



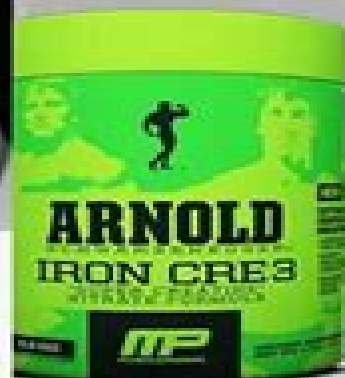
ARNOLD BLUEPRINT WORKOUTS

GUIDE TO MASS

PHASE 1: FRIDAY

FOCUS:
**SHOULDERS
ARMS, & ABS**

POWERED BY:
**ARNOLD
IRON
CRE3**



*45 SECOND REST BETWEEN ALL SETS

ARNOLD DUMBBELL PRESS: 5X5

SUPERSET: 5 SETS

30, 12, 10, 8, 6 EACH

**PUSH PRES BEHIND THE NECK
FRONT DUMBBELL RAISE**

SUPERSET: 5 SETS

30, 12, 10, 8, 6 EACH

**REAR DELT FLYE ON INCLINE BENCH
UPRIGHT ROW**

BARBELL CURL: 5 SETS

30, 12, 10, 8, 6 EACH

SUPERSET: 5 SETS

30, 12, 10, 8, 6 EACH

**INCLINE DUMBBELL CURL
CONCENTRATION CURLS**

**CLOSE-GRIP BARBELL
BENCH PRESS: 5 SETS**
30, 12, 10, 8, 6 EACH

SUPERSET: 5 SETS

30, 12, 10, 8, 6 EACH

**TRICEPS PUSH-DOWN
DUMBBELL ONE-ARM
TRICEPS EXTENSION**

SUPERSET: 5 SETS

30, 12, 10, 8, 6 EACH

**WRIST CURLS
REVERSE WRIST CURLS**

DECLINE SIT-UP: 5X25

Arnold Training Guide

Steve Albrecht



Arnold Training Guide:

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Arnold Training Guide** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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