

ARNOLD SCHWARZENEGGER WORKOUT PROGRAM FOR ULTIMATE GROWTH

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Arnold Schwarzenegger Training Principles

1. Warm-up

Arnold says warming up is crucial before lifting moderate to heavy weights because warm-up helps increase heart rate, improve oxygen supply, and prepare for demanding exercises.

He usually performs some dynamic stretching, such as bear crawl, inchworm, and dive bomber pushups, followed by full-body warm-up training with light dumbbells and barbells.

Arnold also performs one lightweight set prior to each different exercise to get his muscles ready for intense exercise.

2. Different Reps Technique

From forced and negative reps to partial and heavy reps, Arnold used to perform different reps sets to maximize muscle development.

He says you've got to be smart with different training approaches, such as how you can integrate them into your training programs in an effective way.

3. Focus on Every Muscle Group

The best thing about the Arnold workout plan is that it involves exercises for every muscle group, whether it's calves, abs, or forearms. It is one of the reasons why Arnold Schwarzenegger has one of the best physiques of all time.

4. High Volume Training

Arnold says to be like a bodybuilder, you have to train like one. Bodybuilders usually do high-volume training, which involves various reps and sets for every muscle group. In this article, I've shared multiple workout routines from the Book – The New Encyclopedia of Modern Bodybuilding.

5. Progressive Overload

Constantly increasing the load over time helps stimulate strength and mass growth. For example, you can gradually put more weight on the bar, lift heavy dumbbells, and decrease rest time between sets to put more stress on the muscles.

6. Quality Reps

Bodybuilding is about training muscles, not lifting weights only. Arnold used to perform each rep with the full range of motion. He suggests focusing on the quality of reps instead of quantity and lifting heavy.

Routine 1- Muscle Group Split

- Monday – Chest
- Tuesday – Legs
- Wednesday – Back
- Thursday – Abs

- Friday – Shoulder
- Saturday – Arms
- Sunday – OFF

I've crafted this routine based on Arnold's workout videos available on YouTube. This program involves training one muscle per session. It is great for people who want to follow a straightforward workout routine.

Monday – Chest

Exercise	Sets	Reps
Flat Bench Press	4	12, 10, 8, 8
Incline Bench Press	4	12, 10, 8, 8
Flat Dumbbell Flyes	3	8-12
High Cable Flyes	3	8-12
Dumbbell Pullover	3	8-12
Bar Dips	3	Till failure

Tuesday – Legs

Exercise	Sets	Reps
Back Squats	4	12, 10, 8, 8
Lunges	4	12, 10, 8, 8
Leg Extensions	3	8-12
Stiff Leg Deadlifts	3	8-12
Leg Curls	3	8-12
Calf Raises	3	Till failure

Wednesday – Back

Exercise	Sets	Reps
Deadlift	4	6-8
Bent Over Row	4	10-12
T-Bar Row	4	10-12
Lat Pulldown	4	10-12
Seated Row	4	10-12
One-arm DB Row	3	10-12

Thursday – Abs

Exercise	Sets	Reps
Hanging Knee Raises	3	10-20
Crunches	3	10-20
Roman Chair Sit-ups	3	20-30
Cable Crunches	3	10-12
Broomstick Twists	3	10-12

Friday – Shoulder

Exercise	Sets	Reps
Smith Machine Overhead Press	5	15, 12, 10, 8, 6
Behind The Neck Shoulder Press	3	12, 10, 8
Lateral Dumbbell Raises	4	15, 12, 10, 8, 6
Arnold Press	3	12, 10, 8
Cable/Barbell Upright Row	3	15, 12, 10
Cable Facepull	4	15, 12, 10, 8

Saturday – Arms (Superset)

Biceps	Triceps	Reps	Sets
Incline Dumbbell Curl	Triceps Pushdown	8-10	4
Alternating DB Curl	One-arm Overhead Extension	10	4
Preacher Curl	Lying French Press	10	4
Concentration Curl	Reverse Triceps Press down	8-10	4
Reverse Preacher Curl	Barbell Wrist Curl	10-12	4

Training Program 2 (Upper Lower Split)

- **Monday** – Chest and Back
- **Tuesday** – Shoulders and Arms
- **Wednesday** – Thighs, Calves, and Lower Back
- **Thursday** – Chest and Back

- **Friday** – Shoulders and Arms
- **Saturday** – Thighs, Calves, and Lower Back
- **Sunday** – OFF

This Arnold Schwarzenegger bodybuilding routine involves training each muscle group twice a week. It is excellent for people who want to put on mass and build muscular and symmetrical physique.

