Arnold V	Vorkout S	plit	PD	F										
he training plan is based on 4 weeks. fler week 4, you can do a deload														
eek or repeat from week 1 for another weeks, then assess if a deload week needed after week 8.														
ttps://arnoldschwarzeneggers,														
m/amold-split/														
														÷
		Week	1											
MONDAY (CHEST, BACK, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5								
est:	Flat Barbell Bench Press Incline Barbell Bench Press (medium angle)	30 reps 30 reps	12 reps	10 reps 10 reps	8 reps 8 reps	6 reps 6 reps								
	Superset: Dumbbell Flys x DB Pullover	30 reps	12 reps 12 reps	10 reps	8 reps	6 reps								
ick:	Wide Grip Chin Ups	to failure	to failure	to failure	to failure	×								
	Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	30 reps	12 reps	10 reps	8 reps	6 reps								
	Decline Sit Ups	25 reps												
TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5								
oulders:	Clean & Press	5 reps												
	Superset: Dumbbell Press x Full-Frontal Raise	30 reps	12 reps	10 reps	8 reps	6 reps								
eps:	Superset: Lateral Raises x Upright Rows Barbell Curl	30 reps 30 reps	12 reps 12 reps	10 reps 10 reps	8 reps 8 reps	6 reps 6 reps								
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	30 reps	12 reps	10 reps	8 reps	6 reps								
ceps:	Close Grip Bench Press	30 reps	12 reps 12 reps	10 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								
	Superset: Wrist Curls x Reverse Wrist Curls Leg Raises	30 reps 25 reps	12 reps 25 reps	10 reps 25 reps	8 reps 25 reps	6 reps 25 reps								
	Leg reases	20 Tep3	Lo tops	20 герз	Lo tops	201000								
EDNESDAY (LEGS, CALVES, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5								
	Back Squats Straight Leg Deadlifts	8-12 reps 8-12 reps												
	Good Mornings	8-12 reps												
	Lunges Superset: Leg Ext x Leg Curls	8-12 reps 8-12 reps												
alves:	Superset: Standing x Seated Calf Raises	8-12 reps												
18:	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								
est:	Flat Barbell Bench Press	30 reps	12 reps	10 reps	8 reps	6 reps								
	Incline Barbell Bench Press (medium angle) Superset: Dumbbell Flys x DB Pullover	30 reps 30 reps	12 reps 12 reps	10 reps	8 reps 8 reps	6 reps								
	Wide Grip Chin Ups Superset 2 of the following: Bent-Over Rows,	to failure	to failure	to failure	to failure	x								
	Dumbbell Rows, T-Bar Rows Decline Sit Ups	30 reps	12 reps	10 reps	8 reps	6 reps								
	Decline Sit Ups	25 reps												
FRIDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5								
oulders:	Arnold Press	5 reps												
	Superset: Behind The Neck Press x Full- Frontal Raise	30 reps	12 reps	10 reps	8 reps	6 reps								
ceps:	Superset: Rear Delt Flys x Upright Rows Barbell Curl	30 reps 30 reps	12 reps 12 reps	10 reps 10 reps	8 reps 8 reps	6 reps 6 reps								
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	30 reps	12 reps	10 reps	8 reps	6 reps								
iceps:	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								
rearms: s:	Superset: Wrist Curls x Reverse Wrist Curls Leg Raises	30 reps 25 reps	12 reps 25 reps	10 reps 25 reps	8 reps 25 reps	6 reps 25 reps								
SATURDAY (LEGS, CALVES, ABS)	Exercise Front Squats	Set 1	Set 2	Set 3	Set 4	Set 5 8-12 reps								
	Deadlifts	8-12 reps 5 reps	8-12 reps 5 reps	8-12 reps 5 reps	8-12 reps 5 reps	5 reps								
	Lunges	8-12 reps												
alves:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps												
	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	x								
SUNDAY - REST DAY														

		Week	2									
