

COMPLETE SHRED GUIDE

Your Evidence-Based Path to a David Laid Physique

Prepared for: Deniz

Current Stats: 6'0" | 184 lbs

Contents

1 Your Current Status & Target	2
1.1 Current Stats	2
1.2 David Laid Reference Stats	2
1.3 Your Target Transformation	2
2 Phased Approach	3
2.1 Phase 1: Lean Bulk (Months 1-4)	3
2.2 Phase 2: Cut (Months 5-8)	3
2.3 Phase 3: Maintenance/Mini-Cut (Months 9-12)	3
3 Nutrition Protocol	4
3.1 Calorie Calculations	4
3.2 Macronutrient Breakdown	4
3.2.1 Lean Bulk Macros (2,900 cal)	4
3.2.2 Cutting Macros (2,300 cal)	4
3.3 Sample Daily Meal Plan (Lean Bulk)	5
3.4 High-Protein Food Staples	5
4 Training Program: 6-Day Push/Pull/Legs	6
4.1 Weekly Structure	6
4.2 PUSH DAY A (Monday) – Heavy/Strength Focus	7
4.3 PULL DAY A (Tuesday) – Heavy/Strength Focus	7
4.4 LEGS DAY A (Wednesday) – Heavy/Strength Focus	7
4.5 PUSH DAY B (Thursday) – Volume/Hypertrophy Focus	8
4.6 PULL DAY B (Friday) – Volume/Hypertrophy Focus	8
4.7 LEGS DAY B (Saturday) – Volume/Hypertrophy Focus	8
5 V-Taper Specific Training	9
5.1 Priority Exercises for V-Taper	9
5.1.1 Lat Width (Creates the “Wings”)	9
5.1.2 Shoulder Width (Side Deltoids are KEY)	9
5.1.3 Waist Minimization	9
6 Ab Training Protocol (8-Pack Focus)	10
6.1 Ab Workout (2-3x per week)	10
6.2 Lower Ab Emphasis	10

7 Progressive Overload Strategy	11
7.1 Weekly Progression Model	11
7.2 Target Strength Standards	11
8 Supplements (Evidence-Based Only)	12
8.1 Protein Powder Protocol	12
9 Recovery & Sleep	13
9.1 Sleep Protocol	13
9.2 Active Recovery	13
10 Tracking & Timeline	14
10.1 What to Track	14
10.2 Realistic Timeline	14
11 Resources & References	15
11.1 Key Research Cited	15
11.2 Recommended Resources	15
11.3 Final Notes	15

1. Your Current Status & Target

1.1 Current Stats

Metric	Value
Height	6'0" (183 cm)
Weight	184 lbs (83.5 kg)
Estimated Body Fat	~15-18%
Lean Mass (estimated)	~151-156 lbs

1.2 David Laid Reference Stats

Metric	Value
Height	6'2" (188 cm)
Weight	185-195 lbs (84-88 kg)
Body Fat	~8-10%
Chest	41 inches
Waist	30 inches

1.3 Your Target Transformation

Based on research and your stats, here's the realistic path:

- **Target Weight:** 175-180 lbs at 8-10% body fat
- **Target Lean Mass:** ~158-162 lbs (gain ~5-8 lbs muscle)
- **Fat to Lose:** ~12-18 lbs
- **Timeline:** 6-12 months for full transformation
- **Body Fat Target:** 8-10% for visible 8-pack (genetics permitting)

Key Insight: Whether you have a 6-pack or 8-pack is determined by genetics (the number of horizontal tendinous bands in your rectus abdominis). At 8-10% body fat, whatever ab structure you have will be fully visible.

