

ARNOLD SCHWARZENEGGER

# BLUEPRINT



TM

THE ULTIMATE  
**CUTS**  
TRAINING GUIDE

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**PHASE TWO**  
**WEEKS 5-8**

**ARNOLD**  
SCHWARZENEGGER™  
— SERIES —

**MP**  
MUSCLEPHARM.

# ARNOLD SCHWARZENEGGER: BLUEPRINT TO CUTS PHASE TWO 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 TWO: WORKOUTS							
	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK ONE	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day
WEEK TWO	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day
WEEK THREE	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day
WEEK FOUR	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day

PHASE TWO: 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/ABS PHASE 2: 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	REP RANGES	SETS	NOTES
<b>1 DECLINE BENCH SIT-UPS 3/4 THE WAY DOWN</b>	1 <b>Decline Bench Sit-Ups:</b> 3-5 minutes		3/4 The Way Down
<b>2 DEADLIFTS</b>	2 <b>Deadlifts:</b> 10, 8, 6		Done on Monday Week 1, Thursday week 2. Alternate days
<b>3 SUPER-SET: WEIGHTED CHIN-UPS W/INCLINE BARBELL BENCH PRESS</b>	3 <b>Weighted Chin-Ups:</b> 15, 12, 8, 6, 4 <b>Incline Barbell Bench Press:</b> 15, 12, 8, 5, 3	<b>Super-Set:</b> 5 sets	<b>Incline Barbell Bench Press:</b> Use the Stripping Method on the last set
<b>4 SUPER-SET: BENCH PRESS W/ CHIN-UPS</b>	4 <b>Bench Press:</b> 15, 12, 8, 6 <b>Chin-Ups:</b> Til Failure	<b>Super-Set:</b> 4 Sets	<b>Bench Press:</b> On week 6, use the Max Effort Method
<b>5 SUPER-SET: DUMBBELL FLYES W/ BENT OVER ROWS</b>	5 <b>Dumbbell Flyes:</b> 28 Reps <b>Bent Over Rows:</b> 12 Reps	<b>Super-Set:</b> 4 Sets	<b>Dumbbell Flyes:</b> 28 Method
<b>6 TRI-SET: DUMBBELL PULLOVERS, DIPS AND CABLE CROSSOVERS</b>	6 <b>Dumbbell Pullovers:</b> 15 Reps <b>Dips:</b> Til Failure <b>Cable Crossovers:</b> 15 Reps	<b>Tri-Set:</b> 5 Sets	<b>Dips:</b> Use Bodyweight
<b>7 GIANT ABS SET: HANGING STRAIGHT LEG RAISES, HANGING KNEE-UPS, CRUNCHES, SEATED LEG TUCKS, STICK TWIST</b>	7 <b>Abs:</b> 1 Set, no rest <b>Hanging Straight Leg Raises:</b> 20 Reps <b>Hanging Knee Ups:</b> 20 Reps <b>Crunches:</b> 50 Reps <b>Seated Leg Tucks:</b> 30 Reps <b>Stick Twist:</b> 100 Reps		



Follow the rep ranges below unless listed otherwise

**LEGS/ABS** PHASE 2: TUES / FRI

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

**EXERCISE**

- 1 DECLINE BENCH SIT-UPS**
- 2 SUPER-SET: LEG EXTENSIONS W/ SQUATS**
- 3 SUPER-SET: FRONT SQUATS W. LEG CURLS**
- 4 SUPER-SET: LEG PRESS W/ LEG CURLS**
- 5 STRAIGHT LEG DEADLIFTS**
- 6 CALVES TRI-SET: DONKEY CALF MACHINE, STANDING CALF MACHINE, SEATED CALF MACHINE**
- 7 GIANT ABS SET: HANGING STRAIGHT LEG RAISES, HANGING KNEE-UPS, CRUNCHES, SEATED LEG TUCKS, STICK TWISTS**

	<b>REP RANGES</b>	<b>SETS</b>	<b>NOTES</b>
1	<b>Decline Bench Sit-Ups:</b> 3-5 minutes		3/4 The Way Down
2	<b>Leg Extensions:</b> 12 Reps <b>Squats:</b> 20 Reps	<b>Super-Set:</b> 5 sets	Use 1/4 Rep Method on Last Set
3	<b>Front Squats:</b> 12 Reps <b>Leg Curls:</b> 12 Reps	<b>Super-Set:</b> 4 sets	
4	<b>Leg Press:</b> 15 Reps <b>Leg Curls:</b> 1-10 Method	<b>Super-Set:</b> 3 Sets	
5	<b>Straight Leg Deadlifts:</b> 6 Reps	3 Sets	Done once a week
6	<b>Donkey Calf Machine:</b> 15 Reps <b>Standing Calf Machine:</b> 10 Reps <b>Seated Calf Machine:</b> 15 Reps	<b>Tri-Set:</b> 3 Sets	Use the 5-Count Method on All Sets
7	<b>Hanging Straight Leg Raises:</b> 20 Reps <b>Hanging Knee Ups:</b> 20 Reps <b>Crunches:</b> 50 Reps <b>Seated Leg Tucks:</b> 30 Reps <b>Stick Twist:</b> 100 Reps	<b>Giant Set:</b> 1 Set	No Rest



