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# **The Whipsaw Method**

**An advanced training and nutritional protocol for  
simultaneously adding muscle mass and  
subtracting body fat**

**For Advanced Trainees Only**

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**Title: The Whipsaw Method**

Subtitle: An advanced training and nutritional protocol for packing on muscle mass while simultaneously stripping away body fat.

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## **Medical Advisory**

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.

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## **Hey: Pay Attention To This Part!**

If you didn't watch the overview video, please close this document now and go watch the video. I understand you might be anxious to “jump right in” and see what this is all about but if you don't watch the overview video first, the protocol in this document won't make sense.

So go watch the overview video NOW and then come back.

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## **The Whipsaw Method: Overview**

Assuming you already watched the overview video, then you already have a basic grasp of what the Whipsaw Method entails.

In short, we're going to over-eat for a short term period, and then under-eat for a short term period. Doing this will allow us to gain lean mass and strip away body fat simultaneously.

We are also going to improve our results with a high protein diet, cycling calories and carbohydrates on training and non-training days and intelligently structuring out workout programs depending on whether we are in the mass gain phase or the fat loss phase.

In this document, I'll give you the "nuts & bolts" of the plan. You will know exactly what to do. I will try to keep this short so you can print it out and refer back to it.

### **Starting Instructions**

First and foremost, this is a program for ADVANCED TRAINEES only.

This means you should be relatively lean already and moderately strong. I don't have any hard and fast rules, but ideally you should be UNDER 15% body fat and at least strong enough to bench press your body weight for a few reps. (Or you should be able to do at least a couple chin-ups.)

If you are drastically fatter or drastically weaker than those bench marks, you should focus on dropping the fat or getting strong before you begin this program. I recommend my book ["How To Build A Classic Physique"](#) for those looking to get strong or my other book ["The 2222 Method"](#) for those who need to focus on fat loss.

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Next, we need to determine your approximate level of lean mass. This is crucial for determining your calorie and macronutrient levels in the coming steps.

### **How To Determine Your Lean Mass**

**Step #1:** Get a tape measure and measure around your waist at the belly button level. Do not “suck in” or push out. Do this first thing in the morning.

Write down your waist size here: \_\_\_\_\_

**Step #2:** Plug in your waist size, age, height, and weight [into this calculator:](http://home.fuse.net/clymer/bmi/)  
(<http://home.fuse.net/clymer/bmi/>)



**Body-Mass Index (BMI)**  
**Waist-to-Height Ratio (WHtR)**  
**Basal Metabolic Rate (BMR)**  
**Body Fat & Surface Area**  
**Willoughby Ideal Weight & Waist**

Enter your weight (in lbs), height (in feet and inches), waist (in inches), sex and age. Then, press the Calculate! button.

Weight  lbs  
Height  ft  
 in  
Waist  in  
Sex   
Age  yrs

[Body-Mass Index \(BMI\)](#)  kg/m<sup>2</sup>  
[Waist-to-Height Ratio \(WHtR\)](#)  %  
[Body Fat](#)  %  
[Basal Metabolic Rate \(BMR\)](#)  kcals/day  
[Surface Area](#)  m<sup>2</sup>  
[Willoughby Athlete Weight](#)  lbs  
[Willoughby Athlete Waist](#)  in

This will give you an approximate reading of your body fat percentage. The calculator is going to give you a lot of other data too. Like BMI, metabolic rate, etc.

You can ignore all that stuff. We only want your body fat percentage estimate.

Write down your percentage of body fat here: \_\_\_\_\_  
*(Note: Do not worry about how accurate this is. If you know for a fact that you have 8% body fat and this calculator says you have 10% body fat, that doesn't matter. We are just using it as an estimate and it does not need to be 100% accurate. Having said that, I've found this calculator to be extremely accurate for most people. So if you think you have 15% body fat but the calculator says you're at 25% body fat, you are probably fatter than you think.)*

**Step #3: Determine how many pounds of fat you are carrying.**

Multiply your body weight by your body fat percentage to determine how many pounds of fat you are currently carrying on your body.

So if you weigh 180 pounds and the calculator puts you at 10% body fat, then  $180 \times 0.1 = 18$  pounds of fat.

