

Cut Phase Workout Plan

January – May 2015

Week 1



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I wrote these workout plans specifically for me considering my weaknesses that needed attention as well as available equipment. There are many, many types of programs written taking abilities, health, lifestyle and goals into consideration. This is not a substitution for an in person consultation with a qualified person. Please see a physician before starting any workout program.

Cut Phase 2015

Week 1, 15 weeks to contest

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 is somehow just fine so I substitute that. Front raises still hurt and I stopped doing them all together.

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

Day #4 is still a grab bag. I work on whatever I can do. Sometimes I do one or two shoulder press type exercises plus some glute exercises, other Day#4's, I would avoid shoulder all together and hit high rep lower body.

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 3-4 sets in the 8-12 rep range

Highlight 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: 5 [HIIT](#) + light shoulder day
Wednesday: Back + biceps
Thursday: 10 min [LISS](#), abs, glutes and plyo excercises- high rep 12-20
Friday: Off

The muscle groups are worked in the above order to allow for ample recovery time. There are three weeks worth of exercises below. 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 also **super set** muscle groups as well. Keeps the heart rate up and the workout moving along.

For example, I like to super set back and biceps or chest and triceps. Depending on your program, another good pair are biceps and triceps.

Super set: do two exercises back to back no rest. Rest. Repeat.

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

I incorporate **isometric** lifting and focus on the **eccentric** (the downward) portion of the lift. I switch out exercises to keep things exciting and incorporate drop sets.

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.

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 flies

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, Leg Press (also do one leg at a time)

Hams

5 sets/ drop, Straight Leg Dead lifts

4 sets Natural Glut Ham raise or static lunges with back leg up on the bench

Calves

3 sets/ drop

ABS

Kneeling cable crunch

Ball crunch

Supine bicycle crunch

Week 2

Quads

5 sets/ drop, Narrow Squats

4 sets/ drop, 1 Legged leg Extensions

Hams

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

Triceps and Biceps

Week 1

Biceps

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

Triceps

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

Week 2

Biceps

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

Triceps

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

Week 3

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) pulldown on lat machine

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

Week 1

- 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

Week 2

- 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

Back continued....

Week 3

- 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

Chest and Abs

add 1 arm push ups

Week 1

- BB Flat Bench
- Cable cross overs

Week 2

- Incline Bench
- DB bench

Week 3

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

Abs

- Lying cable crunch
- Scissor to a crunch
- Decline crunch twist