



ARNOLD CLASSIC 2016

Week 1 – Monday

AM – Fasted Circuit

Exercise	Sets	Reps
Leg Press <i>superset with</i> Leg Extension	3	20 + 20
Hamstring Curl <i>superset with</i> Lying Hamstring Curl	3	20 + 20
Shoulder Press <i>superset with</i> Lateral Raise	3	20 + 20
Incline Dumbbell Press <i>superset with</i> Dumbbell Flyes	3	20 + 20
Seated Row <i>superset with</i> Wide Grip Pulldown	3	20 + 20
Bicep Curl <i>superset with</i> Tricep Kickback	3	20 + 20

PM – Back and Triceps

Exercise	Sets	Reps
Wide Grip Pull Ups	4	10 – 14
V-Bar Close Grip Pull Down	4	8 – 10
Wide Grip Pull Down	4	8 – 10
Seated V-Bar Row	4	8 – 10
Hyper Extension	3	To failure
Overhead Tricep Cable Extension	4	12 – 15
Tricep Kickback	4	10 – 12
Skull Crushers	4	10 - 12



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Week 1 – Tuesday

AM – Fasted Cardio

Exercise	Time
Crosstrainer	30 minutes
Bike	30 minutes

PM – Chest and Biceps

Exercise	Sets	Reps
Seated Plate Loaded Press	5	10 – 12
Lying Plate Loaded Press	5	10 – 12
Incline Dumbbell Flye	5	8 – 10
Cable Flye	5	8 – 10
Dumbbell Curl	4	8 – 10 each arm
Straight Barbell Curl	4	8 – 10
Preacher Curl	4	8 - 10

PM – Cardio

Exercise	Time
Incline Walk	20 minutes



ARNOLD CLASSIC 2016

Week 1 – Wednesday

AM – Fasted Circuit

Exercise	Sets	Reps
Squats <i>superset with</i> Leg Press	3	20 + 20
Straight Leg Deadlifts <i>superset with</i> Lying Leg Curl	3	20 + 20
Wide Grip Pull Down <i>superset with</i> Machine Row	3	20 + 20
Dumbbell Front Raise <i>superset with</i> Cable Rear Flye	3	20 + 20
Flat Dumbbell Press <i>superset with</i> Cable Flye	3	20 + 20
Cable Rope Curl <i>superset with</i> EZ Bar Push Down	3	20 + 20
Cardio - Crosstrainer	30 minutes	

PM – Quads and Calves

Exercise	Sets	Reps
Squats	6	10 – 12
Leg Press <i>superset with</i> Leg Extension	10	10-12 + 10-12
Seated Calf Raise	1	20
	4	10 – 12
Single Leg Calf Raise	4	10 – 12
Smith Machine Calf Raise	5	10 – 12

PM - Cardio

Exercise	Time
Rowing Machine	30 minutes



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Week 1 – Thursday

AM – Fasted Cardio

Exercise	Time
Bike	20 minutes
Rowing Machine	20 minutes
Treadmill	20 minutes

PM – Shoulders and Abs

Exercise	Sets	Reps
Bent Over Rear Flyes	5	10 – 12
Seated Lateral Raises	5	10 – 12
Single Arm Front Raise	4	10 – 12 each arm
Smith Machine Shrugs	5	10 – 12
Giant Set: - Dumbbell Rear Flyes - Seated Lateral Raises - Barbell Front Raises - Military Press	3	10 reps of each exercise per set
Weighted Ab Crunches	5	20
Oblique Twists	5	20
Leg Raises	5	20



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Week 1 – Friday

AM – Fasted Endurance Circuit

Exercise	Time
Crosstrainer	30 minutes
Skipping	10 x 1 minute
Punch Bag	10 x 1 minute
Pad Work	10 x 1 minute

PM – Arm Supersets

Exercise	Sets	Reps
Straight Barbell Curls <i>superset with</i> Tricep Dumbbell Kickbacks	4	10-12 + 10-12
Dumbbell Hammer Curls <i>superset with</i> Skull Crushers	4	10-12 + 10-12
Cable Rope Curls <i>superset with</i> Wide Grip Cable Pushdown	4	10-12 + 10-12
Single Arm Cable Curl <i>superset with</i> Single Arm Cable Pushdown	4	10-12 + 10-12



