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# The 6 Day Shred

\*\*\*\*\*Special Report\*\*\*\*\*

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## Bonus Report: The Six Day Shred



Consider the following scenarios:

You're getting married in a week. All your friends, your family, your highly paid wedding photographer and videographer will have their eyes on you.

Not to mention, later that night your new spouse will see every inch of your body.

Or how about this: You've got an important modeling photoshoot just a week away. This could be a huge break in your career and you need to look your best.

Fear not: The Six Day Shred will show you how to dump excess fat, water and bloat so that you look lean & ripped on your big day.

This is based on a specific program that bodybuilders and fitness models use to look their best on the specific day of competition. It's called "peaking" by manipulating water and sodium levels you can time it so that you look lean and "dry" on a specific day of your choosing.

The goal of this peaking procedure is to minimize water beneath the skin while keeping the muscle as full as possible so you don't end up looking "flat."

Like I said, bodybuilders use this technique for their competitions. In the non-bodybuilding world, actors and models often use these fluid manipulation techniques before a shirtless scene or photo shoot in order to look their leanest.

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## **Wake Up Ripped?**

A lot of times we accidentally manipulate our subcutaneous fluid levels. Ever wake up one day, catch a glimpse of yourself in the bathroom mirror and think, "Wow, I'm ripped!" Then, two days later, you look in the mirror again and look softer or kind of bloated?

Obviously you didn't gain that much adipose tissue in two days. The reverse wouldn't happen either: you can't go to bed chubby and wake up lean. Yet something is happening, and it's visible to the naked eye.

Most of the time this is due to "water weight" fluctuations. You just happened to eat and drink a certain way, or train a certain way, that caused you to drop or retain a couple of pounds of fluid.

Below we'll tell you step-by-step how to drop several pounds of water and get that ripped look on purpose. It isn't exactly easy, but the results can be dramatic.

## **Real World Water Manipulation**

By adopting a trick or two from competitive natural bodybuilders, you can learn to control this phenomenon and use it tactically when you want to look your leanest.

It could be used to "peak" before a day at the pool or before you take some shirtless selfies.

Most people will drop several pounds of water weight in just six days, along with some fat, causing them to look leaner and, if done correctly, more vascular and pumped.

It's designed to help already lean people get super lean. If you're just plain chubby, this isn't the program for you.

## **Overview**

There are three main factors we're going to be manipulating here to cause your body to dump water fast:

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1. **Carbohydrate Manipulation:** Low-carb and high protein diets are notably diuretic, putting your body into a fluid flushing mode. Dropping carb intake alone will cause just about anyone to lose a couple of pounds of water bloat. This plan will have you consuming 60 grams of carbs per day or fewer, then tactically carbing up at the end.
  2. **Fluid Intake:** You don't get "dry" by not drinking water, at least not at first. You put your body into flushing mode by consuming tons of water, then cutting water intake suddenly at the end. During most of this program, you'll be drinking a few gallons of water per day.
  3. **Training:** The goal here is to get yourself glycogen depleted. Do this and by the end of the week your muscles will soak up the carbs and inflate drastically.

## **The Plan**

This schedule assumes a Saturday photo shoot or "big event."

- **Monday:** Drink 2.5 to 3 gallons of water today. You're going to avoid carbs as much as possible, except for around your workout when you can have about 50 grams of carbs. Tip: Buy three, one-gallon containers of water with a handle. This will let you visually know exactly how much water you have left to go.
- **Tuesday and Wednesday:** Same as above.
- **Thursday:** Today you'll bump up water intake to 4 gallons. Continue to keep carbs low.
- **Friday:** If you choose to take an herbal diuretic (I recommend dandelion root extract), start it this afternoon and begin your carb-up. You'll have 6 solid meals, each containing 50-75g of carbs. Avoid sodium/salt as much as possible.
- **Meal #1:** Breakfast around 7am. Get your carbs from fruits to fill liver glycogen. Starting the carb-up with fruit replenishes liver glycogen very fast. We believe that the faster liver glycogen is filled, the more effective the rest of the carb-up will be.
- **Meal #2 through #4 (10am, noon, 3pm):** For these meals, go for more starchy carbs. Yams and potatoes are best. Plain rice is fine too. Avoid grains such as wheat as these might bloat you up. Keep

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water intake under 8 ounces per meal. After meal #4, stop drinking any fluid!

