



I'm not a robot



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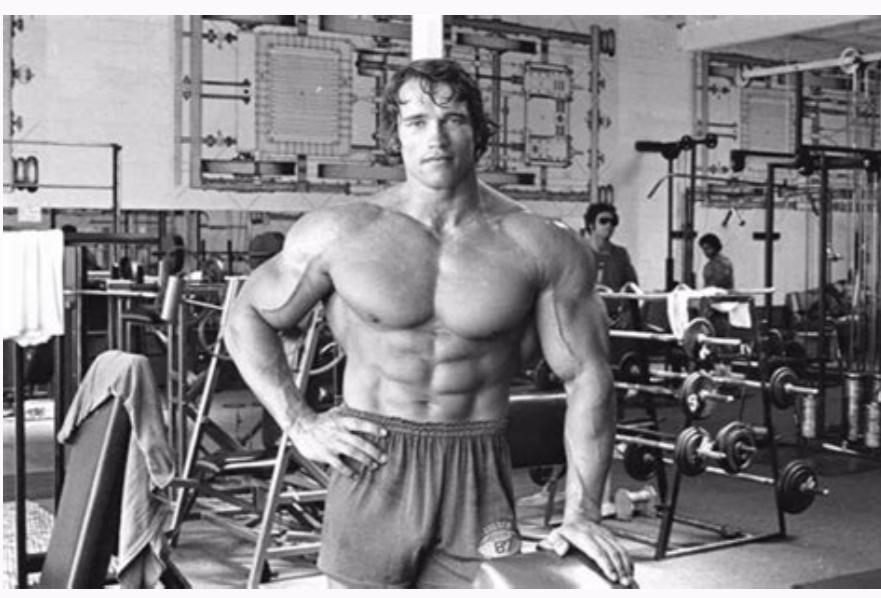
CHEST PHASE 1: MON / THURS**EXERCISE**

- 1** FLAT BARBELL BENCH PRESS
2 INCLINE BARBELL BENCH PRESS
3 SUPERSET DUMBBELL FLYES
W/ DUMBBELL PULLOVER

REP RANGES	
WEEK 1:	30 Warm Up, 12, 10, 8, 6
WEEK 2:	30 Warm Up, 8, 6, 4, 2 After Completing required reps in Week 1 on Flat Barbell Bench Press, use the Stripping Method/Shocking Principles.
WEEK 3:	30 Warm Up, 5, 5, 5, 5, 5
WEEK 4:	Max out on either incline or flat then 20, 15, 12 on the others