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Week 1 – Saturday

AM – Fasted Cardio

Exercise	Time
Steady State Walk	60 minutes

PM – Upper Body Circuit and Abs

Exercise	Sets	Reps
Circuit 1 - Wide Grip Pulldown - Dumbbell Shoulder Press - Flat Barbell Press	3	20 reps of each exercise per set
Circuit 2 - Seated Row - Dumbbell Lateral Raise - Incline Dumbbell Press	3	20 reps of each exercise per set
Circuit 3 - Bent Over Row - Dumbbell Rear Fly - Decline Bench Press	3	20 reps of each exercise per set
Ab Crunches <i>superset with</i> Leg Raises	4	20 + 20
Oblique Twists <i>superset with</i> Plank	4	20 + 20



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Week 1 – Sunday

AM – Fasted Cardio

Exercise	Time
Steady State Walk	60 minutes

PM – Hamstrings and Calves

Exercise	Sets	Reps
Hamstring Curl	3	10 – 12
	1 drop set	10 + 10
Stiff Leg Deadlift	4	10 – 12
Lying Leg Curl	4	10 – 12
Lunges	3	10 each leg
Seated Calf Raises	4	10 – 12
Standing Smith Machine	4	10 – 12
Own Bodyweight Seated Curl	3	30
Cardio: Rowing	15 minutes	



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Week 2 – Monday

AM – Fasted Cardio

Exercise	Time
Starimaster	30 minutes
Circuit: <ul style="list-style-type: none">- 1 min – Punch Bag- 1 min – Skipping- 1 min – Ab Crunch- 1 min – Press Up	Repeat 4 times with 60 seconds rest between each circuit

PM – Back and Triceps

Exercise	Sets	Reps
Deadlifts	4	10 – 12
	1	6 - 8
Wide Grip Pull Down	4	10 – 12
	1	10 + 10 dropset
Close Grip Pull Ups	3	To failure
Wide Grip Pull Ups	3	To failure
Dumbbell Row	4	10 – 12 each arm
Bodyweight Dips	3	20
	1	15
Dumbbell Kickbacks	4	8 – 10 each arm
Rope Push Downs	3	10 – 12
	1	10 + 10 drop set

PM – Cardio

Exercise	Time
Spin Bike	15 - 20 minutes



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Week 2 – Tuesday

AM – Fasted Cardio

Exercise	Time
Bike	20 minutes
Stairmaster	20 minutes
Treadmill	20 minutes

PM – Shoulders with Simeon Panda

Exercise	Sets	Reps
Dumbbell Press	2	20
	5	10 – 12
	1	20
Smith Machine Press (behind the neck)	5	8 - 10
Side Lateral Dumbbell Raise	1	20
	5	6 – 8
Front Raise with Dumbbell	5	10 – 12
Shrugs	4	10 - 12



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Week 2 – Wednesday

AM – Fasted Cardio

Exercise	Time
Bike	45 minutes
Abs circuit - 1 min – Sit Ups - 1 min – Leg Raises - 1 min – Oblique Twists	Repeat the circuit 4 times. 60 secs rest in between each circuit.

PM – Legs

Exercise	Sets	Reps
Front Squats	6	10 – 12
Hack Squat	5	10 – 12
Leg Extension	5	10 – 12
Lunges	4	10 each leg
Standing Calf Raises	1	20
	4	10 - 12
Seated Single Calf Raises	4	10 – 12 each leg
Seated Calf Raises	4	10 – 12



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Week 2 – Thursday

AM – Fasted Cardio

Exercise	Time
Shadow Boxing	10 mins
Skipping	10 mins
Incline Treadmill	20 mins
Stairmaster	2 mins

PM – Chest

Exercise	Sets	Reps
Incline Dumbbell Press	6	8 – 10
Flat Dumbbell Press	5	8 – 10
Flat Cable Flyes	4	10 – 12
Incline Dumbbell Flyes	4	10 – 12
Dumbbell Pull Over	4	10 - 12

