



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



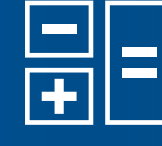
Diet Plans



Expert Guides



Videos



Tools

CUT LIKE CUTLER TRAINER: CYCLE 5

Follow the workout logs for Cycle 5 of the Cut Like Cutler trainer. Week 9 is Heavy training and Week 10 is more Moderate.

Link to Workout: <https://www.muscleandstrength.com/workouts/cut-like-cutler-cycle-5>

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 9: Heavy

Exercise	Sets	Reps
Monday: Legs/Calves		
Leg Extension	4	10
Leg Curls	4	10
Squats	3	6
Leg Press	3	6
Seated Calf Raises	4	10
Tuesday: Chest/Abs		
Bench Press	3	6
Incline Dumbbell Press	3	6
Incline Dumbbell Flys	3	6
Machine Press	3	8
Rope Crunches	3	10
Sit - Ups	3	10
Thursday: Back/Calves		
Pull Ups (Machine or Free)	3	10
Bent Over Rows	3	6 - 8
Deadlifts	3	6
Single Arm Dumbbell Row	3	6 - 8
Seated Calf Raises	3	15
Friday: Shoulders/Traps		
Seated Military Press	3	6
Superset		
Dumbbell Lateral Raises	3	8
Dumbbell Front Raises	3	8
Upright Rows	3	6 - 8
Dumbbell Shrugs	3	8
Saturday: Arms/Abs		
Skullcrushers	3	8
Superset		
Triceps Pushdown	3	8
Dumbbell Kickbacks	3	8
Barbell Curls	3	8
Incline Dumbbell Curl	3	8
Hanging Leg Raises	3	8
Standing Cable Wood Chop	3	8
Rest 3 - 4 Mins between sets.		

Week 10: Moderate

Exercise	Sets	Reps
Monday: Legs/Calves		
Lying Leg Curls	4	20
Walking Lunges	4	30
Single Leg Extension	4	20
Stiff Leg Deadlifts	3	20
Standing Calf Raises	3	20
Tuesday: Chest/Abs		
Decline Dumbbell Press	4	20
Cable Crossover	4	20
Wide Grip Bench Press	4	20
Dips (Machine or Free)	4	20
Superset		
Rope Crunches	4	30
Sit Ups	4	30
Thursday: Back/Calves		
Seated Row	4	20
Reverse Grip Pulldowns	4	20
Straight Arm Pullovers	4	20
Rack Pulls	4	20
Lat Pull Down	4	20
Seated Calf Raises	4	30
Friday: Shoulders/Traps		
Arnold Press	4	20
Reverse Pec Dec	4	20
Barbell Front Raises	4	20
Standing Military Press	4	20
Cable Delt Raises	4	20
Barbell Shrugs	4	30
Saturday: Arms/Abs		
Dips (Free or Machine)	4	20
Dumbbell Overhead Extension	4	20
Preacher Curls	4	20
Straight Bar Curl	4	20
Reverse Barbell Curl	4	20
Rope Crunches	4	20
Rest 2 - 3 Mins between sets.		