

Aftermath Cutting Program

Day 1 "Hades Leg Torture "

Leg extensions (warm up): 5x15

Box squats: 6x6 (85% of max)

(Superset) 3 vertical jumps

Kettlebell thrusts: 5x20 (heavy)

"Make sure you squeeze glutes hard and get the hips back as you are squatting in a seat, to engage the glutes more"

Single leg 1 dumbbell(opposite side of Leg on the ground) squats: 5x10 each leg

Hack squats: 1x15, 1x12, 4x10

(2) leg extensions: 1x30, 1x25, 1x20,1x30(dropset by 10lb AMRAP)

Hamstring curls: 2x20, 2x15, 2x12 (20 partials)

(Body weight training)

Treadmill push: 10x20sec (40sec rest) use a off treadmill and manually push, once you get to sprinting start the time in your head.

(15sec)Mountain climbers to (10reps)jump squats: 5sets

10x 100yrd sprints (80%) 30sec rest

Day 2 " Posidons Chest "

Barbell bench press: 2x15(50%), 3x8(70%), 3x3(90%) (% based of max)

(Superset) dumbbell flys: 15 reps

Incline dumbbell press: 6x12

Push-ups: 5 set AMRAP

(Superset) cable flys: 12 reps

Hammer strength decline machine(2sets wide grip, 2 sets close): 4x20 (use decline bench and Dumbbells

if you can't get to this machine)

5x10sec barbell speed press(be explosive with press weight should be 20% of your max)

(Superset)

5 clapping push ups (explosive)

Push up position holds: 4x45sec

Abs

Weighted knee raises: 4x16Straight leg raises: 5x16 (slow eccentric phase)

Med ball slams: 4x20 (make sure you rise up on your toes before slamming, and as you are slamming get your body parallel with the ground and contest the abs hard)

Day 3 speed/ conditioning "Hermes Training "

Warm up:

1 min jump rope

20sec dead hang(hang from a bar)

30 sec lateral shuffle (left 3 steps to right 3 steps)

(Do all 3 times in a row) 1min rest after all 3 sets completed

Lateral box step ups: 5x30sec (speed training for lateral movement, stepping side to side on a knee high box, alternating from left foot to right foot in box going side to side)

10lb plate broad jumps: 5x5 jumps (hold a 10lb plate in each hand, get into broad jump position, and use the weight as you swing your arms to jump. This will help with jumping distance and give you an extra push)

(Superset)

5 regular broad jumps

Hill runs (if don't have hill use treadmill on incline) 10 40yrd sprints

6x100yrd push-up position to sprint (keep knees high and give it 85%) (lay in a push-up position before you start your sprint, explode up out of position and run like the the k-9's are after you.

30yrd bear crawls: 6 (45sec rest)

Day 4 " Back of Hercules"

50 pull ups

Incline seated chest supported dumbbell rows: 5x20 (mid-heavy)

(Mid grip) reverse Lat pull downs: 10x10 (mid heavy weight) really focus on getting Elbows back and squeezing.

Close grip pull up (negatives): 3x5 "start at top of pull up position and slowly lower yourself for 5sec"

Bent over rows: 1x15, 2x12x, 2x10

rack pulls: 1x15(35%), 2x12(50%), 2x10(65%), 5x5(85%) -percentage based off deadlift max- (place rack rings right above knee)

Dumbbell shrugs: 5x20 (hold for 1sec at top contraction)

Cable rope Upright rows: 4x15 (keep Elbows high)

Cable rope trap pulls: 5x20 (set cable head level, take a step back and pull elbows back with middle of forehead the aiming point for the middle of cable rope. Squeeze traps hard")

Day 5 "Titans Shell"

Standing barbell OHP: 1x20, 2x12, 5x5

Lateral raises: 2x20, 2x15, 2x10, (reverse dropset AMRAP)

Overhead Plate front raises: 4x15 (front raises all the way high above head using a round (10lb 25lb 35lb or 45lb plate)

Cable reversed flys: 5x16

Kettlebell swings: 5x20

Barbell Land mines: 4x10

Hang cleans: 2x15, 3x10

Day 6 " Arms of Zeus"

Reverse Close grip pull ups: 5x10

Cable preacher curls: 5x20

Hammer curls: 2x15, 2x10, 1x8

Incline Seated curls: 2x20, 2x15

Incline chest supported barbell spider curls: 3x15, 3x10

Close grip bench: 1x20, 2x12, 3x8

V-bar tricep push downs: 5x20 (heavy)

Overhead tricep extensions: 2x20, 4x12

Tricep rope extensions: 5x12

Triangle (hand shape) push-ups: 60reps

Triangle push ups: 100 reps

Day 7 "The fall of Mt. Olympus"

Jump rope: 1min

Med ball wall slams: 4x16 (left & right side)

Med ball slams (normal): 2x20

Jump rope: 1min

Battle rope giant slams: 4x30sec

Circuit

Burpee 10

Push ups: 15

Frog jumps: 10

Pull ups: AMRAP

(2min rest do 3 times)

Treadmill dead push: 10x15sec (time does not stop till you are at 90% effort) rest 30sec

Extra:

- Rest time should be around 30-45 sec, if dealing with heavy weight 1min 15sec
- AMRAP means "as many reps as possible"
- 1 gram protein per lb of body weight, 1.5g carbs per lean mass bodyweight, %20 cal from fat (keep meats 90% lean, no white bread or grains (on non cheat days) 2 cheat meals a week)
- supplements: cinnamon, cranberry, Agmatine sulfate, niacin, vitapack (multivitamin), healthy greens (inner Armour), bcaa (inner Armour), casein (inner Armour), whey isolate (inner Armour), blitz pre workout (inner Armour), CLA..

- Do not take any fat burners first month, let body develop on its own without it, you do not want to overload your body on supps.

- Check out my YouTube channel and videos on how I specifically do certain things, and be looking for new videos that will help you with this program ([YouTube.com/terrion2311](https://www.youtube.com/terrion2311))