

# **CUT**

## **LIKE CUTLER**

### **12 WEEK PROGRAM**

By  
Jay Cutler, Derek Roth and Jess Welna



[Cutlernutrition.com](http://Cutlernutrition.com)

YouTube [/user/CutlerNutrition](https://www.youtube.com/user/CutlerNutrition)

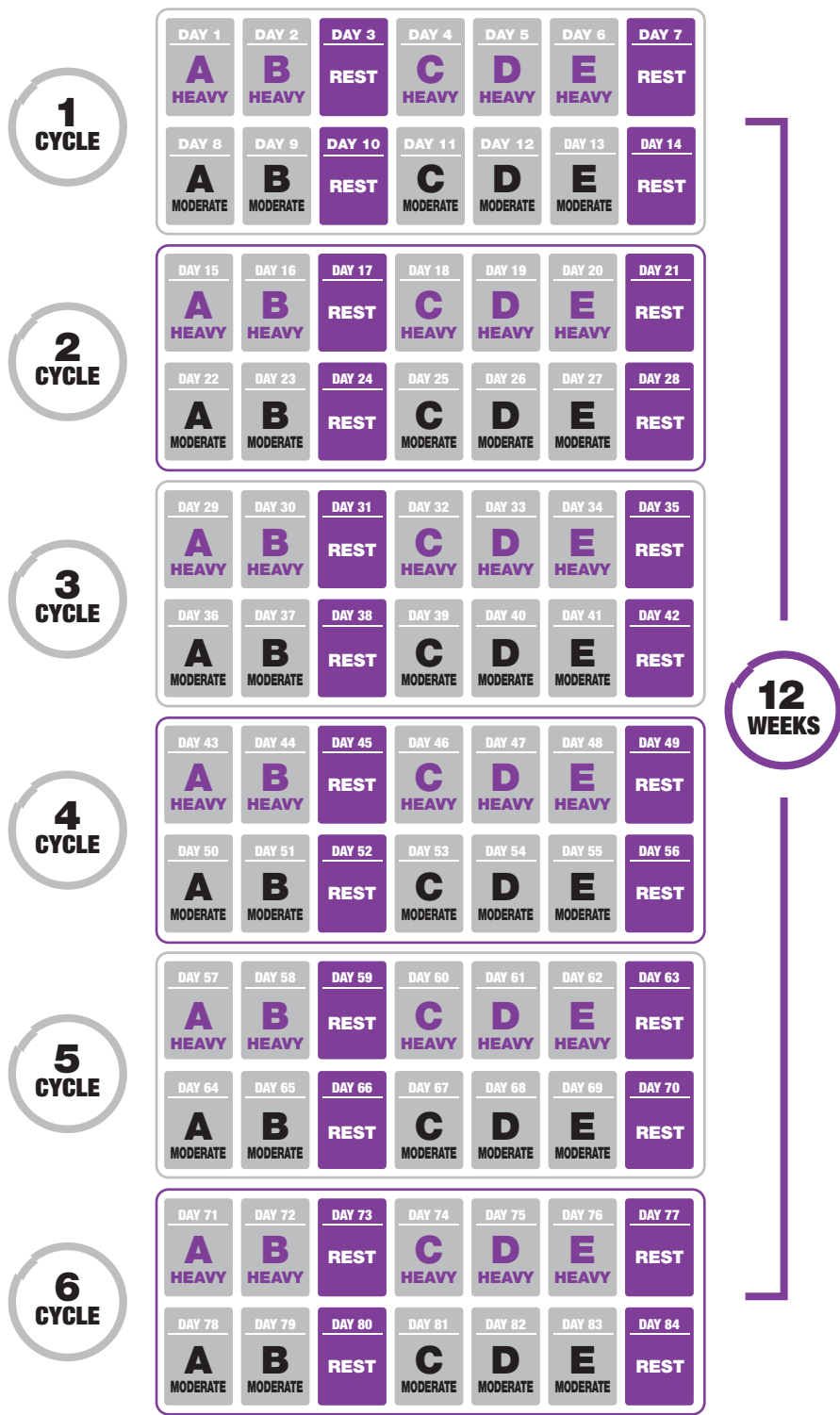
**PLEASE NOTE:** All readers are advised to consult their physician before beginning any exercise and nutrition program. Cutler Nutrition and the contributors do not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this program.

