

6 DAY WEIGHT / CARDIO CUTTING WORKOUT

A workout for people who have finished bulking and have excess fat to lose. It combines weight training with 3 days of cardio, and 1 day of rest.

Main Goal:	Lose Fat	Time Per Workout:	30-45 Mins
Training Level:	Intermediate	Equipment:	Barbell, Bodyweight, Cables, Dumbbells, EZ Bar
Program Duration:	10 Weeks	Author:	Team Muscle & Strength
Days Per Week:	6 Days		

Monday - Chest & Triceps

Exercise	Sets	Reps
Chest		
Dumbbell Bench Press	4	8, 8, 6, 6
Incline Bench Press	4	8, 8, 6, 6
Cable Crossovers	4	8
Triceps		
Close Grip Bench Press	3	8
Lying Tricep Extension	3	8
Rope Pulldowns	3	8
Notes		
Each week switch dumbbell bench press with barbell bench and incline bench with incline dumbbell press.		

Tuesday - Abs & Cardio

Abs & Cardio
Workout Schedule
20mins core strength exercises (see ab exercises section for core strength exercises), followed by 1 hour of low intensity cardio or 45mins of HIIT

Wednesday- Back & Biceps

Exercise	Sets	Reps
Back		
Wide Grip Pull Up	4	8
Close Grip Pull Down	4	8, 8, 6, 6
Cable Row	4	8
Biceps		
Barbell Curl	3	8, 8, 6
Incline Bench Dumbbell Curl	3	8
Dumbbell Preacher Curl	3	8
Notes		
Wide grip pull up - finish sets off with slow negatives if you cannot do 8. If you can't do pullups, replace with heavy lat pull downs.		

Thursday - Abs & Cardio

Abs & Cardio
Workout Schedule
20mins core strength exercises (see ab exercises section for core strength exercises), followed by 1 hour of low intensity cardio or 45mins of HIIT

Friday - Legs & Shoulders

Exercise	Sets	Reps
Legs		
Squat	4	8
Stiff Legged Deadlift	3	8
Leg Curl	3	8, 8, 6
Leg Extension	3	8, 8, 6
Standing Calf Raise	4	15, 12, 10, 8
Shoulders		
Military Press	4	8, 8, 6, 6
Dumbbell Lateral Raise	3	8
Bent Over Rev Fly	3	8

Saturday - Abs & Cardio

Abs & Cardio
Workout Schedule
20mins core strength exercises (see ab exercises section for core strength exercises), followed by 1 hour of low intensity cardio or 45mins of HIIT