

# 12-WEEK JAY CUTLER TRAINING PROGRAM FOR ULTIMATE GROWTH

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Jay Cutler followed various workout programs and constantly made changes to suit his needs, so I can't hand out all his programs.

I've shared his three routines that can help you build a firm, thick, and muscular physique. These training programs are highly inspired by Jay Cutler, not the exact copy.

I've made some changes in his routine so that many fitness enthusiasts can try the Jay Cutler Workout Plan. You can also adjust them based on your fitness level and goal.

## Workout Plans

- **Routine 1:** Simple Muscle Group Split (Training one muscle per day)
- **Routine 2:** Cut Like Cutler
- **Routine 3:** Advanced Training Split
- Depending on your fitness level, you can follow one of them for twelve months. You can also merge and divide them into three phases, four weeks each.

## High Volume Training

Cutler often incorporates high-volume workouts, which involve performing many sets and repetitions for each muscle group. This approach helped him grow mass and build an incredible shape.

## Rest Between Sets

Jay Cutler keeps the rest time short between sets. He usually rests for 60 seconds between moderate weight/isolation exercises and 2-4 minutes when he [trains for strength](#) (heavy-weight focus).

## Warm-up Before Main Training

Warm up for up to ten minutes to increase your body temperature and oxygen supply. You can start your training with a 3-5 minute light jog. It is also best to perform one light set before each exercise to activate and prepare the muscles to lift heavy and minimize the risk of injuries.

## Routine 1

This program involves training every muscle group at least once a week. It is excellent for every fitness who wants to follow a straightforward but effective workout routine.

### Schedule 1:

- **Monday** – Chest and Calves
- **Tuesday** – Triceps and Biceps
- **Wednesday** – Back
- **Thursday** – OFF
- **Friday** – Delts and Traps
- **Saturday** – Quads, Hamstrings, and Calves
- **Sunday** – OFF

## Monday – Chest and Calves

Exercise	Sets	Reps
Hammer Strength Incline Press	3	12, 10, 8
Flat Dumbbell Bench Press	3	12, 10, 8
Incline Dumbbell Fly	3	12, 10, 8
Parallel Bar Dips	3	10-12
Decline Barbell Press	3	10-12
<a href="#">Standing Calf Raise</a>	3	12-15
Seated Calf Raise	3	12-15

## Tuesday – Triceps and Biceps

Exercise	Sets	Reps
Rope Press down	3	15, 12, 10
Straight Bar Press down	3	15, 12, 10
Close Grip Bench Press	3	12, 10, 8
Dip Machine	3	12, 10, 8
EZ Bar Skull Crushers	3	12, 10, 8
Single Arm Reverse Pressdown	3	12, 10, 8
Seated Dumbbell Alternating Curl	3	15, 12, 10
Machine Incline Curl	3	15, 12, 10
Barbell Preacher Curl	3	15, 12, 10
Dumbbell Hammer Curl	3	12, 10, 8
Cable Overhead Curl	3	12, 10, 8

## Wednesday – Back

Exercise	Sets	Reps
Underhand Lat Pulldown	3	8-10
Neutral Grip Pulldown	3	10-12
Deadlift	3	6-8
T-Bar Row	3	8-10
Dumbbell Row	3	10-12
Barbell Row	3	10-12
Seated Cable Row	3	10-12

## Friday – Delts and Traps

Exercise	Sets	Reps
Seated Dumbbell Side Raise	3	10-12
Dumbbell Overhead Press	3	8-10
Machine Shoulder Press	3	10-12
Reverse Pec Deck	3	10-12
Dumbbell Shrug	3	10-12
Barbell Upright Row	3	10-12

## Saturday – Quads, Hamstrings, and Calves

Exercise	Sets	Reps
Leg Extension (Warm Up)	2	12-15
Back Squat	3	8-10

Leg Press	3	10-12
Dumbbell Lunges	3	10-12
Hack Squat	3	10-12
Leg Extension	3	12-15
Seated Leg Curl	3	10-12
Lying Leg Curl	3	10-12
Barbell Romanian Deadlift	3	8-10
Standing Single Leg Curl	3	10-12
<a href="#">Hip Abduction</a>	3	10-12
Hip Adduction	3	10-12

## Plan 2

This Jay Cutler workout routine involves training with heavy weight in the first week and with moderate weight in the second week and repeating this pattern till the twelfth week.

This bodybuilding program is excellent for people who not only want to put on muscles but also [increase their lifting ability](#).

