BACK TO BASICS.



SIX WEEK SHRED

EAT LESS. LIFT HARD. SIX WEEKS.

Your calories worked out step by step, and thirty six sessions to spend them on.

BACK TO BASICS

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BEFORE YOU START

This is six hard weeks, not a way to live. Read pages 3 to 10 before you touch a weight. They take ten minutes and they are the difference between six weeks of progress and six weeks of guessing.

01

START HERE

Six weeks is long enough to change how you look. Short enough that you can hold the line the whole way.

Six weeks is the whole reason this works. Most men fail at fat loss because they set out to eat well forever, and forever is too long to be strict. Six weeks has an end date. You can see it from here.

Three things do the work, and only three.

- **You eat less than you burn.** Not a little less some days and a lot more on others. Less, on average, for six straight weeks.
- **You eat enough protein.** Protein decides whether the weight you lose comes off your waist or off your arms.
- **You keep lifting.** Training tells your body to hold on to the muscle while the fat goes.

Everything in this book is one of those three. There is no supplement page, because there is nothing to put on it that matters next to those three.

You will not be guessing. The next few pages work out your exact numbers, step by step, with the arithmetic done for you.



02

HOW THE SIX WEEKS WORK

Your food drops every two weeks. Your training gets harder at week four. They do not change on the same day, so read the table rather than guessing.

WEEK	FOOD	TRAINING
1	Your starting number	Weeks One To Three plan
2	Your starting number	Weeks One To Three plan
3	Take 10% off	Weeks One To Three plan
4	Take 10% off	Weeks Four To Six plan
5	Take another 10% off	Weeks Four To Six plan
6	Take another 10% off	Weeks Four To Six plan

WHY IT STEPS DOWN

As you get lighter, you burn less. A number that worked in week one stops working by week four, and most men read that stall as failure and quit. You have not failed. The arithmetic changed. The steps are built in so you keep moving instead of stalling and blaming yourself.

WHAT DOES NOT CHANGE

Protein stays the same all six weeks. Calories come down, protein holds, and we did that on purpose. Protein is the number protecting your muscle while everything else shrinks.

> **A FLOOR, AND I MEAN IT**
>
> If the week five and six number comes out under 1,800 calories, do not use it. Stay on your week three and four number instead and let the extra time do the work. Six weeks of steady loss beats two weeks of heroics followed by four weeks of falling apart.

03

YOUR NUMBERS

Four steps. Do them once, on paper, and you never think about it again. To convert pounds to kilograms divide by 2.2. To convert inches to centimeters multiply by 2.54.

STEP 1. WHAT YOU BURN AT REST

This is your BMR, the calories you would burn lying in bed all day.

> **Men:** (10 x weight in kg) + (6.25 x height in cm) − (5 x age) + 5
>
> If you know your body fat percentage you can use the more accurate version. Lean mass in kg = weight in kg x ((100 − body fat %) / 100). Then BMR = 370 + (21.6 x lean mass in kg).

STEP 2. WHAT YOU BURN IN A DAY

Multiply your BMR by how often you train to get your TDEE.

HOW OFTEN YOU TRAIN	MULTIPLY BMR BY
Not at all	1.2
1 to 2 times a week	1.4
2 to 3 times a week	1.5
4 to 5 times a week	1.6
6 to 7 times a week	1.7

STEP 3. YOUR STARTING CALORIES

TDEE x 0.8 gives you weeks 1 and 2. Weeks 3 and 4 are that number x 0.9. Weeks 5 and 6 are the week 3 number x 0.9 again.

STEP 4. SPLIT IT UP

Protein: 1 gram for every pound of your goal weight. The weight you want to be, not the weight you are. Same number all six weeks.
Fat: calories x 0.2, then divide by 9. Do not go under it. Your hormones are built out of fat and 20% is already the floor.
Carbs: whatever calories are left, divided by 4.

04

THE EXAMPLE

A 42 year old man. Six feet tall, 210 lb, wants to be 185 lb. Training six days a week, so his multiplier is 1.7.