- Meal #5 (about 7pm): Eat one candy bar. (A full sized snickers bar works best here.
- Meal #6 (optional): Only have this meal if your muscles aren't yet full-looking or you think you can get a little fuller. Almost anything goes with this meal. Remember, you still won't be having any water, but go ahead and eat any sugary food you crave. Avoid any foods that you know will bloat you up. Do not eat until you have a "food baby" bulge in your belly. When you start to feel some stomach tightness, stop eating.
- Along with this simple sugar meal, have two tablespoons of food-grade vegetable glycerine, which is found in most health food stores.
- Friday night: Before going to bed, fill the bath with water as hot as you can tolerate, pour 400g of Epsom salts in the bath and soak in for 20-30 minutes. Add more hot water as it cools.
- Saturday (contest, photo, or beach day): Breakfast depends on how you look:
  - Looking flat? Have another simple sugar meal.
  - Looking good? Small portion of fruit and protein.
  - Holding water? Protein only (shake with very little water).

Forty-five minutes before pumping up for your shoot, take two tablespoons of vegetable glycerine with one can of full-sugar soda.

#### **4. Here's How It Works**

The goal of the low-carb days with super-high water intake is to deplete glycogen to better supercompensate later on, but the real goal is to put the body into water flushing mode.

Doing both for five days turns you into a fountain: your body simply flushes everything you drink. When you suddenly cut your water on Friday, you're still in heavy flushing mode. As a result, you'll dry up significantly by flushing and not drinking.

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A gram of carbohydrate pulls 2.7g of water into the muscle. So if you carb up when you're in flushing mode and not drinking, where do you think this 2.7g of water will come from? Beneath your skin, of course!

The vegetable glycerine recommended is a plasma expander, meaning that it pulls water into it. When you consume this thick, sickly sweet liquid, it basically goes to the muscles and pulls water into it.

Since you're not drinking any water at the time, the water that's attracted to the glycerol will come from beneath your skin. So, you'll look dryer and fuller at the same time.

#### **4 Common Peaking Mistakes**

Physique peaking and manipulating hydration is easy to screw up. In fact, even the top guys screw this up 25% of the time.

##### **5. 1 - Not being lean enough to begin with**

Playing with your water and glycogen levels can enhance the look of an already lean physique. It's the icing on the cake, providing you with fuller muscle bellies, more separation, and enhanced vascularity.

But if you're still too fat, peaking strategies aren't going to do much for you. If you aren't below 10% body fat, don't even bother.

Guidelines: At between 8 and 10%, you'll see some decent improvements, but not super drastic. If you're between 6 and 8%, these techniques will make a marked difference in your appearance. And finally, if you're below 6% they'll leave you floored by the dramatic visual difference!

##### **6. 2 - Screwing with your mineral balance**

Don't mess with your sodium intake. Many people sodium load for a few days, then sodium deplete and potassium load for the last few days of their peaking procedure. Do not do this.

It sounds simple enough: Sodium makes you hold subcutaneous water, and potassium favors retaining water in the muscles, right? Yes,

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technically, but it's much more complex than that. The body wants a proper mineral balance. If you drastically cut one mineral and bump up another one, you play with that balance and chances are you'll screw up.

Basically, you have a 50/50 chance of getting this right. You could very easily look much worse by toying with mineral balance. You can avoid salting your foods in those last few days, but that's it.

### **7. 3 - Cutting water intake too soon**

Note that we only begin to cut our water intake in the afternoon on Friday (taking in only about a half gallon on Friday AM.) Many people attempt to cut fluid intake a full two days before an event, but this leads to deflated-looking muscles.

Cutting water intake too soon can also make you hold water because your body will upregulate its aldosterone levels, which will prevent flushing sodium and water out of your system.

### **8. 4 - Cutting water intake gradually**

Many people will over-consume water (three gallons or more) for the first two or three days, then gradually decrease water over the next three or four days. This is another mistake. By gradually reducing water intake you lose the benefit of the flushing mode.

Why? Because over the two or three days of gradually reducing water intake, the body will adapt and bring its aldosterone levels back to normal. So you're flushing a lot of water at the beginning of the week, but very little at the end when you really need to.

The best approach is to suddenly cut your water so that your body stays in flushing mode even when no water is coming in.

### **9. Experimentation**

It takes most people a couple of tries to perfect these techniques and customize them to how their body reacts.

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For example, you may need two days to carb-up. So play around with it until you figure out what works best for you.



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## **Medical Stuff**

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.