

CUTTING PROGRAM

Date: _____

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Bench Press: 3 x 5-8		x	x	x	
	Row: 3 x 5-8		x	x	x	
	Step-up (bodyweight): 3x20-30		x	x	x	
2nd Circuit	Incline DB Press: 3 x 8-12		x	x	x	
	Weighed Pull-up: 3 x 8-10		x	x	x	
	Kettlebell Swing: 3 x 20		x	x	x	
10-20 Minutes Cardio (3-5 sprints)		Duration		Remarks		

Day 2 (Lower Body)		Remarks	Weight x Reps			
Circuit	Squat or Bulgarian Split Squat: 3 x 6-10		x	x	x	
	Stiff-legged Deadlift: 3 x 8-12		x	x	x	
	Leg Press: 2 x 10-15		x	x		
	Calf Raise or Toe Press: 2 x 8-12		x	x		
	Leg Curl: 2 x 6-8		x	x		
10-20 Minutes Cardio (@ 60% MHR)		Duration		Remarks		

Day 3 (HIIT Cardio)	Duration	Remarks
20-30 Minutes (5-10 x 20-second sprints)		

Day 4 (Upper Body)						
3-4 circuit, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Pull-up or Dumbbell Row		x	x	x	x
	Leg Raise		x	x	x	x
	Dip or Incline Dumbbell Press		x	x	x	x
	Incline Sit-up or Cable Crunch		x	x	x	x
	Kettlebell Swing		x	x	x	x

Rest: 60-seconds between exercises, 2-minutes between circuits

Day 5 (Lower Body)						
3-4 circuit, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Step-ups or Bulgarian Split Squat		x	x	x	x
	Standing Calf Raise		x	x	x	x
	Weighted Back Raises		x	x	x	x
	Plank (30-60 seconds)		x	x	x	x
	Kettlebell Swing		x	x	x	x

Rest: 60-seconds between exercises, 2-minutes between circuits

Day 6 (Steady-State Cardio @ 70% MHR)	Duration	Remarks
20-30 Minutes		

Day 7 (HIIT Cardio or Stead-State Cardio)	Duration	Remarks
20-30 Minutes		

TES

Sleep: 😊 😐 😞

Nutrition: 😊 😐 😞

Motivation: 😊 😐 😞