

# CUTTING PROGRAM (HOME GYM)

Week of: \_\_\_\_\_

Day 1 (Upper Body)		Remarks	Weight x Reps			
1st Circuit	Incline Dumbbell Press: 2-3 x 6-10		x	x	x	
	Weighed Chin-up: 2-3 x 5-8		x	x	x	
	Lateral Raises: 2-3 x 8-15		x	x	x	
2nd Circuit	Overhead Dumbbell Press: 2-3 x 8-12		x	x	x	
	Dumbbell Rows (left arm): 2-3 x 6-10		x	x	x	
	Dumbbell Rows (right arm): 2-3 x 6-10		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	Bulgarian Split Squat (left leg): 2-3 x 6-10		x	x	x	
	Bulgarian Split Squat (right leg): 2-3 x 6-10		x	x	x	
	Plank: 2-3 x 30-60 seconds					
2nd Circuit	Step Back Lunge (left leg): 2-3 x 10-15		x	x		
	Step Back Lunge (right leg): 2-3 x 10-15		x	x		
	Stability Ball Back Raises: 2-3 x 10-20					
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 Dumbbell Row		x	x	x	
	Dip or Incline Dumbbell Press		x	x	x	
	Leg Raise		x	x	x	
	Kettlebell Swing or Step-up		x	x	x	
	Sit-up or V-Up					
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	Step-up or Bulgarian Split Squat (left leg)		x	x	x	
	Step-up or Bulgarian Split Squat (right leg)		x	x	x	
	Stability Ball Back Raise or Hip Raise		x	x	x	
	Kettlebell Swing or Goblet Squat		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