

ARNOLD SCHWARZENEGGER

BLUEPRINT



TM

THE ULTIMATE
CUTS
TRAINING GUIDE

PHASE ONE
WEEKS 1-4

ARNOLD
SCHWARZENEGGER™
— SERIES —

MP
MUSCLEPHARM.



THE BLUEPRINT TO CUTS

A quality physique must show clear separation between muscle groups. Of course that will mean different things to different people, but at its roots a quality physique has to show definition and separation between every major muscle group.

On that note, each individual muscle group should show clear distinction as well. It must be evident that the muscle is prominent and that it is lean. Total muscularity is a result of training each muscle so thoroughly that every plane, contour and aspect is brought out and fully revealed. There cannot be any weak links and it must be evident that you have spent ample time working hard in the weight room and spent just as much time making the right decisions when it comes to diet and supplementation.

This program details an ideal way to lower your body fat sufficiently, giving you the opportunity to show off your muscles and work in the gym in the way you've always wanted.

TRAINING FOR MAXIMUM MUSCULARITY

- #1 Higher Volume Training
- #2 Increased Training Pace
- #3 Additional Training Principals & Methods
- #4 Sharpen Mental Focus
- #5 Discipline on Diet & Supplementation
- #6 Post Workout – Run 1-2 miles as fast as possible 3-5 times per week

TRAINING SPLITS BY ARNOLD

The training splits that I used were tremendous and helped me achieve a championship physique for more than a decade. When I was in my prime, I could train all day at a high level and at a great pace, and I liked to hit each muscle group three times per week. I realize it's hard for a lot of people to have time to do this and recovery could also be an issue.

However, by splitting it up into training each body part twice per week you're really allowing yourself a chance to enjoy maximal gains. Throw in your meal and supplementation plan, and the results are going to get even better. In fact, I'm confident the results could be unreal for you. This combination could really take your body to a level you didn't think was possible. The volume, short amount of rest and huge number of Super-Sets and tri-sets make it really happen when it comes to the workouts. This type of training really clicked for me and I think it will do the same for you.

Remember, you get what you put into your body so make it count as well, whether you're in the gym or at the dinner table. You're building an intricate sculpture, and it's going to be evident each day what you're doing. The choice is yours and the sky is the limit.

LET'S MAKE THIS SCULPTURE THE BEST IT CAN BE AND LET'S GET TO WORK.



ARNOLD'S METHODS

I used and added a number of different methods to this template of workouts. I also added some new twists to help shock your body even more and open yourself up to more growth. The key to utilizing these methods is subbing them in at the proper time.

I had a similar set up and split for years, but when I needed a boost or when I needed to jump-start some muscle growth, I would sub in one or two of these methods. It kept things fresh, gave me a great pump, kept me motivated and intense in the gym, and yielded some news gains as well.

METHODS:

1-10 METHOD

After a warm-up set or two, find a weight you're only able to get for one rep. After you perform that 1 rep, take just enough weight off to perform 2 reps. From there, do the same for 3 reps and 4 reps, going all the way up to 10 reps. This is brutal because you take no rest in between sets. The only rest you get is when you're unloading the weights. This was a very effective way to vary things for me, and it's a total shocker to the muscle.

STRIPPING METHOD/SHOCKING PRINCIPLE

After a warm-up, perform the exercise with weight you can get for 5 reps than immediately take some weight off and get another 5-8 reps. Then with no rest keep repeating, reducing your weight, until you're down to the bar, repping that for 20 reps.

RUNNING-THE-RACK

Training right in front of the dumbbell rack was a favorite of mine. I would pick an exercise and shock it by running the rack, which can make for a brutal extended workset. For example, start with 80 lb. dumbbells for 5 curls, put them down and immediately grab the 70s for 8, then 60 lbs for 12 and on down the line until you get to the end. This can be applied to any exercise and your muscles will be screaming after this.

¼ REP METHOD

You do a full-range rep on a particular movement and then either go ¼ back down or let the weight down (or up, depending on the movement) before finishing another partial rep. That is considered one rep. This really freaks out the muscle fibers and gives you an incredible pump.

28 METHOD

This method is crazy and it will humble the weights you're using very fast. It is performed by doing 7 regular reps, 7 extra slow reps (on both the eccentric and concentric), 7 ½ reps at the top, and finishing with 7 ½ reps at the bottom. This is a crazy method, but be warned – you will need to go light to get through this.