STEP	WORKING	ANSWER
BMR	(10 × 95.5) + (6.25 × 182.9) − (5 × 42) + 5	1,893
TDEE	1,893 × 1.7	3,218
Weeks 1 and 2	3,218 × 0.8	2,574
Weeks 3 and 4	2,574 × 0.9	2,317
Weeks 5 and 6	2,317 × 0.9	2,085

HIS PLATE, BLOCK BY BLOCK

BLOCK	CALORIES	PROTEIN	FAT	CARBS
Weeks 1 and 2	2,574	185 g	57 g	330 g
Weeks 3 and 4	2,317	185 g	51 g	280 g
Weeks 5 and 6	2,085	185 g	46 g	233 g

Notice what moves and what does not. Protein sits at 185 grams every single week. Fat and carbs are what come down.

DO NOT CHASE THE DECIMALS

Round to the nearest ten. These formulas are an educated estimate, not a reading off a machine. What actually tells you whether the number is right is the scale over two weeks. **The plan already cuts 10% at week 3 and again at week 5. Never stack an extra cut on top of a scheduled one.** If you have had your scheduled drop and two weeks on the new number changed nothing, then take another 10% off. If you are losing more than about two pounds a week, you have gone too hard. Add some back.

05

WHAT KILLS IT

Almost nobody fails this on a Tuesday. They fail it on a Saturday.

Five disciplined days and two loose ones does not average out to five days of progress. It averages out to nothing. Here is the arithmetic, because the arithmetic is more convincing than I am.

A MAN EATING	MON TO FRI	SAT AND SUN	TRUE DAILY AVERAGE
On plan all week	2,000	2,000	2,000
On plan, then two big days	2,000	4,000	2,571

Same five days of discipline. Same man. But the second one is eating nearly 600 calories a day above the first, and he will not lose a pound in six weeks. He will also swear he is doing everything right, because for five days a week he is.

YOUR WEEKENDS TELL THE TRUTH

Nobody is watching you on a Saturday. No colleague, no schedule, nothing keeping the shape of the day. The weekend is exactly where your standards live. Six weeks means six Saturdays. Plan them before they arrive.

THE OTHER THREE

- **Alcohol.** Seven calories a gram, no protein, no fiber, and it makes the next decision worse. Nothing spends a day's deficit faster.
- **Drinking your calories.** Juice, soda, the coffee that is mostly milk and syrup. Hundreds of calories that do not fill you at all.
- **Not counting the small things.** The oil in the pan. The bite off your kid's plate. Two of those a day is a month with no progress.

06

FOOD THAT FILLS YOU

Hunger ends most diets, and hunger is not really about calories. Hunger is about how full your stomach is. Stretch your stomach and it tells your brain you have eaten, whatever the number was.

So eat food that takes up room. Same calories, far more volume, and you stop white knuckling it by week three.

FOOD	PORTION	CALORIES
Air popped popcorn	**1 cup**	31
Strawberries	**5 large**	29
Apple	**1 medium**	95
Orange	**1 medium**	69
Watermelon	**10 oz**	86
Most vegetables	**A full plate**	Very few

BUILD EVERY MEAL THE SAME WAY

1. **A palm of protein first.** Chicken, beef, fish, eggs, cottage cheese, whey. Put it on the plate before anything else.
2. **Fill half the plate with vegetables.** The volume does the work.
3. **Then your carbs.** Rice, potatoes, oats, bread. Adjust this number, never the protein.
4. **Fat last, and measured.** Oil, butter, cheese, nuts. All fine, all easy to eat 300 calories of without noticing.

> **ONE MORE THING ABOUT WATER**
>
> Three liters a day. Start with 500 ml when you wake, before coffee. Thirst and hunger feel almost the same, and men on a diet get them confused several times a day.

07

YOUR WEEK

Six lifting days and one rest day. A hard six weeks, on purpose.

