

60-DAY PROGRAM

Arnold Split

6 days/week · Mon–Sat — Jul 20 to Sep 17, 2026

Chest + Back / Shoulders + Arms / Legs, repeated twice for a 6-day week. Antagonist pairings, high volume, high frequency — made famous by Arnold Schwarzenegger.

MON
Chest + Back

TUE
Shoulders + Arms

WED
Legs

THU
Chest + Back

FRI
Shoulders + Arms

SAT
Legs

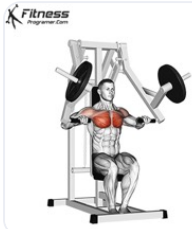
REST
Sun

- ✓ **Weights:** pick a load you can lift for the listed reps with 1–2 clean reps left in the tank. Warm up 5 min + 1 light set of the first lift.
- ✓ **Double progression:** add reps weekly → when you hit the top of the range on ALL sets, add weight (+2.5 kg / one pin) and restart at the bottom.
- ✓ **Week 5 is a deload:** –1 set, ~70% load. It's programmed — take it.
- ✓ **Tier badges:** 🔥 volume-hungry muscles grow on reps and sets · 🏆 load-first muscles grow on progressive weight · 🦵 hamstrings want both.
- ✓ **Exercises rotate day to day** from the same library as the workout builder — swap any pick for its sibling variation freely.

DAY 1

Chest + Back

Antagonist pairing — Arnold style



1 · CHEST · INCLINE

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Chin-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Bent-Over Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



5 · CHEST · FLY

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ LOAD-FIRST



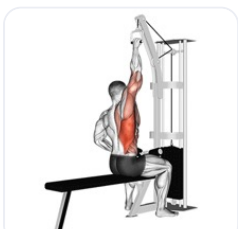
6 · ROW · SECOND

Chest-Supported Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



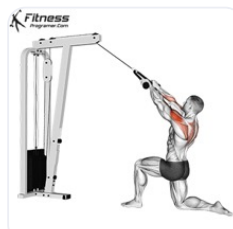
7 · BACK · STRAIGHT-ARM

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Rope High Row

4 × 12–20

Rope

🔥 VOLUME-HUNGRY

DAY 2

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Card



1 · PRESS · HEAVY

Barbell Overhead Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card



2 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

Fitness
Program Card



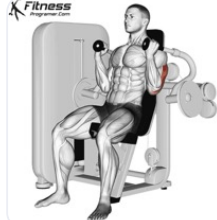
3 · BICEPS · HEAVY

Rope Hammer Curl

3 × 10–15

Rope

Fitness
Program Card



4 · TRICEPS · HEAVY

Machine Triceps Extension

3 × 10–15

Machine

Fitness
Program Card



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

Fitness
Program Card



6 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15–20

DB

🔥 VOLUME-HUNGRY

Fitness
Program Card



7 · BICEPS · VOLUME

Barbell Curl

3 × 10–15

Barbell

Fitness
Program Card



8 · TRICEPS · VOLUME

Dumbbell Kickback

3 × 10–15

DB

DAY 3

Legs

Quads · Hams · Glutes · Calves

 Fitness



1 · QUADS · HEAVY

Kettlebell Thruster

3–4 × 8–12

KB

 LOAD-FIRST

 Fitness



2 · QUADS · SECOND

Dumbbell Step-Up

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness



3 · QUADS · MACHINE

Barbell Back Squat

3–4 × 8–12

Barbell

 LOAD-FIRST

 Fitness



4 · HAMSTRINGS

Kettlebell Deadlift

3–4 × 8–12

KB

 HEAVY + VOLUME

 Fitness



5 · HAMSTRINGS

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

 HEAVY + VOLUME

 Fitness



6 · GLUTES

Kettlebell Swing

3 × 10–15

KB

 LOAD-FIRST

 Fitness



7 · CALVES

Leg Press Calf Raise

4 × 12–20

Machine

 VOLUME-HUNGRY

 Fitness



8 · CALVES

Dumbbell Calf Raise

4 × 12–20

DB

 VOLUME-HUNGRY

DAY 4

Chest + Back

Antagonist pairing — Arnold style



1 · CHEST · INCLINE

Machine Chest Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Bent-Over Barbell Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



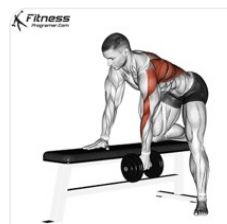
5 · CHEST · FLY

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



6 · ROW · SECOND

One-Arm Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



7 · BACK · STRAIGHT-ARM

Chin-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

🔥 VOLUME-HUNGRY

DAY 5

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Editor



1 · PRESS · HEAVY

Dumbbell Front Raise

3–4 × 8–12

DB

LOAD-FIRST

Fitness
Program Editor



2 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



3 · BICEPS · HEAVY

Reverse Curl

3 × 10–15

Barbell

Fitness
Program Editor



4 · TRICEPS · HEAVY

Machine Triceps Extension

3 × 10–15

Machine

Fitness
Program Editor



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Incline Bench Rear Fly

4 × 15–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



7 · BICEPS · VOLUME

Preacher Curl

3 × 10–15

Machine

Fitness
Program Editor



8 · TRICEPS · VOLUME

Dumbbell Overhead Extension

3 × 10–15

DB

DAY 6

Legs

Quads · Hams · Glutes · Calves



1 · QUADS · HEAVY

Hack Squat

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Front Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Goblet Squat

3–4 × 8–12

DB

🏋️ LOAD-FIRST



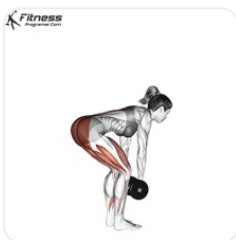
4 · HAMSTRINGS

Seated Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Dumbbell Romanian Deadlift

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



6 · GLUTES

Kettlebell Swing

3 × 10–15

KB

🏋️ LOAD-FIRST



7 · CALVES

Seated Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Dumbbell Calf Raise

4 × 12–20

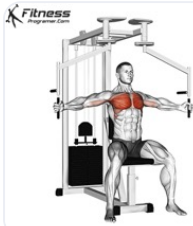
DB

🔥 VOLUME-HUNGRY

DAY 7

Chest + Back

Antagonist pairing — Arnold style



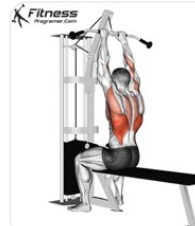
1 · CHEST · INCLINE

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Incline Machine Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



