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# JAY CUTLER TRAINING

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EXERCISE, NUTRITION, SUPPLEMENTATION



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## WORKOUT 1

### CHEST, CALVES

You may remember my 5 Day Training Regimen in my debut Road to Redemption manual. Well, almost one year later, just shy of MY NEXT show, I'm changing it up a bit. Basically, I increase my overall volume of work and my rest periods get shortened. For example, my chest workout I have 5 exercises at 3 sets of each exercise and 10 reps. I keep the exercises the same maybe a few different variations but it may be 20-25 total sets and reps may be 12-15 at times. The big change I make, is significantly decreasing my rest between sets. I really pick up the overall pace as it helps me burn more fat and really etch in the detail!

EXERCISE	# SETS	# REPS	SET 1			SET 2			SET 3			SET 4		
			12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.
INCLINE HAMMER PRESS	4	12-15			180 Lbs.			270 Lbs.			360 Lbs.			360 Lbs.
FLAT BENCH	4	12-15			225 Lbs.			315 Lbs.			315 Lbs.			315 Lbs.
FLYES	4	12-15			BODY WT. 280 to 300 Lbs.			BODY WT. 280 to 300 Lbs.			BODY WT. 280 to 300 Lbs.			BODY WT. 280 to 300 Lbs.
DIPS	4	12-15			65 Lbs.			75 Lbs.			85 Lbs.			85 Lbs.
DUMBBELL PULLOVER	4	12-15			100 Lbs.			100 Lbs.			100 Lbs.			100 Lbs.
STANDING CALF RAISES	4	12-15			250 Lbs.			300 Lbs.			350 Lbs.			350 Lbs.
SEATED CALF RAISES	4	12-15			90 Lbs.			135 Lbs.			180 Lbs.			180 Lbs.

## WORKOUT 2

### BICEPS, TRICEPS

While I step up my sets and reps, the emphasis is now off of shocking and stimulating my muscles into growing. Instead, maintenance and fat loss are of primary concern. I've been adding cardio sessions into my daily routine, with some being performed first thing in the morning on an empty stomach. This allows for more energy to be drawn from fat instead of from the food I consume throughout the day.

EXERCISE	# SETS	# REPS	SET 1			SET 2			SET 3			SET 4		
			12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.
ROPE PRESS DOWNS	4	12-15			100 Lbs.			130 Lbs.			150 Lbs.			150 Lbs.
DIPS	4	12-15			BODY WT. 280 to 300 Lbs.			BODY WT. 280 to 300 Lbs.			BODY WT. 280 to 300 Lbs.			BODY WT. 280 to 300 Lbs.
FRENCH PRESS	4	12-15			65 Lbs.			85 Lbs.			105 Lbs.			105 Lbs.
CLOSE GRIP BENCH PRESS	4	12-15			185 Lbs.			225 Lbs.			245 Lbs.			245 Lbs.
STRAIGHT BAR PUSHDOWNS	4	12-15			120 Lbs.			150 Lbs.			180 Lbs.			180 Lbs.
BARBELL CURL	4	12-15			95 Lbs.			115 Lbs.			135 Lbs.			135 Lbs.
PREACHER CURL	4	12-15			85 Lbs.			105 Lbs.			125 Lbs.			125 Lbs.
ALTERNATE DUMBBELL	4	12-15			45 Lbs.			55 Lbs.			65 Lbs.			65 Lbs.
HAMMER CURLS	4	12-15			65 Lbs.			65 Lbs.			65 Lbs.			65 Lbs.
REVERSE FOREARM CURLS	4	12-15			85 Lbs.			105 Lbs.			105 Lbs.			105 Lbs.



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## WORKOUT 3

### BACK

It's important to focus on back training; and it just so happens to be my favorite. It's been said that you can tell if someone is a bodybuilder based on their back development. The back is too big of a muscle that you can't show any glaring weakness with it if you hope to win a competition. Training the back also helps other muscles grow and it gives you the strength to increase all of your other lifts. So don't ignore the muscles that you can't see!

