

# Programme 5 jours – PPL + Arnold Split

## Jour 1 –Push

- Bench Press / chest press machine – 3x8-12, RIR 0-1
- Incline Dumbbell Press – 3x10-12, RIR 1-2
- Dumbbell Shoulder Press – 3x10-12, RIR 1-2
- Cable Fly / Dumbbell Fly – 3x12-15, RIR 0-1
- Triceps Rope Pushdown – 3x12-15, RIR 0-1
- Overhead cable Triceps Extension – 3x12-15, RIR 0-1

## Jour 2 –Pull

- Pull-Ups x 2 / Lat Pulldown x 2 – 8-12, RIR 1-2
- Barbell Row – 4x8-12, RIR 1-2
- Seated Cable Row close grip – 3x10-12, RIR 1-2
- Face Pull – 3x12-15, RIR 0-1
- Dumbbell Biceps Curl – 3x12-15, RIR 0-1
- Incline Hammer Curl – 3x12-15, RIR 0-1

## Jour 3 –Legs

- Squat – 4x8-12, RIR 1-2
- Leg extension 3 x 15
- Romanian Deadlift – 2x8-12, RIR 1-2
- Leg Press – 3x10-12, RIR 1-2
- Leg Curl – 2 x12-15, RIR 0-1
- Standing Calf Raise – 4x15-20, RIR 0-1

## Jour 4 –Arnold Chest + Back

- Incline Barbell Bench Press – 4x8-12, RIR 1-2
- Pullover – 3x10-12, RIR 1-2
- Cable Crossover / Fly – 3x12-15, RIR 0-1
- Pull-Ups (weighted si possible) – 4x6-10, RIR 1-2
- Barbell Row (wide grip) – 4x8-12, RIR 1-2
- Dumbbell Shrugs – 3x12-15, RIR 0-1

## **Jour 5-Shoulders + Arms**

- Overhead Press – 4x8-12, RIR 1-2
- Cable rear delt 2x12-15, RIR 0-1
- Lateral Raises – 3x12-15, RIR 0-1
- Barbell Curl + Skull Crushers – 3x8-12, RIR 1-2
- Triceps push down + preacher curl – 3x10-12, RIR 1-2