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FITNESS COACH

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6-Day Cutting Workout Plan

Point	Summary
Main Goal	Build Lean Muscle Mass, Increase Strength, Improve Overall Physique & Athletic Performance through High-Frequency Training High-Volume Bodybuilding Split
Workout Type	
Training Level	Intermediate to Advanced
Program Duration	10-12 Weeks
Training Frequency	6 Days per Week
Workout Duration	
Equipment Required	75-90 Minutes per Session
Target Muscle Groups	Barbell, Dumbbells, Adjustable Bench, Cable Machine, Smith Machine, EZ Bar, Pull-Up Bar, Pec Deck, Leg Press, Leg Extension, Leg Curl, Calf Raise Machine, and Bodyweight Equipment Chest, Back, Shoulders, Biceps, Triceps, Quadriceps, Hamstrings, Glutes, Calves, Trapezius, and Abdominals
Target Gender	Male & Female
Training Split	Chest & Triceps → Back & Biceps → Legs & Shoulders → Rest → Chest & Triceps → Back & Biceps → Legs & Shoulders
Primary Focus	High-volume resistance training with twice-weekly muscle stimulation, emphasizing compound and isolation exercises to maximize muscle growth, improve strength, enhance muscular symmetry, and develop core stability.

Day 1 – Chest & Triceps		
Muscle Group	Exercise	Sets × Reps
Chest	Incline Dumbbell Press	4 × 12–15
	Flat Dumbbell Press	3 × 12
	Incline Flys	3 × 12
	Pec Deck	3 × 12
Triceps	Skull Crushers	4 × 12–15
	Rope Extensions	3 × 12
	Straight Bar Pushdowns	3 × 12
Abdominals	Rope Crunch	4 × 20
	Hanging Knee Raise	4 × 20–25

Day 2 – Back & Biceps		
Muscle Group	Exercise	Set x Reps
Back	Wide Grip Chins	4 × 12–15
	Wide Grip Rows	3 × 12
	Narrow Grip Pulldown	4 × 12–15
	Hyper Extensions	3 × 12
Biceps	Concentration Curls	4 × 12–15
	EZ Bar Curl	3 × 12

Day 3 – Legs & Shoulders		
Muscle Group	Exercise	Set x Reps
Legs	Squats	4 × 12–15
	Leg Extensions	3 × 12
	Leg Curl	4 × 12–15
	Stiff Leg Deadlifts	3 × 12
	Seated Calf Raise	3 × 12
Shoulders	Dumbbell Shoulder Press	4 × 12–15

	Cable Lateral Raise	3 × 12
	Reverse Cable Fly	3 × 12
	Smith Machine Shrugs	4 × 12-15
Abdominals	Rope Crunch	4 × 20
	Hanging Knee Raise	4 × 20-25

Day 4 - REST

Day 5 – Chest & Triceps

Muscle Group	Exercise	Set x Reps
Chest	Incline Barbell Press	4 × 12-15
	Flat Barbell Press	3 × 12
	Flat Flys	3 × 12
	Cable Crossovers	3 × 12
Triceps	Reverse Grip Pushdown	4 × 12-15
	Dumbbell Kickbacks	3 × 12
	Dumbbell Extension	3 × 12
Abdominals	Weighted Incline Crunches	4 × 20
	Hip Thrust	4 × 20-25

Day 6 – Back & Biceps

Exercise		
Muscle Group		Set x Reps
Back	Wide Grip Pulldowns	4 × 12-15
	Bent Over Dumbbell Rows	3 × 12
	Good Mornings	3 × 12
	One Arm Dumbbell Row	3 × 12
	Preacher Curl	4 × 12-15
Biceps	Dumbbell Curl	3 × 12

Day 7 – Legs & Shoulders		
Muscle Group	Exercise	Set x Reps
Legs	Leg Press	4 × 12–15
	Lunges	3 × 12
	Leg Curl	4 × 12–15
	Straight Leg Deadlifts	3 × 12
	Standing Calf Raises	3 × 12–15
Shoulders	Smith Machine Press	4 × 12–15
	Dumbbell Lateral Raises	3 × 12
	Dumbbell Rear Delt Flys	3 × 12
	Upright Rows	4 × 12–15
Abdominals	Weighted Incline Crunches	4 × 20
	Hip Thrusts	4 × 20–25

Notes

1. Warm-up & Stretching

- ❑ **Pre-Workout:** Spend 5–10 minutes doing light cardio (like treadmill walking or cycling) followed by dynamic stretching. This gets the blood flowing and protects your joints from injury.
- ❑ **Post-Workout:** Once you finish your session, spend 5 minutes doing static stretches for the muscles you just trained to kickstart the recovery process.

2. Progressive Overload

- ❑ Choose a weight where the last 2–3 repetitions of your target rep range (e.g., 12–15 reps) feel genuinely challenging while maintaining perfect form.

- If you can easily complete 15 reps without struggling, it's time to slightly increase the weight for your next set.

3. Rest Between Sets

Compound Movements (Squats, Presses, Rows): Take **60 to 90 seconds** of rest between sets to recover your strength.

Isolation Movements (Flys, Curls, Extensions): Keep the intensity high and take **45 to 60 seconds** of rest.

4. Mind-Muscle Connection

Focus on the quality of each movement rather than just moving the weight from point A to point B.

Control the weight on the way down (eccentric phase) and squeeze the target muscle at the peak of the contraction. Avoid rushing through your reps.

5. Hydration & Nutrition

Sip water continuously throughout your workout to maintain energy levels and prevent cramping.

Since this is a cutting program designed for fat loss and muscle definition, ensure you pair it with a high-protein diet while maintaining a slight calorie deficit.

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