4 · ROW · HEAVY

One-Arm Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



5 · CHEST · FLY

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · ROW · SECOND

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



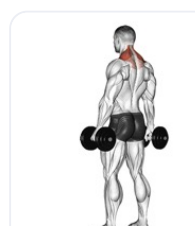
7 · BACK · STRAIGHT-ARM

Chin-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

🔥 VOLUME-HUNGRY

DAY 8

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Editor



1 · PRESS · HEAVY

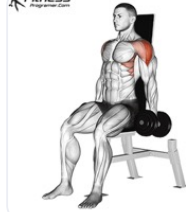
Kneeling Landmine Press

3–4 × 8–12

Barbell

LOAD-FIRST

Fitness
Program Editor



2 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



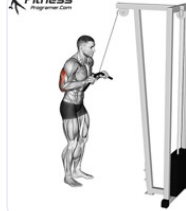
3 · BICEPS · HEAVY

Dumbbell Curl

3 × 10–15

DB

Fitness
Program Editor



4 · TRICEPS · HEAVY

Straight-Bar Pushdown

3 × 10–15

Cable

Fitness
Program Editor



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Incline Bench Rear Fly

4 × 15–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



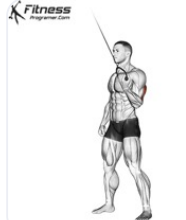
7 · BICEPS · VOLUME

Rope Hammer Curl

3 × 10–15

Rope

Fitness
Program Editor



8 · TRICEPS · VOLUME

Single-Arm Pushdown

3 × 10–15

Cable

DAY 9

Legs

Quads · Hams · Glutes · Calves

Fitness
Programs.com



1 · QUADS · HEAVY

Dumbbell Reverse Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



2 · QUADS · SECOND

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



3 · QUADS · MACHINE

Smith Machine Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programs.com



4 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programs.com



5 · HAMSTRINGS

Single-Leg RDL

3-4 x 8-12

DB

🔥 HEAVY + VOLUME

Fitness
Programs.com



6 · GLUTES

Glute Bridge

3 x 10-15

Body

🏋️ LOAD-FIRST

Fitness
Programs.com



7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programs.com



8 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 10

Chest + Back

Antagonist pairing — Arnold style

Fitness
Program Card



1 · CHEST · INCLINE

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



2 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Program Card



3 · CHEST · FLAT

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness
Program Card



4 · ROW · HEAVY

T-Bar Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card



5 · CHEST · FLY

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST

Fitness
Program Card



6 · ROW · SECOND

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Program Card



7 · BACK · STRAIGHT-ARM

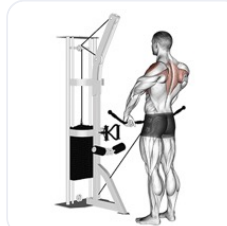
Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST

Fitness
Program Card



8 · TRAPS

Cable Upright Row

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

DAY 11

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Card



1 · PRESS · HEAVY

Single-Arm Dumbbell Press

3–4 × 8–12

DB

LOAD-FIRST

Fitness
Program Card



2 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Card



3 · BICEPS · HEAVY

Dumbbell Hammer Curl

3 × 10–15

DB

Fitness
Program Card



4 · TRICEPS · HEAVY

Dumbbell Overhead Extension

3 × 10–15

DB

Fitness
Program Card



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Card



6 · REAR DELTS

Reverse Pec Deck

4 × 15–20

Machine

VOLUME-HUNGRY

Fitness
Program Card



7 · BICEPS · VOLUME

Reverse Curl

3 × 10–15

Barbell

Fitness
Program Card



8 · TRICEPS · VOLUME

V-Bar Pushdown

3 × 10–15

Cable

DAY 12

Legs

Quads · Hams · Glutes · Calves

Fitness
Programmer.com



1 · QUADS · HEAVY

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



2 · QUADS · SECOND

Smith Machine Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.com



3 · QUADS · MACHINE

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.com



4 · HAMSTRINGS

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME

Fitness
Programmer.com



5 · HAMSTRINGS

Barbell Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer.com



6 · GLUTES

Cable Glute Kickback

3 x 10-15

Cable

🏋️ LOAD-FIRST

Fitness
Programmer.com



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programmer.com



8 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 13

Chest + Back

Antagonist pairing — Arnold style



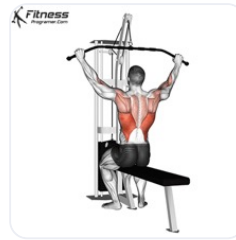
1 · CHEST · INCLINE

Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Wide-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Wide-Grip Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



5 · CHEST · FLY

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



6 · ROW · SECOND

T-Bar Row

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



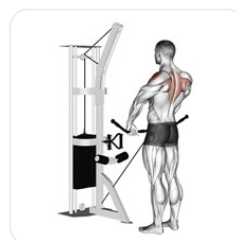
7 · BACK · STRAIGHT-ARM

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



8 · TRAPS

Cable Upright Row

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps

 Fitness
Strong mind. Strong body.



1 · PRESS · HEAVY

Single-Arm Dumbbell Press

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness
Strong mind. Strong body.



3 · BICEPS · HEAVY

Dumbbell Curl

3 × 10–15

DB

 Fitness
Strong mind. Strong body.



4 · TRICEPS · HEAVY

Skull Crusher

3 × 10–15

Barbell

 Fitness
Strong mind. Strong body.



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

 VOLUME-HUNGRY

 Fitness
Strong mind. Strong body.



6 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15–20

DB

 VOLUME-HUNGRY

 Fitness
Strong mind. Strong body.



7 · BICEPS · VOLUME

Barbell Curl

3 × 10–15

Barbell

 Fitness
Strong mind. Strong body.