Budget about 75 minutes a session in weeks one to three, and closer to 100 minutes by week six once the abs and the cardio are counted. Look at that number honestly before you start, not in week two.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
LEGS	CHEST SHOULDERS	BACK ARMS	LEGS	CHEST SHOULDERS	BACK ARMS	REST

IF SIX DAYS IS NOT REAL FOR YOU

Then do not pretend it is. A man who plans six and does three has failed twice a week for six weeks, and he will finish this feeling worse than when he started.

Four day version: run the same six days in the same order, but only four days a week. When the week ends, pick up where you stopped. Week one you do days 1 to 4. Week two you start on day 5. You get through all six every ten days or so instead of every seven. Slower, not worse, because you will finish this one.

THE ORDER INSIDE A SESSION

1. **Warm up.** Five minutes. Get warm, do not get tired.
2. **Lift.** The table for that day, top to bottom.
3. **Abs.** Two of the four choices on page 17. After the lifting, never before.
4. **Cardio.** Thirty minutes, easy pace. After the weights or at a different time of day.

Cardio goes last for a reason. Thirty minutes of cardio before you lift means you lift less, and lifting keeps your muscle while you are eating less. Never trade the weights for the treadmill.

08

PICKING YOUR WEIGHT

DO NOT TEST A ONE REP MAX

You are eating less than you burn for six weeks. There is no worse time to find out how much you can lift one time. You do not need that number. Use the rep target.

Every set has a rep target. Pick a weight where the **last two reps are hard but your form still looks clean.** Nothing more to it, and it is the same method in every Back To Basics program.

REST BETWEEN SETS

ON THESE	REST
Squats, deadlifts, presses, rows	60 to 90 seconds
Everything else	30 to 45 seconds

Short rest is part of what makes this a fat loss program rather than a strength one. But thirty seconds after a heavy set of squats is not short rest, it is a bad set waiting to happen. Take the ninety.

EXPECT THE WEIGHTS TO STALL. THAT IS NOT FAILURE.

You are in a deficit. Your body has less fuel and less to recover with. If you hold the same weights for six weeks while your waist comes down, you have done this exactly right. Trying to add weight every week on low calories is how men get hurt in week five.



DAYS ONE AND TWO

Three sets on everything. Rest 60 to 90 seconds on squats, deadlifts, presses and rows. 30 to 45 seconds on the rest. Abs and cardio come after the lifting.

DAY 1

LEGS

EXERCISE	SETS	REPS
Squat	3	8
Deadlift	3	8
Jefferson Squat	3	12
Leg Extension	3	12
Leg Curl	3	12
Seated Calf Raise	3	20
Standing Calf Raise	3	20

DAY 2

CHEST AND SHOULDERS

EXERCISE	SETS	REPS
Bench Press	3	8
Incline Press	3	8
Chest Fly	3	12
DB Shoulder Press	3	12
Skullcrusher	3	12
Lateral Raise	3	20
Rear Delt Cable Fly	3	20

DAYS THREE AND FOUR

DAY 3

BACK AND ARMS

EXERCISE	SETS	REPS
Barbell Row	3	8
Close Grip Pulldown	3	12
Lat Pulldown	3	12
Neutral Grip Low Cable Row	3	12
Preacher Curl	3	12
Hammer Curl	3	12
Incline DB Curl	3	20

DAY 4

LEGS

EXERCISE	SETS	REPS
Front Squat	3	12
Romanian Deadlift	3	12
Leg Press	3	12
Bulgarian Split Squat	3	12
Leg Curl	3	12
Barbell Lunge	3	12
Seated Calf Raise	3	20

TWO LEG DAYS IN A WEEK

Day 1 is the heavy one. Day 4 is lighter and higher rep on purpose. Do not turn Day 4 into a second Day 1, and do not skip it because your legs are still sore. Sore is normal in week one. It settles by week two.

