

**maxi  muscle**  
**NEW YEAR. | NEW PHYSIQUE.**

# CUTTING TRAINING PLAN

## DAY 1 - CHEST & BACK:

### GIANT SET - REPEAT 5 TIMES

1. FLAT BENCH X6 (40X0)
2. INCLINE DUMBBELL PRESS X12 (30X0)
3. DUMBBELL FLIES X25 (20X0)

### GIANT SET - REPEAT 5 TIMES

1. WEIGHTED WIDE GRIP PULL UPS X6 (40X0)
2. BENT OVER BARBELL ROW X12 (30X0)
3. SEATED CABLE ROPE ROW X25 (20X0)

### SUPERSET FINISHER - REPEAT 4 TIMES

1. WEIGHTED TRICEP DIPS X12 (30X0)
2. STRAIGHT ARM CABLE PULL DOWNS X12 (30X0)

### REST 2-3 MINUTES BETWEEN SETS

NO REST BETWEEN EXERCISES



**SCROLL FOR MORE**



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## DAY 2 - LEGS:

### GIANT SET - REPEAT 5 TIMES

1. BACK SQUAT X6 (40X0)
2. HACK SQUAT X12 (30X0)
3. SEATED LEG EXTENSIONS X25 (20X0)

### GIANT SET - REPEAT 5 TIMES

1. DEADLIFT X6 (40X0)
2. ROMANIAN DEADLIFT X12 (30X0)
3. HAMSTRING CURL X25 (20X0)

### SUPERSET FINISHER - REPEAT 4 TIMES

1. LEG PRESS X12 (30X0)
2. BODYWEIGHT JUMP SQUATS X12 (30X0)

**REST 2-3 MINUTES BETWEEN SETS**  
**NO REST BETWEEN EXERCISES**



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## DAY 3 - SHOULDERS:

### GIANT SET - REPEAT 5 TIMES

1. BARBELL SHOULDER PRESS X6 (40X0)
2. ARNOLD DUMBBELL PRESS X12 (30X0)
3. DUMBBELL LATERAL RAISE X25 (20X0)

### SUPERSET FINISHER - REPEAT 4 TIMES

1. DUMBBELL FRONT RAISES X12 (30X0)
2. DUMBBELL REVERSE FLIES X12 (30X0)

**REST 2-3 MINUTES BETWEEN SETS**  
**NO REST BETWEEN EXERCISES**



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## DAY 4 - ABS:

### **SUPERSET - REPEAT 4 TIMES**

- 1. HANGING KNEE RAISES X12 (30X0)**
- 2. KNEELING CABLE CRUNCHES X12 (30X0)**

### **SUPERSET - REPEAT 4 TIMES**

- 1. BARBELL ROLL OUTS X12 (30X0)**
- 2. RUSSIAN TWISTS X12 (30X0)**

### **SUPERSET - REPEAT 4 TIMES**

- 1. ABDOMINAL CRUNCHES X12 (30X0)**
- 2. CABLE WOOD CHOPS X12 EACH SIDE (30X0)**

### **TABATA ROW FINISHER - 8 SETS**

**20 SECONDS ROW HIGH INTENSITY  
10 SECONDS REST**

### **REST 2-3 MINUTES BETWEEN SETS**

**NO REST BETWEEN EXERCISES**



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# CUTTING TRAINING PLAN

## DAY 5 - ARMS:

### GIANT SET BICEPS - REPEAT 5 TIMES

1. BARBELL CURL X6 (40X0)
2. SEATED INCLINE DUMBBELL CURL X12 (30X0)
3. CABLE ROPE CURL X25 (20X0)

### GIANT SET TRICEPS - REPEAT 5 TIMES

1. NARROW GRIP BENCH PRESS X6 (40X0)
2. LYING DUMBBELL EXTENSIONS X12 (30X0)
3. CABLE ROPE EXTENSIONS X25 (20X0)

### SUPERSET FINISHER - REPEAT 4 TIMES

1. NARROW GRIP BODYWEIGHT CHINS X10 (30X0)
2. BODYWEIGHT TRICEP DIPS X10 (30X0)

**REST 2-3 MINUTES BETWEEN SETS**  
**NO REST BETWEEN EXERCISES**

**SHOP THE RANGE**