2. Phased Approach

2.1 Phase 1: Lean Bulk (Months 1-4)

- **Goal:** Build muscle foundation while staying relatively lean
- **Caloric surplus:** 200-300 calories above maintenance (~5-10%)
- **Expected weight gain:** 0.5-0.75 lbs per week
- **Focus:** Compound lifts, progressive overload

2.2 Phase 2: Cut (Months 5-8)

- **Goal:** Reveal the muscle you've built
- **Caloric deficit:** 300-500 calories below maintenance
- **Expected fat loss:** 0.5-1 lb per week
- **Focus:** Maintain strength, increase protein slightly

2.3 Phase 3: Maintenance/Mini-Cut (Months 9-12)

- **Goal:** Fine-tune and maintain shredded physique
- **Calories:** Maintenance with occasional mini-cuts
- **Focus:** V-taper refinement, weak point training

3. Nutrition Protocol

3.1 Calorie Calculations

Based on your stats (6'0", 184 lbs, highly active with 6x/week training):

Phase	Daily Calories	Weekly Target
Lean Bulk	2,800-3,000	+0.5 lb/week
Maintenance	2,500-2,700	0 change
Cut	2,200-2,400	-0.75 lb/week

3.2 Macronutrient Breakdown

Protein: 1.6-2.2 g/kg bodyweight (Meta-analysis supported)

For you: **150-180g protein daily**

3.2.1 Lean Bulk Macros (2,900 cal)

Macro	Grams	Calories	% Total
Protein	175g	700 cal	24%
Carbs	375g	1,500 cal	52%
Fats	78g	700 cal	24%

3.2.2 Cutting Macros (2,300 cal)

Macro	Grams	Calories	% Total
Protein	185g	740 cal	32%
Carbs	250g	1,000 cal	43%
Fats	62g	560 cal	24%

3.3 Sample Daily Meal Plan (Lean Bulk)

Meal	Food	Macros
Breakfast (7am)	4 whole eggs, 2 slices whole grain toast, 1 banana, 1 tbsp peanut butter	P: 32g, C: 55g, F: 28g
Snack (10am)	Greek yogurt (200g) + 30g granola + berries	P: 25g, C: 45g, F: 8g
Lunch (1pm)	200g chicken breast, 200g rice, mixed vegetables, olive oil	P: 50g, C: 80g, F: 15g
Pre-Workout (4pm)	Protein shake (40g whey) + 1 banana + oats (50g)	P: 45g, C: 65g, F: 5g
Post-Workout (7pm)	200g lean beef/fish, 250g sweet potato, broccoli	P: 45g, C: 75g, F: 12g
Before Bed (10pm)	Cottage cheese (200g) + almonds (30g)	P: 30g, C: 10g, F: 18g
TOTAL		P: 227g, C: 330g, F: 86g (~3,000 cal)

3.4 High-Protein Food Staples

- Chicken breast (31g protein per 100g)
- Eggs (6g protein each, excellent amino profile)
- Greek yogurt (10g per 100g, plus probiotics)
- Lean beef (26g per 100g, high in creatine)
- Salmon (25g per 100g, omega-3 fatty acids)
- Whey protein isolate (25-30g per scoop)
- Cottage cheese (11g per 100g, casein for slow release)

4. Training Program: 6-Day Push/Pull/Legs

This split allows you to train each muscle group **twice per week** – the optimal frequency for hypertrophy according to meta-analyses.

4.1 Weekly Structure

Day	Focus	Primary Muscles	Emphasis
Monday	Push A	Chest, Shoulders, Triceps	Heavy compound
Tuesday	Pull A	Back, Biceps, Rear Deltos	Heavy compound
Wednesday	Legs A	Quads, Hamstrings, Glutes	Heavy compound
Thursday	Push B	Shoulders, Chest, Triceps	Volume/pump
Friday	Pull B	Back, Biceps, Rear Deltos	Volume/pump
Saturday	Legs B	Quads, Hamstrings, Calves	Volume/pump
Sunday	REST	Recovery, Light Activity	Active recovery

4.2 PUSH DAY A (Monday) – Heavy/Strength Focus

Exercise	Sets	Reps	Rest
Barbell Bench Press	4	5-6	3 min
Incline Dumbbell Press	3	8-10	2 min
Overhead Press (Barbell)	4	6-8	2.5 min
Cable Lateral Raises	4	12-15	60 sec
Dips (weighted if possible)	3	8-12	2 min
Overhead Tricep Extension	3	10-12	90 sec

