



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



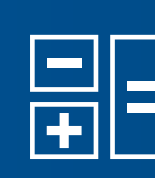
Diet Plans



Expert Guides



Videos



Tools

OLD SCHOOL SERIES: 1970s BODYBUILDING ROUTINE

Can you handle training like Arnold Schwarzenegger, Sergio Oliva or Lou Ferrigno? These legends set a new standard for muscle mass and training frequency.

Link to Workout: <https://www.muscleandstrength.com/workouts/old-school-series-1970s-bodybuilding-routine>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 12 Weeks
Days Per Week: 6 Days
Time Per Workout: 45 - 60 Mins

Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar, Machines
Target Gender: Male & Female
Author: Steve Shaw

Monday: Chest & Back

Exercise	Sets	Reps
Bench Press	3	8 - 10
Incline Dumbbell Bench Press	3	8 - 12
Cable Crossovers	5	10 - 15
Low Rack Pulls	3	6 - 8
Wide Grip Pull Ups	5	15
One Arm Dumbbell Row	3	10 - 15
Barbell Ab Rollout	3	8 - 12
Hanging Knee Raises	3	12 - 15

Tuesday: Shoulders and Arms

Exercise	Sets	Reps
Seated Dumbbell Press	3	10 - 12
Upright Rows	3	10 - 15
Bent Over Reverse Fly	5	10 - 15
Cable Tricep Extensions	4	10 - 15
Skullcrushers	4	10 - 12
Barbell Curls	4	8 - 12
One Arm Cable Curls	4	10 - 15

Wednesday: Legs

Exercise	Sets	Reps
Squats	5	6 - 12
Hack Squat	3	10 - 12
Leg Extensions	3	10 - 15
Good Mornings	3	8 - 10
Leg Curls	5	10 - 15
Seated Calf Raise	4	12 - 15
Standing Calf Raise	4	12 - 15

Thursday: Chest and Back

Exercise	Sets	Reps
Incline Bench Press	3	8 - 10
Chest Dips	3	10 - 15
Dumbbell Flys	5	10 - 15
Barbell Row	3	8 - 10
Lat Pull Down	5	8 - 12
Seated Cable Row	3	10 - 15
Plank	3	60 Seconds
Dumbbell Side Bend	3	10 - 12

Friday: Shoulders and Arms

Exercise	Sets	Reps
Military Press	3	8 - 10
Side Lateral Raise	5	10 - 15
Landmine Press	3	10 - 12
Seated French Press	4	8 - 10
One Arm Dumbbell Tricep Extension	4	10 - 12
Seated Dumbbell Curl	4	10 - 12
EZ Bar Preacher Curls	4	12 - 15

Saturday: Legs

Exercise	Sets	Reps
Leg Press	5	20
Walking Barbell Lunge	3	10 - 12
Bulgarian Split Squat	3	10 - 12
Stiff Leg Deadlifts	3	8 - 10
Single Leg Curl	5	10 - 15
Floor Barbell Calf Raise	4	12 - 15
Leg Press Calf Raise	4	12 - 15