8 · TRICEPS · VOLUME

Dumbbell Overhead Extension

3 × 10–15

DB

DAY 15

Legs

Quads · Hams · Glutes · Calves

Fitness
Programs.com



1 · QUADS · HEAVY

Kettlebell Thruster

3-4 × 8-12

KB

🏋️ LOAD-FIRST

Fitness
Programs.com



2 · QUADS · SECOND

Dumbbell Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programs.com



3 · QUADS · MACHINE

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST

Fitness
Programs.com



4 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programs.com



5 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programs.com



6 · GLUTES

Single-Leg Hip Thrust

3 × 10-15

Barbell

🏋️ LOAD-FIRST

Fitness
Programs.com



7 · CALVES

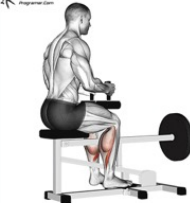
Dumbbell Calf Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness
Programs.com



8 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 16

Chest + Back

Antagonist pairing — Arnold style



1 · CHEST · INCLINE

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Assisted Pull-Up

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Machine Row

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



5 · CHEST · FLY

Incline Machine Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



6 · ROW · SECOND

T-Bar Row

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



7 · BACK · STRAIGHT-ARM

Pull-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



8 · TRAPS

Barbell Shrug

4 × 12–20

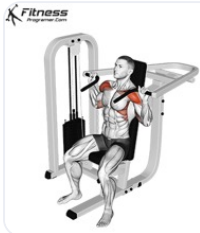
Barbell

🔥 VOLUME-HUNGRY

DAY 17

Shoulders + Arms

Delts · Biceps · Triceps



1 · PRESS · HEAVY

Machine Shoulder Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

🔥 VOLUME-HUNGRY

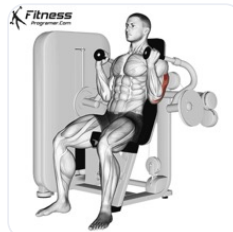


3 · BICEPS · HEAVY

EZ-Bar Curl

3 × 10–15

Barbell



4 · TRICEPS · HEAVY

Machine Triceps Extension

3 × 10–15

Machine



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY



6 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15–20

DB

🔥 VOLUME-HUNGRY



7 · BICEPS · VOLUME

Dumbbell Curl

3 × 10–15

DB



8 · TRICEPS · VOLUME

Bench Dips

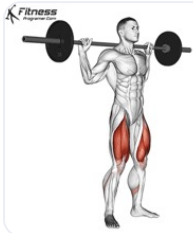
3 × 10–15

Body

DAY 18

Legs

Quads · Hams · Glutes · Calves



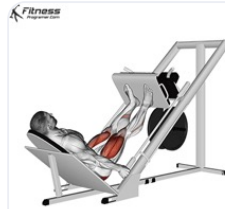
1 · QUADS · HEAVY

Barbell Back Squat

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



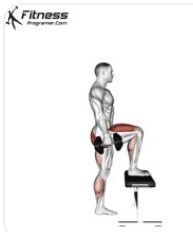
2 · QUADS · SECOND

Leg Press

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



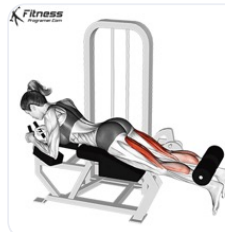
3 · QUADS · MACHINE

Dumbbell Step-Up

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Lying Leg Curl

3–4 × 8–12

Machine

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Single-Leg RDL

3–4 × 8–12

DB

🔥 HEAVY + VOLUME



6 · GLUTES

Hip Abduction Machine

3 × 10–15

Machine

🏋️ LOAD-FIRST



7 · CALVES

Standing Calf Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Dumbbell Calf Raise

4 × 12–20

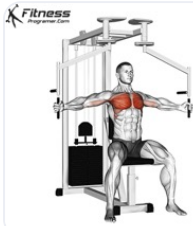
DB

🔥 VOLUME-HUNGRY

DAY 19

Chest + Back

Antagonist pairing — Arnold style



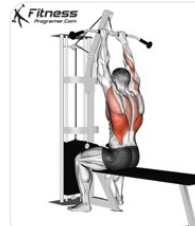
1 · CHEST · INCLINE

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



4 · ROW · HEAVY

One-Arm Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



5 · CHEST · FLY

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ LOAD-FIRST



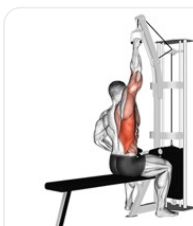
6 · ROW · SECOND

Chest-Supported Dumbbell Row

3–4 × 8–12

DB

🏋️ LOAD-FIRST



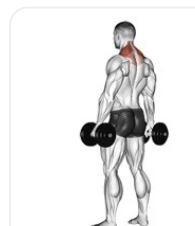
7 · BACK · STRAIGHT-ARM

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Stronger Every Day



1 · PRESS · HEAVY

Kettlebell Clean & Press

3–4 × 8–12

KB

LOAD-FIRST



2 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

VOLUME-HUNGRY

Fitness
Stronger Every Day



3 · BICEPS · HEAVY

Rope Hammer Curl

3 × 10–15

Rope

Fitness
Stronger Every Day



4 · TRICEPS · HEAVY

Rope Pushdown

3 × 10–15

Rope

Fitness
Stronger Every Day



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Stronger Every Day



6 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

VOLUME-HUNGRY



7 · BICEPS · VOLUME

Cable Curl

3 × 10–15

Cable

Fitness
Stronger Every Day



8 · TRICEPS · VOLUME

Dumbbell Overhead Extension

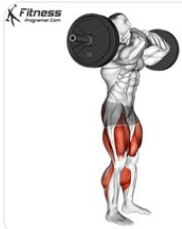
3 × 10–15

DB

DAY 21

Legs

Quads · Hams · Glutes · Calves



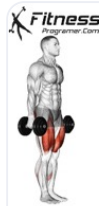
1 · QUADS · HEAVY

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



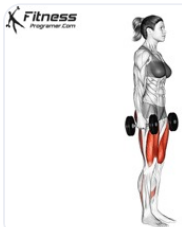
2 · QUADS · SECOND

Dumbbell Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Dumbbell Reverse Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Kettlebell Deadlift

