

Cutting Workout Plan

MILE ON TREADMILL BEFORE EACH LIFTING DAY...

Monday - Chest and Triceps

- Dumbbell Bench Press (8,8,6,6) 4 sets
- Incline Bench Press (8,8,6,6) 4 Sets
- Cable Cross Over 4 Sets of 8
- Close Grip Bench 3 sets of 8
- Lying Tricep Extension 3 sets of 8
- 4 Sets of 20 Push-ups

Tuesday- Abs and Cardio

20 min core Strength & 1 hour of low intensity cardio

Wednesday- Back & Biceps

- Shoulder Shrug 4 Sets of 8
- Close Grip Pull down (8,8,6,6) 4 Sets
- Cable Row 4 sets of 8
- Barbell Curl (8,8,6) 3 Sets
- Incline Bench Dumbbell Curl 3 sets of 8
- Preacher Curl 3 sets of 8

Thursday - Abs and Cardio

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Friday - Legs and Shoulders

- 4 sets of 8 Squats
- 4 Sets of 20 Walking Lunges
- Leg curl (8,8,6) 3 Sets
- Leg Extensions (8,8,6) 3 Sets
- Standing Calf Raise (15,12,10,8) 4 Sets
- Military Press (8,8,6,6) 4 Sets
- Bent Over Rev Fly 3 Sets of 8
- Dumbbell Lateral Raise 3 Sets of 8

Saturday- Abs And Cardio

Sunday- Rest