

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 Lunge)		Duration			Sleep	☹ ☹ ☹
					Nutrition	☹ ☹ ☹
					Motivation	☹ ☹ ☹
Day 2 (Lower Body)		Remarks	Weight x Reps			
Circuit	Bulgarian Split Squat (left leg): 1-2 x AMRAP		x	x		
	Bulgarian Split Squat (right leg): 1-2 x AMRAP		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		x	x		
Rest: 60-seconds between exercises, 2-minutes between circuits		Sleep	☹ ☹ ☹			
		Nutrition	☹ ☹ ☹			
		Motivation	☹ ☹ ☹			
Day 5 (Lower Body)						
1-2 circuits, 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