PM – Cardio

Exercise	Time
Interval Training on Treadmill	30 mins



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Week 2 – Friday

AM – Fasted Cardio

Exercise	Time
Cross trainer	20 mins
Spin Bike	20 mins
Treadmill	20 mins

PM – Arms

Exercise	Sets	Reps
EZ Bar Curl	5	10 – 12
Dumbbell Hammer Curl	5	10 each arm
Single Arm Cable Curl	4	10 each arm
Overhead Cable Rope Extension	5	10 – 12
Skull Crushers	4	10 - 12
Single Arm Dumbbell Kickbacks	4	10 each arm

PM – Cardio

Exercise	Time
Rowing	15 mins



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Week 2 – Saturday

PM – Circuits

Exercise	Sets	Reps
Circuit 1 - Squats - Leg Extension - Hamstring Curl	3	20 per exercise
Circuit 2 - Flat Dumbbell Press - Side Lateral Raises - Wide Grip Pull Down	3	20 per exercise
Circuit 3 - Incline Barbell Press - Shoulder Press - Close Grip Row	3	20 per exercise
Circuit 4 - Cable Flyes - Rear Dumbbell Flyes - Bent Over Rows	3	20 per exercise

PM – Cardio

Exercise	Time
Gentle Steady State Jog	15 mins



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Week 2 – Sunday

AM – Fasted Cardio

Exercise	Sets	Reps
Abs circuit - Ab crunches - Leg Raises - Oblique Twists	3	20 per exercise
Incline Treadmill	20 mins	
Bike	20 mins	

PM – Legs

Exercise	Sets	Reps
Standing Single Leg Hamstring Curl	5	10 each leg
Seated Hamstring Curl	5	10 – 12
Lying Hamstring Curl	5	10 – 12
Stiff Leg Deadlift	5	10 - 12
Standing Calf Raise	5	10 – 12
Single Leg Calf Raise	5	8 – 10 each leg
Seated Calf Raise	5	10 - 12



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Week 3 – Monday

AM – Fasted Cardio

Exercise	Time
Incline Walk	20 minutes
Bike	20 minutes
Rowing Machine	20 minutes

PM – Back

Exercise	Sets	Reps
Barbell Pullovers	5	10 – 12
Single Arm Dumbbell Rows	5	8 – 10 each arm
Wide Grip Pull Down	5	10 - 12
Barbell Bent Over Row	5	10 - 12



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Week 3 – Tuesday

AM – Fasted Cardio Circuits

Exercise	Sets	Reps / Time
Punching Bag	10	1 minute
Skipping	10	1 minute
Press Ups	10	20
Ab Crunches	10	20
Sprints	10	75 metre

PM – Chest

Exercise	Sets	Reps
Incline Dumbbell Press	2	20
	3	10 – 12
	1	6 - 8
Flat Machine Press	1	15
	2	10 – 12
	1	6 + 8 dropset
Cable Flyes on Incline Bench	6	10 – 12
Dumbbell Flyes on Flat Bench	5	8 - 10



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Week 3 – Wednesday

AM – Fasted Cardio Circuits

Exercise	Sets	Reps / Time
Hamstring Curl superset with Leg Extension	3	20
Ben Press superset with Cable Flyes	3	20
Lateral Raises superset with Dumbbell Press	3	20
Lat Pull Downs superset with Single Arm Rows	3	20
Cable Curls superset with Rope Cable Push Downs	3	20
Pad Work	10	1 minute
Skipping	10	1 minute
Sit Ups	10	1 minute
Medicine Ball Pad Work	10	1 minute

PM – Legs

Exercise	Sets	Reps
Smith Machine Front Squat	5 dropsets	10 + 10 + 10
Hack Squats	5 dropsets	10 + 10 + 10
Leg Extensions	5 dropsets	10 + 10 + 10
Seated Calf Machine Raises super set with Own Bodyweight Raises (10 x each foot position)	4	12-15 + 10+10+10
Smith Machine Standing Calf Raises	4	12 - 15