3-4 × 8-12

KB

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME



6 · GLUTES

Kettlebell Swing

3 × 10-15

KB

🏋️ LOAD-FIRST



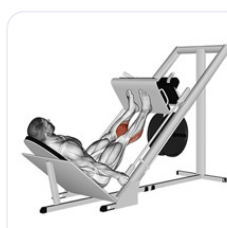
7 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Leg Press Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 22

Chest + Back

Antagonist pairing — Arnold style

Fitness
Proper form



1 · CHEST · INCLINE

Incline Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Proper form



2 · BACK · PULLDOWN

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Proper form



3 · CHEST · FLAT

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Proper form



4 · ROW · HEAVY

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Proper form



5 · CHEST · FLY

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



6 · ROW · SECOND

Bent-Over Dumbbell Row

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Proper form



7 · BACK · STRAIGHT-ARM

Chin-Up

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

🔥 **VOLUME-HUNGRY**

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Long-term gains



1 · PRESS · HEAVY

Kettlebell Clean & Press

3–4 × 8–12

KB

LOAD-FIRST

Fitness
Long-term gains



2 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Long-term gains



3 · BICEPS · HEAVY

Concentration Curl

3 × 10–15

DB

Fitness
Long-term gains



4 · TRICEPS · HEAVY

V-Bar Pushdown

3 × 10–15

Cable

Fitness
Long-term gains



5 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Long-term gains



6 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15–20

DB

VOLUME-HUNGRY

Fitness
Long-term gains



7 · BICEPS · VOLUME

EZ-Bar Curl

3 × 10–15

Barbell

Fitness
Long-term gains



8 · TRICEPS · VOLUME

Dumbbell Kickback

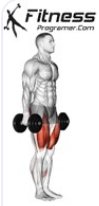
3 × 10–15

DB

DAY 24

Legs

Quads · Hams · Glutes · Calves



1 · QUADS · HEAVY Dumbbell Lunge

3–4 × 8–12 DB

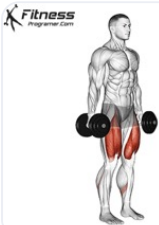
🏋️ LOAD-FIRST



2 · QUADS · SECOND Bulgarian Split Squat

3–4 × 8–12 DB

🏋️ LOAD-FIRST



3 · QUADS · MACHINE Dumbbell Squat

3–4 × 8–12 DB

🏋️ LOAD-FIRST



4 · HAMSTRINGS Dumbbell Romanian Deadlift

3–4 × 8–12 DB

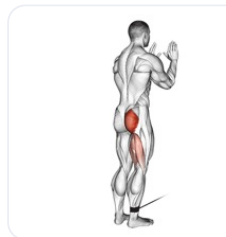
🔥 HEAVY + VOLUME



5 · HAMSTRINGS Nordic Curl

3–4 × 8–12 Body

🔥 HEAVY + VOLUME



6 · GLUTES Cable Glute Kickback

3 × 10–15 Cable

🏋️ LOAD-FIRST



7 · CALVES Leg Press Calf Raise

4 × 12–20 Machine

🔥 VOLUME-HUNGRY



8 · CALVES Standing Calf Raise

4 × 12–20 Machine

🔥 VOLUME-HUNGRY



1 · CHEST · INCLINE

Incline Machine Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Bent-Over Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · CHEST · FLY

Incline Dumbbell Fly

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · ROW · SECOND

Bent-Over Barbell Row

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



7 · BACK · STRAIGHT-ARM

Single-Arm Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Barbell Shrug

4 × 12-20

Barbell

🔥 VOLUME-HUNGRY

DAY 26

Tuesday, Aug 18, 2026 · Week 5 · Arnold Split

Shoulders + Arms

Delts · Biceps · Triceps

⚡ DELOAD

~1 set · ~70% load · RIR 3+

Fitness



1 · PRESS · HEAVY

Single-Arm Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness



2 · SIDE DELTS

Leaning Cable Lateral Raise

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Fitness



3 · BICEPS · HEAVY

Preacher Curl

3 × 10-15

Machine

Fitness



4 · TRICEPS · HEAVY

Bench Dips

3 × 10-15

Body

Fitness



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

Fitness



6 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15-20

DB

🔥 VOLUME-HUNGRY

Fitness



7 · BICEPS · VOLUME

Reverse Curl

3 × 10-15

Barbell

Fitness



8 · TRICEPS · VOLUME

Close-Grip Bench Press

3 × 10-15

Barbell



1 · QUADS · HEAVY

Dumbbell Step-Up

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**



2 · QUADS · SECOND

Bulgarian Split Squat

3-4 × 8-12

DB

🏋️ **LOAD-FIRST**



3 · QUADS · MACHINE

Barbell Back Squat

3-4 × 8-12

Barbell

🏋️ **LOAD-FIRST**



4 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🔥 **HEAVY + VOLUME**



5 · HAMSTRINGS

Kettlebell Deadlift

3-4 × 8-12

KB

🔥 **HEAVY + VOLUME**



6 · GLUTES

Hip Abduction Machine

3 × 10-15

Machine

🏋️ **LOAD-FIRST**



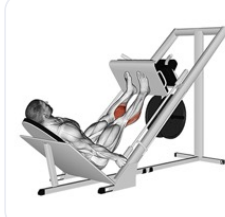
7 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 **VOLUME-HUNGRY**



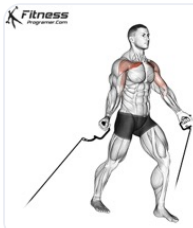
8 · CALVES

Leg Press Calf Raise

4 × 12-20

Machine

🔥 **VOLUME-HUNGRY**



1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Pec Deck Fly

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Chest-Supported Dumbbell Row

3-4 × 8-12

DB

🏋️ LOAD-FIRST



5 · CHEST · FLY

Incline Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · ROW · SECOND

Inverted Row

3-4 × 8-12

Body

🏋️ LOAD-FIRST



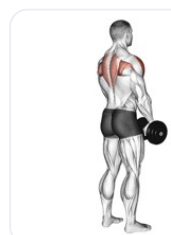
7 · BACK · STRAIGHT-ARM

Neutral-Grip Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Dumbbell Upright Row