4.3 PULL DAY A (Tuesday) – Heavy/Strength Focus

Exercise	Sets	Reps	Rest
Deadlift (Conventional)	4	5-6	3-4 min
Weighted Pull-ups	4	6-8	2.5 min
Barbell Rows	4	6-8	2 min
Face Pulls	4	15-20	60 sec
Barbell Curls	3	8-10	90 sec
Hammer Curls	3	10-12	60 sec

4.4 LEGS DAY A (Wednesday) – Heavy/Strength Focus

Exercise	Sets	Reps	Rest
Back Squat	4	5-6	3-4 min
Romanian Deadlift	4	8-10	2.5 min
Leg Press	3	10-12	2 min
Walking Lunges	3	12 each	90 sec
Leg Curls	3	10-12	90 sec
Standing Calf Raises	4	12-15	60 sec

4.5 PUSH DAY B (Thursday) – Volume/Hypertrophy Focus

Exercise	Sets	Reps	Rest
Dumbbell Shoulder Press	4	8-10	2 min
Incline Barbell Press	4	8-10	2 min
Cable Flyes (Low to High)	3	12-15	60 sec
Lateral Raises (Drop Set)	4	12-15 + drop	60 sec
Upright Rows	3	10-12	90 sec
Tricep Pushdowns	3	12-15	60 sec
Skull Crushers	3	10-12	90 sec

4.6 PULL DAY B (Friday) – Volume/Hypertrophy Focus

Exercise	Sets	Reps	Rest
Lat Pulldowns (Wide Grip)	4	10-12	90 sec
Chest-Supported Rows	4	10-12	90 sec
Single-Arm Cable Rows	3	12 each	60 sec
Straight-Arm Pulldowns	3	12-15	60 sec
Rear Delt Flyes	4	15-20	45 sec
Incline Dumbbell Curls	3	10-12	60 sec
Cable Curls	3	12-15	45 sec

4.7 LEGS DAY B (Saturday) – Volume/Hypertrophy Focus

Exercise	Sets	Reps	Rest
Front Squat	4	8-10	2.5 min
Bulgarian Split Squats	3	10 each	90 sec
Leg Extensions	4	12-15	60 sec
Lying Leg Curls	4	10-12	60 sec
Hip Thrusts	3	10-12	90 sec
Seated Calf Raises	4	15-20	45 sec

5. V-Taper Specific Training

The David Laid physique is defined by the **V-taper**: wide shoulders and lats tapering to a narrow waist. Here's how to maximize yours:

5.1 Priority Exercises for V-Taper

5.1.1 Lat Width (Creates the “Wings”)

- Pull-ups/Chin-ups (wide grip for outer lats)
- Lat Pulldowns (use full ROM, feel the stretch)
- Straight-arm pulldowns (isolates lats without biceps)
- Dumbbell Pullovers (stretch + contraction)

5.1.2 Shoulder Width (Side Deltoids are KEY)

- **Lateral raises – 15-20 sets per week (most important)**
- Cable lateral raises (constant tension)
- Upright rows (if shoulder-friendly)
- Overhead press (builds overall shoulder mass)

5.1.3 Waist Minimization

- **AVOID** heavy weighted side bends (thickens obliques)
- Stomach vacuums (trains transverse abdominis)
- Moderate ab work (don't overdevelop obliques)
- Keep body fat low (most important factor)

6. Ab Training Protocol (8-Pack Focus)

Reality Check: Whether you have 6 or 8 visible ab “packs” is genetic. The lower abs are hardest to reveal because that’s where men store fat last. Getting to 8-10% body fat is the #1 factor.

6.1 Ab Workout (2-3x per week)

Exercise	Sets	Reps	Notes
Hanging Leg Raises	3	10-15	Full ROM, control descent
Cable Crunches	3	12-15	Add weight progressively
Reverse Crunches	3	15-20	Curl pelvis toward ribs
Ab Wheel Rollouts	3	8-12	Full extension if possible
Stomach Vacuums	3	30 sec	Do daily, helps waist

6.2 Lower Ab Emphasis

Bottom-up movements target lower abs more effectively because they add the weight of your legs as resistance:

- Hanging leg raises (bent knee progressing to straight)
- Reverse crunches (focus on curling pelvis)
- V-ups (control the movement)
- Decline reverse crunches

