

ARNOLD SCHWARZENEGGER

BLUEPRINT



TM

THE ULTIMATE
MASS
TRAINING GUIDE

PHASE TWO
WEEKS 5-8

ARNOLD
SCHWARZENEGGER™
— SERIES —

MP
MUSCLEPHARM.

ARNOLD SCHWARZENEGGER BLUEPRINT: GUIDE TO MASS PHASE TWO OVERVIEW

Use this as a quick reference to the Arnold Schwarzenegger Blueprint Guide to Mass. 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 and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Rest Day
WEEK TWO	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Rest Day
WEEK THREE	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Rest Day
WEEK FOUR	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs & Abs	Rest Day

PHASE ONE: DIET & SUPPLEMENTATION								
	MEAL 1	PRE-WORKOUT	POST-WORKOUT	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEDTIME
MEAL	Eggs, Bacon, Bread (See Diet Plan)			Meat, Veggies or salad, Almonds, Sweet Potatoes		Meat, Veggies or Salad, Brown Rice	Cottage Cheese, Almonds	
SUPPLEMENT	Iron Pack	Iron Pump	Iron Cre3 & Iron Mass with Milk		Iron Mass with Milk			Iron Dream

Follow the rep ranges below unless listed otherwise

CHEST PHASE 2: MON / THURS

EXERCISE

- 1 INCLINE BARBELL BENCH PRESS
- 2 FLAT BARBELL BENCH PRESS
- 3 SUPERSET: DUMBBELL FLYES W/CABLE CROSSOVERS

REP RANGES

INCLINE BARBELL BENCH PRESS: 10 Sets of 4 Reps
After Completing required reps in Week 2 on Incline Barbell Bench Press, use the Stripping Method/Shocking Principle

FLAT BARBELL BENCH PRESS: 5 Sets of 6 Reps

SUPERSET: 5 Sets of 12 Reps

BACK PHASE 2: MON / THURS

EXERCISE

- 1 WIDE GRIP CHIN UPS
- 2 SUPERSET 2 OF THE FOLLOWING:
BENT-OVER ROWS
DUMBBELL ROWS
T-BAR ROWS

REP RANGES

WIDE GRIP CHIN UPS: 50 Reps Total
Add weight if Needed

SUPERSET: 8 Sets of 8 Reps

ABS PHASE 2: MON / THURS

EXERCISE

- 1 LEG RAISES

REP RANGES

5 Sets of 25 Reps

Follow the rep ranges below unless listed otherwise

SHOULDERS PHASE 2: TUE / FRI

TUE EXERCISE

- 1 MILITARY PRESS
- 2 SUPERSET: ARNOLD PRESS W/ LATERAL RAISES
- 3 SUPERSET: HEAVY UPRIGHT ROWS W/ BENT-OVER REAR DELT FLYES

FRI EXERCISE

- 1 BEHIND-THE-NECK
- 2 SUPERSET: ARNOLD PRESS W/ LATERAL RAISES
- 3 SUPERSET: HEAVY UPRIGHT ROWS W/ BENT-OVER REAR DELT FLYES

REP RANGES

MILITARY PRESS: 10 Sets of 4 Reps

BEHIND-THE-NECK: 10 Sets of 4 Reps

SUPERSET - ARNOLD PRESS/LATERAL RAISES:
5 Sets of 8 Reps

HEAVY UPRIGHT ROWS: 5 Sets of 6 Reps

BENT-OVER REAR DELT FLYES: 5 Sets of 12 Reps

ARMS | BICEPS PHASE 2: TUE / FRI

EXERCISE

- 1 BARBELL CURLS
- 2 SUPERSET: CONCENTRATION CURLS W/ SEATED TWO-ARM DUMBBELL CURLS

REP RANGES

BARBELL CURLS: 5 Sets of 8 Reps and 3 sets of 5 reps

SUPERSET: 5 Sets of 6 reps

ARMS | TRICEPS PHASE 2: TUE / FRI

TUE EXERCISE

- 1 CLOSE-GRIP BENCH
- 2 SUPERSET: BARBELL SKULL CRUSHERS
W/BODYWEIGHT SKULL-CRUSHERS

TUE EXERCISE

- 1 CLOSE-GRIP BENCH
- 2 SUPERSET: PUSH-DOWNS AND ONE-ARM
OVERHEAD DUMBBELL EXTENSION

REP RANGES

CLOSE GRIP BENCH:

