Upper/Lower & Arnold Training Program

5x pr. week

by Hakon

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Day 1 - Upper

Exercise	Sets and Reps
Weighted pull ups	3 sets total: - 1 × 5-10 reps - 2 × 5-12 reps with 10-20% reduced weight
Incline Dumbell Benchpress	3 sets total: - 1 × 6-10 reps - 2 × 5-12 reps with 10-20% reduced weight
Machine Chestpress	- 3 × 10+ reps
Dumbbell pullover	- 3 × 15+ rep
SS #1 Barbell (or EZ-bar) Curl SS #1 Triceps Extension Dumbbell	- 5 × 5-10 reps - 5 × 10-15 reps
SS #2 Lateral raise SS #2 Rear Delt Fly (Cable	- 5 × 10+ - 5 × 10+

Day 2 - Lower

Exercise	Sets and Reps
ATG Highbar Squats	$3 \times$ 6-15 reps
Romanian Deadlift	$3 \times$ 10-15 reps
SS #1 Single leg calf raise	5×10 reps
SS #1 Nordic curl (Negatives)	5×5 reps
SS #2 ATG Split squat	5×10 reps
SS #2 Tibalias raise	$5 \times 10+$ reps
QL Extension	3×10 reps

Day 3 - Rest

REST.
(it's part of the program!)

Day 4 - Chest & Back

Exercise	Sets and Reps
Bent over row (Barbell)	3 × 8-15
Landmine Row	3 × 8-15
Incline Dumbell Benchpress	4 sets total: - 1 × 6-10 reps - 3 × 5-12 reps with 10-20% reduced weight
Machine Chestpress	- 4 × 10+ reps
Dumbbell pullover	- 3 × 15+ rep

Day 5 - Shoulders & Arms

Exercise	Sets and Reps
Standing Overhead Press (Barbell)	4 sets total: 1 × 5-8 reps 3 × 10+ reps with around 25% less weight
Rear Delt Fly (Cable	- 5 × 10+
Barbell (or EZ-bar) Curl	- 5 × 5-10 reps
SS #1 Reverse curl	- 3 × 10+ reps
SS #1 Tricep Extension (V-Bar)	- 3 × 10+ reps
SS #2 Lateral raise	- 5 × 10+
SS #2 Skullcrushers	- 5 × 10+

Day 6 - Legs

Exercise	Sets and Reps
Deadlift	3 sets total: - 1 × 5 reps - 2 × 6+ reps with around 25% less weight
ATG Highbar Squats	3 × 10-15 reps
SS #1 Single leg calf raise	5 × 10 reps
SS #1 Nordic curl (Negatives)	5 × 5 reps
SS #2 ATG Split squat	5 × 10 reps
SS #2 Tibalias raise	5 × 10+ reps
QL Extension	3 × 10 reps

Day 7 - Rest