MONDAY (CHEST, BACK, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5						
	Flat Barhell Bench Press	30 reps	8 reps	6 reps	4 reps	2 reps						
	Incline Barbell Bench Press (low angle)	30 reps	8 reps	6 reps	4 reps	2 reps						
		30 reps to failure	8 reps to failure	6 reps to failure	4 reps to failure	2 reps						
eve.	Superset 2 of the following: Bent-Over Rows.	au randre 3,										
bs:		30 reps 25 reps	8 reps 25 reps	6 reps 25 reps	4 reps 25 reps	2 reps 25 reps						
	on opp	TO ICHO	zo reps	ro iche	To iche	LU TOPS						
TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)	Fxercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10	
							201.0	Jet 7	Jet 6	Out 9	531 10	
houlders:	Superset: Dumbhell Press x Full-Frontal	5 reps	5 reps	5 reps	5 reps	5 reps						
	Raise Superset: Lateral Raises x Upright Rows	30 reps 30 reps	8 reps	6 reps	4 reps 4 reps	2 reps						
iceps:	Barbell Curl	1 rep max	8 reps 2 reps	6 reps 3 reps	4 reps 4 reps	2 reps 5 reps	6 reps	7 reps	8 reps	9 reps	10 reps	
	Supercet: Septed Incline Two-arm Dumbhall	30 reps	8 reps	6 reps	4 reps	2 reps						
riceps:	Close Grip Bench Press	30 reps	8 reps	6 reps	4 reps 4 reps	2 reps						
	Superset: Barbell Skull-Crushers x One Arm	30 reps	8 reps	6 reps	4 reps	2 reps						
orearms:	Superset: Wrist Curls x Reverse Wrist Curls	30 reps	8 reps	6 reps	4 reps	2 reps						
bs:	Leg Raises	25 reps	25 reps	25 reps	25 reps	25 reps						
EDNESDAY (LEGS, CALVES, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5						
egs:	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						
		8-12 reps 8-12 reps	8-12 reps 8-12 reps	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 8-12 reps						
ilves:	Superset: Standing x Seated Calf Raises	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps						
bs:	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	×						
HURSDAY (CHEST, BACK, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5						
hest:	Flat Barbell Bench Press	30 reps 30 reps	8 reps 8 reps	6 reps 6 reps	4 reps 4 reps	2 reps 2 reps						
	Superset: Dumbbell Flys x DB Pullover	30 reps	8 reps	6 reps	4 reps	2 reps						
ick:	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		8 reps	6 reps	4 reps	2 reps						
s:	Decline Sit Ups	25 reps	25 reps	25 reps	25 reps	25 reps						
DID AV (DUOLII DEDO DIO												
DAY (SHOULDERS, BICEPS, RICEPS, FOREARMS, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10	
noulders:	Arnold Press	5 reps	5 reps	5 reps	5 reps	5 reps						
	Superset: Behind The Neck Press x Full- Frontal Raise	30 reps	8 reps	6 reps	4 reps	2 reps						
	Superset: Rear Delt Flys x Upright Rows	30 reps	8 reps	6 reps	4 reps	2 reps						
liceps:	Barbell Curl	1 rep max	2 reps	3 reps	4 reps	5 reps	6 reps	7 reps	8 reps	9 reps	10 reps	
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	30 reps	8 reps	6 reps	4 reps	2 reps						
riceps:	Close Grip Bench Press Tricens Pushdown x One Arm Overhead	30 reps	8 reps	6 reps	4 reps	2 reps						
orearms:	Triceps Pushdown x One Arm Overhead Dumbbell Extension	30 reps	8 reps	6 reps	4 reps	2 reps						
	Superset: Wrist Curls x Reverse Wrist Curls Leg Raises	25 reps	8 reps 25 reps	6 reps 25 reps	4 reps 25 reps	2 reps 25 reps						
SATURDAY (LEGS, CALVES, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5						
		8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps						
	Deadlifts	10 reps	6 reps	4 reps	3 reps	2 reps						
	Lunges	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps						
Calves:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps						
bs:	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	x x						
UNDAY - REST DAY												