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Write down your pounds of fat calculation here:

Current Body Weight \_\_\_\_\_ x Body Fat Percentage = \_\_\_\_\_ Pounds of Fat

**Step #4: Subtract Pounds of Fat From Your Total Body Weight To Get Your Estimated Lean Mass**

Now subtract your pounds of fat from your total body weight to get your pounds of lean body mass.

Total Body weight \_\_\_\_\_ - \_\_\_\_\_ Pounds of Fat (from step #3) = \_\_\_\_\_ Lean Body Mass

So if you weigh 180 pounds, and you've determined that you are at 10% body fat and therefore are carrying 18 pounds of fat, then 180 pounds – 18 pounds = 162 pounds of lean mass.

## The Two Phases

The Whipsaw Method consists of two phases. A Mass Gain Phase and a Fat Loss Phase.

The length of each phase will be 10-15 days. In a perfect world, you would run each phase for exactly 14 days each time. But the reason for the flexibility is because we don't live in a perfect world.

You might get sick, or miss a workout due to scheduling, or whatever. Or if you feel you gained too much body fat during your mass gain phase, you might wish to cut it short after 10 days and extend your fat loss phase to 15 days in order to maximize fat loss.

It's up to you. *But 10-15 days per phase is the recommendation with the ideal target being 14 days.*

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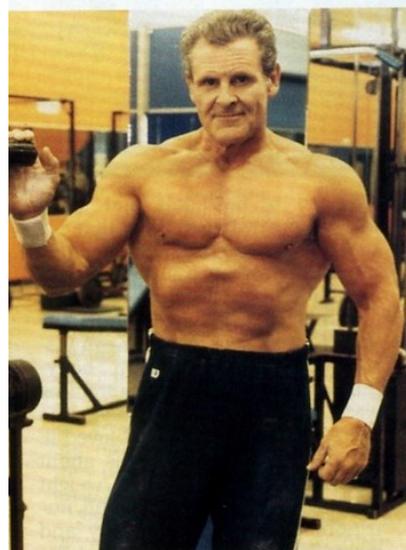
# The Mass Gain Phase

The primary objective of the mass gain phase is to pack on as much lean body mass in two weeks while minimizing body fat gains.

## **The Mass Gain Training Program**

Back in the 1950's, a reclusive bodybuilding genius by the name of George Turner made a name for himself with his unusual approach to mass gains.

His high volume training program works wonders for those looking to add mass.



*George Turner at age 66.*

The program is basic but brutal. The good news is you only have to do six workouts. Perform this same routine 3x per week on non-consecutive days. (Monday, Wed, Friday or Tue, Thur, Sat, etc.)

## **The George Turner High Volume Mass Gain Routine**

Barbell Squats: 10 sets of 10 reps.

Barbell Bench Press: 10 sets of 10 reps.

Barbell Curls: 10 sets of 10 reps.

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For squats and bench press, you will decrease the weight by 10 pounds every 2 sets. So if sets 1 & 2 are done with 250lbs, then sets 3&4 will be done with 240lbs, sets 5&6 will be done with 230lbs, etc.

Do all sets of squats before moving on to the bench press.

Don't worry if you are unable to complete all 10 reps on all 10 sets. Since you will be doing the same routine 3x per week, you will have ample opportunities to improve. If you are able to complete all 10 reps on all 10 sets, increase the weight next time.

Perform the bench press in the same manner.

The barbell curls will be done slightly different. For those you will use the same weight for the first 5 sets, then drop the weight 10 pounds for the last 5 sets. So if you use 100 pounds for the sets 1-5, sets 6-10 will be done with 90lbs. Again, don't worry if you don't complete all 10 reps on all 10 sets.

This routine seems simple on the surface but the high volume will pack on size fast.

**Note on exercises:** I am using the barbell squat, barbell bench press and barbell curl as that is how George Turner himself originally set it up.

However if you need to substitute an exercise because of injuries or equipment limitations, that's fine by me. If you need to swap out squats for leg presses or dumbbell bench press in lieu of barbell bench press, that's fine.

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## **Nutrition On Mass Gain Phase Training Days**

On your Mass Gain Training Days, we are going to follow a high-calorie, high protein, high carbohydrate and lower fat approach.

I will show you how to calculate exactly how much of each macro you should be targeting for your Mass Gain Training Days.