# TRAINING CALENDAR

The Cut Like Cutler program spans a period of 12 weeks. These 12 weeks are divided into 6 cycles, and each cycle spans 2 weeks. 12 weeks, 6 cycles, 2 weeks each cycle. Within each 2 week cycle, you'll spend one entire week focusing primarily on lifting heavy. The other week, you'll focus on lifting moderate weight.

The training split is as follows:

**A** LEGS/CALVES    **B** CHEST/ABS    **C** BACK/CALVES    **D** SHOULDERS/TRAPS    **E** ARMS/ABS.



USE THIS CALENDAR TO CHECK OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS.

# PROGRAM OVERVIEW



Cut Like Cutler is a program designed to you get bigger and stronger through a 6 cycle, 12 week training curriculum. This all-inclusive program also contains a sample nutrition plan, grocery list for eating big on a budget, and some supplement suggestions to take your physique where it's never been before!



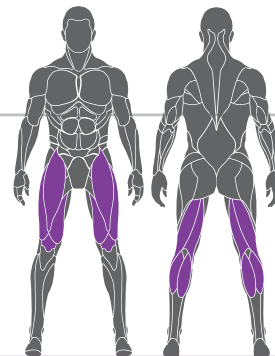
You'll notice that on HEAVY days, as the weeks progress, your rep range actually decreases. This was done intentionally so you can focus on increasing your weight load for gradual strength building. On MODERATE days, your rest periods become slightly shorter, but your rep range increases gradually over the 12 week period. These pretty minor differences within your training split has been strategically structured to fine-tune your physique for extreme mass building and strength gains.

## MEET YOUR TRAINERS

**Jay Cutler** – With the goal at a young age to be one of the largest bodybuilding competitors ever, Jay certainly achieved this by winning the coveted title of Mr. Olympia 4 different times, not to mention his other various wins in the IFBB. He is the first Mr. Olympia in history to reclaim the title after having competed as a title-holder and not winning. Keep an eye on Jay, though. He's not slowing down anytime soon. Maybe a 5th Olympia title is in his near future!

**Derek Roth** - Now an NPC heavyweight bodybuilder, Derek started his fitness journey in 2008 when he realized it was time to make a change. Going from "fat to fit" as Derek states, he learned the ins and outs of weight lifting and nutrition to vastly improve his overall physique. In 2014 alone, he had placed 1st in (2) NPC Bodybuilding competitions and plans to keep on competing in the future.

**Jess Welna** – Jess Welna is an account executive for Cutler Nutrition and a bodybuilding competitor. After several knee surgeries as a result of being heavily involved in athletics for a majority of his life, he knew he needed to do something different to motivate him after 4 months of being inactive. Jess spent a full year competing in multiple Men's Physique competitions and fell in love with the sport of bodybuilding. Since then, Jess is focusing on competing in larger shows and hopes to motivate the masses along the way.



## LEGS / CALVES

### A HEAVY

EXERCISE	SETS	REPS					
		CYCLE					
		1	2	3	4	5	6
Leg Extension	4	12	12	12	10	10	8-10
Leg Curls	4	12	12	12	10	10	8-10
Squats	3	12	10	8	8-6	6	4-6
Leg Press	3	12	10	8	8-6	6	4-6
Seated Calf Raises	4	20	20	15	15	10	10

### A MODERATE

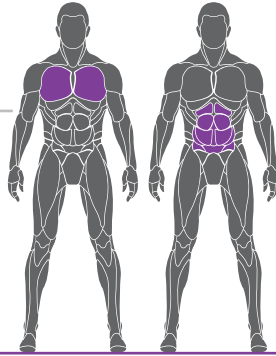
EXERCISE	SETS	REPS					
		CYCLE					
		1	2	3	4	5	6
Laying Leg Curls	4	12	12-15	12-15	15-20	20	30
Walking Lunges	4	20	20	20	30	30	30
Single Leg Extension	4	12	12-15	12-15	15-20	20	30
Stiff Leg Deadlifts	3	12	12	12	15	20	20
Standing Calf Raises	3	12	12	15	20	20	30

**Heavy days**, you want to make sure you are getting 3-4 minutes rest between sets to ensure you have enough recovery time to hit it hard again in the next set.

