

Cut Phase Workout Plan

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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 6/ 10 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 + 7 **HIIT** - REFEED

Med- Sunday: 20 min **LISS**, Legs and abs (quads/ hams/ calves)

Med – Monday: 20 min **LISS**, Back + biceps

Low – Tuesday: 7 **MIIT** + abs

High – Wednesday: 20 min **LISS** Chest + triceps

Med – Thursday: High rep shoulder day and/or glut + ab exercises (grab bag day)- high rep 12-20 + 7 **HIIT**

Low – Friday: 5 **MITT**

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

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 raises- 10-15

Week 3

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

Hand stand push ups-strength

Legs and Abs

Week 1

Quads

4 sets/ drop, Squats 8-10

3 sets/ drop, One legged leg press 10-15

Hams/Glut

4 sets/ drop, Straight leg dead lifts 8-10

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

Week 2

Quads

4 sets/ drop, Narrow squats 8-10

4 sets/ drop, 1 Legged leg Extensions 10-15

Hams/Glut

4 sets/ drop, Smith lunges 8-10

3 sets/ drop, Seated leg curls or cable leg curl extensions 10-15

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 8-10

4 sets/ drop Narrow leg press 10-15

Hams

5 sets/ drop Straight leg dead lifts 8-10

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

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 10-15

Cable cross overs 10-15

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

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

**Pushup to failure

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

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 – to failure

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 10-15

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

Grab Bag Day workouts:

Aside from lifting a light shoulder day + some 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