DAYS FIVE AND SIX

DAY 5

CHEST AND SHOULDERS

EXERCISE	SETS	REPS
Incline DB Press	3	12
DB Press	3	12
Cable Chest Fly	3	12
DB Lateral Raise	3	12
Overhead DB Press	3	20
Skull Crusher	3	12
Close Grip Bench Press	3	20

DAY 6

BACK AND ARMS

EXERCISE	SETS	REPS
Underhand Barbell Row	3	8
Neutral Grip Pulldown	3	8
DB Pullover	3	12
T-Bar Row	3	12
Standing DB Curl	3	12
Concentration Curl	3	20
Guillotine Curl	3	20

Day 7 is rest. Not a light session. Rest. On low calories it is the day your body does the repairing, and skipping it is how week five falls apart.

10 · WEEKS FOUR TO SIX

DAYS ONE AND TWO

Four sets now, and higher reps on everything except the deadlift. Same rest rules. The weight will feel heavier on fewer calories, so expect to drop it a little. The plan is working. You are not failing.

DAY 1

CHEST, SHOULDERS AND ARMS

EXERCISE	SETS	REPS
Bench Press	4	12
Skull Crusher	4	15
Incline DB Press	4	12
Tricep Kickback	4	15
Close Grip Bench	4	12
EZ Bar Curl	4	15
DB Shoulder Press	4	12
Wide Grip Upright Row	4	15

DAY 2

LEGS

EXERCISE	SETS	REPS
Squat	4	12
Leg Extension	4	15
Deadlift	4	8
Leg Curl	4	15
DB Step Up	4	12
Leg Press	4	15
Goblet Squat	4	12
Calf Raise	4	15

DAYS THREE AND FOUR

DAY 3

BACK AND ARMS

EXERCISE	SETS	REPS
Underhand Barbell Row	4	12
Pull Up	4	15
Lat Pulldown	4	12
Close Grip Pulley Row	4	15
EZ Bar Curl	4	12
Tricep Kickback	4	15
Incline DB Curl	4	12
Tricep Rope Pushdown	4	15

DAY 4

LEGS

EXERCISE	SETS	REPS
Jefferson Squat	4	12
Leg Extension	4	15
Romanian Deadlift	4	12
Leg Curl	4	15
Bulgarian Split Squat	4	12
DB Step Up	4	15
Barbell Lunge	4	12
Seated Calf Raise	4	15

Only one heavy pull from the floor per week. Day 2 has the deadlift at eight reps. Day 4 uses the Romanian version, which trains the same muscles with far less load on your lower back. Two heavy deadlift days on low calories is where men get hurt.

DAYS FIVE AND SIX

DAY 5

CHEST, SHOULDERS AND ARMS

EXERCISE	SETS	REPS
DB Press	4	12
DB Skullcrusher	4	15
Incline Machine Press	4	12
Svend Press	4	15
Shoulder Press Machine	4	12
Lateral Raise	4	15
Tricep Pressdown	4	12
Tricep Kickback	4	15

DAY 6

BACK AND ARMS

EXERCISE	SETS	REPS
Wide Grip Cable Row	4	12
Lat Pulldown	4	15
T-Bar Row	4	12
Neutral Grip Row	4	15
EZ Bar Curl	4	12
Hammer Curl	4	15
Standing DB Curl	4	12
Rear Delt Fly	4	15

11

CARDIO AND ABS

CARDIO

Thirty minutes, every training day, after the weights. Walk on an incline, ride a bike, use the rower. Whatever you will do for thirty minutes without dreading it.

Easy pace. You should be able to hold a conversation the whole way through. This is not meant to be another workout, it is meant to burn calories without costing you recovery you do not have to spare.