# SHOULDERS/ARMS PHASE 2: WED AND SAT

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

## EXERCISES

### 1 DECLINE BENCH SIT-UPS

## SHOULDERS

### 2 TRI-SETS BARBELL PRESS, CABLE SIDE LATERALS, LYING SIDE LATERALS

### 3 SUPER-SET FRONT DUMBBELL RAISES, REAR DELT RAISES

## ARMS

### 4 SUPER-SET BARBELL CURLS W/ CLOSE GRIP STRAIGHT BAR PUSH-DOWNS

### 5 TRI-SET PREACHER CURLS, SKULLCRUSHERS, REVERSE CURLS ON PREACHER CURLS

### 6 SUPER-SET CONCENTRATION CURLS W/ STANDING ONE-ARM ROPE PUSH-DOWNS

## FOREARMS

### 7 REVERSE WRIST CURLS W/ REGULAR WRIST CURLS

	REP RANGES	SETS	NOTES
1	<b>Decline Bench Sit-Ups:</b> 3-5 minutes		3/4 The Way Down
2	<b>Barbell Press:</b> 12 Reps Each Way <b>Cable Side Laterals:</b> 12 Reps <b>Lying Side Laterals:</b> 12 Reps	<b>Tri-Sets:</b> 4 Sets	<b>Barbell Press:</b> Alternate Front and Back, Front and Back equals one rep <b>Lying Side Laterals:</b> Use 5-Count Method
3	<b>Front Dumbbell Raises:</b> 10 Reps <b>Rear Delt Raises</b> 10 Reps	<b>Super-Sets:</b> 4 Sets	<b>Front Dumbbell Raise:</b> Use Running-the-Rack Method on last set <b>Rear Delt Raises:</b> Use The 1/4 Rep Method
4	<b>Barbell Curls:</b> See Notes <b>Close Grip Straight Bar Push-Downs:</b> 10 Reps	<b>Super-Sets:</b> 4 Sets	<b>Barbell Curls:</b> Use 1-10 Method or 28 Method
5	<b>Preacher Curls:</b> 12 Reps <b>Skullcrushers:</b> 28 Reps <b>Reverse Preacher Curls:</b> 12 Reps	<b>Tri-Sets:</b> 4 Sets	<b>Skullcrushers:</b> Use the Running-the-Rack Method on the last set
6	<b>Concentration Curls:</b> 12 Reps <b>Standing One-Arm Rope Push-downs:</b> 12 Reps	<b>Super-Set:</b> 4 Sets	<b>Standing One-Arm Rope Push-downs:</b> Hold at Bottom for 2 Seconds Each Rep
7	<b>Reverse Wrist Curls:</b> 15 Reps <b>Regular Wrist Curls:</b> 15 Reps	<b>Super-Set:</b> 3 Sets	





## **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.



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**EARLY MORNING**

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

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**DURING WARM-UP**

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Take **ARNOLD IRON PUMP**

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**POST WORKOUT**

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

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**Meal 1**  
2 Hours After Workout

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4 Whole Eggs  
1/4 Cup Oats

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**ARNOLD IRON PACK**

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**Meal 2**

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

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**ARNOLD IRON CUTS**,  
before Meal

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**Meal 3**

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2 Cups Non-fat Cottage Cheese  
1 Serving Almonds

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**Meal 4**

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10 Ounces Grilled Meat  
3 Cups of Veggies

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**Meal 5**

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

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**BEFORE BED**

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**ARNOLD IRON DREAM**

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**IRON CRE3™**  
**SUPER  
 CREATINE  
 NITRATE\***

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



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

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



**IRON WHEY™**  
**ULTRA-  
 MICROFILTERED  
 WHEY PROTEIN \***

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



**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\*



**IRON DREAM™**  
**CONCENTRATED  
 NIGHTTIME  
 RECOVERY\***

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



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

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



**IRON PACK™**  
**ULTIMATE  
 ALPHA MALE  
 TRAINING PACK\***

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



**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.**

