

ARNOLD SCHWARZENEGGER

# BLUEPRINT



TM

THE ULTIMATE  
**MASS**  
TRAINING GUIDE

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**PHASE ONE**  
**WEEKS 1-4**

**ARNOLD**  
SCHWARZENEGGER™  
— SERIES —

**MP**  
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## **THE BLUEPRINT TO BUILDING MASS**

**It's one of the first major conundrums for a potential bodybuilder or anyone looking to add serious muscle. How are you able to add pure, raw size and muscle and not just bulky fat?**

### **GAINING MASS IS NO EASY TASK, THAT MUCH IS CERTAIN.**

It's certainly not as easy as slamming a box of pop-tarts, maxing out on a few exercises and then repeating the process. Unless, of course you're idea of adding mass is just getting fat.

Hopefully that's not the case because that's not what this is about. We're giving you the **Arnold Blueprint** to adding mass, and we're talking the kind of mass that draws double-takes and stares in the gym or wherever you may be. Arnold was a master in adding mass because he knew how to train to add it and he knew how to eat to make sure it was all quality size.

Now, we're giving you that same opportunity. We've got a blueprint from Arnold that will give you serious mass and now all you have to do is implement it.

Before we get to proper diet and supplementation for gaining mass, we'll touch on the serious work you'll have to do with the iron to put on mass.

### **TO BE BLUNT, THERE'S NO SECRET METHOD FOR PUTTING ON IMPRESSIVE MASS.**

In fact, it's as simple as this: basic hard training that consists of lifting heavy weights. Yeah, pretty simple. In a nutshell, you want to be training with heavy weights and trying to push your body to new limits every time you walk in the gym.

**YOU'LL NEED TREMENDOUS INTENSITY AND DRIVE TO DO IT**, but taking a no-holds barred attitude into your mass-building phase will allow you to build that size and quality muscle tissue you're after. When combined with the diet and supplementation program, it's a surefire method for success and for building a great deal of mass. This is a great opportunity to take your body to new levels, add size and strength you never thought possible and transform every part of your body.

This training isn't easy and you'll have to be completely dedicated to your end goal – both in and out of the gym – but the payoff for putting in such demanding work will be well worth it. Couple that with the diet and supplementation plan and you've got the recipe for adding a great deal of quality size to your entire body.

To add mass, we will use basic building-block exercises, with an emphasis on going heavy. Arnold changed up rep ranges often as you'll see but the intensity was always to the extreme and he pushed the weights as heavy as possible.

That's what it's going to take from you to put on quality size. You're ready to take your body to new heights, so let's do it.

### **IT'S TIME TO PUT ON SOME MASS.**



## **ARNOLD'S METHODS**

**Arnold used a number of different methods to this template of workouts. He 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.**

Arnold had a similar set-up and split for years, but when he needed a boost or when he needed to jump start some muscle growth, he would sub in one or two of these methods. This keeps things fresh, gives a great pump, keep you motivated and intense in the gym while yielding some new gains as well.

### **1-10 METHOD**

After a warm-up set or two, find a weight you're only able to get 1 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, and it's a total shocker to the muscle.

### **STRIPPING METHOD/SHOCKING PRINCIPLE**

Immediately after your final work set, take some weight off and get 5-10 reps. Then with no rest keep repeating, reducing your weight until you're down to the bar, repping that for 20 reps

### **MAX EFFORT**

Pick 1 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: GUIDE TO MASS PHASE ONE 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 ONE: WORKOUTS							
	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK ONE	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs, Calves, Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs, Calves, Abs	Rest Day
WEEK TWO	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Lower Back, Calves, Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs, Calves, Abs	Rest Day
WEEK THREE	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Lower Back, Calves, Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs, Calves, Abs	Rest Day
WEEK FOUR	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Lower Back, Calves, Abs	Chest, Back and Abs	Shoulders, Biceps, Triceps, Forearms, Abs	Legs, Calves, 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 1: MON / THURS

### EXERCISE

- 1 FLAT BARBELL BENCH PRESS
- 2 INCLINE BARBELL BENCH PRESS
- 3 SUPERSET DUMBBELL FLYES  
W/ DUMBBELL PULLOVER

### REP RANGES

WEEK 1: 30, 12, 10, 8, 6

WEEK 2: 30, 8, 6, 4, 2  
*After Completing required reps in Week 2 on Flat Barbell Bench Press, use the Stripping Method/Shocking Principle*

WEEK 3: 30, 5, 5, 5, 5, 5, 5

WEEK 4: Max out on either incline or flat then 20, 15, 12 on the others

### INCLINE BARBELL

Low Angle Incline

Medium Angle Incline

High Angle Incline

Low Angle Incline

**DUMBBELL FLYES:** Arnold was a big believer in expanding the chest with this exercise. Be sure to watch the Arnold Blueprint Video and see the angle Arnold uses.

