

All About Health Cutting Program

Monday: Chest

Warm Up: Run on the treadmill or the Elliptical Trainer for 5-10 minutes to get your muscles warmed up. After that stretch your entire body for at least 10 minutes.

Incline Bench Press:

Warm Up set of 15 reps

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 6 reps

Flat Dumbbell Press super set with Flys

Flat Dumbbell: 4 sets of 10 reps

Super set with

Dumbbell Flys: 4 sets of 10 reps

Pec Deck Super Set with Vertical Bench Press

Pec Deck: 4 sets of 12 reps

Super Set with

Vertical Bench Press: 4 sets of 10 reps

Cable Cross Over

1st set 15 reps

2nd set 12 reps

3rd set 10 reps

Push Ups:

3 sets to Failure

Crunches:

4 sets of 25 reps

Tuesday: Legs

Warm Up: Run on the treadmill or the Elliptical Trainer for 5-10 minutes to get your muscles warmed up. After that stretch your entire body for at least 10 minutes.

Calf Raises

Warm up set of 20 reps

1st set 15 reps

2nd set 12 reps

3rd set 10 reps

Seated Calf Raises

3 sets of 10 reps

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Squats:

Warm up set of 20 reps

1st set 15 reps

2nd set 12 reps

3rd set 10 reps

4th set 3 reps

Leg Press:

3 sets of 20 reps

Leg Curls:

3 sets of 10-12 reps

Leg Extensions:

1st set 15 reps

2nd set 12 reps

3rd set 10 reps

Wednesday: Back

Warm Up: Run on the treadmill or the Elliptical Trainer for 5-10 minutes to get your muscles warmed up. After that stretch your entire body for at least 10 minutes.

Pull-Ups:

3 sets to failure

Dumbbell Rows:

1st set 12 reps

2nd set 10 reps

3rd set 8 reps

4th set 6 reps

Seated Rows:

3 sets of 10-12 reps

Behind the Neck Pull downs:

3 sets of 10 reps

Smith Machine Shrugs:

1st set 20 reps

2nd set 12 reps

3rd set 10 reps

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4th set 10 reps

Abdominal Wheel:

3 sets of 10-25 reps

Friday: Shoulders and Triceps

Warm Up: Run on the treadmill or the Elliptical Trainer for 5-10 minutes to get your muscles warmed up. After that stretch your entire body for at least 10 minutes.

Dumbbell Shoulder Press:

1st set 20 reps

2nd set 15 reps

3rd set 12 reps

4th set 10 reps

Upright Rows:

3 sets of 6-8 reps

Cable Side Laterals:

3 sets of 10-12 reps

Reverse Pec Deck:

3 sets of 15 reps

Close Grip Bench

1st set 10 reps

2nd set 8 reps

3rd set 6 reps

Overhead Dumbbell Extensions

3 sets of 10 reps

Dips:

4 sets to failure

Crunches:

3 sets of 25

Saturday: Biceps

Warm Up: Run on the treadmill or the Elliptical Trainer for 5-10 minutes to get your muscles warmed up. After that stretch your entire body for at least 10 minutes.

EZ-Curl Bar Super set with Alternating Dumbbell Curls

EZ-Curl Bar 4 sets 6-8 reps

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Super Set with
Alternating Dumbbell Curls 4 sets of 10 reps

Hammer Strength Preacher Curl

1st set 12 reps
2nd set 10 reps
3rd set 8 reps
4th set 6 reps

Concentration Curls:

3 sets of 10-12 reps

21's:

3 sets of 21 reps
(Ask Mike or Steve if you are not familiar with this exercise)

Calf Raises:

3 sets of 12-15 reps

Cardio:

Week	Duration	Days Per Week
1 st week	30 min	3
2 nd week	30 min	4
3 rd week	30 min	5
4 th week	45 min	3
5 th week	45 min	4
6 th week	45 min	5
7 th week	30-45 min	3-5
8 th week	30-45 min	3-5

Meal Plan:

Meal One:

6 egg whites
1 cup of Oatmeal
1 piece of fruit
16oz of water
1 table spoon of Flax Oil
1 Multivitamin Pack

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Meal Two:

2 scoops of Whey Protein
Mixed in 16oz of water

Meal Three:

Tuna Fish Salad or
Grilled Chicken Sandwich on wheat bread with lettuce and tomato
1 piece of fruit
16oz of water

Meal Four:

2 scoops of Whey Protein
Mixed in 16oz of water

Meal Five:

1 chicken breast, turkey or flank steak
1 serving of broccoli or any other dark green vegetables
16oz of water

Meal Six:

2 scoops of blended or Casein Protein
Mixed in 16oz of water

Supplements:

Whey Protein- is a milk derived protein that is low in calories and easy to digest. It will help your body get the required protein needed to maintain muscle mass. It is very important to drink it right after your workout because it enters the blood stream quickly. This will allow your muscles to recuperate at an optimal level.

Lean System 7- is a fat burner. It uses a product called 7 Keto to increase the amount of thyroid hormone your body produces. By increasing the amount of thyroid hormone your body produces you will burn fat and extra calories. Another bonus of increasing thyroid hormone is that you will utilize and metabolize more of the protein and carbohydrates you take in. Simply stated it will help you get leaner not skinnier.

Lipodrene or Stimerex- are ephedrine based products. The best way to describe them is to compare your metabolism to a fire. Adding one of the products to the fire (your metabolism) is like pouring gasoline all over it. It will burn the fat of your body like crazy.

Methyl Masterdrol- is a ground breaking pro hormone that increase testosterone in the

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body. By increasing testosterone the user will experience an increased creation of lean muscle mass. On average one can gain 10-12 lbs of lean muscle mass in 4 weeks. No water weight we are talking about lean muscle. Since you hold no water you can create and maintain massive amounts of muscle while losing fat.

Methyl 1 P- can be added to Methyl Masterdrol to synergistically create lean muscle. By adding this product your muscle will become hard as granite.