



Jay Cutler, a name synonymous with bodybuilding excellence, has left an indelible mark in the fitness world. A four-time Mr. Olympia winner, Cutler's workout and mass program is a blueprint for those aspiring to reach the pinnacle of bodybuilding.

This comprehensive guide is inspired by Cutler's own routines and principles, tailored for both beginners and seasoned athletes looking to enhance their physique and strength.

Understanding Jay Cutler's Philosophy

Before diving into the workout routine, it's crucial to understand the philosophy behind Cutler's success. His approach combines intense training, meticulous diet planning, and a relentless pursuit of perfection. Each aspect of his routine is designed to maximize muscle growth and strength.

Key Principles:

Intensity and Consistency: Cutler emphasizes the importance of pushing your limits while maintaining a consistent workout schedule.

Balanced Nutrition: A diet rich in protein, complex carbohydrates, and healthy fats is essential for muscle growth and recovery.

Adequate Rest: Rest days are as crucial as training days for muscle repair and growth.

Jay Cutler's Workout Routine

This routine brought to you by Total Shape is a 5-day split, focusing on different muscle groups each day, with two rest days for recovery.

Monday: Chest

Bench Press: 4 sets of 8-12 reps
Incline Dumbbell Press: 4 sets of 8-12 reps
Cable Flyes: 3 sets of 10-15 reps
Push-Ups: 3 sets to failure

Tuesday: Biceps and Triceps

Barbell Curls: 4 sets of 8-12 reps
Dumbbell Hammer Curls: 3 sets of 10-12 reps
Tricep Dips: 4 sets of 8-10 reps
Skull Crushers: 3 sets of 10-12 reps

Wednesday: Rest Day

Thursday: Back

Deadlifts: 4 sets of 6-10 reps
Lat Pulldowns: 4 sets of 8-12 reps
Bent Over Rows: 4 sets of 8-12 reps
Hyperextensions: 3 sets of 10-15 reps

Friday: Shoulders

Military Press: 4 sets of 8-12 reps
Lateral Raises: 4 sets of 10-15 reps
Front Raises: 3 sets of 10-12 reps
Shrugs: 3 sets of 8-10 reps

Saturday: Legs

Squats: 4 sets of 8-12 reps
Leg Press: 4 sets of 10-15 reps
Calf Raises: 4 sets of 12-15 reps
Leg Curls: 3 sets of 10-12 reps

Sunday: Rest Day

Nutrition: The Jay Cutler Diet

A successful workout program is incomplete without the right diet. Cutler's diet plan focuses on high protein intake, moderate carbohydrates, and essential fats.

Daily Diet Plan:

Breakfast: Oatmeal with whey protein and almonds
Mid-Morning Snack: Greek yogurt with berries
Lunch: Grilled chicken breast, brown rice, and vegetables
Afternoon Snack: Protein shake and a banana
Dinner: Salmon, quinoa, and steamed broccoli
Pre-Bed Snack: Casein protein shake

Supplements for Enhanced Performance

[Whey Protein](#): For muscle repair and growth

BCAAs: To support muscle recovery

Creatine: For increased strength and muscle mass

Multivitamins: To ensure overall health and wellness

Conclusion

Jay Cutler's workout and mass program brought to you by [Total Shape](#) is a testament to his dedication and understanding of bodybuilding. By following this guide, you can embark on a journey towards achieving a physique akin to Cutler's. Remember, consistency, proper nutrition including vitamins and proteins, and adequate rest are the pillars of this program. Embrace the challenge and witness the transformation in your strength and physique.