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Week 3 – Thursday

AM – Fasted Cardio

Exercise	Time
Incline Walk	60 minutes

PM – Shoulders and Abs

Exercise	Sets	Reps
Dumbbell Press	2	15
	2	10
	2	6 - 8
Single Arm Lateral Raise	4	8 – 10 each arm
Seated Reverse Cable Flyes	4	10 – 12
	1 Dropset	10 + 10 + 10
Overhand Dumbbell Frontal Raises	5	8 – 10 each arm
Dumbbell Shrugs	4	12 – 15
Cable Crunches superset with Bench Leg Raises	5	20 + 20
Cable Oblique Woodchops	4	20 each side
Plank	3	To failure



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Week 3 – Friday

AM – Fasted Cardio

Exercise	Time
Stairmaster	60 minutes

PM – Biceps and Triceps

Exercise	Sets	Reps
Weighted Dips	2	20
	3	8 – 10
	1 Dropset	10 + 10
Overhead Cable Extensions	5	12 – 15
Single Arm Dumbbell Kickbacks	4	10 – 12 each arm
Skull Crushers	5	10 – 12
	1 Dropset	10 + 10
Single Arm Cable Preacher Curl	5	10 each arm
EZ Barbell Curl	4	10 – 12
	1	6 - 8



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Week 3 – Sunday

AM – Fasted Circuit

Exercise	Sets	Reps
Squats <i>superset with</i> Leg Press	3	20 + 20
Straight Leg Deadlifts <i>superset with</i> Lying Leg Curl	3	20 + 20
Wide Grip Pull Down <i>superset with</i> Machine Row	3	20 + 20
Dumbbell Front Raise <i>superset with</i> Cable Rear Flye	3	20 + 20
Flat Dumbbell Press <i>superset with</i> Cable Flye	3	20 + 20
Cable Rope Curl <i>superset with</i> EZ Bar Push Down	3	20 + 20
Cardio - Crosstrainer	30 minutes	

PM – Legs

Exercise	Sets	Reps
Straight Leg Deadlifts	2	15 – 20
	3	10 – 12
	1	6 – 8
Standing Single Leg Hamstring Curl Machine	3	10 each leg
Lying Single Hamstring Curl	4	10 - 12
	1	10 + 10 + 10
Single Leg Calf Raises	4	10 each leg
Smith Machine Calf Raises	4	10
Seated Calf Raises	5	15 – 20
Stairmaster	20 minutes	



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Week 4 – Monday

Week 4 training is a repeat of Week 1 in this prep.

AM – Fasted Circuit

Exercise	Sets	Reps
Leg Press <i>superset with</i> Leg Extension	3	20 + 20
Hamstring Curl <i>superset with</i> Lying Hamstring Curl	3	20 + 20
Shoulder Press <i>superset with</i> Lateral Raise	3	20 + 20
Incline Dumbbell Press <i>superset with</i> Dumbbell Flyes	3	20 + 20
Seated Row <i>superset with</i> Wide Grip Pulldown	3	20 + 20
Bicep Curl <i>superset with</i> Tricep Kickback	3	20 + 20

PM – Back and Triceps

Exercise	Sets	Reps
Wide Grip Pull Ups	4	10 – 14
V-Bar Close Grip Pull Down	4	8 – 10
Wide Grip Pull Down	4	8 – 10
Seated V-Bar Row	4	8 – 10
Hyper Extension	3	To failure
Overhead Tricep Cable Extension	4	12 – 15
Tricep Kickback	4	10 – 12
Skull Crushers	4	10 - 12



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Week 4 – Tuesday

AM – Fasted Cardio

Exercise	Time
Crosstrainer	30 minutes
Bike	30 minutes

PM – Chest and Biceps

Exercise	Sets	Reps
Seated Plate Loaded Press	5	10 – 12
Lying Plate Loaded Press	5	10 – 12
Incline Dumbbell Flye	5	8 – 10
Cable Flye	5	8 – 10
Dumbbell Curl	4	8 – 10 each arm
Straight Barbell Curl	4	8 – 10
Preacher Curl	4	8 - 10