ONDAL - REGI DAT												
		Week	3									
	Everities	6.44	2.15	0.15	0	2.15						
MONDAY (OUES	Exercise	Set 1		Set 3	Set 4	Set 5						
MONDAY (CHEST, BACK, ABS)		5 reps	5 reps	5 reps	5 reps	5 reps						
Thest:	Flat Barbell Bench Press	F	5 reps	5 reps 5 reps	5 reps 5 reps	5 reps 5 reps						
chest	Incline Barbell Bench Press (medium angle) Superset: Dumbbell Flys x DB Pullover	5 reps	5 reps			x						
hest:	Incline Barbell Bench Press (medium angle) Superset: Dumbbell Flys x DB Pullover Wide Grip Chin Ups	5 reps to failure	5 reps to failure	to failure	to failure							
hest:	Incline Barbell Bench Press (medium angle) Superset: Dumbbell Flys x DB Pullover Wide Grip Chin Ups Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	5 reps to failure 3. 30 reps	5 reps to failure 12 reps	to failure 10 reps	8 reps	6 reps						
hest:	Incline Barbell Bench Press (medium angle) Superset: Dumbbell Flys x DB Pullover Wide Grip Chin Ups Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	5 reps to failure	5 reps to failure	to failure		6 reps 25 reps						
hest: ack:	Incline Barbell Bench Press (medium angle) Superset Dumbbell Flys x DB Pullover Wide Grip Chin Ups Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows Decline Sit Ups	5 reps to failure 3, 30 reps 25 reps	5 reps to failure 12 reps 25 reps	to failure 10 reps 25 reps	8 reps 25 reps	25 reps						
hest: acic	Incline Barbell Bench Press (medium angle) Superset: Dumbbell Flys x DB Pullover Wide Grip Chin Ups Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	5 reps to failure 3. 30 reps	5 reps to failure 12 reps 25 reps	to failure 10 reps	8 reps		Set 6	Set 7	Set 8	Set 9	Set 10	
hest:  bs:  TUESOAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  houlders:	Indiane Barbeil Bench Press (medium angle) Superset Dumbder (Flyx x DB Pullorer Wide Grip Chin Ups Superset 2 of the following Bent-Over Rows, Decline Sit Ups Exercise	5 reps to failure 3, 30 reps 25 reps	5 reps to failure 12 reps 25 reps	to failure 10 reps 25 reps	8 reps 25 reps	25 reps	Set 6	Set 7	Set 8	Set 9	Set 10	
est  s:  UESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  oulders:	Indine Barbell Bench Press (medium angle) Superate Dumbler liys x DB Pullover Wide Grip Chin Ups Superate 2 of the following: Bench-Over Rows, Dumbbel Rows, T-Bar Rows Decline Sit Ups  Exercise Clean & Press Superate 2 the Monthell Press x Full-Frontal	5 reps to failure 8, 30 reps 25 reps	5 reps to failure 12 reps 25 reps	to failure 10 reps 25 reps Set 3	8 reps 25 reps Set 4	25 reps Set 5	Set 6	Set 7	Set 8	Set 9	Set 10	

	Superset: Lateral Raises x Upright Rows	5 reps		5 reps	5 reps	5 reps											
Biceps:	Barbell Curl	1 rep max	2 reps	3 reps	4 reps	5 reps	6 reps	7 reps	8 reps	9 reps	10 reps						
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	_	_	_	_	_											
	Curl x Concentration Curl	5 reps	5 reps	5 reps	5 reps	5 reps											
Triceps:	Close Grip Bench Press	5 reps	5 reps	5 reps	5 reps	5 reps											
	Superset: Barbell Skull-Crushers x One Arm Overhead Dumbbell Ext	5 reps	e			e											
	Overhead Dumbbell Ext	5 reps	5 reps	5 reps	5 reps	5 reps											
Forearms:	Superset: Wrist Curls x Reverse Wrist Curls	5 reps	5 reps	5 reps	5 reps	5 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											
Abs:	Kneeling Cable Crunch	25 reps	25 reps	25 reps	25 reps	×											
THURSDAY (CHEST, BACK, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5											
monopar (oncor, paor, abo)	Extrasc	0011	0012	0010	0014	00.0											
Chest:	Flat Barbell Bench Press	5 reps		-	-	5 reps											
Chest			5 reps	5 reps	5 reps												