5-COUNT METHOD

This is simply slowing down the motion. While doing the movement, you're counting in your head 5 seconds up and 5 seconds down on each rep. This makes you have flawless form. Technique is imperative here and it's a great way to test your strength while using this time under tension method.

MAX EFFORT

Pick one exercise and see what you can do for a 1-rep max. To get there, work up to the weight with the following rep pyramid, taking ample rest between each set: 20, 15, 10, 8, 5, 3, 1, 1, 1 (max)

ARNOLD SCHWARZENEGGER: BLUEPRINT TO CUTS PHASE ONE OVERVIEW

Use this as a quick reference to the Arnold Schwarzenegger Blueprint to Cuts. Cross the workout off as you complete them and track your own progress.

PHASE ONE: WORKOUTS							
	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK ONE	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day
WEEK TWO	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day
WEEK THREE	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day
WEEK FOUR	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day

PHASE ONE: DIET & SUPPLEMENTATION									
	EARLY MORNING	DURING WARM-UP	POST WORKOUT	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEFORE BED
MEAL				Eggs, Oats	Grilled Meats, Veggies, Almonds	Cottage Cheese, Almonds	Grilled Meat, Veggies		
SUPPLEMENT	ARNOLD IRON CUTS and ARNOLD IRON WHEY	ARNOLD IRON PUMP	ARNOLD IRON WHEY	ARNOLD IRON PACK	ARNOLD IRON CUTS			ARNOLD IRON WHEY	ARNOLD IRON DREAM

Follow the rep ranges below unless listed otherwise

CHEST/BACK PHASE 1: MON / THURS

REMEMBER: Run 1-2 Miles as fast as possible 3-5 times per week Post-Workout

REST PERIODS: Take a drink of water (30-45 Seconds) between Sets

EXERCISE

- 1 SUPER-SET BENCH PRESS W/
WIDE-GRIP CHINS
- 2 SUPER-SET INCLINE BARBELL
PRESSES W/ T-BAR ROWS
- 3 SUPER-SET FLAT DUMBBELL
FLYES W/ SEATED CABLE ROWS
- 4 SUPER-SET DIPS W/ CLOSE-GRIP
CHIN-UPS
- 5 SUPER-SET DUMBBELL
PULLOVERS W/CABLE
CROSSOVERS

	REP RANGES	SETS	NOTES
1	Bench Press: 30, 10, 10, 10, 10, 5 Wide-Grip Chins: 10, 10, 10, 10, 10, 10	Super-Set: 6 Sets	Week Three: Do Max Effort 1-Rep Bench Wide-Grip Chins: Add weight if needed
2	Incline Barbell Bench Press: 8 Reps T-Bar Rows: 10 Reps	Super-Set: 5 Sets	T-Bar Rows: Use 1/4 Rep Method
3	Flat Dumbbell Flyes: 12 Reps Seated Cable Rows: 12 Reps	Super-Set: 5 Sets	Flat Dumbbell Flyes: Use The Running-the-Rack Method on the last set
4	Dips: 10 Reps Close-Grip Chin Ups: 10 Reps	Super-Set: 4 Sets	Dips: Add Weight if needed
5	Dumbbell Pullovers: 12 Reps Cable Crossovers: 12 Reps	Super-Set: 3 Sets	

LEGS PHASE 1: TUES / FRI

REST PERIODS: Take a drink of water (30-45 Seconds) between Sets

EXERCISE

- 1 SQUATS
- 2 SUPER-SET LEG EXTENSIONS W/
LEG CURLS
- 2 STANDING CALF RAISES

	REP RANGES	SETS	NOTES
1	Squats: 12 Reps	8 Sets	Deep Reps
2	Leg Extensions: 10 Reps Leg Curls: 10 Reps	10 Sets	Extensions and Curls: On last set, use the Stripping Method Leg Curls: Use 1/4 Rep method
3	Standing Calf Raises: 10 Reps	10 Sets	Use the 5-count method on all 3 sets

