

INSANE LABZ[®]

TWO MONTH CUTTING WORKOUT
PROGRAM



+ Our Goal

Two Month Cutting Workout Program

Scrolling through Instagram, we are sure you see your favorite Instagram influencers and wonder to yourself “How can I look that way?” Insane Labz is here to help. The Mad Chemist has developed the ultimate cutting plan for the Asylum faithful. The Mad Chemist guarantees this workout will help cut excess fat and get into the best shape of your life!.

You will need to complete a bulk phase by combining heavy weight training along with 3 days of Cardio (low intensity morning cardio or High Intensity Interval Training in the evening), and one day of rest each week. This workout plan is for beginner to intermediate gym goers. Please note that results will be maximized with a healthy diet plan consisting of a calorie deficit (between 300-500 calories) and proper supplementation (Insane Labz products, of course).

INSANE LABZ®

+ MONDAY - CHEST & TRICEPS



*Alternate between Dumbbell bench press and Barbell bench press, and Incline Dumbbell bench press and incline Barbell bench press weekly. For Example, if you use dumbbells for a chest press one week, use a barbell the following week.

+ MONDAY - CHEST & TRICEPS



Skull Crushers

3 sets of 8 reps



Tricep Cable Push Downs

3 sets of 8 reps

(Use different handles each week to change grips)

+ TUESDAY - ABS AND CARDIO



Hanging Leg Raises

4 sets of 10 - 15 reps



45 Minutes of Cardio

45 minutes of low intensity cardio (morning) or a 45 minute HIIT workout of your choosing (evening)

+ WEDNESDAY - BACK & BICEPS



Single Arm Dumbbell Row

4 sets of 12 reps



Wide Grip Pull Downs

4 sets of 12 reps



Easy Bar/Barbell Curls (Wide Grip)

3 sets of 10 reps



Dumbbell Hammer Curls

4 sets of 8 reps



+ WEDNESDAY - BACK & BICEPS



Preacher Curls

4 sets of 8 reps

+ THURSDAY - ABS AND CARDIO



Ab V-Ups
4 sets of 10 reps



45 Minutes of Cardio
45 minutes of low intensity cardio (morning) or
a 45 minute HIIT workout of your choosing (evening)

+ FRIDAY - LEGS & SHOULDERS



Barbell Squats

4 sets of 8 reps



Dumbbell Lunges

4 sets of 8 reps



Straight Leg Deadlift

3 sets of 8 reps



Standing Calf Raises

4 sets of 15 reps



+ FRIDAY - LEGS & SHOULDERS



Leg Extension
3 sets of 8 reps



Seated Dumbbell Shoulder Press
4 sets of 8 reps



Dumbbell Lateral Raises
4 sets of 8 reps



Dumbbell Front Raise
3 sets of 10 reps



+ SATURDAY - ABS & CARDIO



Rope Pulls
3 sets of 10 reps



Mason Twist
3 sets of 10 reps



45 Minutes of Cardio

45 minutes of low intensity cardio (morning) or a 45 minute HIIT workout of your choosing (evening)



+ SUNDAY - REST DAY



Address

675 Hwy 43 E
Harrison, AR 72601



E-mail

madchemsit@insanelabz.com



Phone

833-2-INSANE

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