INCLINE BARBELL

Low Angle Incline
Medium Angle Incline
High Angle Incline
Low Angle Incline



Workout schedule for week 1							
Day	Muscle	Exercise	Weight	Reps	Sets	Rest	Notes
Sleep							
Mon							
10:00	Flat bench	Barbell	100	12	3	1 min	
10:10	Flat	Barbell	100	10	3	1 min	
10:20	Flat	Barbell	100	8	3	1 min	
10:30	Flat	Barbell	100	6	3	1 min	
10:40	Flat	Barbell	100	4	3	1 min	
10:50	Flat	Barbell	100	2	3	1 min	
11:00	Flat	Barbell	100	1	3	1 min	
11:10	Flat	Barbell	100	12	3	1 min	
11:20	Flat	Barbell	100	10	3	1 min	
11:30	Flat	Barbell	100	8	3	1 min	
11:40	Flat	Barbell	100	6	3	1 min	
11:50	Flat	Barbell	100	4	3	1 min	
12:00	Flat	Barbell	100	2	3	1 min	
12:10	Flat	Barbell	100	1	3	1 min	
12:20	Incline	Barbell	100	12	3	1 min	
12:30	Incline	Barbell	100	10	3	1 min	
12:40	Incline	Barbell	100	8	3	1 min	
12:50	Incline	Barbell	100	6	3	1 min	
13:00	Incline	Barbell	100	4	3	1 min	
13:10	Incline	Barbell	100	2	3	1 min	
13:20	Incline	Barbell	100	1	3	1 min	
13:30	Flat	Barbell	100	12	3	1 min	
13:40	Flat	Barbell	100	10	3	1 min	
13:50	Flat	Barbell	100	8	3	1 min	
14:00	Flat	Barbell	100	6	3	1 min	
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14:20	Flat	Barbell	100	2	3	1 min	
14:30	Flat	Barbell	100	1	3	1 min	
14:40	Incline	Barbell	100	12	3	1 min	
14:50	Incline	Barbell	100	10	3	1 min	
15:00	Incline	Barbell	100	8	3	1 min	
15:10	Incline	Barbell	100	6	3	1 min	
15:20	Incline	Barbell	100	4	3	1 min	
15:30	Incline	Barbell	100	2	3	1 min	
15:40	Incline	Barbell	100	1	3	1 min	
15:50	Flat	Barbell	100	12	3	1 min	
16:00	Flat	Barbell	100	10	3	1 min	
16:10	Flat	Barbell	100	8	3	1 min	
16:20	Flat	Barbell	100	6	3	1 min	
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17:00	Incline	Barbell	100	12	3	1 min	
17:10	Incline	Barbell	100	10	3	1 min	
17:20	Incline	Barbell	100	8	3	1 min	
17:30	Incline	Barbell	100	6	3	1 min	
17:40	Incline	Barbell	100	4	3	1 min	
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19:00	Flat	Barbell	100	2	3	1 min	
19:10	Flat	Barbell	100	1	3	1 min	
19:20	Incline	Barbell	100	12	3	1 min	
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25:40	Flat	Barbell	100	6	3	1 min	
25:50	Flat	Barbell	100	4	3	1 min	
26:00	Flat	Barbell	100	2	3	1 min	
26:10	Flat	Barbell	100	1	3	1 min	
26:20	Incline	Barbell	100	12	3	1 min	
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27:00	Incline	Barbell	100	4	3	1 min	
27:10	Incline	Barbell	100	2	3	1 min	
27:20	Incline	Barbell	100	1	3	1 min	
27:30	Flat	Barbell	100	12	3	1 min	
27:40	Flat	Barbell	100	10	3		



ARNOLD SCHWARZENEGGER'S **BLUEPRINT**



THE GREATEST BODYBUILDER OF ALL TIME

WEEKS 1-4

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	REST
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	REST
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	REST
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	CHEST, BACK AND ABS	SHOULDERS, ARMS, FOREARMS AND ABS	LOWER BACK, LEGS AND ABS	REST

www.bodybuilding.com/arnoldblueprint

DAY 1

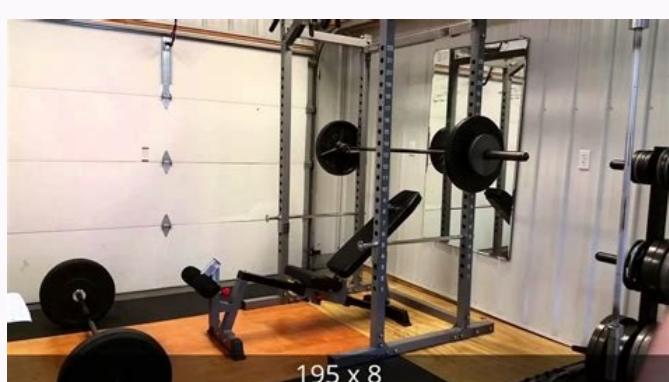
OBEST BACK AND ABS

**CROSS OFF EACH DAY
AS YOU COMPLETE THE
PROGRAM TO KEEP TRACK
OF YOUR PROGRESS**

WHAT'S YOUR GOAL? _____

ACHIEVE YOUR GOAL: YES / NO

BODYBUILDING.com



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