ARNOLD BLUEPRINT: CUTS PHASE 1 | WORKOUTS

Follow the rep ranges below unless listed otherwise

ARMS PHASE 1: WED

REMEMBER: Run 1-2 Miles as fast as possible 3-5 times per week Post-Workout

EXERCISE	REP RANGES	SETS	NOTES
1 SUPER-SET: BARBELL CURLS W/ SKULLCRUSHER	1 Barbell Curls: 12 reps, then 6 Super Slow Reps Skullcrusher: 15 Reps	5 Sets	Barbell Curls: Use 5-Count Method on the Last 6 (super slow)
2 SUPER-SET DUMBBELL HAMMER CURLS W/ STRAIGHT BAR PUSHDOWNS	2 Dumbbell Hammer Curls: 12 Reps Straight Bar Pushdowns: 20 full reps, 20 partial reps	5 Sets	Dumbbell Hammer Curls: On the last set of Curls, use the Stripping Method Straight Bar Pushdowns: Use 1/4 Rep Method on the 20 Partial Reps
3 SUPER-SET INCLINE ALTERNATING DUMBBELL CURLS W/ OVERHEAD ROPE PRESS	3 Incline Alternating Dumbbell Curls: 6 Reps, 5-Count Twist at Bottom, Then 4 More reps Overhead Rope Press: 15 Reps From The Bottom	3 Sets	Use the 5-count method on all 3 sets
4 SUPER-SET CONCENTRATION CURL W/ 1-ARM KICKBACK	4 Concentration Curl: 12 Reps 1-Arm Kickback: 12 Reps	5 Sets	

SHOULDERS PHASE 1: SAT

REST PERIODS: Take a drink of water (30-45 Seconds) between Sets

EXERCISE	REP RANGES	SETS	NOTES
1 OVERHEAD PRESSES	1 Overhead Presses: 5-6 Reps	4 sets	Seated or Standing
2 SUPER-SET: ARNOLD PRESSES W/ BARBELL UPRIGHT ROWS	2 Arnold Presses: 10, 8, 6, 6, 8 Reps Barbell Upright Rows: 8-10 Reps	5 Sets	
3 SUPER-SET DUMBBELL LATERAL RAISES W/ DUMBBELL BENT-OVER LATERAL RAISES	3 Dumbbell Lateral Raises: 3 sets of 10-12 Reps Dumbbell Bent-Over Lateral Raises: 3 Sets of 10-12 Reps		Dumbbell Bent-Over Lateral Raises: Use The Running-The-Rack Method on the last set

REMEMBER: Run 1-2 Miles as fast as possible 3-5 times per week Post-Workout





ARNOLD BLUEPRINT TO CUTS: DIET & SUPPLEMENTATION

When I was in my prime, there certainly weren't the vast amount of supplements available to lifters today. In fact, they were pretty basic, but they were still divided up into the same categories (pre-workout, post-workout, protein, etc.) and there were some that I really relied on to be successful.

These days, supplements have really advanced to impressive degrees, and we've really put forward a great deal of resources to make sure our supplement line is both safe and effective. Endless trials and studies have proven this, and when implemented properly – especially during a cutting phase – they can play a major role in getting leaner and preserving (or even building) muscle.

For my own contest prep, I wanted to make sure I could reveal all the hard-earned muscle I had achieved in the gym. I spent a great deal of time and pushed my body to the brink to put on quality muscle, and I didn't want it disappearing during contest prep because I wasn't taking the right supplements or I wasn't getting the most out of my diet.

Through the years, I've found what has worked and what hasn't through endless trial and error, and I'm excited to pass those successes on to you.

This supplement regimen is vastly different from the old days, and that means it's vastly improved as well. When utilized and timed correctly, these supplements and this diet plan can yield outstanding results, getting you lean, keeping you muscular and taking your body to new levels. Don't worry about any of the guesswork of what to take, when to take it, what to eat or any other questions you may have. That's all been removed with this plan. All you have to do is follow along and the benefits will come.

This supplement regimen is a huge improvement from what I had, and I have the highest level of confidence that your body will look decidedly different if you fully dedicate yourself to this program. Everything is presented to you here and now it's up to you to attack it with an incredible fury.