4 × 12-20

DB

🔥 VOLUME-HUNGRY

DAY 29

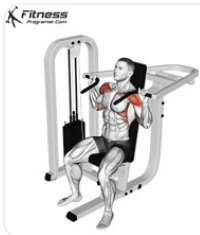
Friday, Aug 21, 2026 · Week 5 · Arnold Split

Shoulders + Arms

Delts · Biceps · Triceps

⚡ **DELOAD**

-1 set · ~70% load · RIR 3+



1 · PRESS · HEAVY

Machine Shoulder Press

3-4 × 8-12

Machine

🏋️ **LOAD-FIRST**



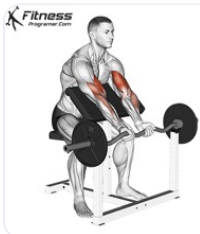
2 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 **VOLUME-HUNGRY**



3 · BICEPS · HEAVY

Preacher Curl

3 × 10-15

Machine

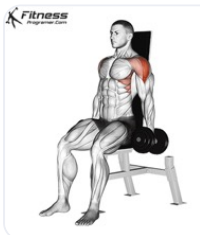


4 · TRICEPS · HEAVY

Bench Dips

3 × 10-15

Body



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 **VOLUME-HUNGRY**



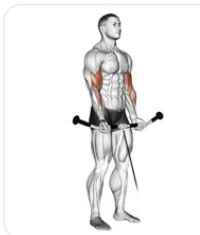
6 · REAR DELTS

Cable Rear Delt Fly

4 × 15-20

Cable

🔥 **VOLUME-HUNGRY**



7 · BICEPS · VOLUME

Cable Curl

3 × 10-15

Cable

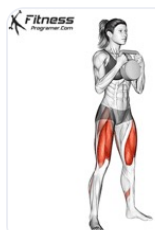


8 · TRICEPS · VOLUME

Rope Overhead Extension

3 × 10-15

Rope



1 · QUADS · HEAVY

Kettlebell Goblet Squat

3-4 × 8-12

KB

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Barbell Back Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



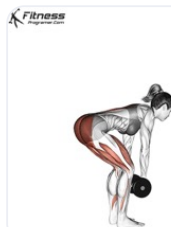
3 · QUADS · MACHINE

Dumbbell Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Dumbbell Romanian Deadlift

3-4 × 8-12

DB

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Lying Leg Curl

3-4 × 8-12

Machine

🔥 HEAVY + VOLUME



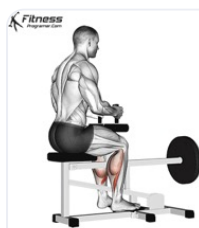
6 · GLUTES

Glute Bridge

3 × 10-15

Body

🏋️ LOAD-FIRST



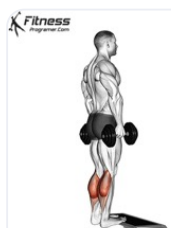
7 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Dumbbell Calf Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY

DAY 31

Chest + Back

Antagonist pairing — Arnold style

Fitness
Program Editor



1 · CHEST · INCLINE

Flat Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**



2 · BACK · PULLDOWN

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



3 · CHEST · FLAT

Cable Crossover (High→Low)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



4 · ROW · HEAVY

Machine Row

3–4 × 8–12

Machine

🏋️ **LOAD-FIRST**

Fitness
Program Editor



5 · CHEST · FLY

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



6 · ROW · SECOND

Inverted Row

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**

Fitness
Program Editor



7 · BACK · STRAIGHT-ARM

Lat Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

🔥 **VOLUME-HUNGRY**

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Prograde Labs



1 · PRESS · HEAVY

Single-Arm Dumbbell Press

3–4 × 8–12

DB

LOAD-FIRST

Fitness
Prograde Labs



2 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Prograde Labs



3 · BICEPS · HEAVY

Dumbbell Hammer Curl

3 × 10–15

DB

Fitness
Prograde Labs



4 · TRICEPS · HEAVY

Bench Dips

3 × 10–15

Body

Fitness
Prograde Labs



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Prograde Labs



6 · REAR DELTS

Reverse Pec Deck

4 × 15–20

Machine

VOLUME-HUNGRY

Fitness
Prograde Labs



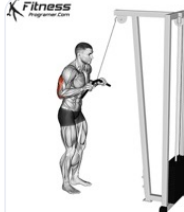
7 · BICEPS · VOLUME

Reverse Curl

3 × 10–15

Barbell

Fitness
Prograde Labs



8 · TRICEPS · VOLUME

Straight-Bar Pushdown

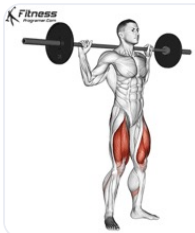
3 × 10–15

Cable

DAY 33

Legs

Quads · Hams · Glutes · Calves



1 · QUADS · HEAVY

Barbell Back Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



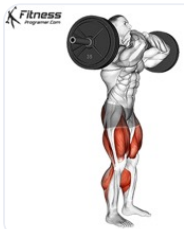
2 · QUADS · SECOND

Kettlebell Thruster

3-4 × 8-12

KB

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Front Squat

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Single-Leg RDL

3-4 × 8-12

DB

🔥 HEAVY + VOLUME



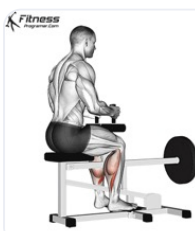
6 · GLUTES

Hip Abduction Machine

3 × 10-15

Machine

🏋️ LOAD-FIRST



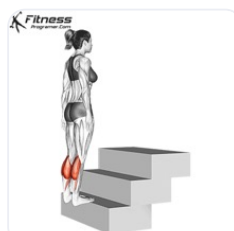
7 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Standing Calf Raise

4 × 12-20

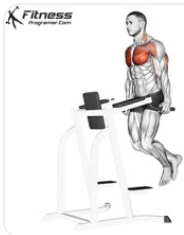
Machine

🔥 VOLUME-HUNGRY

DAY 34

Chest + Back

Antagonist pairing — Arnold style



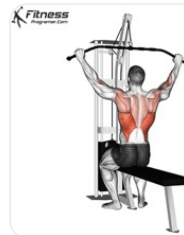
1 · CHEST · INCLINE

Chest Dip

3–4 × 8–12

Body

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Lat Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Inverted Row