**Moderately heavy days**, you will still implement a longer rest period, only shorten it down to 2-3 minutes. These days will be higher volume in reps and sets, so choose weight that's realistic for your body. You'll want to be able to complete every rep and set listed.

# EXERCISE BREAKDOWN

## CHEST / ABS



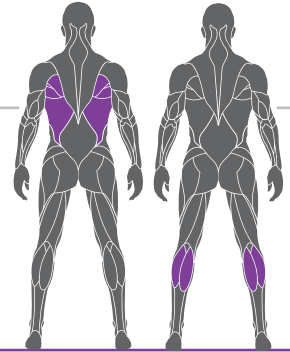
**B**  
HEAVY

EXERCISE	SETS	REPS					
		CYCLE					
		1	2	3	4	5	6
Bench Press	3	12	10	8-10	8-6	6	4-6
Incline DB Press	3	12	10	8-10	8-6	6	4-6
Incline DB Flyes	3	10	10	8-10	8-6	6	4-6
Machine Press	3	10	10	8-10	8-6	8	8
Rope Crunches	3	15	15	15	12	10	10
>Superset Sit-Ups	3	15	15	15	12	10	10

**B**  
MODERATE

EXERCISE	SETS	REPS					
		CYCLE					
		1	2	3	4	5	6
Decline DB Press	4	12	12-15	15	15-20	20	20-25
Cable Cross-Over	4	12	12-15	15	15-20	20	20-25
Wide Grip Bench Press	4	12	12-15	12	15	20	20-25
Dips (Machine or Free)	4	12	12-15	12	15	20	20-25
Rope Crunches	4	20	20	20	30	30	30
>Superset Sit-Ups	4	20	20	20	30	30	30

## BACK / CALVES



**C**  
HEAVY

EXERCISE	SETS	REPS					
		CYCLE					
		1	2	3	4	5	6
Pull-Ups (Machine or Free)	3	12	10	10	10	10	10
Bentover Rows	3	12	10	8	8	6-8	6
Deadlifts	3	12	10	8	6	6	4-6
Single Arm DB Row	3	12	10	8	8	8-6	6
Seated Calf Raises	3	15	15	15	15	15	15

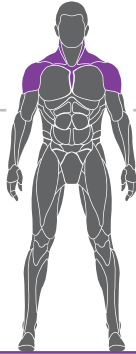
**C**  
MODERATE

EXERCISE	SETS	REPS					
		CYCLE					
		1	2	3	4	5	6
Seated Row	4	12	12-15	15	15-20	20	20-30
Reverse Grip Pulldowns	4	12	12-15	15	15-20	20	20-30
Straight Arm Pullovers	4	12	12-15	15	15-20	20	20-30
Rack Pulls	4	12	12-15	15	15-20	20	20-30
Lat Pulldown	4	12	12-15	15	15-20	20	20-30
Seated Calf Raises	4	20	20	20	30	30	30

**Heavy days**, you want to make sure you are getting 3-4 minutes rest between sets to ensure you have enough recovery time to hit it hard again in the next set.

**Moderately heavy days**, you will still implement a longer rest period, only shorten it down to 2-3 minutes. These days will be higher volume in reps and sets, so choose weight that's realistic for your body. You'll want to be able to complete every rep and set listed.