## BACK PHASE 1: 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: 4 Sets to Failure

#### BENT OVER ROWS:

WEEK 1: 30, 12, 10, 8, 6

WEEK 2: 30, 8, 6, 4, 2

WEEK 3: 30, 12, 10, 8, 6

WEEK 4: 20, 15, 12

DEADLIFTS: 10, 6, 4 OR 5, 5, 5, OR 12, 10, 8

## ABS PHASE 1: MON / THURS

### EXERCISE

- 1 LEG RAISES

### REP RANGES

5 Sets of 25 Reps



Follow the rep ranges below unless listed otherwise

## SHOULDERS PHASE 1: TUE / FRI

### TUE EXERCISE

- 1 CLEAN & PRESS
- 2 SUPERSET: DUMBBELL PRESS W/  
FULL FRONTAL RAISE
- 3 SUPERSET: LATERAL RAISES W/  
UPRIGHT ROWS

### FRI EXERCISE

- 1 ARNOLD PRESS
  - 2 SUPERSET: BEHIND-THE-NECK PRESS W/  
FULL FRONTAL RAISE
  - 3 SUPERSET: \*REAR DELT FLYES W/  
UPRIGHT ROWS
- \*LAYING FACE DOWN ON AN INCLINE BENCH

### REP RANGES

**CLEAN & PRESS/ARNOLD PRESS:** 5 sets of 5 reps

**WEEK 1:** 30, 12, 10, 8, 6

**WEEK 2:** 30, 8, 6, 4, 2

**WEEK 3:** 30, 5, 5, 5, 5, 5, 5

**WEEK 4:** Max out on ONE major exercise then  
20, 15, 12, 10 on the others

## ARMS | BICEPS PHASE 1: TUE / FRI

### EXERCISE

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

### REP RANGES

**WEEK 1:** 30, 12, 10, 8, 6

**WEEK 2:** 30, 8, 6, 4, 2

**WEEK 3:** 30, 5, 5, 5, 5, 5

**WEEK 4:** Max out on ONE major exercise then  
20, 15, 12, 10 on the others

**BARBELL CURLS:** Week 2 and 3: 1-10 Method

Follow the rep ranges below unless listed otherwise

## ARMS | TRICEPS PHASE 1: TUE / FRI

### TUE EXERCISE

- 1 CLOSE-GRIP BENCH PRESS
- 2 SUPERSET: BARBELL SKULL-CRUSHERS  
W/ ONE-ARM OVERHEAD DUMBBELL  
EXTENSION

### FRI EXERCISE

- 1 CLOSE-GRIP BENCH PRESS
- 2 SUPERSET: TRICEP PUSHDOWN W/ ONE-  
ARM OVERHEAD DUMBBELL EXTENSION

### REP RANGES

WEEK 1: 30, 12, 10, 8, 6

WEEK 2: 30, 8, 6, 4, 2

WEEK 3: 30, 5, 5, 5, 5, 5, 5

WEEK 4: Max out on ONE major exercise then  
20, 15, 12, 10 on the others

## ARMS | FOREARMS PHASE 1: TUE / FRI

### EXERCISE

- 1 SUPERSET: WRIST CURLS W/REVERSE  
WRIST CURLS

### REP RANGES

WEEK 1: 30, 12, 10, 8, 6

WEEK 2: 30, 8, 6, 4, 2

WEEK 3: 30, 5, 5, 5, 5, 5, 5

WEEK 4: Max out on ONE major exercise then  
20, 15, 12, 10 on the others

## ABS PHASE 1: MON / THURS

### EXERCISE

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

### REP RANGES

5 Sets of 25 Reps



## LEGS PHASE 1: WED / SAT

### WED EXERCISE

- 1 SQUATS
- 2 STRAIGHT-LEG DEADLIFTS
- 3 GOOD MORNINGS (DO ONCE A WEEK)
- 4 LUNGES
- 5 SUPERSET: LEG EXTENSION W/LEG CURLS

### SAT EXERCISE

- 1 FRONT SQUATS
- 2 DEADLIFTS
- 3 GOOD MORNINGS (DO ONCE A WEEK)
- 4 LUNGES
- 5 SUPERSET: LEG EXTENSION W/LEG CURLS

## LEGS | CALVES PHASE 1: WED / SAT

- 1 SUPERSET: STANDING W/ SEATED CALF RAISES

## ABS PHASE 1: WED / SAT

### EXERCISE

- 1 KNEELING CABLE CRUNCH

### REP RANGES

**ARNOLD STAYED WITH 5 SETS OF 8-12 REPS** with each of these major exercises, so we will stay in these rep ranges. When it came to squats, arnold had great intensity. He would take a max effort on squats every so often as long as he felt good. Judge how you're feeling and if things are going well, push to a max effort and max 1-Rep squat.

