

MINIMALIST CUTTING PROGRAM

Week of:

| Day 1 (Upper Body) | | Remarks | Weight x Reps | | | |
|---|--|------------|---------------|------------|-------|--|
| 1st Circuit | Push-up/Dips 1-2 x AMRAP | | x | x | | |
| | Inverted Row: 1-2 x AMRAP | | x | x | | |
| 2nd Circuit | Jackknife Push-Up 1-2 x AMRAP | | x | x | | |
| | Chin-up: 1-2 x AMRAP | | x | x | | |
| 4-Minutes Tabata Workout (Step Up or Step Back Lung) | | Duration | | Sleep | ☹ ☹ ☹ | |
| | | | | Nutrition | ☹ ☹ ☹ | |
| | | | | Motivation | ☹ ☹ ☹ | |
| Day 2 (Lower Body) | | Remarks | Weight x Reps | | | |
| Circuit | Bulgarian Split Squat (left leg): 1-2 x AMRAP | | x | x | x | |
| | Bulgarian Split Squat (right leg): 1-2 x AMRAP | | x | x | x | |
| | Single Leg Hip Raise (left leg): 1-2 x 15-20 | | | | | |
| | Single Leg Hip Raise (right leg): 1-2 x 15-20 | | | | | |
| 10-20 Minute Walk | | Duration | | Sleep | ☹ ☹ ☹ | |
| | | | | Nutrition | ☹ ☹ ☹ | |
| | | | | Motivation | ☹ ☹ ☹ | |
| Day 3 (HIIT Cardio) 10-20-Minutes Perform 5-8 x 20-second sprints | | Duration | Remarks | | | |
| | | | | Sleep | ☹ ☹ ☹ | |
| | | | | Nutrition | ☹ ☹ ☹ | |
| | | | | Motivation | ☹ ☹ ☹ | |
| Day 4 (Upper Body) | | | | | | |
| 1-2 circuit, 2-3 RIR | | Remarks | Weight x Reps | | | |
| Circuit | Push-up/Dips | | x | x | | |
| | Inverted Row | | x | x | | |
| | Leg Raise (15-20 reps) | | x | x | | |
| | Jackknife Push-Up | | x | x | | |
| | Chin-Up | | | | | |
| Rest: 60-seconds between exercises, 2-minutes between circuits | | Sleep | ☹ ☹ ☹ | | | |
| | | Nutrition | ☹ ☹ ☹ | | | |
| | | Motivation | ☹ ☹ ☹ | | | |
| Day 5 (Lower Body) | | | | | | |
| 1-2 circuit, 2-3 RIR | | Remarks | Weight x Reps | | | |
| Circuit | Bulgarian Split Squat (left leg) | | x | x | | |
| | Bulgarian Split Squat (right leg) | | x | x | | |
| | Single Leg Hip Raise (left leg) | | x | x | | |
| | Single Leg Hip Raise (right leg) | | x | x | | |
| | Plank (30-60 seconds) | | | | | |
| Rest: 60-seconds between exercises, 2-minutes between circuits | | Sleep | ☹ ☹ ☹ | | | |
| | | Nutrition | ☹ ☹ ☹ | | | |
| | | Motivation | ☹ ☹ ☹ | | | |
| Day 6 (Active Rest) Walk 10- 20 Minutes | | Duration | Remarks | | | |
| | | | | Sleep | ☹ ☹ ☹ | |
| | | | | Nutrition | ☹ ☹ ☹ | |
| | | | | Motivation | ☹ ☹ ☹ | |
| Day 7 (10-20 Minutes Cardio @ 70% MHR) | | Duration | Remarks | | | |
| | | | | Sleep | ☹ ☹ ☹ | |
| | | | | Nutrition | ☹ ☹ ☹ | |
| | | | | Motivation | ☹ ☹ ☹ | |

AMRAP: As many repetitions as possible (with perfect form)
RIR: Repetitions in reserve (how many repetitions short of failure)
Rest: 60-90 seconds between exercises