WEEK 1: 8 sets of 8 reps

WEEK 2: 1-10 METHOD

WEEK 3: 1-10 METHOD

WEEK 4: 8 sets of 8 reps

SUPERSET: 5 sets of 15 reps

ARMS | FOREARMS PHASE 2: TUE / FRI

EXERCISE

- 1 SUPERSET: WRIST CURLS W/REVERS
WRIST CURLS

REP RANGES

WRIST CURLS: 5 SETS OF 12 REPS

REVERSE WRIST CURLS: 5 SETS OF 12 REPS

ABS PHASE 2: TUE / FRI

EXERCISE

- 1 DECLINE 3/4 SIT-UPS
- *OPTIONAL: REPLACE WITH ROMAN CHAIRS

REP RANGES

5 Sets of 25 Reps

LEGS PHASE 2: WED / SAT

WED EXERCISE

- 1 SQUATS
- 2 STRAIGHT-LEG DEADLIFTS
- 3 LUNGES
- 4 SUPERSET: LEG EXTENSION W/ LEG CURLS
- 5 STANDING CALVES

SAT EXERCISE

- 1 FRONT SQUATS
- 2 DEADLIFTS
- 3 LUNGES
- 4 SUPERSET: LEG EXTENSION W/ LEG CURLS
- 5 STANDING CALVES

ABS PHASE 2: WED / SAT

EXERCISE

- 1 KNEELING CABLE CRUNCHES

REP RANGES

SQUATS: 8 Sets of 8 Reps, WEEK 4: Max-Out-Method

STRAIGHT-LEG DEADLIFTS: 6 Sets of 6 Reps

DEADLIFTS: 3 Sets of 4 Reps

LUNGES: 4 Sets of 4 Reps

SUPERSET: 5 Sets of 20 Reps

STANDING CALVES: 10 Sets of 10 Reps

REP RANGES

4 Sets of 25 Reps



Meal 1 - Option 1 EARLY MORNING

3-4 whole eggs,
2 pieces of bacon,
1-2 pieces Ezekiel bread with almond
butter, cashew butter or 1/4 avocado

Take **Arnold Iron Pack**
with this meal



Meal 1 - Option 2 EARLY MORNING

3-4 whole eggs,
2 pieces of bacon,
1/3 cup oats
with 1 tbsp honey

Take **Arnold Iron Pack**
with this meal



Gym

Take 1 scoop **Arnold Iron Pump**
with 8-10 oz during warm up



Post Workout

Take 1 scoop **Arnold Iron Cre3**
with **6-8 oz water**
then 2 scoops **Arnold Iron Mass** with
12-16 oz whole milk of choice
(unsweetened)



Meal 2

10 ounces of grilled meat
(Fish or Red Meat recommended),
1 cup of veggies or large salad. Serve salad
with olive oil, avocado oil,
or macadamia nut oil,
2-3 oz almonds, walnuts or cashews
1-2 sweet potatoes



Meal 3

2 scoops **Arnold Iron Mass** with 12-16 oz
whole milk of choice (unsweetened)



Meal 4

12 ounces of grilled meat (lean meat recommended),
1-2 cups of veggies
or large salad with olive oil or macadamia nut oil,
1-2 cup brown rice



Meal 5

2 cups full-fat cottage cheese,
2-3 oz serving almonds,
walnut or cashews



Bedtime

Take 1 scoop
Arnold Iron Dream
with 6-8 oz water
right before bed



Saturday Cheat Meal

Here, go to your favorite cheat food: pizza, hamburger and fries, etc. Just make sure you're keeping it to one meal on Saturday each week, preferably post-workout.
Enjoy your cheat day!



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*

**BUILD YOUR
 LEGACY™**

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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.**

