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THE ULTIMATE
CUTS
TRAINING GUIDE

PHASE TWO
WEEKS 5-8

ARNOLD SCHWARZENEGGER:

BLUEPRINT TO CUTS PHASE TWO OVERVIEW

Use this as a quick reference to the Arnold Schwarzenegger Blueprint to Cuts.
Cross the workout off as you complete them and track your own progress.

PHASE TWO: WORKOUTS							
	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK ONE	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day
WEEK TWO	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day
THREE	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day
WEEK FOUR	Chest & Back	Legs & Abs	Shoulders & Arms	Chest & Back	Legs & Abs	Shoulders & Arms	Rest Day

PHASE TWO: DIET & SUPPLEMENTATION									
	EARLY MORNING	DURING WARM-UP	POST WORKOUT	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEFORE BED
MEAL				Eggs, Oats	Grilled Meats, Veggies, Almonds	Cottage Cheese, Almonds	Grilled Meat, Veggies		
SUPPLEMENT	ARNOLD IRON CUTS and ARNOLD IRON WHEY	ARNOLD IRON PUMP	ARNOLD IRON WHEY	ARNOLD IRON PACK	ARNOLD IRON CUTS			ARNOLD IRON WHEY	ARNOLD IRON DREAM

Follow the rep ranges below unless listed otherwise

CHEST/BACK/ABS PHASE 2: MON / THURS

REMEMBER: Run 1-2 Miles as fast as possible 3-5 times per week Post-Workout

REST PERIODS: Take a drink of water (30-45 Seconds) between Sets

EXERCISE	REP RANGES	SETS	NOTES
1 DECLINE BENCH SIT-UPS 3/4 THE WAY DOWN	1 Decline Bench Sit-Ups: 3-5 minutes		3/4 The Way Down
2 DEADLIFTS	2 Deadlifts: 10, 8, 6		Done on Monday Week 1, Thursday week 2. Alternate days
3 SUPER-SET: WEIGHTED CHIN-UPS W/INCLINE BARBELL BENCH PRESS	3 Weighted Chin-Ups: 15, 12, 8, 6, 4 Incline Barbell Bench Press: 15, 12, 8, 5, 3	Super-Set: 5 sets	Incline Barbell Bench Press: Use the Stripping Method on the last set
4 SUPER-SET: BENCH PRESS W/ CHIN-UPS	4 Bench Press: 15, 12, 8, 6 Chin-Ups: Til Failure	Super-Set: 4 Sets	Bench Press: On week 6, use the Max Effort Method
5 SUPER-SET: DUMBBELL FLYES W/ BENT OVER ROWS	5 Dumbbell Flyes: 28 Reps Bent Over Rows: 12 Reps	Super-Set: 4 Sets	Dumbbell Flyes: 28 Method
6 TRI-SET: DUMBBELL PULLOVERS, DIPS AND CABLE CROSSOVERS	6 Dumbbell Pullovers: 15 Reps Dips: Til Failure Cable Crossovers: 15 Reps	Tri-Set: 5 Sets	Dips: Use Bodyweight
7 GIANT ABS SET: HANGING STRAIGHT LEG RAISES, HANGING KNEE-UPS, CRUNCHES, SEATED LEG TUCKS, STICK TWIST	7 Abs: 1 Set, no rest Hanging Straight Leg Raises: 20 Reps Hanging Knee Ups: 20 Reps Crunches: 50 Reps Seated Leg Tucks: 30 Reps Stick Twist: 100 Reps		