But you should know that I am not particular about any meal time. If you want to have a big breakfast, go for it. Want to skip breakfast? Fine by me. Want to eat six meals? Great. Want to eat only one meal. Go ahead. (Although you will most likely need multiple meals + shakes to hit your targets on Mass Gain Training Days.) The only thing that matters is you hit your targets.

### **Calculating Your Mass Gain Training Day Targets**

Your Lean Mass (in pounds) : \_\_\_\_\_

Multiply Lean Mass in Pounds by 18= \_\_\_\_\_  
Calories on Mass Gain Training Days.

Multiply your Total Calories on Mass Gain Training Days by 0.1 to get your GRAMS OF PROTEIN target: \_\_\_\_\_

Multiply your grams of protein target by 1.12 to get your grams of carbohydrate target. \_\_\_\_\_

Multiply your grams of protein target by 0.16 to get your grams of fat target. \_\_\_\_\_

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Example:

Using the previously mentioned calculations on page 7, Joe has determined he has 150lbs of lean mass.

We multiply that by 18 to get his target calories on a mass gain training day: 2700 calories.

Multiply his mass gain target calories by 0.1 to get 270 grams of protein. Multiply 270 grams of protein by 1.12 get to get 302.4 grams of carbohydrates. Multiply protein (270 grams) by 0.16 to get his grams of fat target of 43.2 grams.

**So Joe is shooting for 2700 calories, comprised of 270 grams of protein, 300 grams of carbohydrates and 45 grams of fat on his mass gain training days.**

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## **Nutrition On Mass Gain Phase Non-Training Days**

On your Mass Gain Non-Training Days, we are going to follow a slightly lower-calorie, high protein, low-carbohydrate and moderate fat approach.

I will show you how to calculate exactly how much of each macro you should be targeting for your Mass Gain Non-Training Days.

Most people do best dividing the non-training day calories up into two large meals, but again you can do as you please. The only thing that matters is you hit your targets.

### **Calculating Your Mass Gain Non-Training Day Targets**

Your Lean Mass (in pounds) : \_\_\_\_\_

Multiply Lean Mass in Pounds by 15= \_\_\_\_\_  
Calories on Mass Gain Training Days.

Multiply your Total Calories on Mass Gain Training Days by 0.1 to get your GRAMS OF PROTEIN target: \_\_\_\_\_

Multiply your grams of protein target by 0.25 to get your grams of carbohydrate target. \_\_\_\_\_

Multiply your grams of protein target by 0.55 to get your grams of fat target. \_\_\_\_\_

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# **The Fat Loss Phase**

The primary objective of the fat loss phase is to strip away as much body fat as possible in two weeks while retaining as much lean mass as possible.

## **The Fat Loss Phase Training Program**

During the mass gain phase, we used a high volume program. For the fat loss phase, we are going to take things in a different direction. We will dramatically reduce the volume and instead focus on intensity by using a high-intensity style of training.

You will again be training 3x per week on non-consecutive days. (Monday, Wed, Friday or Tue, Thur, Sat, etc.)

(If you are unsure about any of the exercises, just hold "Control" on your keyboard and click the exercise name and you will be taken to a short description about each exercise.

Keep in mind I may not agree with the way an exercise is being demonstrated, but this is the best way to show you a basic example of how the exercise is supposed to look.)

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### Day 1:

[Deadlifts](#): 2 sets RP-style, Rep Range 3-5

[Barbell Overhead Press](#): 2 sets RP-style, Rep Range 6-8

[Chin-Ups](#): 2 sets RP-style, Rep Range: 4-6

[Chest-supported Row](#): 2 sets RP-style, Rep Range: 6-8

### Day 2:

[Bench Press](#): 2 sets RP-style, Rep Range 6-8

[Incline Dumbbell Bench Press](#): 2 sets RP-style, Rep range 6-8

[Barbell Curls](#): 2 sets RP-style, Rep Range 6-8

[Tricep Push-downs](#): 2 sets RP-style, Rep Range 6-8

### Day 3:

[Barbell Squats](#) or Leg Press: 2 sets RP-style, Rep Range 6-8

[Hamstring Curl](#): 2 sets RP-style, Rep Range 6-8

Calf Exercise (any): 1 set, 20-25 reps.

[Cable Crunch](#): 1 set: 10-15 reps.

## What is RP-style?

RP-style stands for reverse pyramid style. Typical training models have you starting light and building up your heaviest set at the end.