	Incline Barbell Bench Press (medium angle)		5 reps	5 reps	5 reps	5 reps											
	Superset: Dumbbell Flys x DB Pullover	5 reps	5 reps	5 reps	5 reps	5 reps											
Back:	Wide Grip Chin Ups	to failure	to failure	to failure	to failure	×											
	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											
	i i			T '													
FRIDAY (SHOULDERS, BICEPS,	Ftra	0.44	0.40	0.40	0.44	0.45	Set 6	Set 7	Set 8	0.40	Set 10						
TRICEPS, FOREARMS, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10						
Shoulders:	Arnold Press	5 reps	5 reps	5 reps	5 reps	5 reps											
<del>-</del>	Supercat Rehind The Ner's Press - Evil																
	Superset: Behind The Neck Press x Full- Frontal Raise	5 reps	5 reps	5 reps	5 reps	5 reps											
	Superset: Rear Delt Flys x Upright Rows	5 reps	5 reps	5 reps	5 reps	5 reps											
Pieces	Barbell Curl						e man	7 1000	9	Orono	10 rons						
Biceps:		1 rep max	2 reps	3 reps	4 reps	5 reps	6 reps	7 reps	8 reps	9 reps	10 reps						
	Superset: Seated Incline Two-arm Dumbbell Curl x Concentration Curl	5 reps	5 reps	5 reps	5 reps	5 reps											
Trinong																	
Triceps:	Close Grip Bench Press	5 reps	5 reps	5 reps	5 reps	5 reps											
	Triceps Pushdown x One Arm Overhead Dumbbell Extension	5 reps	5 reps	5 reps	5 reps	5 reps											
_	Dumpper Extension																
Forearms:	Superset: Wrist Curls x Reverse Wrist Curls		5 reps	5 reps	5 reps	5 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	12 reps	10 reps	8 reps	6 reps	5 reps											
	Lunges	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps											
	Construct London Control	0.40	0.40	0.40	0.40	0.40											
	Superset: Leg Ext x Leg Curls	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps											
Calves:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Calves: Abs:	Superset: Leg Ext x Leg Curls	8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calf Raises	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calif Raises Kneeling Cable Crunch	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calif Raises Kneeling Cable Crunch	8-12 reps 8-12 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calif Raises Kneeling Cable Crunch	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calif Raises Kneeling Cable Crunch	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calif Raises Kneeling Cable Crunch	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs: SUNDAY - REST DAY	Superest, Leg Exix Leg Curls Superest Standing Sealed Call Raises Kneeling Cable Crunch	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps x											
Abs:	Superset: Leg Ext x Leg Curls Superset: Standing x Seated Calif Raises Kneeling Cable Crunch	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps	8-12 reps 8-12 reps											
Abs: SUNDAY - REST DAY  MONDAY (CHEST, BACK, ABS)	Superest, tag Eux Leg Curis Superest Standing - Sealer Call Raises Kneeling Cable Crunch  Exercise	8-12 reps 8-12 reps 25 reps Week 4	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps	8-12 reps 8-12 reps 25 reps Set 4	8-12 reps 8-12 reps x											
Abs: SUNDAY - REST DAY	Superest: Log Ext x Leg Curls Superest Standing - Sealer Call Raises Kneeling Cable Crunch  Exercise Flat Bashell Bench Press	8-12 reps 8-12 reps 25 reps Week 4 Set 1 20 reps	8-12 reps 8-12 reps 25 reps 25 reps	8-12 reps 8-12 reps 25 reps Set 3	8-12 reps 8-12 reps 25 reps Set 4	8-12 reps 8-12 reps x											
Abs: SUNDAY - REST DAY  MONDAY (CHEST, BACK, ABS)	Superest. Starting: Seater Call Raises Koneling Cable Crunch  Exercise  Exercise  Flat Barbel Bench Press (ow angle)	8-12 reps 8-12 reps 25 reps  Week  Set 1 20 reps 20 reps	8-12 reps 8-12 reps 25 reps 25 reps Set 2 15 reps 15 reps	8-12 reps 8-12 reps 25 reps Set 3	8-12 reps 8-12 reps 25 reps Set 4	8-12 reps 8-12 reps x											