EARLY MORNING

Take **ARNOLD IRON CUTS** and **ARNOLD IRON WHEY**, 1-2 scoops with 8-12 oz Water



DURING WARM-UP

Take **ARNOLD IRON PUMP**



POST WORKOUT

Take **ARNOLD IRON WHEY** 2 scoops with 8-12 oz Water



Meal 1

2 Hours After Workout

4 Whole Eggs
1/4 Cup Oats

ARNOLD IRON PACK



Meal 2

8-10 oz Grilled Meat
3 Cups of Veggies
1 Serving of Almonds

ARNOLD IRON CUTS,
before Meal (Optional)



Meal 3

2 Cups Non-fat Cottage Cheese
1 Serving Almonds



Meal 4

8-10 oz Grilled Meat
3 Cups of Veggies



Meal 5

ARNOLD IRON WHEY,
2 scoops with 8-12 oz Water



BEFORE BED

ARNOLD IRON DREAM



ARNOLD
IRON CRE3™
SUPER
CREATINE
NITRATE*

- INCREASED STRENGTH, POWER, RECOVERY*
- SUPPORTS MUSCLE BUILDING & MUSCLE GROWTH*
- RAPID ABSORPTION — NO LOADING REQUIRED*



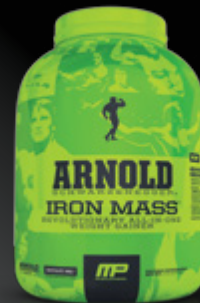
ARNOLD
IRON PUMP™
“SUPER NITRIC
OXIDE” FORMULA
WITH ARGININE
NITRATE*

- SKIN-TEARING PUMPS AND VASCULARITY*
- DELIVERS EXPLOSIVE ENERGY & INTENSITY*
- AMPLIFIES STRENGTH, POWER & LEAN MASS*



ARNOLD
IRON WHEY™
ULTRA-
MICROFILTERED
WHEY PROTEIN *

- SUPPORTS MUSCLE RECOVERY & GROWTH*
- GREAT TASTING, HIGH PROTEIN FORMULA*
- MIXES EASY, GLUTEN FREE*



ARNOLD
IRON MASS™
REVOLUTIONARY
ALL-IN-ONE
WEIGHT GAINER *

- SUPPORTS GAINS IN HARD, DENSE MUSCLE MASS AND STRENGTH*
- 40G PROTEIN, LOW SUGAR, GLUTEN-FREE*
- CONTAINS A BLEND OF HEALTHY FATS, COMPLEX CARBOHYDRATES & BCAA NITRATES*



ARNOLD
IRON DREAM™
CONCENTRATED
NIGHTTIME
RECOVERY*

- SUPPORTS IMPROVED SLEEP CYCLES*
- MAXIMIZES ANABOLIC-ANTICATABOLIC ENVIRONMENT*
- ENHANCES DEEP SLEEP FOR MAXIMUM GROWTH & RECOVERY*



ARNOLD
IRON CUTS™
3-IN-1 FAT
METABOLIZING
& CUTTING AGENT*

- INCREASED THERMOGENESIS & FAT METABOLIZING*
- MUSCLE HARDENING & CUTTING AGENT*
- SUPPORTS HEALTHY ESTROGEN BALANCE & CORTISOL LEVELS*



ARNOLD
IRON PACK™
ULTIMATE
ALPHA MALE
TRAINING PACK*

- FOUNDATION OF YOUR TRAINING REGIMEN*
- SUPPORTS MUSCLE BUILDING, RECOVERY & PERFORMANCE*
- SUPPORTS OPTIMAL JOINT & BONE HEALTH*



ARNOLD
IRON TEST™
CLINICALLY-PROVEN
TESTOSTERONE
ENHANCER*

- NITRIC OXIDE & LEAN MUSCLE, INCREASES FREE TESTOSTERONE*
- STRENGTH & POWER, MAXIMIZE YOUR GAINS IN THE GYM*



ARNOLD.COM
BUILD YOUR LEGACY™

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PLEASE CONSULT A PHYSICIAN BEFORE BEGINNING ANY CHALLENGE,
DIET PLAN, SUPPLEMENT REGIMEN, OR WORKOUT PLAN.

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BEFORE HIM, SPORTS NUTRITION WAS FRINGE SCIENCE.

**Never before has Arnold Schwarzenegger
attached his name to a sports nutrition company.**

Arnold is working side by side with MusclePharm's world-renowned scientific team to create a monumental line of new products that are revolutionary, safe—and above all—effective.

**So if you plan to train like you're building a legacy,
just follow in Arnold's footsteps.**

