



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## 6 DAY WEIGHT/CARDIO CUTTING WORKOUT

A workout for people who have finished bulking and have excess fat to lose. It combines weight training with 3 days of cardio, and 1 day of rest.

**Main Goal:** Lose Fat  
**Training Level:** Intermediate  
**Program Duration:** 10 Weeks  
**Days Per Week:** 6 Days

**Time Per Workout:** 30-45 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar  
**Author:** Team Muscle & Strength

Link to Workout: <https://www.muscleandstrength.com/workouts/20-6-day-weight-cardio-cutting-workout.html>

### Monday - Chest & Triceps

Exercise	Sets	Reps
<b>Chest</b>		
<a href="#">Dumbbell Bench Press</a>	4	8, 8, 6, 6
<a href="#">Incline Bench Press</a>	4	8, 8, 6, 6
<a href="#">Cable Crossovers</a>	4	8
<b>Triceps</b>		
<a href="#">Close Grip Bench Press</a>	3	8
<a href="#">Lying Tricep Extension</a>	3	8
<a href="#">Rope Pulldowns</a>	3	8
<b>Notes</b>		
Each week switch dumbbell bench press with barbell bench and incline bench with incline dumbbell press.		

### Tuesday - Abs & Cardio

Abs & Cardio
<b>Workout Schedule</b>
20mins core strength exercises (see <a href="#">ab exercises</a> section for core strength exercises), followed by 1 hour of low intensity cardio or 45mins of HIIT

### Wednesday- Back & Biceps

Exercise	Sets	Reps
<b>Back</b>		
<a href="#">Wide Grip Pull Up</a>	4	8
<a href="#">Close Grip Pull Down</a>	4	8, 8, 6, 6
<a href="#">Cable Row</a>	4	8
<b>Biceps</b>		
<a href="#">Barbell Curl</a>	3	8, 8, 6
<a href="#">Incline Bench Dumbbell Curl</a>	3	8
<a href="#">Dumbbell Preacher Curl</a>	3	8
<b>Notes</b>		
Wide grip pull up - finish sets off with slow negatives if you cannot do 8. If you can't do pullups, replace with heavy lat pull downs.		

### Thursday - Abs & Cardio

Abs & Cardio
<b>Workout Schedule</b>
20mins core strength exercises (see <a href="#">ab exercises</a> section for core strength exercises), followed by 1 hour of low intensity cardio or 45mins of HIIT

### Friday - Legs & Shoulders

Exercise	Sets	Reps
<b>Legs</b>		
<a href="#">Squat</a>	4	8
<a href="#">Stiff Legged Deadlift</a>	3	8
<a href="#">Leg Curl</a>	3	8, 8, 6
<a href="#">Leg Extension</a>	3	8, 8, 6
<a href="#">Standing Calf Raise</a>	4	15, 12, 10, 8
<b>Shoulders</b>		
<a href="#">Military Press</a>	4	8, 8, 6, 6
<a href="#">Dumbbell Lateral Raise</a>	3	8
<a href="#">Bent Over Rev Fly</a>	3	8

### Saturday - Abs & Cardio

Abs & Cardio
<b>Workout Schedule</b>
20mins core strength exercises (see <a href="#">ab exercises</a> section for core strength exercises), followed by 1 hour of low intensity cardio or 45mins of HIIT