EXERCISE	# SETS	# REPS	SET 1			SET 2			SET 3			SET 4			SET 5		
			12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.
REVERSE GRIP PULLDOWNS	5	12-15			200 Lbs.			220 Lbs.			250 Lbs.			300 Lbs.			300 Lbs.
ONE ARM DUMBBELL ROWS	5	12-15			100 Lbs.			140 Lbs.			160 Lbs.			180 Lbs.			180 Lbs.
T BAR ROWS	5	12-15			135 Lbs.			180 Lbs.			225 Lbs.			270 Lbs.			270 Lbs.
BENT OVER BARBELL ROWS	5	12-15			225 Lbs.			315 Lbs.			365 Lbs.			365 Lbs.			365 Lbs.
SEATED CABLE ROWS	5	12-15			250 Lbs.			250 Lbs.			275 Lbs.			275 Lbs.			275 Lbs.
DEADLIFTS (EVERY OTHER WEEK ADD 4 SETS)	5	12-15			225 Lbs.			315 Lbs.			315 Lbs.			315 Lbs.			315 Lbs.
HYPER EXTENSIONS	5	12-15			130 Lbs.			150 Lbs.			150 Lbs.			150 Lbs.			150 Lbs.

## WORKOUT 4

### SHOULDERS, SHRUGS

A great set of shoulders looks impressive on stage and can make or break you. But this stubborn muscle group takes time to grow. And, all too often, we may spend more time training other parts and not enough time spent on the backside. So I train my shoulders with various exercises that build overall mass and detailed definition. Check it out for yourself.

EXERCISE	# SETS	# REPS	SET 1			SET 2			SET 3			SET 4			SET 5			SET 6		
			12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.
SEATED SIDE LATERALS	6	12-15			40 Lbs.			45 Lbs.			50 Lbs.			55 Lbs.			60 Lbs.			65 Lbs.
DUMBBELL PRESSES	4	12-15			100 Lbs.			125 Lbs.			150 Lbs.			150 Lbs.						
BARBELL FRONT RAISES	3	12-15			100 Lbs.			120 Lbs.			135 Lbs.									
BEHIND THE BACK CABLE LATERALS	3	12-15			55 Lbs.			60 Lbs.			70 Lbs.									
REAR DUMBBELL LATERALS	3	12-15			50 Lbs.			55 Lbs.			60 Lbs.									
REAR CABLE LATERALS	3	12-15			50 Lbs.			55 Lbs.			55 Lbs.									
DUMBBELL SHRUGS	6	12-15			120 Lbs.			140 Lbs.			160 Lbs.			160 Lbs.			160 Lbs.			160 Lbs.

## WORKOUT 5

### LEGS

You ever see those guys at the gym with the huge chest, arms, and back, but when you look down all you see are chicken legs? Yeah, you know who I'm talking about. Leg days seem to get left out of people's workout routine. But trust me, you don't want to skip this day! Your legs are an integral source of power, so it only makes sense to train them regularly. Check out my intense, and sometimes brutal, leg session!

EXERCISE	# SETS	# REPS	SET 1			SET 2			SET 3			SET 4		
			12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.	12-15 REPS	WEIGHT	JAY'S WT.
LYING LEG CURLS	4	12-15			100 Lbs.			140 Lbs.			160 Lbs.			180 Lbs.
SEATED LEG CURLS	3	12-15			120 Lbs.			140 Lbs.			150 Lbs.			
ONE LEG CURLS	3	12-15			100 Lbs.			120 Lbs.			120 Lbs.			
STIFF LEGGED DEADS	3	12-15			135 Lbs.			185 Lbs.			225 Lbs.			
LEG EXTENSIONS	2	12-15			100 Lbs.			120 Lbs.						
LEG PRESS	4	12-15			10 PLATES			12 PLATES			14 PLATES			16 PLATES
HACK SQUATS	4	12-15			6 PLATES			8 PLATES			10 PLATES			12 PLATES
FRONT SQUATS	4	12-15			135 Lbs.			225 Lbs.			315 Lbs.			365 Lbs.
LUNGES	3	12-15												
LEG EXTENSIONS	4	12-15			120 Lbs.			140 Lbs.			150 Lbs.			160 Lbs.