PM – Cardio

Exercise	Time
Incline Walk	20 minutes



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Week 4 – Wednesday

AM – Fasted Circuit

Exercise	Sets	Reps
Squats <i>superset with</i> Leg Press	3	20 + 20
Straight Leg Deadlifts <i>superset with</i> Lying Leg Curl	3	20 + 20
Wide Grip Pull Down <i>superset with</i> Machine Row	3	20 + 20
Dumbbell Front Raise <i>superset with</i> Cable Rear Flye	3	20 + 20
Flat Dumbbell Press <i>superset with</i> Cable Flye	3	20 + 20
Cable Rope Curl <i>superset with</i> EZ Bar Push Down	3	20 + 20
Cardio - Crosstrainer	30 minutes	

PM – Quads and Calves

Exercise	Sets	Reps
Squats	6	10 – 12
Leg Press <i>superset with</i> Leg Extension	10	10-12 + 10-12
Seated Calf Raise	1	20
	4	10 – 12
Single Leg Calf Raise	4	10 – 12
Smith Machine Calf Raise	5	10 – 12

PM - Cardio

Exercise	Time
Rowing Machine	30 minutes



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Week 4 – Thursday

AM – Fasted Cardio

Exercise	Time
Bike	20 minutes
Rowing Machine	20 minutes
Treadmill	20 minutes

PM – Shoulders and Abs

Exercise	Sets	Reps
Bent Over Rear Flyes	5	10 – 12
Seated Lateral Raises	5	10 – 12
Single Arm Front Raise	4	10 – 12 each arm
Smith Machine Shrugs	5	10 – 12
Giant Set: - Dumbbell Rear Flyes - Seated Lateral Raises - Barbell Front Raises - Military Press	3	10 reps of each exercise per set
Weighted Ab Crunches	5	20
Oblique Twists	5	20
Leg Raises	5	20



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Week 4 – Friday

AM – Fasted Endurance Circuit

Exercise	Time
Crosstrainer	30 minutes
Skipping	10 x 1 minute
Punch Bag	10 x 1 minute
Pad Work	10 x 1 minute

PM – Arm Supersets

Exercise	Sets	Reps
Straight Barbell Curls <i>superset with</i> Tricep Dumbbell Kickbacks	4	10-12 + 10-12
Dumbbell Hammer Curls <i>superset with</i> Skull Crushers	4	10-12 + 10-12
Cable Rope Curls <i>superset with</i> Wide Grip Cable Pushdown	4	10-12 + 10-12
Single Arm Cable Curl <i>superset with</i> Single Arm Cable Pushdown	4	10-12 + 10-12



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Week 4 – Saturday

AM – Fasted Cardio

Exercise	Time
Steady State Walk	60 minutes

PM – Upper Body Circuit and Abs

Exercise	Sets	Reps
Circuit 1 - Wide Grip Pulldown - Dumbbell Shoulder Press - Flat Barbell Press	3	20 reps of each exercise per set
Circuit 2 - Seated Row - Dumbbell Lateral Raise - Incline Dumbbell Press	3	20 reps of each exercise per set
Circuit 3 - Bent Over Row - Dumbbell Rear Fly - Decline Bench Press	3	20 reps of each exercise per set
Ab Crunches <i>superset with</i> Leg Raises	4	20 + 20
Oblique Twists <i>superset with</i> Plank	4	20 + 20



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Week 4 – Sunday

AM – Fasted Cardio

Exercise	Time
Steady State Walk	60 minutes

PM – Hamstrings and Calves

Exercise	Sets	Reps
Hamstring Curl	3	10 – 12
	1 drop set	10 + 10
Stiff Leg Deadlift	4	10 – 12
Lying Leg Curl	4	10 – 12
Lunges	3	10 each leg
Seated Calf Raises	4	10 – 12
Standing Smith Machine	4	10 – 12
Own Bodyweight Seated Curl	3	30
Cardio: Rowing	15 minutes	



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Week 5 – Monday

Week 5 training is a repeat of Week 2 in this prep.