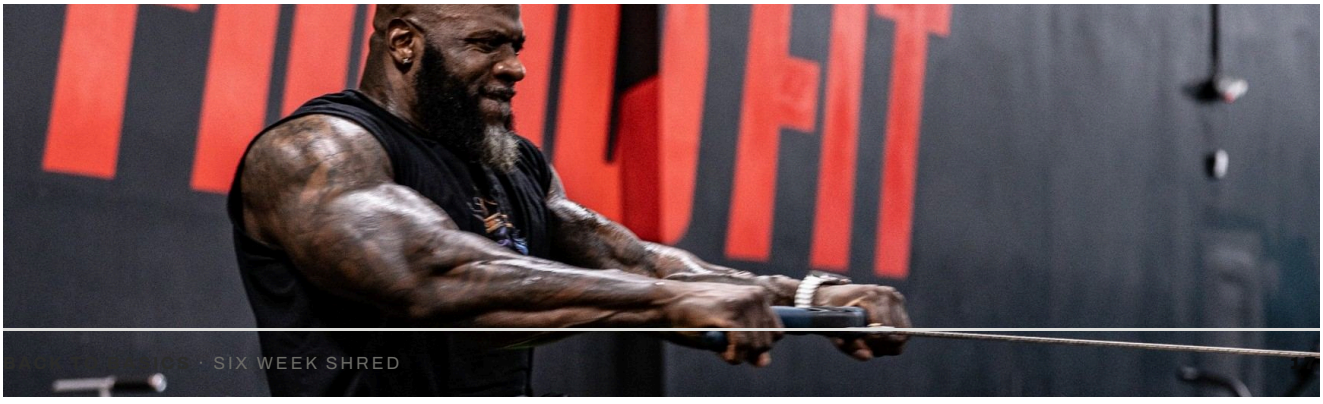
> **CARDIO IS NOT WHERE THE FAT LOSS HAPPENS**
>
> Thirty minutes of walking burns maybe 200 calories. One handful of nuts puts it straight back. Your food creates the deficit. Cardio helps at the edges and it is good for your heart, which matters more than your waist does. But do not use it to buy back a bad day of eating. That trade never works.

ABS

Pick two of these each training day. Do them **after** the lifting.

EXERCISE	SETS	REPS
Leg Lift	3	30
Decline Crunch	3	30
Oblique Crunch	3	30
Rope Cable Crunch	3	30

After, not before. Your core holds your spine in place under a squat or a deadlift. Tire it out first and you have made the heaviest part of your session the least safe part of it. Abs do not burn belly fat either. The food does that. These are here to build the muscle that shows up when the fat comes off.



12

SWAP IT OUT

Not every gym has a Jefferson squat bar or a Svend press station. No reason to skip the session.

Match the direction, not the machine. Any press replaces a press. Any row replaces a row. Any squat replaces a squat. Keep the sets and reps the same.

IF YOU CANNOT DO	USE THIS INSTEAD
Jefferson Squat	Goblet squat, or a hack squat machine
Bulgarian Split Squat	Walking lunge, or a reverse lunge
Svend Press	Cable chest fly, or a machine fly
T-Bar Row	Single arm DB row, or close grip cable row
Pull Up	Assisted machine, band, or lat pulldown
Leg Press	Goblet squat, or DB step ups
Guillotine Curl	Standing DB curl
Incline Machine Press	Incline DB press
Deadlift	Trap bar deadlift, or DB Romanian deadlift

ONE WARNING ABOUT SWAPPING

Swap because the equipment is missing or the movement hurts. Not because the exercise is hard. The hard ones are usually the reason the program works, and the man who swaps out every uncomfortable movement ends up doing a session built entirely from the easy ones.

13

YOUR LOG

Your numbers from page 5. Fill these in before day one.

CALORIE TARGET	WEEKS 1 AND 2	WEEKS 3 AND 4	WEEKS 5 AND 6	PROTEIN, EVERY WEEK

Weigh yourself the same way every week. First thing in the morning, after the toilet, before food or water. Measure your waist at the navel, relaxed, not sucked in. Once a week, same day, same time.

WEEK	WEIGHT	WAIST	SESSIONS DONE	HOW THE WEEK WENT
Start				
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				

READ THE TREND, NOT THE DAY

Your weight will go up on some mornings. Salt, sleep, water, stress, and what time you last ate all move it by a few pounds, and none of that is fat. What matters is where the line sits two weeks apart. A man who weighs daily and reacts daily quits by week three. A man who looks at it every two weeks finishes.

