

12 WEEK CUTTING WORKOUT PLAN TO SCULPT YOUR BODY

Full URL: <https://thefitnessphantom.com/12-week-cutting-workout-plan-with-pdf>

It will be a six-day weekly program, designed to be followed for 12 weeks to see results.

If you follow a clean diet program and stay in a calorie deficit, this program will help you reduce body fat while preserving lean muscle mass and improve your body composition over time.

Cutting Training Program Summary

Workout Type	Strength & Cardio
Split Type	Muscle Group Split
Session per Week	6 days weekly
Duration per Session	1.5-2 hours
Training Goal	Body Recomposition
Experienced Require	Intermediate
Target Gender	Male & Female
Program Duration	12 Weeks
Target Age Group	20-40 years

- **Day 1:** Legs
- **Day 2:** Chest & Abs
- **Day 3:** Shoulder & Cardio
- **Day 4:** Abs and Power Training
- **Day 5:** Back and Cardio
- **Day 6:** Arms & Abs
- **Day 7:** OFF

DAY 1 – LEGS

Warm-up:

- Kneeling hamstring stretch, holding for 10 seconds per leg.
- Standing Hip abduction (8-10 reps per side)
- Standing Quad Stretch for 10 seconds per leg.
- 1 set of 20 Bodyweight deep squats.
- 1 set of lunges (10 per leg)

Workout:

Exercise	Sets	Reps	Notes
Barbell Back Squats	4	6-8	Perform a few warm-up sets with lighter weights before lifting heavy. Use a spotter if needed.
Explosive Squats (Jump Squats)	3	15, 10, 8	Decrease reps on each set. Focus on explosiveness.
Tri-Set:	3	15/exercise	Perform all three exercises back-to-back with no rest.
Hip Thrusts			First 10 reps with a 1-second hold at contraction, last 5 reps are pulses.
Standing Cable Kickbacks			First 10 reps with a 1-second hold at contraction, last 5 reps are pulses.
Abductor Machine			First 10 reps with a 1-second hold at contraction, last 5 reps are pulses.
Superset:	3	15, 10, 8 (per exercise)	Perform both exercises back-to-back with no rest.
Lying Leg Curls			Decrease reps on each set. Fully stretch and contract hamstrings.
Leg Extensions			Decrease reps on each set. Fully stretch and contract quads.
Superset:	3	15/exercise	Perform both exercises back-to-back with no rest.
Plate Calf Raises			First 10 reps with a 1-second hold at contraction, last 5 reps are pulses.
Standing Calf Raises			First 10 reps with a 1-second hold at contraction, last 5 reps are pulses.

DAY 2 – CHEST & ABS

Warm-up:

- **Arm Swings:** 1 set of 20 per side
- **Shoulder Pass Through:** 1 set of 12-15 reps
- **Banded Pull Apart:** 1 set of 12-15 reps
- **Inverted Rows:** 1 set of 12-15 reps
- **Barbell Bench Press:** 20 reps with an empty bar, followed by 15 reps with 10-20 kgs.

Workout:

Exercises	Sets	Reps	Notes
Barbell Bench Press	4	6-8	Ensure the barbell touches the chest for proper stretch. Focus on contraction and a controlled negative.
Incline Dumbbell Press	3 + 1 Drop Set	8-10 (for 3 sets), 7 (for drop set)	For the 3 main sets, hold the last rep for 3 seconds in the stretched position. The drop set consists of a 7-second hold in the stretched position, followed by 7 repetitions. Control negatives, don't drop the weight.
Superset:	3	10-12	
Decline Dumbbell Flies			Focus on stretching the lower pectorals.
Cable Press			Contract for 2 seconds. Maintain a stable upper; only pectorals should be active.
Superset:	3	10-12	
Incline Dumbbell Fly			Flare elbows only as much as needed to stretch upper pectorals and avoid shoulder pressure.
Guillotine Press			Perform on the Smith machine with light weight. Super slow negatives, quick contraction. Targets upper pectorals.
Triset:	4	–	Perform exercises one after the other without resting in between.
Crunches		10	–
Leg Raise		10	–
Oblique Crunches		10/side	–
Superset:	3	–	Perform three sets of each exercise without rest.