AM – Fasted Cardio

Exercise	Time
Starimaster	30 minutes
Circuit: <ul style="list-style-type: none">- 1 min – Punch Bag- 1 min – Skipping- 1 min – Ab Crunch- 1 min – Press Up	Repeat 4 times with 60 seconds rest between each circuit

PM – Back and Triceps

Exercise	Sets	Reps
Deadlifts	4	10 – 12
	1	6 - 8
Wide Grip Pull Down	4	10 – 12
	1	10 + 10 dropset
Close Grip Pull Ups	3	To failure
Wide Grip Pull Ups	3	To failure
Dumbbell Row	4	10 – 12 each arm
Bodyweight Dips	3	20
	1	15
Dumbbell Kickbacks	4	8 – 10 each arm
Rope Push Downs	3	10 – 12
	1	10 + 10 drop set

PM – Cardio

Exercise	Time
Spin Bike	15 - 20 minutes



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Week 5 – Tuesday

AM – Fasted Cardio

Exercise	Time
Bike	20 minutes
Stairmaster	20 minutes
Treadmill	20 minutes

PM – Shoulders with Simeon Panda

Exercise	Sets	Reps
Dumbbell Press	2	20
	5	10 – 12
	1	20
Smith Machine Press (behind the neck)	5	8 - 10
Side Lateral Dumbbell Raise	1	20
	5	6 – 8
Front Raise with Dumbbell	5	10 – 12
Shrugs	4	10 - 12



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Week 5 – Wednesday

AM – Fasted Cardio

Exercise	Time
Bike	45 minutes
Abs circuit - 1 min – Sit Ups - 1 min – Leg Raises - 1 min – Oblique Twists	Repeat the circuit 4 times. 60 secs rest in between each circuit.

PM – Legs

Exercise	Sets	Reps
Front Squats	6	10 – 12
Hack Squat	5	10 – 12
Leg Extension	5	10 – 12
Lunges	4	10 each leg
Standing Calf Raises	1	20
	4	10 - 12
Seated Single Calf Raises	4	10 – 12 each leg
Seated Calf Raises	4	10 – 12



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Week 5 – Thursday

AM – Fasted Cardio

Exercise	Time
Shadow Boxing	10 mins
Skipping	10 mins
Incline Treadmill	20 mins
Stairmaster	2 mins

PM – Chest

Exercise	Sets	Reps
Incline Dumbbell Press	6	8 – 10
Flat Dumbbell Press	5	8 – 10
Flat Cable Flyes	4	10 – 12
Incline Dumbbell Flyes	4	10 – 12
Dumbbell Pull Over	4	10 - 12

PM – Cardio

Exercise	Time
Interval Training on Treadmill	30 mins



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Week 5 – Friday

AM – Fasted Cardio

Exercise	Time
Cross trainer	20 mins
Spin Bike	20 mins
Treadmill	20 mins

PM – Arms

Exercise	Sets	Reps
EZ Bar Curl	5	10 – 12
Dumbbell Hammer Curl	5	10 each arm
Single Arm Cable Curl	4	10 each arm
Overhead Cable Rope Extension	5	10 – 12
Skull Crushers	4	10 - 12
Single Arm Dumbbell Kickbacks	4	10 each arm

PM – Cardio

Exercise	Time
Rowing	15 mins



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Week 5 – Saturday

PM – Circuits

Exercise	Sets	Reps
Circuit 1 - Squats - Leg Extension - Hamstring Curl	3	20 per exercise
Circuit 2 - Flat Dumbbell Press - Side Lateral Raises - Wide Grip Pull Down	3	20 per exercise
Circuit 3 - Incline Barbell Press - Shoulder Press - Close Grip Row	3	20 per exercise
Circuit 4 - Cable Flyes - Rear Dumbbell Flyes - Bent Over Rows	3	20 per exercise

PM – Cardio

Exercise	Time
Gentle Steady State Jog	15 mins



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Week 5 – Sunday

AM – Fasted Cardio

Exercise	Sets	Reps
Abs circuit - Ab crunches - Leg Raises - Oblique Twists	3	20 per exercise
Incline Treadmill	20 mins	
Bike	20 mins	

PM – Legs

Exercise	Sets	Reps
Standing Single Leg Hamstring Curl	5	10 each leg
Seated Hamstring Curl	5	10 – 12
Lying Hamstring Curl	5	10 – 12
Stiff Leg Deadlift	5	10 - 12
Standing Calf Raise	5	10 – 12
Single Leg Calf Raise	5	8 – 10 each leg
Seated Calf Raise	5	10 - 12