Monday and Thursday – Chest and Back

Exercise	Sets	Reps
Flat Bench Press	4	10, 8, 6, 4
Incline Bench Press	4	10, 8, 6, 4
Dumbbell Pullovers	3	15
Chin-ups	–	50
Bent-Over Barbell Row	3-4	8-12
Conventional Deadlift	3-4	6-10
Crunches	5	25

- Chin-ups: Perform as many rounds as possible until you complete 50 reps.

Tuesday and Thursday – Shoulders and Arms

Exercise	Sets	Reps
Barbell Clean and Press	3	8-10
Dumbbell Lateral Raise	3	8-12
Barbell/Cable Upright Row	3	10, 6, 4
Push Press	3	6, 4, 2
Standing Barbell Curl	3-4	10-12
Seated Dumbbell Curl	3-4	10-12
Triceps Bench Press	3-4	10-12
Overhead Triceps Extension	3-4	10-12
Wrist Curls	3-4	10-12
Wrist Extension	3-4	10-12
Reverse Crunch	5	25

- Perform upright rows and push press with heavy weights till failure.

Wednesday and Saturday – Thighs, Calves, and Lower Back

Exercise	Sets	Reps
Back Squat	4	16, 12, 10, 8
Front Lunge	3	10/leg
Seated Leg Curl	4	20, 16, 12, 10
Stiff Leg Deadlift	3	10, 6, 4
Good Mornings	3	10, 6, 4
Standing Calf Raise	5	15
Crunches	5	25

- Perform SDL and Good Mornings with heavyweight till failure.

Workout Plan 3 (The Hybrid Split)

- Day 1 – Chest, Back and Legs
- Day 2 – Shoulders, Arms, and Lower Back
- Day 3 – Chest, Back and Legs
- Day 4 – Shoulders, Arms, and Lower Back
- Day 5 – Chest, Back and Legs
- Day 6 – Shoulders, Arms, and Lower Back
- Day 7 – OFF

If you're looking for a high-volume training program that includes three sessions for every muscle group, you can try this Arnold hybrid workout schedule. It includes training the upper and lower body in the same session, for example, chest, back, and legs.

This program is for experienced and professional lifters who equally focus on resting, eating, and exercising.

Consistently training muscles more than twice a week can help build a sizeable and sturdy physique.^{1,2}

Day 1, 3 and 5 – Chest, Back and Legs

Exercise	Sets	Reps
Flat Bench Press	4	10, 8, 6, 4
Incline Bench Press	4	10, 8, 6, 4
Dumbbell Flyes	3	10, 8, 6
Bar Dips	3	15, 10, 8
Dumbbell Pullovers	3	15
Chin-ups	4	10
Bent-Over Barbell Row	3-4	8-12
Close Grip Chin-up	3-4	6-10
Back Squat	4	16, 12, 10, 8
Lunges	3	10/leg
Leg Curl	4	20, 16, 12, 10
Calf Raises	5	15
Crunches	5	25

Day 2, 4, and 6 – Shoulders, Arms, and Lower Back

Exercise	Sets	Reps
Barbell Clean and Press	3	8-10
Dumbbell Lateral Raise	3	8-12
Barbell/Cable Upright Row	3	10, 6, 4
Push Press	3	6, 4, 2
Stiff Leg Deadlift	3	10, 6, 4
Good Mornings	3	10, 6, 4
Standing Barbell Curl	3-4	10-12
Seated Dumbbell Curl	3-4	10-12
Triceps Bench Press	3-4	10-12
Barbell Overhead Triceps Extension	3-4	10-12
Wrist Curls	3-4	10-12
Wrist Extension	3-4	10-12
Reverse Crunch	5	25

Training Split 4 (Twice a Day Workout)

- Days 1, 3, and 5
- Morning – Chest and Back
- Evening – Thigh and Calves
- Days 2, 4, and 6
- Morning – Shoulders, Arms, and Calves
- Evening – OFF
- Day – Rest
- Perform at least one exercise in Abs in each session.

If you've reached a pro level and want to challenge your muscles with high-volume training and different techniques, you can try the advanced bodybuilding workout program of seven-time champion Arnold Schwarzenegger.

It involves training six times weekly in the morning and three times a week in the evening (on alternate days).

This training program is for professional bodybuilders who have been working out for a while and have already achieved a decent physique but want to put on more mass and maximize overall growth.

It requires knowledge about how exercise affects your muscle groups differently and how you can integrate the various training principles into your training program.

