

Upper/Lower & Arnold Training Program

5x/week

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Day 1 - Upper

Exercise	Sets and Reps
Barbell Benchpress	4 sets total: - 1 \times 4-8 reps - 3 \times 8-15 reps
Pull ups	4 sets: Aim for 6 or more reps. Add weight if neccessary.
Incline Dumbbell Benchpress	- 3 \times 8-15 reps
Bent over row (Barbell)	- 3 \times 8-15 reps
Facepull	- 3 \times 15+ reps
Dumbbell pullover	- 3 \times 15+ reps
Incline Chest Fly	- 3 \times 15+ reps
Lateral raise	- 5 \times 10+ reps
Barbell Curl	- 5 \times 5-10 reps
Overhead Triceps Extension Dumbbell	- 5 \times 10-15 reps

Day 2 - Lower

Exercise	Sets and Reps
Highbar Squats	- 5 × 6-15 reps
Hip Thrust	- 3 × 10-15 reps
SS Single leg calf raise SS Ab wheel	- 5 × 10 reps - 5 × max
QL Extension	- 3 × 10 reps
Leg Extension	- 3 × 10-15 reps
Seated Leg Curl	- 3 × 10-15 reps

Day 3 - Rest



Day 4 - Chest & Back

Exercise	Sets and Reps
Bent over row (Barbell)	3 × 8-15
Barbell Benchpress	4 sets total: - 1 × 4-8 reps - 3 × 8-15 reps
Neutral Close Grip Pull ups	- 3 × max
Incline Dumbbell Benchpress	- 3 × 8-15 reps
Incline Chest Fly	- 3 × 15+ reps
Dumbbell pullover	- 3 × 15+ reps

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
Facepull	- 4 × 15+ reps
Barbell Curl	- 4 × 5-10 reps
Incline Curls	- 4 × 8-15 reps
Tricep Extension (V-Bar)	- 3 × 10+ reps
Overhead Triceps Extension Dumbbell	- 4 × 10-15 reps
Lateral raise	- 5 × 10+ reps
SS Reverse Curl SS Barbell Wrist Curl	- 4 × 15+ - 4 × 10-15

Day 6 - Legs

Exercise	Sets and Reps
Highbar Squats	- 5 × 6-15 reps
Hip Thrust	- 3 × 10-15 reps
SS Single leg calf raise SS Ab wheel	- 5 × 10 reps - 5 × max
QL Extension	- 3 × 10 reps
Leg Extension	- 3 × 10-15 reps
Seated Leg Curl	- 3 × 10-15 reps

Day 7 - Rest