3–4 × 8–12

Body

🏋️ LOAD-FIRST



5 · CHEST · FLY

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



6 · ROW · SECOND

Machine Row

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



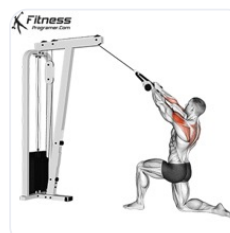
7 · BACK · STRAIGHT-ARM

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Rope High Row

4 × 12–20

Rope

🔥 VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Editor



1 · PRESS · HEAVY

Barbell Overhead Press

3–4 × 8–12

Barbell

LOAD-FIRST

Fitness
Program Editor



2 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



3 · BICEPS · HEAVY

Incline Dumbbell Curl

3 × 10–15

DB

Fitness
Program Editor



4 · TRICEPS · HEAVY

V-Bar Pushdown

3 × 10–15

Cable

Fitness
Program Editor



5 · SIDE DELTS

Cable Lateral Raise

4 × 12–20

Cable

VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Dumbbell Rear Delt Row

4 × 15–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



7 · BICEPS · VOLUME

Rope Hammer Curl

3 × 10–15

Rope

Fitness
Program Editor



8 · TRICEPS · VOLUME

Single-Arm Pushdown

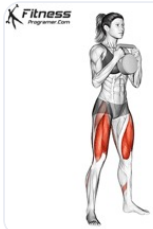
3 × 10–15

Cable

DAY 36

Legs

Quads · Hams · Glutes · Calves



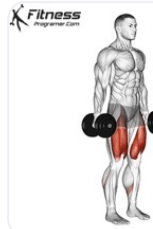
1 · QUADS · HEAVY

Kettlebell Goblet Squat

3-4 × 8-12

KB

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Dumbbell Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST



3 · QUADS · MACHINE

Leg Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME



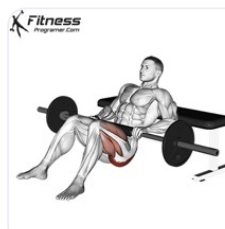
5 · HAMSTRINGS

Barbell Deadlift

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME



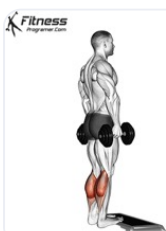
6 · GLUTES

Single-Leg Hip Thrust

3 × 10-15

Barbell

🏋️ LOAD-FIRST



7 · CALVES

Dumbbell Calf Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY



8 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

Chest + Back

Antagonist pairing — Arnold style

Fitness
Program Editor



1 · CHEST · INCLINE

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



2 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



3 · CHEST · FLAT

Dumbbell Pullover

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor



4 · ROW · HEAVY

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



5 · CHEST · FLY

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ **LOAD-FIRST**

Fitness
Program Editor



6 · ROW · SECOND

Inverted Row

3–4 × 8–12

Body

🏋️ **LOAD-FIRST**

Fitness
Program Editor



7 · BACK · STRAIGHT-ARM

Single-Arm Pulldown

3–4 × 8–12

Cable

🏋️ **LOAD-FIRST**

Fitness
Program Editor



8 · TRAPS

Rope High Row

4 × 12–20

Rope

🔥 **VOLUME-HUNGRY**

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Card



1 · PRESS · HEAVY

Barbell Overhead Press

3–4 × 8–12

Barbell

LOAD-FIRST

Fitness
Program Card



2 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Card



3 · BICEPS · HEAVY

Reverse Curl

3 × 10–15

Barbell

Fitness
Program Card



4 · TRICEPS · HEAVY

Close-Grip Bench Press

3 × 10–15

Barbell

Fitness
Program Card



5 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

VOLUME-HUNGRY

Fitness
Program Card



6 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

VOLUME-HUNGRY

Fitness
Program Card



7 · BICEPS · VOLUME

Rope Hammer Curl

3 × 10–15

Rope

Fitness
Program Card



8 · TRICEPS · VOLUME

Rope Overhead Extension

3 × 10–15

Rope

DAY 39

Legs

Quads · Hams · Glutes · Calves

Fitness



1 · QUADS · HEAVY

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



2 · QUADS · SECOND

Front Squat

3-4 x 8-12

Barbell

🏋️ LOAD-FIRST

Fitness



3 · QUADS · MACHINE

Dumbbell Lunge

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



4 · HAMSTRINGS

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME

Fitness



5 · HAMSTRINGS

Barbell RDL

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness



6 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST

Fitness



7 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness



8 · CALVES

Seated Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

DAY 40

Chest + Back

Antagonist pairing — Arnold style



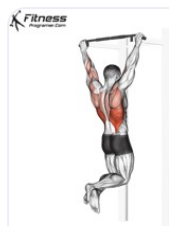
1 · CHEST · INCLINE

Pec Deck Fly

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



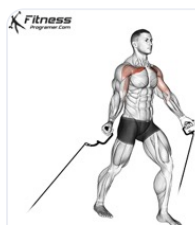
2 · BACK · PULLDOWN

Pull-Up

3–4 × 8–12

Body

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Inverted Row

3–4 × 8–12

Body

🏋️ LOAD-FIRST



5 · CHEST · FLY

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



6 · ROW · SECOND

Machine Row

3–4 × 8–12

Machine

🏋️ LOAD-FIRST



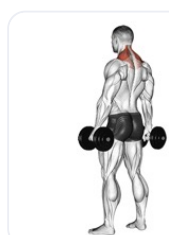
7 · BACK · STRAIGHT-ARM

Wide-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Prograde Corp



1 · PRESS · HEAVY

Barbell Overhead Press

3-4 × 8-12

Barbell

LOAD-FIRST

Fitness
Prograde Corp



2 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

VOLUME-HUNGRY

Fitness
Prograde Corp



3 · BICEPS · HEAVY

Dumbbell Hammer Curl

3 × 10-15

DB

Fitness
Prograde Corp



4 · TRICEPS · HEAVY

Rope Pushdown

3 × 10-15

Rope

Fitness
Prograde Corp



5 · SIDE DELTS

Dumbbell Lateral Raise

4 × 12-20

DB

VOLUME-HUNGRY

Fitness
Prograde Corp



6 · REAR DELTS

Incline Bench Rear Fly

4 × 15-20

DB

VOLUME-HUNGRY

Fitness
Prograde Corp



7 · BICEPS · VOLUME

Reverse Curl

3 × 10-15

Barbell

Fitness
Prograde Corp



8 · TRICEPS · VOLUME

Machine Triceps Extension

3 × 10-15

Machine

DAY 42

Legs

Quads · Hams · Glutes · Calves

Fitness



1 · QUADS · HEAVY

Dumbbell Step-Up

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



2 · QUADS · SECOND

Goblet Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST

Fitness



3 · QUADS · MACHINE

Leg Extension

3-4 x 8-12

Machine

🏋️ LOAD-FIRST

Fitness



4 · HAMSTRINGS

Barbell Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness



5 · HAMSTRINGS

Stiff-Leg Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness



6 · GLUTES

Bulgarian Split Squat

3 x 10-15

DB

🏋️ LOAD-FIRST

Fitness



7 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

Fitness



8 · CALVES

Standing Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY

Chest + Back

Antagonist pairing — Arnold style

Fitness
Program Editor



1 · CHEST · INCLINE

Flat Dumbbell Press

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Program Editor



2 · BACK · PULLDOWN

Close-Grip Pulldown

3-4 × 8-12

Cable

LOAD-FIRST

Fitness
Program Editor



3 · CHEST · FLAT

Incline Machine Press

3-4 × 8-12

Machine

LOAD-FIRST

Fitness
Program Editor



4 · ROW · HEAVY

One-Arm Dumbbell Row

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Program Editor



5 · CHEST · FLY

Incline Dumbbell Fly

3-4 × 8-12

DB

LOAD-FIRST

Fitness
Program Editor



6 · ROW · SECOND

Single-Arm Cable Row

3-4 × 8-12

Cable

LOAD-FIRST

Fitness
Program Editor



7 · BACK · STRAIGHT-ARM

Lat Pulldown

3-4 × 8-12

Cable

LOAD-FIRST

Fitness
Program Editor



8 · TRAPS

Rope High Row

4 × 12-20

Rope

VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps

Fitness
Program Editor



1 · PRESS · HEAVY

Kettlebell Clean & Press

3–4 × 8–12

KB

LOAD-FIRST



2 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

VOLUME-HUNGRY

Fitness
Program Editor



3 · BICEPS · HEAVY

Reverse Curl

3 × 10–15

Barbell

Fitness
Program Editor



4 · TRICEPS · HEAVY

Machine Triceps Extension

3 × 10–15

Machine

Fitness
Program Editor



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

VOLUME-HUNGRY

Fitness
Program Editor



6 · REAR DELTS

Rope Face Pull

4 × 15–20

Rope

VOLUME-HUNGRY

Fitness
Program Editor



7 · BICEPS · VOLUME

Barbell Curl

3 × 10–15

Barbell

Fitness
Program Editor



8 · TRICEPS · VOLUME

V-Bar Pushdown

3 × 10–15

Cable

DAY 45

Legs

Quads · Hams · Glutes · Calves



1 · QUADS · HEAVY

Kettlebell Goblet Squat

3-4 x 8-12

KB

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Kettlebell Thruster

3-4 x 8-12

KB

🏋️ LOAD-FIRST



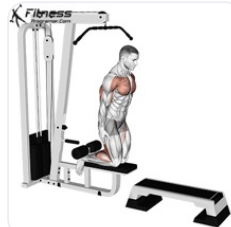
3 · QUADS · MACHINE

Leg Extension

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Nordic Curl

3-4 x 8-12

Body

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Single-Leg RDL

3-4 x 8-12

DB

🔥 HEAVY + VOLUME



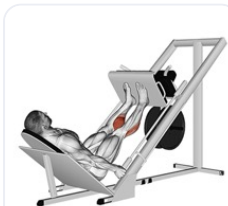
6 · GLUTES

Glute Bridge

3 x 10-15

Body

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

DAY 46

Chest + Back

Antagonist pairing — Arnold style

 Fitness
Program Editor



1 · CHEST · INCLINE

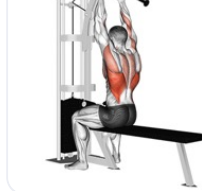
Incline Dumbbell Fly

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness
Program Editor



2 · BACK · PULLDOWN

Neutral-Grip Pulldown

3–4 × 8–12

Cable

 LOAD-FIRST

 Fitness
Program Editor



3 · CHEST · FLAT

Low Cable Fly (Low→High)