### Schedule 2:

- **Day 1** – Thighs and Calves
- **Day 2** – Chest and Abs
- **Day 3** – Back and Calves
- **Day 4** – OFF
- **Day 5** – Delts and Traps
- **Day 6** – Arms and Abs
- **Day 7** – OFF

### Day 1 – Thighs and Calves

Week 1 (Heavy)	Week 2 (Moderate)
Leg Extension (4 sets x 10 reps)	Laying Leg Curls (4 x 20 reps)
Leg Curls (4 sets x 10 reps)	Walking Lunges (4 x 20 reps)
Back Squats (3 sets x 6-10 reps)	One-Leg Extension (4 x 20 reps)
Leg Press (3 sets x 8-10 reps)	Stiff Leg Deadlifts (3 x 15 reps)
Seated Calf Raises (4 x 10-15 reps)	Standing Calf Raises (3 x 25 reps)

## Day 2 – Chest and Abs

Week 1 (Heavy)	Week 2 (Moderate)
Bench Press (3 sets x 5-10 reps)	Decline DB Press (4 x 12-20 reps)
Incline DB Press (3 sets x 6-10 reps)	Cable Cross-Over (4 x 12-18 reps)
Incline DB Flies (3 sets x 6-10 reps)	Wide Grip Bench Press (4 x 10-15 reps)
Machine Press (3 sets x 6-10 reps)	Bar Dips (4 x 15 reps)
Rope Crunches + Sit-up (3 x 10-12 reps)	Rope Crunches + Sit-up (4 x 20 reps)

- Superset sit-up and cable kneeling crunches.

## Day 3 – Back and Calves

Week 1 (Heavy)	Week 2 (Moderate)
Pull-Ups (3 sets x 10 reps)	Seated Row (4 x 15-20 reps)
Bent over Rows (3 x 6-10 reps)	Reverse Grip Pulldown (4 x 15-20 reps)
Deadlifts (3 sets x 4-8 reps)	Straight Arm Lat Pullover (4 x 15-20 reps)
Single Arm DB Row (3 x 6-8 reps)	Rack Pulls (4 x 10-15 reps)
Seated Calf Raises (3 x 15 reps)	Lat Pulldown (4 x 15-20 reps)
–	Seated Calf Raises (4 x 25 reps)

## Day 5 – Delts and Traps

Week 1 (Heavy)	Week 2 (Moderate)
Seated Military Press (3 x 6-10 reps)	Arnold Press (4 x 12-20 reps)
Lateral + Front Raises (3 x 6-10 reps)	Reverse Pec Deck (4 x 12-20 reps)
Upright Rows (3 sets x 6-10 reps)	Barbell Front Raises (4 x 12-20 reps)
DB Shrugs (3 sets x 6-8 reps)	Standing Military Press (4 x 12-20 reps)
–	Cable Delt Raises (4 x 12-20 reps)
–	Barbell Shrugs (4 x 12-20 reps)

- Superset front and lateral delt raise.

## Day 6 – Arms and Abs

Week 1 (Heavy)	Week 2 (Moderate)
Skull Crushers (3 sets x 8-10 reps)	Straight Body Dips (4 x 12-20 reps)
Pushdown + Kickback (3 x 8-10 reps)	DB OH Extension (4 x 12-20 reps)
Barbell Curls (3 sets x 8-10 reps)	Preacher Curls (4 x 12-20 reps)
Incline DB Curl (3 sets x 8-10 reps)	Straight Bar Curl (4 x 12-20 reps)
Hanging Leg Raises (3 x 8-10 reps)	Reverse Barbell Curl (4 x 12-20 reps)

Cable Wood Chop (3 x 8-10 reps)	Rope Crunches (4 x 15-25 reps)
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- Superset triceps pushdown and kickback

**Source:** Cut Like Cutler Trainer (Muscleandstrength.com)

## Routine 3

This routine is inspired by Jay Cutler's 2008 Olympia training split (Originally published on Bodybuilding.com).

It is a high-volume workout routine that involves training two muscles every workout day.

Those working out for a while and looking for a challenging program can try this Jay Cutler bodybuilding routine.

### Schedule 3:

- **Monday** – Shoulder, Triceps, and Abs
- **Tuesday** – Back
- **Wednesday** – OFF
- **Thursday** – Chest, Biceps, Forearms and Abs
- **Friday** – Quadriceps
- **Saturday** – Hamstrings, Calves, and Abs
- **Sunday** – OFF

### Monday – Shoulder, Triceps, and Abs

Exercise	Sets	Reps
Dumbbell Lateral Raise	3	10-12
Seated DB Overhead Press	3	10-12
Cable Side Delt Raise	3	8-12
Barbell Front Raise	2	8-12
Bent Over DB Lateral Raise	3	8-12
Cable OH Triceps Extension	4	15
One-arm OH Triceps Extension	3	15
Close-Grip Bench Press	3	8
French Press	3	8
Dumbbell Kickbacks	3	12
Straight Torso Dips	3	15
Shrugs	4	12

Bodyweight Crunches	3	20
Rope Crunch	3	20
Hanging Leg Raise	3	12
Lying Leg Lifts	3	10

