

CUTTING PROGRAM (HOME GYM)

Week of:

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Incline Dumbbell Press: 3 x 6-10		x	x	x	
	Weighed Chin-up:: 3 x 5-8		x	x	x	
	Step-up (bodyweight): 3x20-30					
2nd Circuit	Overhead Dumbbell Press: 3 x 8-12		x	x	x	
	Dumbbell Rows: 3 x 6-10		x	x	x	
	Kettlebell Swing: 3 x 20		x	x	x	
10-20 Minutes Cardio (3-5 sprints, 20-second sprints)		Duration		Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 2 (Lower Body)		Remarks	Weight x Reps			
Bulgarian Split Squat (left leg): 3 x 6-10			x	x	x	
Bulgarian Split Squat (right leg): 3 x 6-10			x	x	x	
Dumbbell Stiff-legged Deadlift: 3 x 8-15			x	x	x	
Circuit	Step Back Lunge (left leg): 2 x 10-15		x	x		
	Step Back Lunge (right leg): 2 x 10-15		x	x		
	Stability Ball Back Raises: 2 x 15-20					
10-20 Minutes Cardio (@ 60% MHR)		Duration		Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 3 (HIIT Cardio)		Duration	Remarks			
20-30 Minutes (5-10 x 20-second sprints)				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 4 (Upper Body)						
3-4 circuit, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Chin-up or Dumbbell Row		x	x	x	x
	Leg Raise					
	Dip or Incline Dumbbell Press		x	x	x	x
	Sit-up or V-Up					
	Kettlebell Swing		x	x	x	x
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 5 (Lower Body)						
3-4 circuit, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Step-up or Bulgarian Split Squat		x	x	x	x
	Hip Raise		x	x	x	x
	Stability Ball Back Raise		x	x	x	x
	Plank (30-60 seconds)					
	Kettlebell Swing		x	x	x	x
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 6 (Steady-State Cardio @ 70% MHR)		Duration	Remarks			
20-30 Minutes				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	
Day 7 (HIIT Cardio or Stead-State Cardio)		Duration	Remarks			
20-30 Minutes				Sleep	☹ ☹ ☹	
				Nutrition	☹ ☹ ☹	
				Motivation	☹ ☹ ☹	

Rest: 60-90 seconds between exercises, 2-minutes between circuits