



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



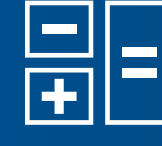
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CUT LIKE CUTLER TRAINER: CYCLE 1

Follow the workout logs for Cycle 1 of the Cut Like Cutler trainer. Week 1 is Heavy training and Week 2 is more Moderate.

Link to Workout: <https://www.muscleandstrength.com/workouts/cut-like-cutler-cycle-1>

Main Goal: Build Muscle

Training Level: Beginner

Program Duration: 2 Weeks

Days Per Week: 5 Days

Time Per Workout: 60-75 Mins

Equipment: Barbell, Cables, Dumbbells, EZ Bar, Machines

Author: Team BPI

Week 1: Heavy

Exercise	Sets	Reps
Monday: Legs/Calves		
Leg Extension	4	12
Leg Curls	4	12
Squats	3	12
Leg Press	3	12
Seated Calf Raises	4	20
Tuesday: Chest/Abs		
Bench Press	3	12
Incline Dumbbell Press	3	12
Incline Dumbbell Flys	3	10
Machine Press	3	10
Rope Crunches	3	15
Sit - Ups	3	15
Thursday: Back/Calves		
Pull Ups (Machine or Free)	3	12
Bent Over Rows	3	12
Deadlifts	3	12
Single Arm Dumbbell Row	3	12
Seated Calf Raises	3	15
Friday: Shoulders/Traps		
Seated Military Press	3	10
Superset		
Dumbbell Lateral Raises	3	10
Dumbbell Front Raises	3	10
Upright Rows	3	10
Dumbbell Shrugs	3	10
Saturday: Arms/Abs		
Skullcrushers	3	12
Superset		
Triceps Pushdown	3	12
Dumbbell Kickbacks	3	12
Barbell Curls	3	12
Incline Dumbbell Curl	3	12
Hanging Leg Raises	3	12
Standing Cable Wood Chop	3	12
Rest 3 - 4 Mins between sets.		

Week 2: Moderate

Exercise	Sets	Reps
Monday: Legs/Calves		
Lying Leg Curls	4	12
Walking Lunges	4	20
Single Leg Extension	4	12
Stiff Leg Deadlifts	3	12
Standing Calf Raises	3	12
Tuesday: Chest/Abs		
Decline Dumbbell Press	4	12
Cable Crossover	4	12
Wide Grip Bench Press	4	12
Dips (Machine or Free)	4	12
Superset		
Rope Crunches	4	20
Sit Ups	4	20
Thursday: Back/Calves		
Seated Row	4	12
Reverse Grip Pulldowns	4	12
Straight Arm Pullovers	4	12
Rack Pulls	4	12
Lat Pull Down	4	12
Seated Calf Raises	4	20
Friday: Shoulders/Traps		
Arnold Press	4	10
Reverse Pec Dec	4	12
Barbell Front Raises	4	12
Standing Military Press	4	12
Cable Delt Raises	4	12
Barbell Shrugs	4	12
Saturday: Arms/Abs		
Dips (Free or Machine)	4	10
Dumbbell Overhead Extension	4	10
Preacher Curls	4	10
Straight Bar Curl	4	10
Reverse Barbell Curl	4	10
Rope Crunches	4	10
Rest 2 - 3 Mins between sets.		