

Cut Phase Workout Plan

January – May 2015

Week 1



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Cut Phase 2015

Week 1, 15 weeks to contest

Start- January 4th

I am on the tail end of shoulder rehab and feeling pretty good. I continue to avoid exercises that cause any pain. Shoulder exercises I still avoid are the upright rows, heavy bench press, heavy shoulder press but a dumbbell shoulder press at a moderate weight works for now. Front raises still hurt and I stopped doing them all together.

The below workout schedule is similar to my build phase Plan #2 Sept – Dec 2014. I changed the days I work back, biceps, triceps and chest and added cardio. The exercises are similar.

Thursday is a grab bag, usually a plyometric circuit to get the heart rate up.

Note:

Rep ranges matter as they will produce different results.

Rep Ranges:

In general, the number of reps per set will achieve different results:

- 1-5 reps = Strength
- 6-12 = Hypertrophy (size)
- 12+ = Endurance

How much rest between sets?

- Lifting for Strength: 1-5 min rest
- Lifting for size and endurance: 30-90 seconds rest

These are, of course, general guidelines.

The Plan:

3-5 exercises for each muscle group for 3-4 sets in the 8-12 rep range

Highlighted acronyms are cardio. [Click here for Cardio explained](#)

- Saturday:** Shoulders , 5 [HIIT](#) - REFEEED
- Sunday:** 10 min [LISS](#), Legs and abs (quads/ hams/ calves)
- Monday:** 10 min [LISS](#), Chest + triceps
- Tuesday:** High rep shoulder day or lower body
- Wednesday:** 10 min [LISS](#) , Back + biceps
- Thursday:** Abs + plyo exercises = 5 [HIIT](#)
- Friday:** Off

The muscle groups are worked in the above order to allow for ample recovery time.

Below, there are three weeks worth of exercises. I go through and do weeks 1-3, then at week 4 I will start over on week 1's exercises and try to improve by either:

- resting less
- increasing weight
- increasing reps

Small changes are big changes! If I can do reps that are out of the allotted range, I increase weight.

I do a lot more **super sets** through this mesocycle which is why I paired chest/ triceps and back/biceps. Supersets are not specified in the exercise list below. I may pair different ones each week. Good muscle groups to super set are back and biceps, chest and triceps or biceps and triceps.

Super set example:

Do two exercises back to back no rest. Then rest. Repeat.

10 Bicep curls then 10 triceps extensions. Rest. Repeat 3 times.

I incorporate **isometric** lifting and focus on the **eccentric** (example: bench press- slow on the down) portion of the lift. I switch out exercises to keep things exciting and incorporate drop sets. This is not specified for specific exercises in the list below.

A **drop set** is the very last set you do immediately after the prescribed number of sets for an exercise, no rest. Drop the amount of weight (20-30%ish) and do as many reps as you can- feel the burn!

Drop set example:

Do 5 sets of barbell rows at 95 pounds in the 8-12 rep range. Immediately after set 5, do not rest but quickly and safely, take off 30lb from the barbell and do one more set with 65 pounds for as many as you can do.

The Exercises

X set/ drop = do X amount of sets and then a drop set

DB= Dumbbell

BB= Barbell

Shoulders

High rep day shoulder circuit

4 x 20 Giant Set

Seated military press

Upright barbell rows

Double-arm lateral raises with dumbbells

Standing rear delt-dumbbell flys

Shoulders continued....

Week 1

- 4 sets/ drop Military press
- 3 sets/ drop DB rear delt raises
- 3 sets/ drop One arm cable lateral raise
- 3 sets/ drop Front dumbbell raises
- 3 sets high side lateral raises

Week 2

- 4 sets/ drop Dumbbell press
- 3 sets/ drop Cable cross rear delt
- 3 sets/ drop DB lateral raise
- 3 sets/ drop Low cable front raise
- 3 sets/ drop DB shrugs

Week 3

- 4 sets/ drop Arnold press
- 3 x 10 Rear delt on pec deck
- 3 sets/ drop DB lateral raise
- 3 sets/ drop 3 x 15 front plate raises
- Hand stand push ups-strenght

Leg and Abs

Add pistol squats

Week 1

Quads

- 5 sets/ drop, Squats
- 3 sets/ drop, One legged leg press

Hams/Glut

- 5 sets/ drop, Straight leg dead lifts
- 4 sets Static lunges with back leg up on the bench/ hold DB

Calves

- 3 sets/ drop

ABS

- Kneeling cable crunch
- Ball crunch
- Supine bicycle crunch

Legs continued....

Week 2

Quads

5 sets/ drop, Narrow squats

4 sets/ drop, 1 Legged leg Extensions

Hams/Glut

4 sets/ drop, Smith lunges

3 sets/ drop, Seated leg curls or cable leg curl extensions

Calves

3 sets/ drop

ABS

DB weighted reverse crunch on bench

Vertical leg crunch

Planks or swiss ball pike

Week 3

Quads

5 sets/ drop Front squat

4 sets/ drop Narrow leg press

Hams

5 sets/ drop Straight leg dead lifts

3 sets/ drop Reverse lunges (DB or BB) or walking lunges

Calves

3 sets/ drop

ABS

3 sets [dragon flag](#)

Cross climber with feet on swiss ball

Floor crunches or an ab machine

Chest and Triceps

Work on 1 arm push up

Week 1

Chest

BB Flat bench

Cable cross overs

Chest and triceps continued...

Triceps

- 4 sets/ drop Skull crushers (laying down)
- 3 sets/ drop Cable triceps push down
- 3 sets/ drop Seated overhead DB extensions (1 arm)

Week 2

Chest

- Incline Bench
- DB bench

Triceps

- 4 sets/ drop Triceps dips
- 3 sets/ drop Overhead triceps rope cable extension
- 3 sets/ drop Straight arm DB kickbacks

Week 3

Chest

- DB Flat bench
- Peck Dec fly
- **Pushup to failure

Triceps

- 4 sets/ drop Close grip bench press
- 3 sets/ drop French press (sitting up)
- 3 sets/ drop Reverse grip cable push down (palm up)

Back and Biceps

Week 1

Back

- 5 sets/ drop Reverse grip bent over row
- 4 sets Wide grip pull ups
- 4 sets/ drop One arm DB rows
- 4 sets Seated Cable incline pushdown or standing cable pushdown
- 3 sets T-Bar row

Biceps

- 4 sets plus isometric hold- Chin ups
- 3 sets/ drop DB curls (isometrics)
- 3 sets/ drop Rope cable curls

Back and biceps continued...

Week 2

Back

- 5 sets/ drop Dead Lift 4-6 reps
- 4 sets/ drop Horizontal pull-ups
- 4 sets/ drop Reverse grip bent over row
- 4 sets/ drop Close grip lat pull down
- 3 sets/ drop Incline DB Rows

Biceps

- 5 sets/ drop Concentration curl (with isometric)
- 3 sets/ drop EZ bar curl
- 3 sets/ drop Seated incline BD curls

Week 3

Back

- 5 sets/ drop bent over row
- 3 sets/ drop Regular grip or towel pull-ups
- 4 sets/ drop Wide grip lat pull downs
- 4 sets/ drop Seated row (machine or cable)
- 3 sets Weighted hyperextensions

Biceps

- 5 sets/ drop Cable preacher curls (with isometrics)
- 3 sets/ drop DB hammer heads
- 3 sets/ drop Barbell curls or close grip reverse grip (palms up) pull down on lat machine