

Arnold Workout Split PDF

The training plan is based on 4 weeks. After week 4, you can do a deload week or repeat from week 1 for another 4 weeks, then assess if a deload week is needed after week 8. <https://arnoldfitness.com/arnold-split/>

Week 1

MONDAY (CHEST, BACK, ABS)						
	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Chest:	Flat Barbell Bench Press	30 reps	12 reps	10 reps	8 reps	6 reps
	Incline Barbell Bench Press (medium angle)	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Dumbbell Flys x DB Pullover	30 reps	12 reps	10 reps	8 reps	6 reps
Back:	Wide Grip Chin Ups	to failure	to failure	to failure	to failure	x
	Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	30 reps	12 reps	10 reps	8 reps	6 reps
Abs:	Decline Sit Ups	25 reps	25 reps	25 reps	25 reps	25 reps
TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)						
	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Shoulders:	Clean & Press	5 reps	5 reps	5 reps	5 reps	5 reps
	Superset: Dumbbell Press x Full-Frontal Raise	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Lateral Raises x Upright Rows	30 reps	12 reps	10 reps	8 reps	6 reps
Biceps:	Barbell Curl	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	30 reps	12 reps	10 reps	8 reps	6 reps
Triceps:	Close Grip Bench Press	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Barbell Skull-Crushers x One Arm Overhead Dumbbell Ext	30 reps	12 reps	10 reps	8 reps	6 reps
Forearms:	Superset: Wrist Curls x Reverse Wrist Curls	30 reps	12 reps	10 reps	8 reps	6 reps
Abs:	Leg Raises	25 reps	25 reps	25 reps	25 reps	25 reps
WEDNESDAY (LEGS, CALVES, ABS)						
	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Legs:	Back Squats	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Straight Leg Deadlifts	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Good Mornings	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Lunges	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Superset: Leg Ext x Leg Curls	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
Calves:	Superset: Standing x Seated Calf Raises	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	x
THURSDAY (CHEST, BACK, ABS)						
	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Chest:	Flat Barbell Bench Press	30 reps	12 reps	10 reps	8 reps	6 reps
	Incline Barbell Bench Press (medium angle)	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Dumbbell Flys x DB Pullover	30 reps	12 reps	10 reps	8 reps	6 reps
Back:	Wide Grip Chin Ups	to failure	to failure	to failure	to failure	x
	Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	30 reps	12 reps	10 reps	8 reps	6 reps
Abs:	Decline Sit Ups	25 reps	25 reps	25 reps	25 reps	25 reps
FRIDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)						
	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Shoulders:	Arnold Press	5 reps	5 reps	5 reps	5 reps	5 reps
	Superset: Behind The Neck Press x Full-Frontal Raise	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Rear Delt Flys x Upright Rows	30 reps	12 reps	10 reps	8 reps	6 reps
Biceps:	Barbell Curl	30 reps	12 reps	10 reps	8 reps	6 reps
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	30 reps	12 reps	10 reps	8 reps	6 reps
Triceps:	Close Grip Bench Press	30 reps	12 reps	10 reps	8 reps	6 reps
	Triceps Pushdown x One Arm Overhead Dumbbell Extension	30 reps	12 reps	10 reps	8 reps	6 reps
Forearms:	Superset: Wrist Curls x Reverse Wrist Curls	30 reps	12 reps	10 reps	8 reps	6 reps
Abs:	Leg Raises	25 reps	25 reps	25 reps	25 reps	25 reps
SATURDAY (LEGS, CALVES, ABS)						
	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Legs:	Front Squats	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Deadlifts	5 reps	5 reps	5 reps	5 reps	5 reps
	Lunges	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Superset: Leg Ext x Leg Curls	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
Calves:	Superset: Standing x Seated Calf Raises	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	x
SUNDAY - REST DAY						

THURSDAY (CHEST, BACK, ABS)		Set 1	Set 2	Set 3	Set 4	Set 5
Chest:	Flat Barbell Bench Press	20 reps	15 reps	12 reps	x	x
	Incline Barbell Bench Press (high angle)	20 reps	15 reps	12 reps	x	x
	Superset: Dumbbell Flys x DB Pullover	20 reps	15 reps	12 reps	x	x
Back:	Wide Grip Chin Ups	to failure	to failure	to failure	to failure	x
	Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	20 reps	15 reps	12 reps	x	x
Abs:	Decline Sit Ups	25 reps	25 reps	25 reps	25 reps	25 reps
FRIDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)						
		Set 1	Set 2	Set 3	Set 4	Set 5
Shoulders:	Arnold Press	5 reps	5 reps	5 reps	5 reps	5 reps
	Superset: Behind The Neck Press x Full-Frontal Raise	20 reps	15 reps	12 reps	10 reps	x
	Superset: Rear Delt Flys x Upright Rows	20 reps	15 reps	12 reps	10 reps	x
Biceps:	Barbell Curl	20 reps	15 reps	12 reps	10 reps	x
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	20 reps	15 reps	12 reps	10 reps	x
Triceps:	Close Grip Bench Press	20 reps	15 reps	12 reps	10 reps	x
	Triceps Pushdown x One Arm Overhead Dumbbell Extension	20 reps	15 reps	12 reps	10 reps	x
Forearms:	Superset: Wrist Curls x Reverse Wrist Curls	20 reps	15 reps	12 reps	10 reps	8 reps
Abs:	Leg Raises	25 reps	25 reps	25 reps	25 reps	25 reps
SATURDAY (LEGS, CALVES, ABS)						
		Set 1	Set 2	Set 3	Set 4	Set 5
Legs:	Front Squats	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Deadlifts	5 reps	5 reps	5 reps	5 reps	5 reps
	Lunges	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
	Superset: Leg Ext x Leg Curls	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
Calves:	Superset: Standing x Seated Calf Raises	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
Abs:	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	x
SUNDAY - REST DAY						