



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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ARNOLD SCHWARZENEGGER VOLUME WORKOUT ROUTINES

Train insane like the one and only 7 time Mr. Olympia Arnold Schwarzenegger. Arnold's muscle building workouts feature an intense high volume and frequency approach to training.

Link to Workout: <https://www.muscleandstrength.com/workouts/arnold-schwarzenegger-volume-workout-routines>

Main Goal: Build Muscle
Training Level: Advanced
Program Duration: 16 Weeks
Days Per Week: 6 Days

Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar
Author: Steve Shaw

VARIATION 1

Day 1 & 4 - Chest & Back

Exercise	Sets	Rep Goal
Chest		
Bench Press	3 - 4	10
Incline Bench Press	3 - 4	10
Dumbbell Pullovers	3 - 4	10
Back		
Chin Up	3 - 4	10
Bent Over Row	3 - 4	10
Deadlift	3 - 4	10
Abs		
Crunches	5	25

Day 2 & 5 - Shoulders & Arms

Exercise	Sets	Rep Goal
Shoulders		
Barbell Clean and Press	3 - 4	10
Dumbbell Lateral Raise	3 - 4	10
Upright Row	3 - 4	10
Military Press	3 - 4	10
Arms		
Standing Barbell Curl	3 - 4	10
Seated Dumbbell Curl	3 - 4	10
Close Grip Bench Press	3 - 4	10
Standing Barbell Tricep Extension	3 - 4	10
Forearms		
Wrist Curls	3 - 4	10
Reverse Wrist Curls	3 - 4	10
Abs		
Reverse Crunch	5	25

Day 3 & 6 - Legs & Lower Back

Exercise	Sets	Rep Goal
Legs		
Squat	3 - 4	10
Lunge	3 - 4	10
Leg Curl	3 - 4	10
Lower Back		
Stiff Leg Deadlift	3 - 4	10
Good Mornings	3 - 4	10
Calves		
Standing Calf Raise	3 - 4	10
Abs		
Crunches	5	25

VARIATION 2

Day 1, 3 & 5 - Chest, Back & Legs

Exercise	Sets	Rep Goal
Chest		
Bench Press	5	6 - 10
Dumbbell Flye	5	6 - 10
Incline Bench Press	6	6 - 10
Cable Crossovers	6	10 - 12
Dips	5	Failure
Dumbbell Pullover	5	10 - 12
Back		
Wide Grip Pull up	6	Failure
T Bar Row	5	6 - 10
Seated Pulley Row	6	6 - 10
One Arm Dumbbell Row	5	6 - 10
Stiff Leg Deadlift	6	15
Legs		
Squat	6	8 - 12
Leg Press	6	8 - 12
Leg Extension	6	12 - 15
Leg Curl	6	10 - 15
Barbell Lunge	5	15
Calves		
Standing Calf Raise	10	10
Seated Calf Raise	8	15
One Leg Dumbbell Calf Raise	6	12
Forearms		
Wrist Curl	4	10
Reverse Barbell Curl	4	8
Wrist Roller Machine	4	Failure
Abs		
Non-Stop Abs Training	30 Mins	By Instinct

Day 2, 4 & 6 - Shoulders & Arms

Exercise	Sets	Rep Goal
Biceps		
Barbell Curl	6	6 - 10
Seated Dumbbell Curl	6	6 - 10
Dumbbell Concentration Curl	6	6 - 10
Triceps		
Close Grip Bench Press	6	6 - 10
Tricep Pushdown	6	6 - 10
Barbell French Press	6	6 - 10
One Arm Dumbbell Tricep Extension	6	6 - 10
Shoulders		
Seated Barbell Press	6	6 - 10
Lateral Raise	6	6 - 10
Rear Delt Lateral Raise	5	6 - 10
Cable Lateral Raise	5	10 - 12
Calves		
Standing Calf Raise	10	10
Seated Calf Raise	8	15
One Leg Dumbbell Calf Raise	6	12
Forearms		
Wrist Curl	4	10
Reverse Barbell Curl	4	8
Wrist Roller Machine	4	Failure
Abs		
Non-Stop Abs Training	30 Mins	By Instinct