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## THE REGIMEN

Believe it or not, there is a science behind shopping at the grocery store for bodybuilders. Those new to bodybuilding often make the mistake of putting too much time and energy in the gym and not enough in the kitchen. For optimal results, you need to plan out your food and calorie intake and know that your grocery list varies depending on which phase of your training you are in. If I'm in the muscle building phase then I'd want to add complex carbohydrates such as pasta to my shopping list, but if I'm in my pre-contest phase, I'd want to eliminate the pasta and stick to rice or potatoes or vegetables for more fibrous carbs and then increase my protein through fish, chicken, or lean beef.

### **Grocery List:**

- Tilapia Fillets
- Salmon Fillets
- Flank Steak
- Filet Mignon
- Chicken Breast
- Turkey Breast
- Romaine Lettuce
- Spinach
- Tomatoes
- Cucumbers
- Avocados
- Sweet potatoes
- White Potatoes
- Oats
- Basmati Rice
- Brown rice
- Splenda
- Cinnamon
- Eggs
- Non-fat Cooking Spray
- Raisins
- Ezekiel Bread
- blueberries
- Spray Butter
- Onions (lots of onions cooked with my meats)

As soon as I wake up in the morning, I get a cardio session in first thing. Then, I eat two meals and go to the gym for my first training session. Post-workout, I eat another meal. Most days, I go for some type of deep tissue therapy. After doing some work at the house, such as answering emails, updating my social media accounts, etc, I eat one to two more meals and then my second training session. And as surprising as it may sound, I will then eat at least one, if not two, more meals after my workout. Following some more work at home, I may do a little more cardio before bed. Finally, I relax, unwind and get a good night's sleep just to wake up and do it all over again!

## NUTRITION

### PRE-CONTEST MEAL PLAN

As I get closer to my next show, I change up my overall intensity and volume of training. I'm more and more focused on every rep and every set. I add in cardio about three months out and then I ramp it up as I get even closer to the show. As for my diet, it is 100% on point! I can't miss or deviate from what I need to eat and when I need to eat.

#### MEAL 1

- 20 egg whites
- 3 pack grits
- Black coffee

#### 1 CAPSULE A-HD™ AFTER BREAKFAST

#### 1 CAPSULE B4™ 20-30 MINUTES BEFORE TRAINING

#### 1 SCOOP BLOX™ DURING WORKOUT

#### MEAL 2

- 12 oz steak
- 12 oz sweet potato

#### 1 CAPSULE SOLID™ AFTER MEAL

#### MEAL 3

- 16 oz fish
- 1 ½ cups rice

#### MEAL 4

- 16 oz fish
- 10 oz sweet potato

#### MEAL 5

- 16 oz fish
- 10 oz sweet potato



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**1 SCOOP 1MR™ 15-20 MINUTES PRIOR TO WORKOUT**  
**1 SCOOP BLOX™ DURING WORKOUT**

**MEAL 6**

- 16 oz fish
- 1 cup rice

**MEAL 7**

- 12 oz steak

**DIET TIP:**

Never miss a meal or skip cardio; both are indispensable after absolute conditioning.

## **NUTRITION**

### **MASS BUILDING MEAL PLAN**

**MEAL 1**

- 20 egg whites
- 2 whole eggs
- 3 packs of grits
- 2 pieces of Ezekiel Toast
- 8 oz orange juice

**1 CAPSULE A-HD™ AFTER BREAKFAST**

**MEAL 2**

- 10 oz chicken
- 2 cups of rice

**MEAL 3**

- 10 oz beef
- 2 cups of rice

**1 SCOOP PUMP-HD™ 15-20 MINUTES PRIOR TO WORKOUT**  
**1 SCOOP BLOX™ BETWEEN MEALS 3 AND 4**

**MEAL 4**

- 10 oz chicken
- 2 cups of rice
- 100 grams of carb drink

**MEAL 5**

(Various sushi/sashimi)  
Tuna, Salmon 10 pieces  
- 1 cup of rice  
- salad

**1 SCOOP BUILD-HD™**

**MEAL 6**

- 15 egg whites
- 1 tablespoon almond butter

**DIET TIP:**

The first 45 minutes after a workout is the most critical period for refueling your muscles with the nutrients they need to recover and grow!