MONDAY (CHEST, BACK, ABS)  Chest	Superest: Log Ext x Leg Curls Superest Standing - Sealer Call Raises Kneeling Cable Crunch  Exercise Flat Bathell Bench Press (ow angle) Superest Curlsdorf by so DP Alloyer Indice Bench Press (ow angle) Superest Curlsdorf by so DP Alloyer Superest Curlsdorf by so DP Alloyer	8-12 reps 8-12 reps 25 reps  Week 4  Set 1 20 reps 20 reps 20 reps 20 reps	8-12 reps 8-12 reps 25 reps 25 reps 5 reps 15 reps 15 reps 15 reps 15 reps	8-12 reps 8-12 reps 25 reps Set 3 12 reps 12 reps 12 reps	8-12 reps 8-12 reps 25 reps 25 reps X x x	8-12 reps 8-12 reps x											
Abs: SUNDAY - REST DAY  MONDAY (CHEST, BACK, ABS)	Superest. Earling Veater Call Raises Koneling Cable Crunch  Exercise Fair Bashel Bench Press Indian Bashel Bench Press (ow angle) Superest. Dumbbel Flys VB Pullover Web Geig Chin User Call Press Of Vangle)	8-12 reps 8-12 reps 25 reps  Week 4  Set 1 20 reps 20 reps 20 reps 20 reps 20 reps	8-12 reps 8-12 reps 25 reps 25 reps Set 2 15 reps 15 reps	8-12 reps 8-12 reps 25 reps Set 3	8-12 reps 8-12 reps 25 reps Set 4	8-12 reps 8-12 reps x											
MONDAY (CHEST, BACK, ABS)  Chest	Superest. Earling Veater Call Raises Koneling Cable Crunch  Exercise Fair Bashel Bench Press Indian Bashel Bench Press (ow angle) Superest. Dumbbel Flys VB Pullover Web Geig Chin User Call Press Of Vangle)	8-12 reps 8-12 reps 25 reps  Week 4  Set 1 20 reps 20 reps 20 reps to failure	8-12 reps 8-12 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps  Set 3  12 reps 12 reps 12 reps 12 reps 15 reps 16	8-12 reps 8-12 reps 25 reps 25 reps X x x	8-12 reps 8-12 reps x											
Abs: SUNDAY - REST DAY  MONDAY (CHEST, BACK, ABS) Chest Back:	Superest: Log Ext x Leg Curls Superest: Standing X-Seated Call Raises Kneeling Cable Crunch  Exercise Flat Barbell Bench Press Incline Barbell Bench Press Incline Barbell Bench Press (low angle) Superest: Durbell Prys x LD Pallover Wide Crig Chin Lips Wide Crig Chin Lips United Roys X-Red Roise	8-12 reps 8-12 reps 25 reps  Week 4  Set 1 20 reps 20 reps 20 reps 20 reps to failure 20 reps 20 reps	8-12 reps 8-12 reps 25 reps 25 reps 15 reps 15 reps 15 reps 15 reps 15 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps Set 3 12 reps 12 reps 12 reps 12 reps 12 reps 12 reps 12 reps 12 reps 12 reps	8-12 reps 8-12 reps 25 reps 25 reps  Set 4  x x x to failure x	8-12 reps 8-12 reps X  Set 5  X  X  X											
MONDAY (CHEST, BACK, ABS)  Chest	Superest. Earling Veater Call Raises Koneling Cable Crunch  Exercise Fair Bashel Bench Press Indian Bashel Bench Press (ow angle) Superest. Dumbbel Flys VB Pullover Web Geig Chin User Call Press Of Vangle)	8-12 reps 8-12 reps 25 reps  Week 4  Set 1 20 reps 20 reps 20 reps to failure	8-12 reps 8-12 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps  Set 3  12 reps 12 reps 12 reps 12 reps 15 reps 16	8-12 reps 8-12 reps 25 reps 25 reps X x x	8-12 reps 8-12 reps x											
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MONDAY (CHEST, BACK, ABS)  Chest: Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders: Biceps: Triceps: Forearms: Abs:	Superest: Lag Ext x Leg Curls Superest: Standing X-seated Call Raises Kneeling Cable Crunch  Exercise Flat Barbell Bench Press Indian Barbell Bench Press Indian Barbell Bench Press (ow angle) Superest: Carbell Prys x DP Pullow Wide Gip Chin Ups Superest Carbell Prys x DP Pullow Durbbell Rown, T-Bar Rows Durbbell Rown, T-Bar Rows Durbbell Rown, T-Bar Rows Durbbell Press