

CUTTING PROGRAM (COMMERCIAL GYM)

WEEK OF: 11/27/23

	Day 1 (Upper Body)	REMARKS	WEIGHT x REPS			
			1	2	3	4
1ST CIRCUIT	Bench Press: 2-3 x 5-8	Increase wt. next workout	185 x 6	185 x 7	185 x 9	
	Cable Rows: 2-3 x 5-8		140 x 6	140 x 7	140 x 8	
	Lateral Raises: 2-3 x 8-15		25 x 12	25 x 12	25 x 12	
2ND CIRCUIT	Incline Dumbbell Press: 2-3 x 6-10		65 x 8	65 x 8	65 x 9	
	Weighted Chin-up: 2-3 x 6-10		25 x 6	25 x 7	25 x 8	
	Bent-Over Lateral Raises: 2-3 x 8-15		20 x 10	20 x 10	20 x 12	
 10-Minutes Cardio (3-5 sprints, 20-second sprints)		DURATION: 10-minutes 4 Sprints	SLEEP	😊	😊	😊
			NUTRITION	😊	😊	😊
			MOTIVATION	😊	😊	😊

	Day 2 (Lower Body)	REMARKS	WEIGHT x REPS			
			1	2	3	4
1ST CIRCUIT	Squat or Leg Press: 2-3 x 6-10	<i>Increase wt. next workout</i>	255 x 8	255 x 8	255 x 11	
	Leg Curl: 2-3 x 8-15		80 x 10	80 x 10	80 x 11	
	Stiff-legged Deadlift: 2 x 8-12		185 x 10	185 x 10		
	Leg Extension: 2 x 8-12		130 x 11	130 x 11		
2ND CIRCUIT	Leg Press: 1-2 x 12-15	<i>Increase wt. next workout</i>	360 x 16	x	x	
	Leg Curl: 1-2 x 8-15		70 x 13	x	x	
	5-10 Minutes Cardio (@ 60% MHR) Cooldown	DURATION: <i>5-minutes</i> <i>Remember Cool</i>	SLEEP NUTRITION MOTIVATION	😊 😊 😊	😊 😊 😊	😊 😊 😊

Day 3 (HIIT Cardio) 20-Minutes <i>Elliptical trainer</i> <i>8 x 20 sec sprints</i>		DURATION: <i>22-minutes</i>	SLEEP	😊	😊	😊
			NUTRITION	😊	😊	😊
			MOTIVATION	😊	😊	😊

Day 4 (Upper Body) 3 circuits, 10-15 reps per exercise		REMARKS	WEIGHT x REPS			
			1	2	3	4
CIRCUIT	Chin-up or Inverted Row	Chin-up	BW x 10	BW x 10	BW x 11	
	Leg Raise		15	15	15	
	Dip or Incline Dumbbell Press	Dip	BW x 12	BW x 12	BW x 14	
	Incline Sit-up or Cable Crunch	Cable Crunch	50 x 15	50 x 15	55 x 12	
	Kettlebell Swing		35 x 15	35 x 15	35 x 15	
	Rest: 60-seconds between exercises, 1 to 2 minutes between circuits		SLEEP	😊	😊	😊
			NUTRITION	😊	😊	😊
			MOTIVATION	😊	😊	😊

Day 5 (Lower Body)		REMARKS	WEIGHT x REPS			
3 circuits, 10-15 reps per exercise			1	2	3	4
CIRCUIT	Goblet Squats	Holding DB	55 x 15	55 x 15	55 x 15	
	Weighted Back Raises		25 x 15	25 x 15	25 x 15	
	Kettlebell Swing		35 x 15	35 x 15	35 x 15	
	Plank (20-60 seconds)		60-sec	60-sec	60-sec	
	Rest: 60-seconds between exercises, 1 to 2 minutes between circuits		SLEEP	😊	😊	😊
			NUTRITION	😊	😊	😊
			MOTIVATION	😊	😊	😊

Day 6 (Active Rest) Walk 20-30 Minutes <i>Walk while listening to an audio book</i>		DURATION: <i>45-minutes</i>	SLEEP	😊	😊	😊
			NUTRITION	😊	😊	😊
			MOTIVATION	😊	😊	😊

Day 7 (20-30 Minutes Cardio @ 70% MHR) <i>Bike outside @ 72 % (Avg 152 BPM)</i>		DURATION: <i>30-minutes</i>	SLEEP	😊	😊	😊
			NUTRITION	😊	😊	😊
			MOTIVATION	😊	😊	😊



REST: 60-90 SECONDS BETWEEN EXERCISES UNLESS OTHERWISE NOTED

Solid effort this week. I am getting stronger and leaner.