But with reverse pyramid training you will start with your heaviest set. We are only going to be performing two sets:

The main set and the back-off set.

The main set is designed to be taken to failure. Choose a weight that brings you to the point of failure within the required rep range.

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For example, on deadlifts we are shooting for a rep range of 3-5 reps. Warm up as needed. Do as many sets with whatever weight you desire.

Somebody with a deadlift of around 405lbs might warm up with 135lbs x 10, 225lbs x 5, 275lbs x 3, 315lbs x 2, and 365lbs x 1.

Then it's time for the main set. You will do as many reps as possible! Go to failure. Let's say you are using 405lbs in the deadlift. The first 3 reps are brutal, but you keep going. You are able to grind out a 4<sup>th</sup> rep, and a 5<sup>th</sup> rep. You try for a 6<sup>th</sup> rep but it just won't go.

No problem. Record the fact that you did 405lbs x 5 reps in your log book and rest for at LEAST 3-5 minutes.

Now you will perform the back-off set. For the back-off set, you will use 90% of the weight you used on the main set, but you will shoot for one additional rep.

So on the main set you did 405lbs for 5 reps.

Therefore on the back-off set you will use 365lbs and get 6 reps.

( $405 \times .9 = 364.5\text{lbs}$ , rounded to 365lbs.)

Does that make sense? So every time you see an exercise with the "RP-style" that means you are going to be performing two sets, with the first being the money set taken to the point of failure and the 2<sup>nd</sup> set to be done with 90% of the weight of the first set, but going for one additional rep.

Let's do another example:

Bench press. The rep range is 6-8 reps. You put 225lbs on the bar and knock out 9 reps. Yes, the rep range is 6-8 reps but you do NOT stop just because you hit the upper limit of the rep range. That is just a

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guideline to help you select the proper amount of weight. You are to perform as many reps as you possibly can.

In this case, you tried for number 10 but failed and the spotter had to pull the bar off your chest. (You did have a spotter, right?)

So you mark down 225lbs x 9 reps in your log book. You'll definitely increase the weight next time. But for now, you will rest for 3-5 minutes.

Then you perform your back off set using 90% of the weight you used on your main set, but going for one additional rep.

So because you did 225lbs x 9 on your main set, you will perform your back-off set with 200lbs (225 x 0.9) and you will shoot for 10 reps. Got it?

As you can see, almost all exercises are performed "RP style" except for calf stuff and cable crunches. For those exercises, you will just perform one set to failure.

## **Hit It Hard And Go Home**

This is a true high-intensity program. You'll notice you only have get one "shot" at each exercise per week, so you'll need to dial up your intensity. Your main set is the one that matters, so you need to find the right mental zone and be aggressive. You need to push for every rep you can possibly get.

Don't quit at 8 reps if there's even a 1% chance you can get that 9<sup>th</sup> rep. These workouts are brief – most take 45-60 minutes and you'll spend most of the time resting between sets – so don't slack off when it comes time to give it all you got.

You can almost always get another rep if you set your mind to it.

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## **Progression**

Any time you hit the upper end of the rep range (or beyond) on a given exercise, plan to increase the weight next time. Using the bench press as an example, our hypothetical lifter above would plan to add 5lbs to the bar next time because he exceeded the rep range.

Always add weight in the smallest increments possible.

## **Nutrition On Fat Loss Phase Training Days**

On your Fat Loss Phase Training Days, we are going to follow a high protein, high carbohydrate and low fat approach. Calories will be kept close to maintenance levels to support your training efforts.

I will show you how to calculate exactly how much of each macro you should be targeting for your Fat Loss Training Days.

You'll want to consume the bulk of your calories AFTER your training session. (Doesn't have to be immediately after, just makes more sense to eat big after your workout rather than before.) But again, precise meal timing is not important and you can split the calories up into 1 meal or 8 if you choose.

On the Fat Loss phase, it is NOT essential that you hit your targets.

If the plan calls for you to consume 2,400 calories and 200 grams of protein but you are stuffed and have only consumed 2,000 calories and 180 grams of protein, that is JUST FINE. It will result in MORE FAT LOSS, which is a good thing.

Obviously, don't take this to an extreme level: If the plan calls for 200 grams of protein and you only consume 15 grams of protein... you're shooting yourself in the foot. But if you fall a little bit short, that's not a problem – in fact it's a positive as you will lose fat faster.