x Full-Frontal Raise Superest: Lateral Raises x Upright Rows Barbell Curl Superest: Seated Indian Row-amn Durbbell Cruce Gip Bench Press Superest: Lateral Raises x Upright Rows Barbell Curl Superest: Seated Indian Row-amn Durbbell Cruce Gip Bench Press Superest: Lateral Raises x Vine Arm Superest: Seated Indian Row-amn Durbbell Cruce Gip Bench Press Superest: Marbell Stand Crushers x One Arm Superest: Wint Curls x Reverse Wint Curls Leg Raises	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 26 reps 27 reps 20 reps 26 reps 26 reps 27 reps 27 reps 28 reps 28 reps 20 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 27 reps 27 reps 27 reps 27 reps 28 reps 28 reps 28 reps 28 reps 28 reps 28 reps 28 reps 29 reps 29 reps 21 reps 22 reps 23 reps 24 reps 25 reps 26 reps 26 reps 26 reps 26 reps 26 reps 26 reps 27 reps 27 reps 27 reps 27 reps 28	8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x  x  x  to failure  X  Set 4  5 reps 10 reps	8-12 reps 8-12 reps x  Set 5  x  x  x  x  x  Set 5  Set 5  Set 5  x  x  x  x  x  x  x  x  x  x  x  x  x											
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MONDAY (CHEST, BACK, ABS)  Chest: Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders: Biceps: Triceps: Forearms: Abs: WEDNESDAY (LEGS, CALVES, ABS)	Superest: Leg Ext x Leg Curls Superest Standing X-Sealed Call Raises Kneeling Caste Crunch  Exercise Flat Barbell Bench Press Indine Barbell Bench Press Indine Barbell Bench Press Indine Barbell Bench Press Superest Curbell Plys x LDP Bullower Wide Grip Chin Lips Superest Curbell Plys x LDP Bullower Wide Grip Chin Lips Superest Carbell Plys x LDP Bullower Exercise Clean & Press Superest Carbell Press x Full-Frontal Superest Carbell Press x Full-Frontal Superest Carbell Countries Superest Superest Carbell Press x Full-Frontal Superest Superest Carbell Countries Superest Superest Superest Carbell Countries Superest Sup	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 27 reps 28 reps 29 reps 20 reps 30 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 15 reps 15 reps 15 reps 15 reps 25 reps 8-12 reps 15 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 27 reps 28 reps 28 reps 28 reps 29 reps 29 reps 29 reps 20 reps 21 reps 21 reps 22 reps 22 reps 22 reps 23 reps 24 reps 25 reps 25 reps 26 reps 26 reps 27 reps 28 reps 28 reps 38 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  X  X  X  25 reps  Set 4  5 reps 10 reps	B-12 repps B-12 repps X  Set 5  X  X  X  X  Set 5  Freps  Set 5  6 reps  Set 5  6 reps  Set 5  6 reps											
MONDAY (CHEST, BACK, ABS)  Chest Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders:  Biceps: Triceps: Forearms: Abs:	Superest: Lag Ext x Leg Curls Superest: Standing X-seated Call Raises Kneeling Cable Crunch  Exercise Flat Barbell Bench Press Indice Barbell Bench Press Indice Barbell Bench Press (ow angle) Superest Curbell Prys x DP Pullow Wide Gig Chin Ups Superest Curbell Prys x DP Pullow Wide Gig Chin Ups Superest Carbell Prys x DP Pullow Exercise Clean & Press Superest Curbell Press x Full-Frontal Raise Superest Lateral Raises x Upright Rows Barbell Curl Superest Seated Indice Two-arm Dumbbell Cruse City Bench Press Superest Carbell Stade Curbel Superest Superest Carbell Stade Curbel Superest Superest Carbell Stade Curbel Superest Superest Marbell Stade Curbel Superest Superest Marbell Stade Curbel Superest Superest Marbell Stade Curbel Superest Superest Wist Curbs Superest Wist Curbs x Reverse Wist Curbs Exercise Back Squats Back Squats Back Squats Back Squats Back Squats	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 27 reps 28	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 27 reps 28 reps 29 reps 21 reps 31	8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x x x to failure x 25 reps 10 reps 55 reps 10 reps	8-12 reps 8-12 reps x  Set 5  x x x x x x Set 5  Set 5  Feps x x x 5  Feps x 6  Feps 5  Feps 6  Feps Feps 6  Feps 6  Feps 6  Feps 6  Feps Feps 6  Feps Feps 6  Feps Fe											
