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12 Weeks of Workouts 4 WORKOUTS PER WEEK / 90 MIN. WORKOUT From the labs of Yale University to the most hardcore gyms in America, Jim Stoppani has devoted his entire career to the science of building muscle and burning fat.6 Weeks of Workouts 6 WORKOUTS PER WEEK / 45-60 MIN. WORKOUT From the labs of Yale University to the most hardcore gyms in America, Jim Stoppani has devoted his entire career to the science of building muscle and burning fat.Jim Stoppani's Six-Week Shortcut To Shred is an intensive crash course in burning fat & building lean muscle & strength. Read our review to find out more.This 10-week plan revamps a classic training program to maximize gains in both muscle...