



## Our Goal

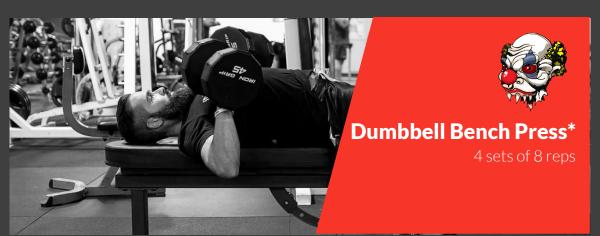
### **Two Month Cutting Workout Program**

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).



## MONDAY - CHEST & TRICEPS









**Incline Bench Press** 

4 sets of 8 reps





**Diamond Pushups** 

3 sets of 8 reps



\*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







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







**Straight Leg Deadlift** 

3 sets of 8 reps





**Standing Calf Raises** 

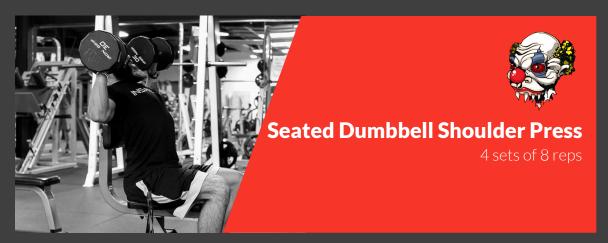
4 sets of 15 reps



### FRIDAY - LEGS & SHOULDERS









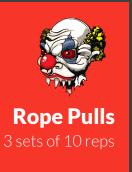


**Dumbbell Front Raise** 3 sets of 10 reps

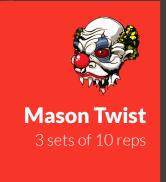


## SATURDAY - ABS & CARDIO











### 45 Minutes of Cardio

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



## SUNDAY - REST DAY



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