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MONDAY (CHEST, BACK, ABS)  Chest  Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders:  Biceps: Triceps: Forearms: Abs:  WEDNESDAY (LEGS, CALVES, ABS)	Superest: Lag Ext x Leg Curls Superest: Standing X-seated Call Raises Kneeling Cable Crunch  Exercise Flat Bashell Bench Press Indian Bashell Bench Press Indian Bashell Bench Press Indian Bashell Bench Press (ow angle) Superest: Curbled Trys. x DP Author Wide Glip Chin Ups Superest Carbled Flows, T-Bar Rows Dumbbell Rows, T-Bar Rows Dumbbell Rows, T-Bar Rows Dumbbell Press x Full-Frontal Raise Superest: Lateral Raises x Upright Rows Bashell Curl Superest: Eateral Raises x Upright Rows Bashell Curl Superest: Eateral Raises x Upright Rows Bashell Curl Superest: Seated Indian Evo-amn Dumbbell Cube Glip Bench Press Superest: Lateral Raises x Upright Rows Bashell Curl Superest: Seated Indian Evo-amn Dumbbell Cube Glip Bench Press Superest: Lateral Raises x Upright Rows Bashell Curl Superest: Seated Indian Evo-amn Dumbbell Cube Glip Bench Press Superest: March Sale Sale Superest Superest: March Sale Sale Superest Superest Sale Sale Sale Sale Sale Sale Sale Sale	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 26 reps 27 reps 28 reps 28 reps 28 reps 28 reps 28 reps 29 reps 20 reps 30	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 27 reps 28 reps 29 reps 29 reps 21 reps 31	8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x x x to failure x 25 reps 10 reps 40 reps 10 reps 50 reps 50 reps 6-12 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps	B-12 reps B-12 reps X  Set 5  X  X  X  X  X  X  Set 5  Feps  Set 5  Feps  Set 5  Feps  B-12 reps											
MONDAY (CHEST, BACK, ABS)  Chest  Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders:  Forearms: Abs:  WEDNESDAY (LEGS, CALVES, ABS)  Legs:	Exercise Flat Barbell Bench Press Superest Charlon's Sealed Call Raises Kneeling Caste Crunch  Exercise Flat Barbell Bench Press Flat Barbell Bench Press Superest Charlon's Call Press Superest Charlon's Call Press Superest Charlon's Call Press Decline Sit Ups  Exercise Clean & Press Superest Charlon's Call Press Superest Charlon's Cal	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 26 reps 20 reps 20 reps 20 reps 25 reps 26 reps 26 reps 27 reps 28 reps 28 reps 28 reps 28 reps 29 reps 20 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 27 reps 12 reps 13 reps 14 reps 15 reps 16 reps 16 reps 16 reps 17 reps 18 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x  x  x  x  to failure  Set 4  5 reps 10 reps 8-12 reps	B-12 reps B-12 reps X  Set 5  X  X  X  X  X  Set 5  Set 6  Set 9  Set 8  Set 9											
MONDAY (CHEST, BACK, ABS)  Chest  Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders:  Biceps: Triceps: Forearms: Abs:  WEDNESDAY (LEGS, CALVES, ABS)	Exercise Flat Barbell Bench Press Superest Charlon's Sealed Call Raises Kneeling Caste Crunch  Exercise Flat Barbell Bench Press Flat Barbell Bench Press Superest Charlon's Call Press Superest Charlon's Call Press Superest Charlon's Call Press Decline Sit Ups  Exercise Clean & Press Superest Charlon's Call Press Superest Charlon's Cal	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 26 reps 27 reps 28 reps 28 reps 28 reps 28 reps 28 reps 29 reps 20 reps 30	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 27 reps 28 reps 29 reps 29 reps 21 reps 31	8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x x x to failure x 25 reps 10 reps 40 reps 10 reps 50 reps 50 reps 6-12 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps	B-12 reps B-12 reps X  Set 5  X  X  X  X  X  X  Set 5  Feps  Set 5  Feps  Set 5  Feps  B-12 reps											