# EXERCISE BREAKDOWN



## SHOULDERS / TRAPS

**D**  
 HEAVY

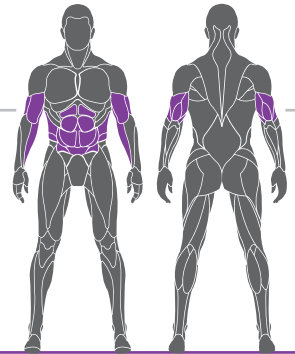
EXERCISE	SETS	REPS CYCLE					
		1	2	3	4	5	6
Seated Military Press	3	10	10	8	6-8	6	6
DB Side Lateral Raises	3	10	8	8	6-8	8	6
>Superset DB Front Raises	3	10	8	8	6-8	8	6
Upright Rows	3	10	10	8	6-8	6-8	6
DB Shrugs	3	10	10	8	8	8	8

**D**  
 MODERATE

EXERCISE	SETS	REPS CYCLE					
		1	2	3	4	5	6
Arnold Press	4	10	12	15	15-20	20	20
Reverse Pec Deck	4	12	12	15	15-20	20	20
Barbell Front Raises	4	12	12	15	15-20	20	20
Standing Military Press	4	12	12	15	15-20	20	20
Cable Delt Raises	4	12	12	15	15-20	20	20
Barbell Shrugs	4	12	12	15	20	30	30

**Heavy days**, you want to make sure you are getting 3-4 minutes rest between sets to ensure you have enough recovery time to hit it hard again in the next set.

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## ARMS / ABS

**E**  
 HEAVY

EXERCISE	SETS	REPS CYCLE					
		1	2	3	4	5	6
Skull Crushers	3	12	10	10	8-10	8	8
Triceps Pushdown	3	12	10	10	8-10	8	8
>Superset DB Kickbacks	3	12	10	10	8-10	8	8
Barbell Curls	3	12	10	10	8-10	8	8
Incline DB Curl	3	12	10	10	8-10	8	8
Hanging Leg Raises	3	12	10	10	8-10	8	8
Standing Cable Wood Chop	3	12	10	10	8-10	8	8

**E**  
 MODERATE

EXERCISE	SETS	REPS CYCLE					
		1	2	3	4	5	6
Dips (Free or Machine)	4	10	12	15	15-20	20	20
DB Overhead Extension	4	10	12	15	15-20	20	20
Preacher Curls	4	10	12	15	15-20	20	20
Straight Bar Curl	4	10	12	15	15-20	20	20
Reverse Barbell Curl	4	10	12	15	15-20	20	20
Rope Crunches	4	10	12	15	20	20	30

# SAMPLE MEAL PLAN

*Cut Like Cutler – Eating for Size on a Budget*



When it comes to putting on solid muscle mass, proper nutrition is absolutely vital. There's a huge difference between eating a lot of food, and eating a lot of food that's beneficial for your body. That's why we've simplified it for you.

Below you'll find a grocery list that equates to ABOUT \$100 per week. It's divided by proteins, fats, and carbs. Noted next to each food item is a suggested amount to buy that will get you through the week. You'll also find a sample meal plan that covers (1) day of what you should be eating that you may use as a guideline for the duration of the program.

## PROTEIN/MEATS:



1. Chicken – approx. 7 lbs
2. Lean Beef – approx. 3-4 lbs (93/7 ratio)
3. Turkey – approx. 3-4 lbs
4. Eggs – approx. 4 dozen
5. Fish – approx. 3 lbs  
(Salmon, Tuna, Mahi, Tilapia, etc.)
6. Filet Mignon – 3oz. or other lean steak

## CARBS:



1. White Rice – approx. 10-14 cups
2. Sweet Potato – approx. 3-4 large
3. Steel Cut Oats – approx. 7-10 cups
4. Rice Cakes – approx. 2-3 packages
5. Ezekiel Bread – 1 loaf (Jay is known for eating it)

## PROTEIN/DAIRY:



1. Greek Yogurt – approx. 1-2 (24 oz.) containers
2. Low Fat Cottage Cheese – approx. 1-2 (16 oz.) containers

## FATS:



1. Avocado – approx. 3-4
2. Unsalted Nuts (Almonds, Cashews, Peanuts, etc.) – 1 small-medium container

## OPTIONALS/ALTERNATIVES:

1. Cream of Wheat
2. Canned Tuna
3. Liquid Egg Whites
4. Cream of Rice
5. White or Red Potatoes
2. Brown Rice

## SNACKS:

1. Unsalted Nuts – 2oz.
2. Rice Cake with natural nut butter