5 Sets of 8-12 Reps for Each Exercise

**DEADLIFTS:** CHOSE : 10, 6, 4; 5, 5, 5 or 12, 10, 8

**GOOD MORNINGS:** Only do once a week, choose a day

During week 4, choose one day to try a 1-Rep Max

### REP RANGES

5 Sets of 8-12 Reps

### REP RANGES

4 Sets of 25 Reps





## **ARNOLD BLUEPRINT TO MASS: DIET & SUPPLEMENTATION**

**This is a blueprint to mass, so this section is all about getting a mass amount of quality foods and supplements in you to ensure quality growth.**

**YOU'LL BE PUTTING IN SOME SERIOUS WORK IN THE GYM, SO A QUALITY DIET AND SUPPLEMENTATION PLAN IS PARAMOUNT TO PUTTING ON THE SIZE.**

Without either one, you're not going to grow, which means proper diet and supplementation and just as important as the weights your throwing around in the gym.

The diet and supplement plan is set up to give you a great deal of healthy protein, carbs and fats to grow and recover at an impressive rate. If you're gaining mass then you want to produce some raw size, and you want it to be quality size, too. It's not about just slamming buffets, ice cream and pizza at every meal to gain weight. You'll put on the pounds, but not the kind you want. We're after quality mass, which means you'll be eating quality foods and plenty of it. It's a lot of food, but the end game is some serious quality mass.

**For every pound of bodyweight, Arnold recommended 1 gram of protein.**

**This diet and supplementation program also gives you some great reassurance that you're on the right path to quality size. It's a diet and supplementation program that has been tested and already yielded some great results.**

We didn't just want to throw something out there and hope it sticks. That's never been our style and it will never be. **WE MADE SURE THIS WAS A PROGRAM THAT PRODUCED IMPRESSIVE RESULTS.**

We tinkered, we adjusted and we kept working, but what we ended up with was a diet and supplementation plan that has Arnold's backing and that will bring some outstanding results. When you couple it with a proven training plan, the sky is the limit for your progress.

We're giving you quality food with the correct supplements, along with another critical element, nutrient timing. This ensures your body is getting everything it needs at the times it needs it to build some serious muscle and mass.

**Without a doubt, this is a championship formula that will take your body to the next level.**

\*Due to the amount of volume in the training plant, we believe the average person needs more carbohydrates via out doctors.



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**Meal 1 - Option 1  
EARLY MORNING**

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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

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**Meal 1 - Option 2  
EARLY MORNING**

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

Take **Arnold Iron Pack**  
with this meal

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**Gym**

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

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**Post Workout**

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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)

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**Meal 2**

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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

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**Meal 3**

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

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### **Meal 4**

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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

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### **Meal 5**

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

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### **Bedtime**

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

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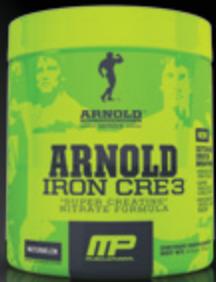


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### **Saturday Cheat Meal**

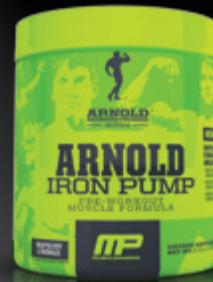
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Here, go to your favorite cheat food: pizza, hamburger and fries, etc. Just make sure you're keeping it to one meal on Saturday each week, preferably post-workout.  
Enjoy your cheat day!



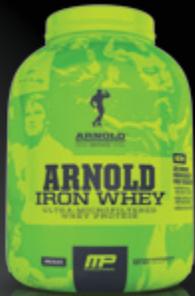
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**SUPER  
 CREATINE  
 NITRATE\***

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



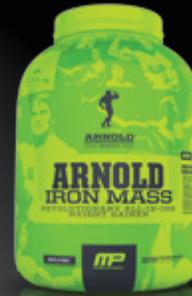
**IRON PUMP™**  
**“SUPER NITRIC  
 OXIDE” FORMULA  
 WITH ARGININE  
 NITRATE\***

- 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\*



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**3-IN-1 FAT  
 METABOLIZING  
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- 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.**