Follow the rep ranges below unless listed otherwise

LEGS/ABS PHASE 2: TUES / FRI

REST PERIODS: Take a drink of water (30-45 Seconds) between Sets

EXERCISE	REP RANGES	SETS	NOTES
1 DECLINE BENCH SIT-UPS	1 Decline Bench Sit-Ups: 3-5 minutes		3/4 The Way Down
2 SUPER-SET: LEG EXTENSIONS W/ SQUATS	2 Leg Extensions: 12 Reps Squats: 20 Reps	Super-Set: 5 sets	Use 1/4 Rep Method on Last Set
3 SUPER-SET: FRONT SQUATS W. LEG CURLS	3 Front Squats: 12 Reps Leg Curls: 12 Reps	Super-Set: 4 sets	
4 SUPER-SET: LEG PRESS W/ LEG CURLS	4 Leg Press: 15 Reps Leg Curls: 1-10 Method	Super-Set: 3 Sets	
5 STRAIGHT LEG DEADLIFTS	5 Straight Leg Deadlifts: 6 Reps	3 Sets	Done once a week
6 CALVES TRI-SET: DONKEY CALF MACHINE, STANDING CALF MACHINE, SEATED CALF MACHINE	6 Donkey Calf Machine: 15 Reps Standing Calf Machine: 10 Reps Seated Calf Machine: 15 Reps	Tri-Set: 3 Sets	Use the 5-Count Method on All Sets
7 GIANT ABS SET: HANGING STRAIGHT LEG RAISES, HANGING KNEE-UPS, CRUNCHES, SEATED LEG TUCKS, STICK TWISTS	7 Hanging Straight Leg Raises: 20 Reps Hanging Knee Ups: 20 Reps Crunches: 50 Reps Seated Leg Tucks: 30 Reps Stick Twist: 100 Reps	Giant Set: 1 Set	No Rest

SHOULDERS/ARMS

PHASE 2: WED AND SAT

REST PERIODS: Take a drink of water (30-45 Seconds) between Sets

EXERCISES

1 DECLINE BENCH SIT-UPS SHOULDERS

2 TRI-SETS BARBELL PRESS, CABLE SIDE LATERALS, LYING SIDE LATERALS

3 SUPER-SET FRONT DUMBBELL RAISES, REAR DELT RAISES

ARMS

4 SUPER-SET BARBELL CURLS W/ CLOSE GRIP STRAIGHT BAR PUSH-DOWNS

5 TRI-SET PREACHER CURLS, SKULLCRUSHERS, REVERSE CURLS ON PREACHER CURLS

6 SUPER-SET CONCENTRATION CURLS W/ STANDING ONE- ARM ROPE PUSH-DOWNS

FOREARMS

7 REVERSE WRIST CURLS W/ REGULAR WRIST CURLS

REP RANGES	SETS	NOTES
1 Decline Bench Sit-Ups: 3-5 minutes		3/4 The Way Down
2 Barbell Press: 12 Reps Each Way Cable Side Laterals: 12 Reps Lying Side Laterals: 12 Reps	Tri-Sets: 4 Sets	Barbell Press: Alternate Front and Back, Front and Back equals one rep Lying Side Laterals: Use 5-Count Method
3 Front Dumbbell Raises: 10 Reps Rear Delt Raises 10 Reps	Super-Sets: 4 Sets	Front Dumbbell Raise: Use Running-the-Rack Method on last set Rear Delt Raises: Use The 1/4 Rep Method
4 Barbell Curls: See Notes Close Grip Straight Bar Push-Downs: 10 Reps	Super-Sets: 4 Sets	Barbell Curls: Use 1-10 Method or 28 Method
5 Preacher Curls: 12 Reps Skullcrushers: 28 Reps Reverse Preacher Curls: 12 Reps	Tri-Sets: 4 Sets	Skullcrushers: Use the Running-the-Rack Method on the last set
6 Concentration Curls: 12 Reps Standing One-Arm Rope Push-downs: 12 Reps	Super-Set: 4 Sets	Standing One-Arm Rope Push-downs: Hold at Bottom for 2 Seconds Each Rep
7 Reverse Wrist Curls: 15 Reps Regular Wrist Curls: 15 Reps	Super-Set: 3 Sets	



ARNOLD BLUEPRINT TO CUTS: DIET & SUPPLEMENTATION

When I was in my prime, there certainly weren't the vast amount of supplements available to lifters today. In fact, they were pretty basic, but they were still divided up into the same categories (pre-workout, post-workout, protein, etc.) and there were some that I really relied on to be successful.

These days, supplements have really advanced to impressive degrees, and we've really put forward a great deal of resources to make sure our supplement line is both safe and effective. Endless trials and studies have proven this, and when implemented properly – especially during a cutting phase – they can play a major role in getting leaner and preserving (or even building) muscle.

For my own contest prep, I wanted to make sure I could reveal all the hard-earned muscle I had achieved in the gym. I spent a great deal of time and pushed my body to the brink to put on quality muscle, and I didn't want it disappearing during contest prep because I wasn't taking the right supplements or I wasn't getting the most out of my diet.

Through the years, I've found what has worked and what hasn't through endless trial and error, and I'm excited to pass those successes on to you.