MONDAY (CHEST, BACK, ABS)  Chest  Back: Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders:  Forearms: Abs:  WEDNESDAY (LEGS, CALVES, ABS)  Legs:	Exercise Flat Barbell Bench Press Superest Charlon's Sealed Call Raises Kneeling Caste Crunch  Exercise Flat Barbell Bench Press Flat Barbell Bench Press Superest Charlon's Call Press Superest Charlon's Call Press Superest Charlon's Call Press Decline Sit Ups  Exercise Clean & Press Superest Charlon's Call Press Superest Charlon's Cal	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 26 reps 20 reps 20 reps 20 reps 25 reps 26 reps 26 reps 27 reps 28 reps 28 reps 28 reps 28 reps 29 reps 20 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps 8-12 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 27 reps 12 reps 13 reps 14 reps 15 reps 16 reps 16 reps 16 reps 17 reps 18 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x  x  x  x  to failure  Set 4  5 reps 10 reps 8-12 reps	B-12 reps B-12 reps X  Set 5  X  X  X  X  X  Set 5  Set 6  Set 9  Set 8  Set 9											
MONDAY (CHEST, BACK, ABS)  Chest:  Back:  Abs:  TUESDAY (SHOULDERS, BICEPS, TRICEPS, FOREARMS, ABS)  Shoulders:  Biceps:  Titceps:  WEDNESDAY (LEGS, CALVES, ABS)  Legs:	Superest. Explication, Sealer Call Raises Noneille Standing Sealer Call Raises Noneille Called Call Raises Noneille Called Calle	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 26 reps 27 reps 28 reps 28 reps 28 reps 28 reps 29 reps 20 reps 30 reps 30 reps 40 reps 40 reps 50 reps 8-12 reps	8-12 reps 8-12 reps 8-12 reps 25 reps 25 reps 25 reps 25 reps 25 reps 15 reps	8-12 reps 8-12 reps 25 reps 25 reps 26 reps 26 reps 27 reps 28 reps 29 reps 29 reps 21 reps 31	8-12 reps 8-12 reps 25 reps 25 reps 25 reps  Set 4  x x x to failure x 25 reps 10 reps	B-12 reps B-12 reps X  Set 5  X  X  X  X  X  Set 5  Feps Set 5  Feps Set 5  Feps B-12 reps											

THURSDAY (CHEST, BACK, ABS)	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
Chest:	Flat Barbell Bench Press	20 reps	15 reps	12 reps	×	×
	Incline Barbell Bench Press (high angle)	20 reps	15 reps	12 reps	x	×
		20 reps	15 reps	12 reps	×	×
Back:		to failure	to failure	to failure	to failure	×
	Superset 2 of the following: Bent-Over Rows, Dumbbell Rows, T-Bar Rows	20 reps	15 reps	12 reps	×	×
Abs:	Decline Sit Ups	25 reps	25 reps	25 reps	25 reps	25 reps
FRIDAY (SHOULDERS, BICEPS,	Exercise	Set 1	Set 2	Set 3	Set 4	Set 5
TRICEPS, FOREARMS, ABS)	Exercise	3011	301 2	3613	3014	361.0
Shoulders:		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
		20 reps	15 reps	12 reps	10 reps	×
Biceps:		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	×
Triceps:	Close Grip Bench Press	20 reps	15 reps	12 reps		×
	Triceps Pushdown x One Arm Overhead					
	Dumbbell Extension	20 reps	15 reps	12 reps	10 reps	×
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)	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
		5 reps	5 reps	5 reps	5 reps	5 reps
		8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
		8-12 reps	8-12 reps	8-12 reps	8-12 reps	8-12 reps
Calves:		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	v 12 reps
Aus.	Rieeling Cable Cidild1	20 Teps	20 Teps	20 leps	20 leps	^
SUNDAY - REST DAY						
SUNDAI - REST DAT						