THE WAIST IS THE HONEST ONE

If the scale stalls but your waist is still coming down, you are losing fat and holding muscle. No better outcome exists, and the scale cannot see it. Write both numbers down.

14

THE RULES

1. **Hit your protein first, every day.** If a day falls apart, save that number. Protein keeps your muscle while everything else comes off.
2. **Weigh your food for the first week.** Just one week. You are calibrating your eye, not counting forever. Nearly every man is out by 20% until he checks.
3. **Plan the weekend on Thursday.** Not on Saturday at six. Six weeks is six Saturdays and they are what decide this.
4. **Never trade the weights for cardio.** The lifting tells your body to keep the muscle. Cardio is a rounding error next to your food.
5. **Expect the weights to drop.** You are eating less. Holding your numbers steady for six weeks is a win, not a plateau.
6. **Sleep seven hours.** Short sleep makes you hungrier and makes you recover worse, on the exact weeks you can least afford either.
7. **Do not miss twice.** One missed session is a bad week. Two is the start of quitting.

SIX WEEKS FROM TODAY

Thirty six sessions and forty two days of eating on purpose. The whole thing. Not a new man, not a transformation. Six weeks of doing what you said you would do, and a body that shows it.

15

QUESTIONS

HOW MUCH SHOULD I BE LOSING?

One to two pounds a week. Faster than that and you are giving away muscle along with the fat. If you are losing more, eat more. That sentence feels wrong and it is still correct.

THE SCALE HAS NOT MOVED IN TWO WEEKS.

First check whether a scheduled drop is due. The plan already cuts 10% at week 3 and again at week 5, and that is usually the whole adjustment. Only if you have had that drop and two weeks on the new number changed nothing do you take another 10% off. And before any of it, be honest about whether you actually ate your number every day, including the weekend. Nine times out of ten the plan is fine and the tracking is not.

CAN I BUILD MUSCLE AT THE SAME TIME?

If you are new to lifting or coming back after years off, some. If you have trained consistently for years, no, not really. Either way that is not what these six weeks are for. Six weeks of fat loss, then build after.

DO I NEED SUPPLEMENTS?

No. A protein powder makes hitting your number easier and that is the only reason to own one. Nothing else on the shelf will do more for you than eating your number and finishing your sessions.

CAN I DRINK?

You can. It just comes out of the same budget, and it makes every decision after it worse. If you are going to, plan it in on a Saturday and eat lighter that day. Do not pretend it was free.

WHAT HAPPENS AFTER SIX WEEKS?

Do not carry on cutting. Bring your calories back up to your TDEE over two weeks and hold there. Then either run a building block, or run this again in a few months. Men who diet without stopping end up smaller and softer, which is the opposite of the point.

Remember this

SIX WEEKS IS SHORT. WHICH IS THE ONLY REASON IT WORKS.

MYRON JACKSON



BACK TO BASICS

WHEN YOU NEED MORE

This book gives you the numbers. It cannot see your bloodwork, your knee, your schedule, or the Saturday you are about to have.

Most men who come to me have already tried. Gym memberships. Programs online. Meal plans. Some of it worked for a while. Most of it did not last. That was not a discipline problem. It was built for nobody in particular.

Back To Basics is built for one man at a time. We look at what is going on inside your body before we build anything. We work around the injuries you are carrying. And you are never doing it alone.

1. Apply. It takes about two minutes.
2. We look at it, and you book a call.
3. We decide together whether this is the right fit.

APPLY NOW

apply.joinbacktobasics.com

This guide is general fitness and nutrition information, not medical advice. It is not a substitute for assessment or treatment by a qualified professional. Speak to your doctor before starting any exercise or nutrition program, especially if you have an existing injury or medical condition, kidney or liver problems, are taking medication, or have not exercised in some time. Calorie restriction is not suitable for everyone. Stop and seek medical attention if you have chest pain, dizziness, or sharp joint pain. You train at your own risk. Copyright 2026 Back To Basics LLC. All rights reserved.