This supplement regimen is vastly different from the old days, and that means it's vastly improved as well. When utilized and timed correctly, these supplements and this diet plan can yield outstanding results, getting you lean, keeping you muscular and taking your body to new levels. Don't worry about any of the guesswork of what to take, when to take it, what to eat or any other questions you may have. That's all been removed with this plan. All you have to do is follow along and the benefits will come.

This supplement regimen is a huge improvement from what I had, and I have the highest level of confidence that your body will look decidedly different if you fully dedicate yourself to this program. Everything is presented to you here and now it's up to you to attack it with an incredible fury.

ARNOLD BLUEPRINT: CUTS PHASE 2 | DIET



EARLY MORNING

Take **ARNOLD IRON CUTS**
and **ARNOLD IRON WHEY**,
1-2 scoops with 8-12 oz Water



DURING WARM-UP

Take **ARNOLD IRON PUMP**



POST WORKOUT

Take **ARNOLD IRON WHEY**
2 scoops with 8-12 oz Water



Meal 1

2 Hours After Workout

4 Whole Eggs
1/4 Cup Oats

ARNOLD IRON PACK



Meal 2

10 oz Grilled Meat
3 Cups of Veggies
1 Serving of Almonds
ARNOLD IRON CUTS,
before Meal



Meal 3

2 Cups Non-fat Cottage Cheese
1 Serving Almonds





Meal 4

10 Ounces Grilled Meat
3 Cups of Veggies



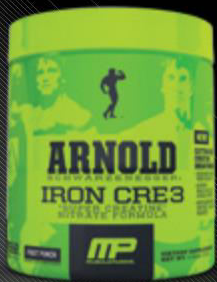
Meal 5

ARNOLD IRON WHEY,
2 scoops with 8-12 oz Water



BEFORE BED

ARNOLD IRON DREAM



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*

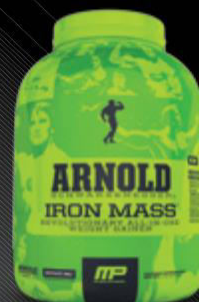
- SKIN-TEARING PUMPS AND VASCULARITY*
- DELIVERS EXPLOSIVE ENERGY & INTENSITY*
- AMPLIFIES STRENGTH, POWER & LEAN MASS*



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*



IRON TEST™

CLINICALLY-PROVEN TESTOSTERONE ENHANCER*

- NITRIC OXIDE & LEAN MUSCLE, INCREASES FREE TESTOSTERONE*
- STRENGTH & POWER, MAXIMIZE YOUR GAINS IN THE GYM*



IMPORTANT: CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY CHALLENGE, SUPPLEMENT REGIMEN, OR EXERCISE PROGRAM. THE INFORMATION PROVIDED THROUGH THIS WEBSITE IS FOR INFORMATIONAL PURPOSES ONLY. YOU AGREE AND ACKNOWLEDGE THAT MUSCLEPHARM'S INFORMATION IS NOT INTENDED TO BE USED IN A HOSPITAL OR STATIONARY REHABILITATION CENTER, OR BY MEDICALLY TRAINED PERSONNEL. THE INFORMATION ON THIS WEBSITE IS NOT INTENDED TO BE USED AS A SUBSTITUTE FOR MEDICAL COUNSELING, OR THE PROGRAM OF A QUALIFIED PHYSICIAN. CONSULT YOUR PHYSICIAN BEFORE YOU BEGIN ANY FITNESS OR NUTRITION PROGRAM. THE INFORMATION ON THIS WEBSITE IS NOT INTENDED TO BE USED TO DETERMINE IF THE FITNESS OR NUTRITION PROGRAM IS RIGHT FOR YOU. CONSULT YOUR PHYSICIAN BEFORE BEGINNING A FITNESS OR NUTRITION PROGRAM IF YOUR PHYSICIAN ADVISES AGAINST IT. THIS WEBSITE IS FOR USE ONLY BY HEALTHY ADULT INDIVIDUALS. THE SITE IS NOT INTENDED TO BE USED BY INDIVIDUALS WITH ANY TYPE OF HEALTH CONDITION. INDIVIDUALS ARE STRONGLY ADVISED TO CONSULT A PROFESSIONAL MEDICAL ADVISE PRIOR TO ANY FITNESS PROGRAM.

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.**