3–4 × 8–12

Cable

 LOAD-FIRST

 Fitness
Program Editor



4 · ROW · HEAVY

Bent-Over Barbell Row

3–4 × 8–12

Barbell

 LOAD-FIRST

 Fitness
Program Editor



5 · CHEST · FLY

Machine Chest Press

3–4 × 8–12

Machine

 LOAD-FIRST

 Fitness
Program Editor



6 · ROW · SECOND

One-Arm Dumbbell Row

3–4 × 8–12

DB

 LOAD-FIRST

 Fitness
Program Editor



7 · BACK · STRAIGHT-ARM

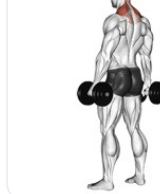
Lat Pulldown

3–4 × 8–12

Cable

 LOAD-FIRST

 Fitness
Program Editor



8 · TRAPS

Dumbbell Shrug

4 × 12–20

DB

 VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps

Fitness



1 · PRESS · HEAVY

Arnold Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST

Fitness



2 · SIDE DELTS

Machine Lateral Raise

4 × 12–20

Machine

🔥 VOLUME-HUNGRY

Fitness



3 · BICEPS · HEAVY

Concentration Curl

3 × 10–15

DB

Fitness



4 · TRICEPS · HEAVY

Machine Triceps Extension

3 × 10–15

Machine

Fitness



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12–20

DB

🔥 VOLUME-HUNGRY

Fitness



6 · REAR DELTS

Bent-Over Dumbbell Rear Fly

4 × 15–20

DB

🔥 VOLUME-HUNGRY

Fitness



7 · BICEPS · VOLUME

Reverse Curl

3 × 10–15

Barbell

Fitness



8 · TRICEPS · VOLUME

Skull Crusher

3 × 10–15

Barbell

DAY 48

Legs

Quads · Hams · Glutes · Calves

Fitness
Programmer.Com



1 · QUADS · HEAVY

Dumbbell Squat

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



2 · QUADS · SECOND

Dumbbell Lunge

3-4 × 8-12

DB

🏋️ LOAD-FIRST

Fitness
Programmer.Com



3 · QUADS · MACHINE

Smith Machine Squat

3-4 × 8-12

Machine

🏋️ LOAD-FIRST

Fitness
Programmer.Com



4 · HAMSTRINGS

Single-Leg RDL

3-4 × 8-12

DB

🔥 HEAVY + VOLUME

Fitness
Programmer.Com



5 · HAMSTRINGS

Barbell RDL

3-4 × 8-12

Barbell

🔥 HEAVY + VOLUME

Fitness
Programmer.Com



6 · GLUTES

Glute Bridge

3 × 10-15

Body

🏋️ LOAD-FIRST

Fitness
Programmer.Com



7 · CALVES

Standing Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

Fitness
Programmer.Com



8 · CALVES

Seated Calf Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY

Chest + Back

Antagonist pairing — Arnold style



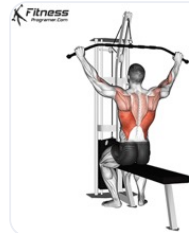
1 · CHEST · INCLINE

Barbell Incline Press

3-4 × 8-12

Barbell

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Lat Pulldown

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Machine Chest Press

3-4 × 8-12

Machine

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Single-Arm Cable Row

3-4 × 8-12

Cable

🏋️ LOAD-FIRST



5 · CHEST · FLY

Flat Dumbbell Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



6 · ROW · SECOND

Inverted Row

3-4 × 8-12

Body

🏋️ LOAD-FIRST



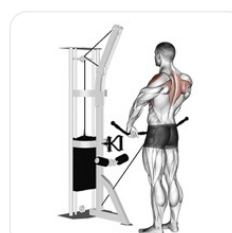
7 · BACK · STRAIGHT-ARM

Pull-Up

3-4 × 8-12

Body

🏋️ LOAD-FIRST



8 · TRAPS

Cable Upright Row

4 × 12-20

Cable

🔥 VOLUME-HUNGRY

Shoulders + Arms

Delts · Biceps · Triceps



1 · PRESS · HEAVY

Dumbbell Shoulder Press

3-4 × 8-12

DB

🏋️ LOAD-FIRST



2 · SIDE DELTS

Machine Lateral Raise

4 × 12-20

Machine

🔥 VOLUME-HUNGRY



3 · BICEPS · HEAVY

Rope Hammer Curl

3 × 10-15

Rope



4 · TRICEPS · HEAVY

Dumbbell Overhead Extension

3 × 10-15

DB



5 · SIDE DELTS

Seated Dumbbell Lateral Raise

4 × 12-20

DB

🔥 VOLUME-HUNGRY



6 · REAR DELTS

Cable Rear Delt Fly

4 × 15-20

Cable

🔥 VOLUME-HUNGRY



7 · BICEPS · VOLUME

Cable Curl

3 × 10-15

Cable



8 · TRICEPS · VOLUME

Rope Overhead Extension

3 × 10-15

Rope

DAY 51

Legs

Quads · Hams · Glutes · Calves



1 · QUADS · HEAVY

Smith Machine Squat

3-4 x 8-12

Machine

🏋️ LOAD-FIRST



2 · QUADS · SECOND

Bulgarian Split Squat

3-4 x 8-12

DB

🏋️ LOAD-FIRST



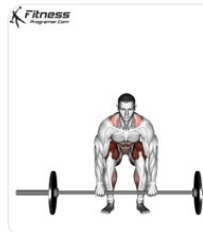
3 · QUADS · MACHINE

Kettlebell Thruster

3-4 x 8-12

KB

🏋️ LOAD-FIRST



4 · HAMSTRINGS

Barbell Deadlift

3-4 x 8-12

Barbell

🔥 HEAVY + VOLUME



5 · HAMSTRINGS

Kettlebell Deadlift

3-4 x 8-12

KB

🔥 HEAVY + VOLUME



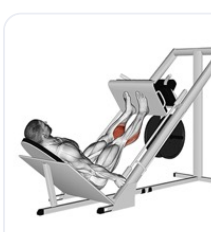
6 · GLUTES

Cable Pull Through

3 x 10-15

Cable

🏋️ LOAD-FIRST



7 · CALVES

Leg Press Calf Raise

4 x 12-20

Machine

🔥 VOLUME-HUNGRY



8 · CALVES

Dumbbell Calf Raise

4 x 12-20

DB

🔥 VOLUME-HUNGRY

DAY 52

Chest + Back

Antagonist pairing — Arnold style



1 · CHEST · INCLINE

Incline Dumbbell Fly

3–4 × 8–12

DB

🏋️ LOAD-FIRST



2 · BACK · PULLDOWN

Rope Straight-Arm Pulldown

3–4 × 8–12

Rope

🏋️ LOAD-FIRST



3 · CHEST · FLAT

Barbell Incline Press

3–4 × 8–12

Barbell

🏋️ LOAD-FIRST



4 · ROW · HEAVY

Wide-Grip Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



5 · CHEST · FLY

Decline Dumbbell Press

3–4 × 8–12

DB

🏋️ LOAD-FIRST



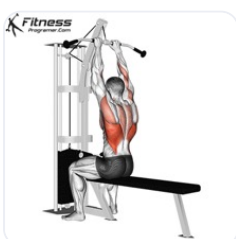
6 · ROW · SECOND

Single-Arm Cable Row

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



7 · BACK · STRAIGHT-ARM

Close-Grip Pulldown

3–4 × 8–12

Cable

🏋️ LOAD-FIRST



8 · TRAPS

Barbell Shrug

4 × 12–20

Barbell

🔥 VOLUME-HUNGRY