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### Calculating Your Fat Loss Training Day Targets

Your Lean Mass (in pounds) : \_\_\_\_\_

Multiply Lean Mass in Pounds by 13= \_\_\_\_\_  
Calories on Mass Gain Training Days.

Multiply your Total Calories on Mass Gain Training Days by 0.1 to  
get your GRAMS OF PROTEIN target: \_\_\_\_\_

Multiply your grams of protein target by 0.9 to get your grams of  
carbohydrate target. \_\_\_\_\_

Multiply your grams of protein target by 0.15 to get your grams of  
fat target. \_\_\_\_\_

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## **Nutrition On Fat Loss Phase Non-Training Days**

On your Fat Loss Phase Non-Training Days, we are going to follow a lower calorie, high protein, low carbohydrate and moderate fat approach. Calories will be slashed dramatically to allow for maximum fat loss.

I will show you how to calculate exactly how much of each macro you should be targeting for your Fat Loss Non-Training Days.

Because of the lower calorie totals on your non-training days, most people find it easiest to fast all day long and then consume one large meal in the evening. Again, this up to you.

Again, on the Fat Loss Phase non-training days it is NOT essential that you hit your targets. If the plan calls for you to consume 1,400 calories and 150 grams of protein but you are stuffed and have only consumed 1,000 calories and 120 grams of protein, that is JUST FINE. It will result in MORE FAT LOSS, which is a good thing.

### **Calculating Your Fat Loss Non-Training Day Targets**

Your Lean Mass (in pounds) : \_\_\_\_\_

Multiply Lean Mass in Pounds by 8.5= \_\_\_\_\_  
Calories on Mass Gain Training Days.

Multiply your Total Calories on Mass Gain Training Days by 0.13 to get your GRAMS OF PROTEIN target: \_\_\_\_\_

Multiply your grams of protein target by 0.15 to get your grams of carbohydrate target. \_\_\_\_\_

Multiply your grams of protein target by 0.30 to get your grams of fat target. \_\_\_\_\_

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## FAQs

### ***#1) What supplements should I take?***

Answer: I'm a supplement minimalist and most of the time I don't use any supplements. However, you will probably need a protein powder in order to hit your targets during the bulking phase. (I prefer to get my calories from real food only during the fat loss phase.)

Other than that, you could add creatine (5 grams a day), a tablespoon of fish oil is probably a good idea and 5-10,000 iu a day of liquid Vitamin D if you don't get a lot of sun exposure.

### ***#2) What about cardio?***

Answer: There is no need for cardio on this plan. However, if you want to do some kind of cardio on your non-training days, that is up to you.

Keep it light and easy. Go for a walk, a hike or an easy swim. Do NOT go for a 10 mile run. A bit of pick-up basketball, some martial arts training or something like that won't kill you.

### ***#3) How many months in a row can I run this program?***

Answer: This question annoys me because 99.9% of the people who ask this question won't even end up sticking with the program for two weeks, let alone two months.

However, if you set your mind to it I've found most people can run this program for 3 solid months. At that point, most people need a mental break and want to switch to an easier program. This program is very demanding, which is why the results have been so phenomenal.

### ***#4) I have my calorie and macro targets, but I don't know what to eat?***

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I can't pick your foods for you. If I pick your foods and I happen to choose a food you don't like, you will not stick with the plan.

I recommend you spend a good hour at your local grocery store with a pen, paper, calculator and build yourself a basic meal plan. The MyFitnessPal app is also good for getting calories counts and macros.

*#5) I cannot do some of the exercises listed. Can I swap out an alternative exercise?*

Yes, if you want to swap out squats for leg press, or dumbbell bench press instead of barbell bench presses, or any other substitution on any other exercise, that is fine. Try and use a similar exercise – for example swapping out barbell bench presses for push-ups wouldn't work, but swapping out barbell bench presses for a chest press machine is fine.

## **Conclusion**

I hope you enjoyed this strategy. This is a demanding program but if you can hack it, you'll see more results in 30 days than most people see in 3 years.

Good luck and please don't hesitate to reach out if you have any questions.

Matt Marshall  
[www.FitnessUnderOath.com](http://www.FitnessUnderOath.com)

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