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## DOUG'S MEGA CUTTING ROUTINE

Doug's mega cutting workout routine is a 4 day split combining weights and cardio designed to lose fat while maintaining muscle mass.

Link to Workout: <https://www.muscleandstrength.com/workouts/23-doug-s-mega-cutting-routine.html>

**Main Goal:** Lose Fat  
**Training Level:** Intermediate  
**Program Duration:** 12 Weeks  
**Days Per Week:** 4 Days

**Time Per Workout:** 45-60 Mins  
**Equipment:** Barbell, Bodyweight, Cables, Dumbbells, EZ Bar  
**Author:** Doug Lawrenson

### Day 1: Shoulders & Triceps

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		
Shoulders		
<a href="#">Seated Dumbbell Press</a> (15, 12*)	4	12, 10, 8, 8
Tri Set x 3**		
<a href="#">Dumbbell Lateral Raise</a>	3	10 - 12
<a href="#">Dumbbell Reverse Fly</a>	3	10 - 12
<a href="#">Dumbbell Shrugs</a>	3	10 - 12
Triceps		
<a href="#">EZ Bar Close Grip Bench</a> (15, 12*)	4	12, 10, 8, 8
Tri Set x 3**		
<a href="#">Dumbbell Kickbacks</a>	3	10 - 12
<a href="#">Overhead Rope Extension</a>	3	10 - 12
<a href="#">Narrow Grip Pushups</a>	3	Failure
Abs		
Tri Set x 3**		
<a href="#">Rope Crunch</a>	3	15 - 20
<a href="#">Crossover Crunch</a>	3	15 - 20
<a href="#">Hip Thrust</a>	3	15 - 20
Repetition timing is 4 - 1 - 4 on main exercises, and 1 - 1 - 1 on Tri Set exercises. *Denotes a Warm Up Set. 45 Secs rest between sets. **No rest between exercises. 60 - 90 Secs between each Tri Set.		

### Day 2: Back

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		
Back		
<a href="#">Reverse Grip Bent Over Row</a> (15, 12*)	4	12, 10, 8, 8
Tri Set x 3**		
<a href="#">Wide Grip Pull Down</a>	3	10 - 12
<a href="#">1 Arm Cable Row</a>	3	8
<a href="#">Hyper Extensions</a>	3	12 - 15
Abs		
Tri Set x 3**		
<a href="#">Rope Crunch</a>	3	15 - 20
<a href="#">Crossover Crunch</a>	3	15 - 20
<a href="#">Hip Thrust</a>	3	15 - 20
Repetition timing is 4 - 1 - 4 on main exercises, and 1 - 1 - 1 on Tri Set exercises. *Denotes a Warm Up Set. 45 Secs rest between sets. **No rest between exercises. 60 - 90 Secs between each Tri Set.		

### Day 3: Low Intensity Cardio

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		

### Day 4: Chest & Biceps

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		
Chest		
<a href="#">Incline Dumbbell Press</a> (15, 12*)	4	12, 8, 8, 8
Tri Set x 3**		
<a href="#">Pec Dec</a>	3	10 - 12
<a href="#">Dumbbell Flys</a>	3	10 - 12
<a href="#">Push Ups</a>	3	Failure
Biceps		
<a href="#">Dumbbell Curl</a> (15, 12*)	4	12, 10, 8, 8
Tri Set x 3**		
<a href="#">EZ Bar Curl</a>	3	10 - 12
<a href="#">Dumbbell Reverse Curl</a>	3	10 - 12
<a href="#">Rope Curl</a>	3	10 - 12
Abs		
Tri Set x 3**		
<a href="#">Rope Crunch</a>	3	15 - 20
<a href="#">Crossover Crunch</a>	3	15 - 20
<a href="#">Hip Thrust</a>	3	15 - 20
Repetition timing is 4 - 1 - 4 on main exercises, and 1 - 1 - 1 on Tri Set exercises. *Denotes a Warm Up Set. 45 Secs rest between sets. **No rest between exercises. 60 - 90 Secs between each Tri Set.		

### Day 5: Legs & Calves

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		
Quads		
<a href="#">Squats</a> (15, 12*)	5	12, 10, 8, 8, 8
Tri Set x 3**		
<a href="#">Wall Squat</a>	3	12 - 15
<a href="#">Leg Extension</a>	3	12 - 15
<a href="#">Sissy Squat</a>	3	20 - 25
Hamstrings		
<a href="#">Leg Curls</a> (12, 15*)	4	12, 10, 10, 10
<a href="#">Straight Leg Deadlifts</a>	3	15, 12, 10
Calves		
<a href="#">Seated Calf Raise</a> (10, 12*)	3	12, 10, 10
<a href="#">Standing Calf Raise</a>	3	20, 15, 15
Abs		
Tri Set x 3**		
<a href="#">Rope Crunch</a>	3	15 - 20
<a href="#">Crossover Crunch</a>	3	15 - 20
<a href="#">Hip Thrust</a>	3	15 - 20
Repetition timing is 4 - 1 - 4 on main exercises, and 1 - 1 - 1 on Tri Set exercises. *Denotes a Warm Up Set. 45 Secs rest between sets. **No rest between exercises. 60 - 90 Secs between each Tri Set. Wall Squats are performed with back against a wall or door, feet placed approx. 2 ft. in front.		

### Day 6: Low Intensity Cardio

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		

### Day 7: Low Intensity Cardio

Exercise	Sets	Reps
Low Intensity Cardio		
Perform 40+ Mins of Cardio in the morning & evening.		