Days 1, 3, and 5 (Morning – Chest, Back and Abs)

Exercise	Sets	Reps
Bench Press (Warm-up)	1	30-45
Bench Press (Pyramid set)	5	20-6

Incline Barbell Press	5	10-15
Flat-Bench Dumbbell Flye	5	10-15
Weighted Dip	5	15
Dumbbell Pullover	5	15-20
Chin-up	4	10-12
T-Bar Row	4	15, 12, 8, 6
Bent-Over Row	4	8-12

Days 1, 3, and 5 (Evening – Thigh, Calves, and Abs)

Exercise	Sets	Reps
Back Squat	4	10, 8, 6, 4
Front Squat	4	10, 8, 8, 6
Hack Squat	3	10
Seated Leg Curl	4	20, 10, 8, 6
Standing Leg Curl	4	10
Romanian Deadlift	3	10
Donkey Calf Raises	4	8-12
Standing Calf Raises	4	15, 10, 8, 8
Crunches	3	25
Bent-over Twist	–	100/side
Machine Crunches	3	25
Crunches	–	50

Days 2, 4, and 6 (Morning – Shoulders, Arms, and Calves)

Exercise	Sets	Reps
Behind The Neck Shoulder Press	4	10, 8, 8, 6
Dumbbell Lateral Raises	4	8
Rear Delt Dumbbell Raises	4	8
Shoulder Shrugs	3	10
Standing Barbell Curl	5	15, 10, 8, 6, 4
Incline Dumbbell Curl	4	8
Concentration Curl	3	8
Barbell French Press	4	15, 10, 8, 6
Triceps Pushdown	3	8
One-Arm Triceps Extension	3	10
Barbell Wrist Curl	4	10
Barbell Wrist Extension	3	10
Seated Calf Raises	4	10

Reverse Crunches	4	25
Seated Twist	–	100/side
Vertical Bench Crunches	4	25

You can also superset the above routines to challenge your muscles harder.

Recommended Macros for Muscle Building

Gaining lots of muscles requires decent nutrition. Your diet must include high-protein foods and supplements that can help repair damaged muscles and increase growth.

For your information, one gram of protein and carbs has 4 calories, while a gram of fat contains 9 calories.

Here's a normal macros recommendation for lifters who want to build muscles.

- **Protein:** 1.6–2.2 g/kg/day with optimal amounts of 0.40–0.55 g/kg per meal and distributed evenly throughout the day (3–6 meals), including within 1–2 hours pre- and post-training.
- **Fats:** You can take fats in moderate amounts, like 0.5–1.5 g/kg/day.
- **Carbohydrates:** 3–5 g/kg/day to support energy demands from resistance exercise.

Other than the above nutrients, Creatine monohydrate (3–5 g/day), caffeine (5–6 mg/kg), beta-alanine (3–5 g/day), and citrulline malate (8 g/day) might yield ergogenic effects that can be beneficial for bodybuilders – study suggested.

Source of These Routines: **Book – The New Encyclopedia of Modern Bodybuilding**

Key Tips for Maximizing Your Workout Plan and Achieving Optimal Results

1. Pre-Workout Meal

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

Examples of pre-workout foods include:

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

2. Workout When You Feel Energetic

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

3. Keep yourself hydrated during the workout

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

4. Post-Workout stretching and cool down

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

5. Post-workout Meal

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

Examples of Post-Workout Meals:

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

7. Creator note

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

Recommended Brands:

1. [Performix](#) (Supplement)
2. [Beyond Body](#) (Book)
3. [Amazon](#) (Supplement)
4. [Bulk Extreme](#) (Supplement)
5. [Mass Extreme](#) (Supplement)

Helpful Resources:

- [20 Best Dumbbell Pull Exercises](#)
- [Dumbbell Push Exercises](#)
- [Top 10 Barbell Pull Exercises](#)
- [8 Best Barbell Push Exercises](#)
- [Compound Exercises List](#)
- [Isolation Exercises List](#)
- [30 Best Gym Exercises for Abs](#)

Related Workout Programs

- [8 Week Arm and Shoulder Workout Routine](#)
- [8 Week Chest and Back Workout Plan](#)
- [The Best Legs and Abs Workout](#)
- [Leg and Shoulder Workout Program](#)

- [6-Day Gym Workout Plan](#)
- [Push Pull Legs 5-Day Split for Strength and Size](#)
- [8 Week Muscle Building Workout Plan](#)
- [6-Week Hypertrophy Program for Ultimate Gains](#)

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