

CUTTING PROGRAM (COMMERCIAL GYM)

Week of: _____

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Bench Press: 2-3 x 5-8		x	x	x	
	Cable Rows: 2-3 x 5-8		x	x	x	
	Lateral Raises: 2-3 x 8-15		x	x	x	
2nd Circuit	Incline Dumbbell Press: 2-3 x 6-10		x	x	x	
	Weighted Chin-up: 2-3 x 6-10		x	x	x	
	Bent-Over Lateral Raises: 2-3 x 8-15		x	x	x	
10-Minutes Cardio (3-5 sprints, 20-second sprints)		Duration		Sleep	⊙ ⊙ ⊙	
				Nutrition	⊙ ⊙ ⊙	
				Motivation	⊙ ⊙ ⊙	

Day 2 (Lower Body)		Remarks	Weight x Reps			
1st Circuit	Squat or Leg Press: 2-3 x 6-10		x	x	x	
	Leg Curl: 2-3 x 8-15		x	x	x	
2nd Circuit	Stiff-legged Deadlift: 2 x 8-12		x	x		
	Leg Extension: 2 x 8-12		x	x		
3rd Circuit	Leg Press: 1-2 x 12-15		x	x		
	Leg Curl: 1-2 x 8-15		x	x		
5-10 Minutes Cardio (@ 60% MHR) Cooldown		Duration		Sleep	⊙ ⊙ ⊙	
				Nutrition	⊙ ⊙ ⊙	
				Motivation	⊙ ⊙ ⊙	

Day 3 (HIIT Cardio) 20-Minutes	Duration	Remarks
		Sleep ⊙ ⊙ ⊙ Nutrition ⊙ ⊙ ⊙ Motivation ⊙ ⊙ ⊙

Day 4 (Upper Body)						
3 circuits, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Chin-up or Inverted Row		x	x	x	
	Leg Raise					
	Dip or Incline Dumbbell Press		x	x	x	
	Incline Sit-up or Cable Crunch		x	x	x	
	Kettlebell Swing		x	x	x	
Rest: 60-seconds between exercises, 1 to 2 minutes between circuits		Sleep	⊙ ⊙ ⊙			
		Nutrition	⊙ ⊙ ⊙			
		Motivation	⊙ ⊙ ⊙			

Day 5 (Lower Body)						
3 circuits, 10-15 reps per exercise		Remarks	Weight x Reps			
Circuit	Goblet Squats		x	x	x	
	Weighted Back Raises		x	x	x	
	Kettlebell Swing		x	x	x	
	Plank (30-60 seconds)					
Rest: 60-seconds between exercises, 1 to 2 minutes between circuits		Sleep	⊙ ⊙ ⊙			
		Nutrition	⊙ ⊙ ⊙			
		Motivation	⊙ ⊙ ⊙			

Day 6 (Active Rest) Walk 20-30 Minutes	Duration	Remarks
		Sleep ⊙ ⊙ ⊙ Nutrition ⊙ ⊙ ⊙ Motivation ⊙ ⊙ ⊙

Day 7 (20-30 Minutes Cardio @ 70% MHR)	Duration	Remarks
		Sleep ⊙ ⊙ ⊙ Nutrition ⊙ ⊙ ⊙ Motivation ⊙ ⊙ ⊙

Rest: 60-90 seconds between exercises unless otherwise noted