7. Progressive Overload Strategy

Progressive overload is the #1 driver of muscle growth. Here's how to implement it:

7.1 Weekly Progression Model

- **Week 1:** Work weight @ RPE 7-8 (2-3 reps in reserve)
- **Week 2:** Same weight, add 1 rep per set
- **Week 3:** Add 2.5-5 lbs to compound lifts
- **Week 4:** Deload (reduce volume by 40%)
- **Week 5:** New working weight cycle begins

7.2 Target Strength Standards

Aim for these lifts at ~180 lbs bodyweight (intermediate to advanced):

Lift	Intermediate	Advanced
Bench Press	225 lbs (1.25x BW)	275 lbs (1.5x BW)
Squat	275 lbs (1.5x BW)	365 lbs (2x BW)
Deadlift	315 lbs (1.75x BW)	405 lbs (2.25x BW)
Overhead Press	135 lbs (0.75x BW)	165 lbs (0.9x BW)
Pull-ups	BW + 45 lbs	BW + 90 lbs

8. Supplements (Evidence-Based Only)

Most supplements are a waste of money. Here are the **proven** ones:

Supplement	Dosage	Timing	Evidence
Whey Protein	25-40g/serving	Post-workout + as needed	Strong
Creatine Monohydrate	5g daily	Any time, consistently	Very Strong
Caffeine	3-6mg/kg	30 min pre-workout	Strong
Vitamin D3	2000-5000 IU	With fat-containing meal	Moderate
Omega-3 (Fish Oil)	2-3g EPA+DHA	With meals	Moderate

8.1 Protein Powder Protocol

- **Whey Isolate:** Fast-digesting, best post-workout
- **Casein:** Slow-release, good before bed
- **Target:** 1-2 scoops daily to hit protein goals
- Not a meal replacement – supplement to whole foods

9. Recovery & Sleep

Critical: Research shows one night of total sleep deprivation can reduce muscle protein synthesis by ~18%.

9.1 Sleep Protocol

- **Target:** 7-9 hours per night minimum
- Consistent sleep/wake times (even weekends)
- Dark, cool room (65-68°F / 18-20°C)
- No screens 1 hour before bed
- Limit caffeine after 2pm

9.2 Active Recovery

- Light walking on rest days (helps nutrient delivery)
- Stretching/mobility work (10-15 min daily)
- Foam rolling problem areas
- Stay hydrated (1 gallon / 3.8L daily)

10. Tracking & Timeline

10.1 What to Track

- Weekly weight (same time, same conditions)
- Monthly progress photos (front, side, back)
- All working weights in the gym
- Key measurements (waist, chest, shoulders)
- Sleep quality and duration

10.2 Realistic Timeline

Month	Expected Progress	Focus Area
1-2	+3-5 lbs (mostly muscle)	Building strength base
3-4	+5-8 lbs total, strength PRs	V-taper development
5-6	Cut begins, -4-6 lbs	Maintain strength
7-8	-8-12 lbs, abs visible	Definition emerging
9-10	Final cut, 8-10% BF	Peak conditioning
11-12	Maintenance, refinement	Sustaining physique

11. Resources & References

11.1 Key Research Cited

- Morton et al. (2018) – Protein intake meta-analysis ($\geq 1.6\text{g/kg}$ optimal)
- Schoenfeld et al. (2016) – Training frequency for hypertrophy
- Helms et al. (2023) – Caloric surplus study (5% vs 15%)
- Slater et al. (2019) – Lean bulking evidence review
- Nunes et al. (2022) – Systematic review on protein intake for muscle mass

11.2 Recommended Resources

- **Examine.com** – Evidence-based supplement info
- **Stronger By Science (sbspod.com)** – Research-backed training
- **Jeff Nippard YouTube** – Science-based programming
- **Renaissance Periodization** – Mike Israetel's hypertrophy guides
- **MyFitnessPal** – Calorie/macro tracking app

11.3 Final Notes

The David Laid physique is achievable with **consistency, patience, and smart training**. The “secret” is there is no secret – just years of progressive overload, proper nutrition, and recovery. Stay consistent for 12+ months and you will be unrecognizable.

NOW GO GET SHREDDED.