

# Cut Phase Workout Plan

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By Heather Owen

[GetFitGoFigure.com](http://GetFitGoFigure.com)

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## 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: Week 9/ 7 weeks out**

### **3-5 exercises for each muscle group for 3-4 sets**

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

- **Refeed - Saturday:** Shoulders + 8 **HIIT** - REFEED
- **Med- Sunday:** 30 min **MISS**, Legs and abs (quads/ hams/ calves)
- **Med - Monday:** **AM 45 min LISS** + 30 min **MISS**, Back + biceps
- **Low - Tuesday:** **AM 45 min LISS**, + later 8 **HIIT** + abs
- **High - Wednesday:** 30 min **MISS** Chest + triceps
- **Med - Thursday:** shoulder, glut + ab - high rep 12-20 + 8 **HIIT**
- **Low - Friday:** **AM 45 min LISS** + later 6 **MIIT**

I have incorporated bodyweight progression exercises to work up to doing a 1 arm pullup, 1 arm pushup, 1 arm handstand pushup, effective bridge and pistol squat.

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

#### **Week 1**

4 sets/ drop Military press 6-8

4 sets/ drop Arnold Press 8-12

3 sets/ drop DB rear delt raises 8-10

3 sets/ drop Front dumbbell raises 10-15

3 sets high side lateral raises 10-15

Handstand on wall- work up to 2 min

#### **Week 2**

4 sets/ drop Dumbbell press 6-8

3 sets/ drop Barbell press 8-12

3 sets/ drop Cable cross rear delt 10-12

3 sets/ drop DB lateral raise 12-15

3 sets Low cable front raise- 10-15

Handstand on wall- work up to 2 min

### Week 3 (shoulders cont)

4 sets/ drop BB shoulder Press 6-8  
4 sets/ drop Arnold press 8-12  
3 x 10 Rear delt on pec deck 10-12  
3 sets/ drop DB lateral raise 8-10  
3 sets 3 x 15 front plate raises - 15  
Handstand on wall- work up to 2 min

## **Legs and Abs**

### Week 1

#### Quads

4 sets/ drop, Squats 10-15  
3 sets/ drop, One legged leg press 10-15  
Jack knife squats. Work up to 3 sets of 40

#### Hams/Glut

4 sets/ drop, Straight leg dead lifts 12-15  
4 sets Static lunges with back leg up on the bench/ hold DB 10-15

#### Calves

3 sets/ drop

#### ABS

Kneeling cable crunch  
Ball crunch  
Supine bicycle crunch  
Hanging straight leg raises- hold at 45 degree angle, then bring up to parallel to floor

### Week 2

#### Quads

4 sets/ drop, Narrow squats 12-15  
4 sets/ drop, 1 Legged leg Extensions 10-15  
Jack knife squats. Work up to 3 sets of 40

#### Hams/Glut

4 sets/ drop, Smith lunges 12-15  
3 sets/ drop, Seated leg curls or cable leg curl extensions 10-15

#### Calves

3 sets/ drop

ABS (leg + ab day cont)

DB weighted reverse crunch on bench

Vertical leg crunch

Planks or swiss ball pike

Hanging straight leg raises- hold at 45 degree angle, then bring up to parallel to floor

Week 3

Quads

5 sets/ drop Front squat 12-15

4 sets/ drop Narrow leg press 10-15

Jack knife squats. Work up to 3 sets of 40

Hams

5 sets/ drop Straight leg dead lifts 12-15

3 sets/ drop Reverse lunges (DB or BB) or walking lunges 10-15

Calves

3 sets/ drop

ABS

Hanging straight leg raises- hold at 45 degree angle, then bring up to parallel to floor

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 10-15

Cable cross overs 10-15

Incline pushups 3 sets of 40

Triceps

4 sets/ drop Skull crushers (laying down) 8-10

3 sets/ drop Cable triceps push down 8-10

3 sets/ drop Seated overhead DB extensions (1 arm) 10-15

Week 2

Chest

Incline Bench 10-15

DB bench 10-15

Incline pushups 3 sets of 40

### Triceps

4 sets/ drop Triceps dips - failure

3 sets/ drop Overhead triceps rope cable extension 8-10

3 sets/ drop Straight arm DB kickbacks 10-15

### Week 3

#### Chest

DB Flat bench 10-15

Peck Dec fly 10-15

\*\* Incline pushups 3 sets of 40

#### Triceps

4 sets/ drop French press (sitting up) 8-10

3 sets Bench dips = to failure

3 sets/ drop Reverse grip cable push down (palm up) 10-15

## **Back and Biceps**

### Week 1

#### Back

4 sets/ drop Reverse grip bent over row 6-8

4 sets Wide grip pull ups - to failure

4 sets/ drop Seated Cable Row 10-15

4 sets/ drop One arm DB rows 8-10

4 sets Seated Cable incline pushdown or standing cable pushdown 15-20

Horizontal pulls- work up to 3 sets of 30

#### Biceps

4 sets plus isometric hold- Chin ups to failure

3 sets/ drop DB curls (isometrics) 8 - 10

3 sets/ drop Rope cable curls 10-12

### Week 2

#### Back

4 sets/ drop Dead Lift 4-6 reps

4 sets/ drop Horizontal pull-ups- work up to 3 sets of 30

4 sets/ drop Reverse grip bent over row 8-10

4 sets/ drop Close grip lat pull down 10-15

3 sets/ drop Incline DB Rows 15-20

### Biceps

4 sets/ drop Concentration curl (with isometric) 6-8

3 sets/ drop EZ bar curl 8-12

3 sets/ drop Seated incline BD curls 12-15

### Week 3

#### Back

4 sets/ drop bent over row 6-8

3 sets/ drop Regular grip or towel pull-ups to failure

4 sets/ drop Wide grip lat pull downs 8-10

4 sets/ drop Seated row (machine or cable) 10-15

3 sets Weighted hyperextensions 15

Horizontal pulls- work up to 3 sets of 30

#### Biceps

4 sets/ drop Cable preacher curls (with isometrics) 8-10

3 sets/ drop DB hammer heads 8-10

3 sets/ drop Barbell curls or close grip reverse grip (palms up) pull down  
on lat machine 10-15

## **Thursday Grab Bag Day workouts:**

Aside from lifting a light shoulder day , Ab and glut exercises, I will do something similar to the following.

Circuit #1: Do these straight through 1-5, rest 1 min, start over. Do 3-4 times through

1. Goblet Squat - 15 reps
  2. Push up – to failure
  3. Hip Raises -12-15 reps
  4. Dumbbell row - 10-12 reps
  5. Plank – hold 30 seconds
- Rest 1 min, repeat

Circuit #2: Do these straight through 1-5 (unless otherwise specified), rest 1 min, start over.  
Do 3-4 times through

1. Swiss Ball Hip Raises – to failure
  2. Push-up on Swiss Ball – to failure
  3. Swiss Ball Jackknife – to failure. Rest 30 seconds before #4
  4. Chip up – to failure. Rest 30 seconds before #5
  5. DB Shoulder Press 8-10 reps
- Rest 1 min, repeat

Circuit #3:

1. Single Arm DB Swing - 12 reps. Rest 30 seconds
  2. Push-up with Row -12 reps. Rest 30 seconds
  3. Thrusters – 12 reps. Rest 30 seconds
  4. Swiss Ball Jackknife – 12-15 reps. Rest 30 seconds.
- Repeat 3-4 times











