

ARNOLD SCHWARZENEGGER

WORKOUT ROUTINE



BONUS PDF FILE

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Arnold Schwarzenegger Workout Routine:

Training Volume:

6 days per week

Explanation:

You'll rest one day per week. That's generally Sundays. It'll be a 3-day split that runs twice per week and switches some movements up. Enjoy and get BIG!

Rest Between Sets:

All workouts should have a 45 second rest between set and should be performed in **pyramid** fashion.

Supersets:

Supersets are performed one movement after another without rest. The rest will come between each SET, so you will perform your two movements, and then rest, and rinse and repeat.

Cheat Sheet:

After Days 1-3, Days 4-6 look identical with the exception of "Good Mornings" only being performed once per week, falling on Day 3 in this case.

Day One: Chest and Back

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Bench Press

5×30, 12, 10, 8, 6

Incline Bench Press

5×30, 12, 10, 8, 6

Superset:

Dumbbell Flys and Dumbbell Pullovers

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Superset 2:

Bent Over Barbell Row and Bent Over Double Dumbbell Row

5×30, 12, 10, 8, 6

Hanging Leg Raises

5×25

Day Two: Shoulders and Arms

Warm Up:

Stretch/Foam Roll

Workout:

Clean and Press

5×25

Superset:

Standing Dumbbell Press and Front Dumbbell Raise

5×30, 12, 10, 8, 6

Superset 2:

Side Lateral Raise and Upright Barbell Row

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Barbell or Preacher Curls

5×30, 12, 10, 8, 6

Superset 3:

Incline Dumbbell Curl and Concentration Curls

5×30, 12, 10, 8, 6

Close Grip Barbell Bench

5×30, 12, 10, 8, 6

Superset 4:

Skull Crushers and Tricep Overhead Extensions

5×30, 12, 10, 8, 6

Wrist Curls over Bench w/ Barbell

5×30, 12, 10, 8, 6

Decline Crunches

5×25

Day Three: Legs

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Back Squats

5×8-12

Straight Leg Barbell Deadlift

5×8-12

Good Mornings

5×8-12

Barbell Lunges

5×8-12 each leg

Superset:

Leg Extensions and Seated Leg Curls

5×8-12

Superset 2:

Standing Calf Raises and Seated Calf Raises

5×8-12

Cable Crunches

5×8-12

Day Four: Chest and Back

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Bench Press

5×30, 12, 10, 8, 6

Incline Bench Press

5×30, 12, 10, 8, 6

Superset:

Dumbbell Flys and Dumbbell Pullovers

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Superset 2:

Bent Over Barbell Row and Bent Over Double Dumbbell Row

5×30, 12, 10, 8, 6

Hanging Leg Raises

5×25

Day Five: Shoulders and Arms

Warm Up:

Stretch/Foam Roll

Workout:

Clean and Press

5×25

Superset:

Standing Dumbbell Press and Front Dumbbell Raise

5×30, 12, 10, 8, 6

Superset 2:

Side Lateral Raise and Upright Barbell Row

5×30, 12, 10, 8, 6

Chin Up (Wide Grip)

4×10-20 (or failure)

Barbell or Preacher Curls

5×30, 12, 10, 8, 6

Superset 3:

Incline Dumbbell Curl and Concentration Curls

5×30, 12, 10, 8, 6

Close Grip Barbell Bench

5×30, 12, 10, 8, 6

Superset 4:

Skull Crushers and Tricep Overhead Extensions

5×30, 12, 10, 8, 6

Wrist Curls over Bench w/ Barbell

5×30, 12, 10, 8, 6

Decline Crunches

5×25

Day Six: Legs

Warm Up:

Stretch/Foam Roll

Workout:

Barbell Back Squats

5×8-12

Straight Leg Barbell Deadlift

5×8-12

Barbell Lunges

5×8-12 each leg

Superset:

Leg Extensions and Seated Leg Curls

5×8-12

Superset 2:

Standing Calf Raises and Seated Calf Raises

5×8-12

Cable Crunches

5×8-12