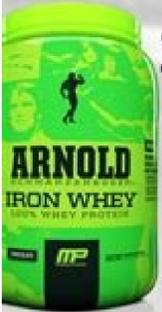


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ARNOLD BLUEPRINT WORKOUTS

GUIDE TO CUTS



PHASE 1: THURSDAY

FOCUS:
**CHEST+
BACK**

POWERED BY:
**ARNOLD
IRON
WHEY**

SUPERSET: 6 SETS

BENCH PRESS:

30, 10, 10, 10, 10, 5 REPS

WIDE-GRIP CHIN-UPS:

10 REPS

SUPERSET: 5 SETS

INCLINE BARBELL PRESS:

8 REPS

T-BAR ROW: 8 REPS

USE ¾ REP METHOD

SUPERSET: 5 SETS

DUMBBELL FLY: 12 REPS

RUN THE RACK ON LAST SET

SEATED CABLE ROW: 12 REPS

SUPERSET: 4 SETS

DIP: 10 REPS

CLOSE-GRIP CHIN-UPS: 10 REPS

SUPERSET: 3 SETS

DUMBBELL PULL-OVER: 12 REPS

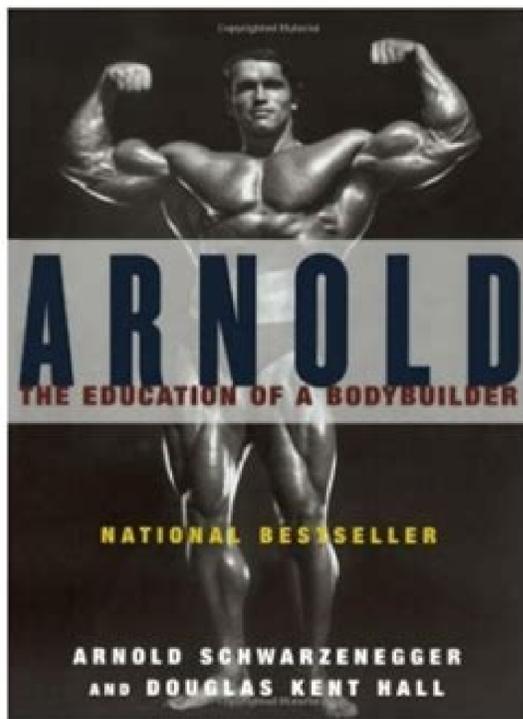
CABLE CROSS-OVER: 12 REPS

Always consult with your physician before starting any new exercise, nutrition or supplementation program. These programs are not intended for use by individuals with any medical conditions that may be compromised by intense cardiovascular exercise or weight training. As with any training program, some exercises are special. If you experience pain, nausea or dizziness, discontinue training and consult a health care provider immediately.

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Arnold

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Author : Arnold Schwarzenegger Pages : 256 pages Publisher : Simon & Schuster 1993-01-01 Language : English ISBN-10 : 0671797484 ISBN-13 : 9780671797485

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