

Arnold Split

Day 1: Chest and Back

- Chest Exercises:
 - Barbell Bench Press: 4x8-10
 - Dumbbell Flyes: 3x10-12
 - Incline Bench Press: 3x8-10
 - Chest Dips: 3xfailure
- Back Exercises:
 - Pull-Ups: 4xfailure
 - T-Bar Rows: 4x8-10
 - Seated Cable Rows: 3x10-12
 - Deadlifts: 3x6-8

Day 2: Shoulders and Arms

- Shoulder Exercises:
 - Overhead Barbell Press: 4x8-10
 - Lateral Raises: 3x10-12
 - Arnold Press: 3x8-10
 - Upright Rows: 3x10-12
- Arm Exercises:
 - Barbell Bicep Curls: 4x8-10
 - Skull Crushers: 3x10-12
 - Hammer Curls: 3x8-10
 - Tricep Rope Pushdowns: 3x10-12

Day 3: Legs

- Quadriceps Exercises:
 - Squats: 4x8-10
 - Leg Press: 3x10-12
 - Lunges: 3x10
 - Leg Extensions: 3x12-15
- Hamstrings Exercises:
 - Romanian Deadlifts: 4x8-10
 - Leg Curls: 3x10-12
 - Good Mornings: 3x8-10
 - Glute-Ham Raises: 3x10-12