week	*Shoulder health — do not skip*

PHASE 2 — WEEKS 4 THROUGH 6 | DROPSETS BEGIN

Dropset protocol — every last set, every exercise

Starting Week 4, on the LAST SET of each exercise:

1. Go to failure at your working weight
2. Do 15 seconds of cardio acceleration (jumping jacks, jog in place)
3. Reduce weight by 20-30%
4. Go to failure again at the lighter weight

This doubles the metabolic stress on the last set and dramatically increases fat loss without adding more exercises or more time.

GLP-1 patients: Skip the dropset if energy is very low. The base set still counts.

Same six workouts as Phase 1. Carbs drop to 1.0g/lb in weeks 4–5 and 0.5g/lb on training days in week 6 (with one high-carb rest day at 2.0g+/lb). The exercises are the same — only intensity increases.

Week	Carbs (training days)	Carbs (rest days)	Notes
4	1.0g / lb	1.0g / lb	Carbs drop from Phase 1
5	1.0g / lb	1.0g / lb	Same — heavy dropset week
6	0.5g / lb	2.0g+ / lb	One high-carb rest day to prevent stall

All workouts are identical to Phase 1. Use the same exercise tables above. Add the dropset to the last set only.

TRACK B

3-Day Essential Program

Full results in three sessions per week — no compromise on outcomes

Track B compresses the 6-day program into three full-body sessions by combining compound and isolation work in the same session. Every major muscle group is trained each session. This is the right choice if you have three reliable training days per week and do not want to track whether you hit legs on the right isolation day.

Day	Schedule	Suggestion
Day 1	Full Body A	Monday
Day 2	Rest or walk	Tuesday or Wednesday
Day 3	Full Body B	Wednesday or Thursday
Day 4	Rest or walk	Thursday or Friday
Day 5	Full Body A	Friday or Saturday
Days 6–7	Rest	

Alternate A and B workouts. Week 1 starts A-rest-B-rest-A. The rep wave is the same as Track A.

DAY A

Full Body A

Compound + Isolation | Same rep wave as Track A

Exercise	Sets	Reps	Notes
Bench Press	3	See wave above	
Bent Over Row	3	See wave above	
Barbell Shoulder Press	3	See wave above	
Squat	3	See wave above	
Romanian Deadlift	3	See wave above	*Posterior chain priority*

Cable Crossover or Band Fly	3	+2 reps vs. wave	*Isolation finisher — chest*
Face Pull	3	15 always	*Shoulder health non-negotiable*
Dead Bug	2	10 each side	*Core stability*

DAY B

Full Body B

Compound + Isolation | Same rep wave as Track A

Exercise	Sets	Reps	Notes
Incline DB Press	3	See wave above	
Seated Cable Row	3	See wave above	
DB Shoulder Press (Seated)	3	See wave above	
Deadlift	3	See wave above	
Leg Press or Split Squat	3	See wave above	
Cable Lateral Raise	3	+2 reps vs. wave	*Isolation finisher — shoulders*
Lat Pulldown	3	See wave above	
Pallof Press	2	10 each side	*Anti-rotation core*

Track B nutrition

Same protein targets as Track A. Carbs are slightly more flexible since you have more rest days: aim for the lower end of the carb range on rest days and hit your full target on training days. Simple approach (Option 2) works very well for Track B patients.

FOR GLP-1 PATIENTS

GLP-1 Training Modifications

GLP-1 medications (semaglutide, tirzepatide, retatrutide) are powerful tools for body composition. But they create a specific challenge: because they suppress appetite so effectively, patients on GLP-1s are at high risk of under-eating protein, which leads to muscle loss rather than fat loss. The modifications below protect your lean muscle while the medication handles the appetite side of the equation.

What changes and what stays the same

Area	Standard Program	GLP-1 Modification
Cardio accel.	1 min between every set	30–45 sec, lower intensity (walk, step-ups)
Dropsets	Last set every exercise, Weeks 4–6	Optional — skip if energy is very low that day
Week 3 / Week 6	Heavy (2–5 rep max)	Floor of 4 reps — do not push to true 1–2 rep max
Session length	45–60 min typical	Aim for 35–50 min. End if you feel depleted.
Rest days	Active recovery encouraged	True rest is fine. Do not add extra cardio on low-energy days.
Protein	1.0–1.5g/lb	Minimum 1.0g/lb. Non-negotiable even with no appetite.
Carbs	Follow wave	Stay at the higher end of the wave. Do not drop carbs further.

Signs to watch for

Warning Sign	What it means	What to do
Strength dropping week over week	Under-eating protein or overall calories too low	Increase protein first. Add a shake even with no hunger.
Losing more than 1.5 lbs/week	May be losing muscle, not just fat	Contact your provider. Increase protein and carbs temporarily.
Extreme fatigue during workouts	Low glycogen or electrolytes	Add 20–30g carbs pre-workout (banana, rice cake). Add electrolytes.
Dizziness or lightheadedness	Low blood pressure or dehydration	Stop the session. Hydrate with electrolytes. Contact provider if persistent.

Muscle preservation is the goal — not just the scale

On a GLP-1, the scale will move. The question is whether what you are losing is fat or muscle. Patients who do not train while on a GLP-1 frequently lose significant lean mass alongside fat — which means they end up lighter but with a higher body fat percentage than before. This program exists to prevent that outcome. The weight training is the mechanism that tells your body to preserve muscle while the medication creates the caloric environment to lose fat.

Questions about your specific medication or dose

Every patient's response to GLP-1 therapy is different. If you have questions about how your specific medication, dose, or injection schedule interacts with your training, contact your provider at Revitalize directly.

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QUICK REFERENCE

Program At a Glance

Rep Wave — All 6 Weeks

Week	Phase	Multi-Joint	Single-Joint	Carbs	Dropsets
1	1	9–11	12–15	1.5g/lb	No
2	1	6–8	16–20	1.5g/lb	No
3	1	2–5	21–30	1.5g/lb	No
4	2	9–11	12–15	1.0g/lb	Yes
5	2	6–8	16–20	1.0g/lb	Yes
6	2	2–5	16–20	0.5g (train) / 2g+ (rest)	Yes

Cardio Acceleration Options

Option	Good for	Intensity
Jumping jacks	Easy setup, no equipment	Moderate
Jump rope	High calorie burn	High
Brisk walk / treadmill	GLP-1 patients, beginners	Low
Step-ups (stairs or box)	Joint-friendly, lower impact	Low–Moderate
Mountain climbers	Core + cardio combined	High
Slow stationary bike	Low impact, easy to manage	Low
Bodyweight squats	No equipment, legs day bonus	Moderate

Modifications at a Glance

Blue = Athlean-X movement science additions | Standard = Stoppani original or home gym swap

Original exercise	Replaced with	Reason
Wrist curl (all back days)	Face Pull	Elbow/shoulder health — protects BJJ & grappling athletes
Upright row	Cable lateral raise	Prevents shoulder impingement under load

Walking lunge	Romanian deadlift	Posterior chain priority for fat loss and metabolic effect
Incline/DB flye	Band crossover / band fly	Constant tension through full ROM, better inner chest
Standard crunch only	Dead Bug + Pallof Press	Anti-extension/anti-rotation — functional core stability
Smith machine lifts	Barbell or cable equiv.	Home gym compatibility, free movement path

Questions about your program, labs, or hormone optimization? Your provider at Revitalize is the right resource. revitalizemedicalsolutions.com | Sandy, Utah