## Tuesday – Back

Exercise	Sets	Reps
Wide-Grip Front Lat Pulldown	3	8-12
One-arm Dumbbell Row	3	8-12
Bent Over Barbell Row	4	8-12
Conventional Deadlifts	3	8-10
Close-Grip T-Bar Row	3	8-12
Behind-the-Neck Pulldown	3	8-12
Seated Cable Row	3	8-12
Hyperextension	3	8-12

## Thursday – Chest, Biceps, Forearms and Abs

Exercise	Sets	Reps
Incline Barbell Bench Press	5	10-12
Flat Dumbbell Bench Press	3	8-10
Incline Dumbbell Flyes	3	8-10
Cable Crossovers	3	12
Decline Barbell Bench Press	3	8
Straight Bar Curl	5	15
Alternating Dumbbell Curl	3	12
Single Arm Preacher Curl	3	10
Hammer Curl	2	12-15
Reverse Curls	6	15
Bodyweight Crunches	3	20
Kneeling Cable Crunches	3	20
Hanging Leg Raise	3	12
Lying Leg Raises	3	10

## Friday – Quadriceps

Exercise	Sets	Reps
Leg Extensions (Light)	3	20
Leg Press	4	12

Back Squats	4	6-10
Forward Lunges	3	8/leg
Leg Extensions (Heavy)	4	10

## Saturday – Hamstrings, Calves, and Abs

Exercise	Sets	Reps
Lying Leg Curl	6	12
Romanian Deadlift	3	10
Single Leg Hamstring Curl	3	12
Leg Press (Feet High and Wide)	3	12
Standing Calf Raise	4	10
Donkey Calf Raise	2	10
Seated Calf Raise	3	10
Bodyweight Crunches	3	20
Kneeling Cable Crunches	3	20
Hanging Leg Raise	3	12
Lying Leg Raises	3	10

## Who Can Follow Jay Cutler Training Program?

Anyone who wants to put on mass and build a good-looking, sizable physique can try Jay Cutler's training plan.

However, you must have solid fundamental strength and a little knowledge of how exercise and nutrition work.

Without experience and knowledge, you may be unable to utilize Cutler's workout efficiently.

# Jay Cutler Workout Tips to Maximize Your Results

## 1. High-Intensity

Jay Cutler used to take short intervals between sets to keep the intensity high. He believes in pushing the limits of one's strength and endurance to stimulate muscle growth.

## 2. Focus More on Weaker Areas

When it comes to building a defined physique, every muscle should look symmetrical. That's why legend Jay Cutler suggests working more on weaker muscles. You can do [unilateral exercises](#) to train your biceps, triceps, chest, legs, and back unilaterally using one arm or leg at a time.

## 3. Add Variety to Your Workout

You know we can do one exercise in multiple ways by changing the grip and position. Let's take an example of lat pulldown; we can do it underhand grip, overhand grip, neutral grip, front, behind-the-neck, wider, and narrow grip lat pulldown. So, train every muscle from various angles to develop an aesthetic physique.

## 4. No Ego Lifting

There's no room for ego-lifting in Cutler's training. Jay Cutler advises you to hold your emotions and focus on building muscles, doing standard reps and sets, and feeling mind-muscle connection instead of putting all your effort into a single rep.

## 5. Nutrition

Whether you want to put on mass or cut fat, you must focus on your diet. Eating lean protein and healthy carbs and fats can help you build quality muscles over time.

Here's the standard diet recommendation for bodybuilding based on an article published by the Journal of International Society of Sports Nutrition:<sup>1</sup>

- **Protein** – You need to consume sufficient protein 2.3–3.1 g/kg/day, with optimal amounts of 0.50–0.7 g/kg per meal and distributed evenly throughout meals, including pre and post-training.
- **Fats** – You can take fats in moderate amounts, like 0.5–1.5 g/kg/day or 15-30% of calories you consume.

- **Carbohydrates:** You can consume enough carbs, such as 3–5 g/kg/day, to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

## 6. Have Patience and Train Consistently

Good things take time to cultivate. You have to train consistently and consume the optimum nutrition to build muscles. If you maintain consistency in your training and diet, you'll surely see the results.

# Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

## 1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

**Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

## **2. Workout When You Feel Energetic**

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

## **3. Keep yourself hydrated during the workout**

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

## **4. Post-Workout Stretching and Cool Down**

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

## **5. Post-workout Meal**

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.

- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

## 6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

## 7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

## Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

## Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

## Related Workout Programs

- [12 Week Dorian Yates Workout Routine](#)
- [12-Week Arnold Schwarzenegger Workout Program](#)
- [12-Week Ronnie Coleman Training Schedule](#)
- [12-Week Phil Heath Training Program](#)
- [12-Week Lou Ferrigno Workout Routine](#)
- [The Ultimate 200 Rep Workout \(Ft. John Meadows\)](#)

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