Hanging Knee Raise		20	Maintain upper body stability, contract lower/mid-abs.
Cable Wood Chop		10/side	Focus on oblique contraction, pushing diagonally.

DAY 3 – SHOULDER & CARDIO

Warm-up:

- **Arm Swings:** 1 set of 20 per side
- **Shoulder Pass Through:** 1 set of 12-15 reps
- **Banded Pull Apart:** 1 set of 12-15 reps
- **Shoulder Internal Rotation at 90 degrees:** 2 sets of 15 reps
- [Bodyweight IYT Raises:](#) 1 set of 10 reps
- **Dumbbell Overhead Press:** 1 set of 20 reps with light dumbbells.

Workout:

Exercise	Sets	Reps	Notes
Dumbbell Shoulder Press	4	6-8	Heavy sets with a spotter. Maintain proper form, full range of motion, controlled negatives, and proper contraction.
Military Press	3	15, 12, 10	Increase weight on each set. If you can't hit the rep range, use the "rest-pause" principle or slight leg drive for the last 2-3 reps.
Triset	3	15/exercise	Perform all three exercises back-to-back with no rest.
Side Lateral Raise			Targets the outer part of the lateral head.
45° Angle Raise			Targets the inner part of the lateral head.
One-Arm Front Raise			Slightly lean forward, hold the dumbbell with one hand, and squeeze your front delts.
Triset	3	–	Perform all three exercises back-to-back with no rest.
Dumbbell Rear Delt Row		15	Elbows should flare outwards.
Face Rope Pull		15	10 hold reps + 5 pulse reps. Slow negative, fast contraction. Fully burn the rear delts.
Rear Delt Pulse		30	No weight. Squeeze and contract rear delts for 30 reps without rest.
Dumbbell Shrugs	3	15, 12, 10	Focus on contracting the trapezius muscle from top to bottom and then slowly shrugging it.
Superset	3	–	Perform both exercises back-to-back with no rest.

Barbell Shrugs	–	15	10 hold reps + 5 pulse reps. Hold contraction for 1 second, slow stretch.
Rope Shrugs	–	15	10 hold reps + 5 pulse reps. Squeeze trapezius, slow stretch.
Cardio	1	20 minutes	Medium pace on elliptical, treadmill, or outdoor running.

DAY 4 – ABS AND POWER TRAINING

Exercise	Sets	Reps	Notes
Barbell or DB Power Clean	3	8-10	Explosively pull up using hips and shoulders, catching in a squat. Focus on explosive power for a metabolic boost.
Kettlebell or DB Swings	3	12-15	Swing weight between legs, then explosively drive hips forward to chest height.
Medicine Ball Slams	3	10-12	Lift the ball overhead, slam it down forcefully, while engaging your core. Catch on, bounce, and repeat. Replace with burpees if no ball.
Battle Rope	–	5-minute	Perform as many sets of 20-30 seconds as possible in five minutes.
Cable Crunches	4	20	Sit facing the cable pulley machine and curl your torso as you bring the weight down, engaging your midsection.
Bicycle Crunches	3	15/side	Bring your elbow to the opposite knee in a pedaling motion. Twist fully for oblique activation, avoid pulling your neck.
Mountain Climbers	3	30 seconds	In high plank, rapidly alternate driving knees to chest.

DAY 5 – BACK AND CARDIO

Warm-up:

- **Arm Swings:** 1 set of 20 per side
- **Shoulder Pass Through:** 1 set of 12-15 reps
- **Lat Stretch:** 2 sets of 10-second hold
- **Pull-ups:** 3 sets of 6-10 reps

Workout:

Exercise	Sets	Reps	Notes
Deadlifts	4	6-8	Perform 2-3 sets of deadlifts with light weight so your muscles get ready for the heavy load. Ensure the bar is close to the shins to prevent injury. Squeeze glutes at the top. Focus on contraction, not just lifting.
Superset	3	–	Perform both exercises back-to-back with no rest.
Lat Pulldowns		15	First 10 reps: 1-second hold at contraction, slow negative. Last 5 reps: pulse reps. Focus on full stretch at the top and squeezing lats.
Low Cable Rows		15	First 10 reps: 1-second hold at contraction, slow negative. Last 5 reps: pulse reps. Stretch your hips at the bottom for a double lat stretch. Keep elbows tucked.
3. Superset	3	–	Perform both exercises back-to-back with no rest.
Rope Pullovers		15	First 10 reps: 1-second hold at contraction, slow negative. Last 5 reps: pulse reps. Push hands outwards to get a double stretch in the lats. No heavyweight needed.
Straight Arm Pulldowns		15	Focus on activating muscle fibers that may not have been fully hit by other exercises.
Superset	3	–	Perform both exercises back-to-back with no rest.
Barbell Rows		15	First 10 reps: 1-second hold at contraction, last 5 reps: pulse reps. Keep your upper back almost parallel to the ground to target lower lats and mid-back.
Single-Arm Cable Rows		15/side	First 10 reps: 1-second hold at contraction, last 5 reps: pulse reps. Sit on the floor for maximum stretch and contraction. Requires strong core and legs.
Superset	3	–	Perform both exercises back-to-back with no rest.
Single-Arm Dumbbell Rows		15	First 10 reps: 1-second hold at contraction, last 5 reps: pulse reps. Maintain controlled form, avoiding back rounding.
Chest-Supported Machine Rows		15	First 10 reps: 1-second hold at contraction, last 5 reps: pulse reps. Focus on contracting the rhomboids and mid-back.

Cardio	1	20 minutes	10-minute Rowing & 10-minute Treadmill
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DAY 6 – ARMS & ABS

Exercise	Sets	Reps	Notes
Supersets	4	Varies	Perform all four exercises back-to-back with no rest.
Alternating Dumbbell Bicep Curls		10/arm	Focus on full contraction and stretch.
Tricep Pushdowns		15	10 hold reps + 5 pulse reps. Maintain a fixed body position, focus on triceps.
Tri-Set	4	10 each	Perform all three exercises back-to-back with no rest.
Barbell Bicep Curls			Throw the bar forward at the bottom for maximum stretch and negative activation.
Alternating Hammer Curls			Slow and steady form. Focus on the brachioradialis and outer bicep.
Overhead Triceps Extension			Full stretch in triceps (wrist below elbow). Fully extend the arm at contraction. Use slight leg momentum if needed to protect the lower back.
Superset	3	–	Perform both exercises back-to-back with no rest.
Weighted Dips		6-8	Full contraction of triceps.
Preacher Curls		10-12	Focus on stretching the bicep joint.
Superset	3	10/arm	Perform all four exercises back-to-back with no rest.
Wrist Curls (Palms Up)		20	Fully bend the wrist downwards and curl upwards.
Reverse Wrist Curls (Palms Down)		10	Overhand grip. Fully stretch and contract forearms.
Core Workout:	6	–	
Decline Oblique Crunch	3	6-8/side	Lie on a decline bench, twist your torso to bring your elbow to your opposite knee, and alternate sides.
Cross Knee to Elbow (High Plank)	3	10/side	Get into a high plank position and alternatively bring your knee to the opposite elbow.

FREQUENTLY ASKED QUESTIONS (FAQS)

What is a cutting workout plan?

A cutting workout plan involves strength training, high-intensity interval training (HIIT), and sometimes cardio, allowing you to reduce body fat while preserving lean muscle mass. Pairing this with a caloric deficit diet will help you enhance fat loss and improve muscle definition.

How important is nutrition during a cutting workout plan?

Nutrition is more important than the workout, as about 70–80% of cutting success comes from diet. So, aim for taking fewer calories than your body burns (usually 15–30% less). And for maintaining your muscle mass, consume protein 1.6–2.2g/kg body weight along with carbs (40–50% of calories) and healthy fats (20–30%).

Is it safe to work out 6 days a week for cutting?

Yes, it is. The above training plan includes a variety of exercises (strength, cardio, and active recovery) to prevent overtraining. Still, if you don't recover well, cut the workout time or take a full day off, whichever helps.

Should I use supplements during a cutting workout plan?

You don't need supplements as long as you can fill your requirements through food. However, I recommend whey protein isolate and creatine for better recovery and maintaining strength and lean mass.

How do I transition out of a cutting phase?

After completing this program, gradually increase calorie intake (about 100–200 kcal/week) to the maintenance level to avoid fat regain. Shift to a maintenance workout plan with slightly lower intensity, such as 4–5 days weekly, and continue strength training to preserve muscle.