



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



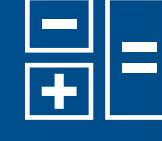
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CUT LIKE CUTLER TRAINER: CYCLE 6

Follow the workout logs for Cycle 6 of the Cut Like Cutler trainer. Week 11 is Heavy training and Week 12 is more Moderate.

Link to Workout: <https://www.muscleandstrength.com/workouts/cut-like-cutler-cycle-6>

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 11: Heavy

Exercise	Sets	Reps
Monday: Legs/Calves		
Leg Extension	4	8 - 10
Leg Curls	4	8 - 10
Squats	3	4 - 6
Leg Press	3	4 - 6
Seated Calf Raises	4	10
Tuesday: Chest/Abs		
Bench Press	3	4 - 6
Incline Dumbbell Press	3	4 - 6
Incline Dumbbell Flys	3	4 - 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
Deadlifts	3	4 - 6
Single Arm Dumbbell Row	3	6
Seated Calf Raises	3	15
Friday: Shoulders/Traps		
Seated Military Press	3	6
Superset		
Dumbbell Lateral Raises	3	6
Dumbbell Front Raises	3	6
Upright Rows	3	6
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 12: Moderate

Exercise	Sets	Reps
Monday: Legs/Calves		
Lying Leg Curls	4	30
Walking Lunges	4	30
Single Leg Extension	4	30
Stiff Leg Deadlifts	3	20
Standing Calf Raises	3	30
Tuesday: Chest/Abs		
Decline Dumbbell Press	4	20 - 25
Cable Crossover	4	20 - 25
Wide Grip Bench Press	4	20 - 25
Dips (Machine or Free)	4	20 - 25
Superset		
Rope Crunches	4	30
Sit Ups	4	30
Thursday: Back/Calves		
Seated Row	4	20 - 30
Reverse Grip Pulldowns	4	20 - 30
Straight Arm Pullovers	4	20 - 30
Rack Pulls	4	20 - 30
Lat Pull Down	4	20 - 30
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	30
Rest 2 - 3 Mins between sets.		