## PHASE TWO: WORKOUTS

<table>
<thead>
<tr>
<th>PHASE ONE</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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<tbody>
<tr>
<td>WEEK ONE</td>
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<td>Chest, Back and Abs</td>
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<td>Legs &amp; Abs</td>
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<td>Legs &amp; Abs</td>
<td>Rest Day</td>
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## PHASE ONE: DIET & SUPPLEMENTATION

<table>
<thead>
<tr>
<th>MEAL</th>
<th>PRE-WORKOUT</th>
<th>POST WORKOUT</th>
<th>MEAL 2</th>
<th>MEAL 3</th>
<th>MEAL 4</th>
<th>MEAL 5</th>
<th>BEDTIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>MEAL</td>
<td>Eggs, Bacon, Bread (See Diet Plan)</td>
<td>Meat, Veggies or salad, Almonds, Sweet Potatoes</td>
<td>Meat, Veggies or Salad, Brown Rice</td>
<td>Cottage Cheese, Almonds</td>
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<tr>
<td>SUPPLEMENT</td>
<td>Iron Pack</td>
<td>Iron Pump</td>
<td>Iron Cre3 &amp; Iron Mass with Milk</td>
<td>Iron Mass with Milk</td>
<td>Iron Dream</td>
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</tbody>
</table>
Follow the rep ranges below unless listed otherwise

**CHEST**  
**PHASE 2: MON / THURS**

**EXERCISE**
1. **INCLINE BARBELL BENCH PRESS**
2. **FLAT BARBELL BENCH PRESS**
3. **SUPERSET: DUMBBELL FLYES W/CABLE CROSSOVERS**

**REP RANGES**

**INCLINE BARBELL BENCH PRESS:** 10 Sets of 4 Reps  
After completing required reps in Week 2 on Incline Barbell Bench Press, use the Stripping Method/Shocking Principle

**FLAT BARBELL BENCH PRESS:** 5 Sets of 6 Reps

**SUPERSET:** 5 Sets of 12 Reps

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**BACK**  
**PHASE 2: 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:** 50 Reps Total  
Add weight if needed

**SUPERSET:** 8 Sets of 8 Reps

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**ABS**  
**PHASE 2: MON / THURS**

**EXERCISE**
1. **LEG RAISES**

**REP RANGES**

5 Sets of 25 Reps
Follow the rep ranges below unless listed otherwise

**SHOULDERS** PHASE 2: TUE / FRI

**TUE EXERCISE**
1. MILITARY PRESS
2. SUPERSET: ARNOLD PRESS W/ LATERAL RAISES
3. SUPERSET: HEAVY UPRIGHT ROWS W/ BENT-OVER REAR DELT FLYES

**FRI EXERCISE**
1. BEHIND-THE-NECK
2. SUPERSET: ARNOLD PRESS W/ LATERAL RAISES
3. SUPERSET: HEAVY UPRIGHT ROWS W/ BENT-OVER REAR DELT FLYES

**REP RANGES**

MILITARY PRESS: 10 Sets of 4 Reps
BEHIND-THE-NECK: 10 Sets of 4 Reps
SUPERSET - ARNOLD PRESS/LATERAL RAISES: 5 Sets of 8 Reps
HEAVY UPRIGHT ROWS: 5 Sets of 6 Reps
BENT-OVER REAR DELT FLYES: 5 Sets of 12 Reps

**ARMS | BICEPS** PHASE 2: TUE / FRI

**EXERCISE**
1. BARBELL CURLS
2. SUPERSET: CONCENTRATION CURLS W/ SEATED TWO-ARM DUMBBELL CURLS

**REP RANGES**

BARBELL CURLS: 5 Sets of 8 Reps and 3 sets of 5 reps
SUPERSET: 5 Sets of 6 reps
ARMS | TRICEPS PHASE 2: TUE / FRI

TUE EXERCISE
1 CLOSE-GRIP BENCH
2 SUPERSET: BARBELL SKULL CRUSHERS W/BODYWEIGHT SKULL-CRUSHERS

TUE EXERCISE
1 CLOSE-GRIP BENCH
2 SUPERSET: PUSH-DOWNS AND ONE-ARM OVERHEAD DUMBBELL EXTENSION

REP RANGES
CLOSE GRIP BENCH:
WEEK 1: 8 sets of 8 reps
WEEK 2: 1-10 METHOD
WEEK 3: 1-10 METHOD
WEEK 4: 8 sets of 8 reps
SUPERSET: 5 sets of 15 reps

ARMS | FOREARMS PHASE 2: TUE / FRI

EXERCISE
1 SUPERSET: WRIST CURLS W/REVERS WRIST CURLS

REP RANGES
WRIST CURLS: 5 SETS OF 12 REPS
REVERSE WRIST CURLS: 5 SETS OF 12 REPS

ABS PHASE 2: MON / THURS

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

REP RANGES
5 Sets of 25 Reps
LEGS

PHASE 2: WED / SAT

WED EXERCISE

1 SQUATS
2 STRAIGHT-LEG DEADLIFTS
3 LUNGES
4 SUPERSET: LEG EXTENSION W/ LEG CURLS
5 STANDING CALVES

SAT EXERCISE

1 FRONT SQUATS
2 DEADLIFTS
3 LUNGES
4 SUPERSET: LEG EXTENSION W/ LEG CURLS
5 STANDING CALVES

REP RANGES

SQUATS: 8 Sets of 8 Reps, WEEK 4: Max-Out-Method
STRAIGHT-LEG DEADLIFTS/DEADLIFTS:
  6 Sets of 6 Reps
DEADLIFTS: 3 Sets of 4 Reps
LUNGES: 4 Sets of 4 Reps
SUPERSET: 5 Sets of 20 Reps
STANDING CALVES: 10 Sets of 10 Reps

ABS

PHASE 2: WED / SAT

EXERCISE

1 KNEELING CABLE CRUNCHES

REP RANGES

4 Sets of 25 Reps
**ARNOLD BLUEPRINT: MASS PHASE 2 | DIET**

**Meal 1 - Option 1**
**EARLY MORNING**

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

**Meal 1 - Option 2**
**EARLY MORNING**

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

Take Arnold Iron Pack with this meal

**Gym**

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

**Post Workout**

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)

**Meal 2**

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

**Meal 3**

2 scoops Arnold Iron Mass with 12-16 oz whole milk of choice (unsweetened)
## Meal 4
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

## Meal 5
2 cups full-fat cottage cheese,
2-3 oz serving almonds,
walnut or cashews

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

## Saturday Cheat Meal
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!
IRON CRE3™
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*

IRON CUTS™
3-IN-1 FAT METABOLIZING & CUTTING AGENT*
- INCREASED THERMOGENESIS & FAT METABOLIZING*
- 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.