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THE ULTIMATE  
**CUTS**  
TRAINING GUIDE

**PHASE ONE**  
**WEEKS 1-4**



# THE BLUEPRINT TO CUTS

**A quality physique must show clear separation between muscle groups. Of course that will mean different things to different people, but at its roots a quality physique has to show definition and separation between every major muscle group.**

On that note, each individual muscle group should show clear distinction as well. It must be evident that the muscle is prominent and that it is lean. Total muscularity is a result of training each muscle so thoroughly that every plane, contour and aspect is brought out and fully revealed. There cannot be any weak links and it must be evident that you have spent ample time working hard in the weight room and spent just as much time making the right decisions when it comes to diet and supplementation.

This program details an ideal way to lower your body fat sufficiently, giving you the opportunity to show off your muscles and work in the gym in the way you've always wanted.

## **TRAINING FOR MAXIMUM MUSCULARITY**

- #1 Higher Volume Training
- #2 Increased Training Pace
- #3 Additional Training Principals & Methods
- #4 Sharpen Mental Focus
- #5 Discipline on Diet & Supplementation
- #6 Post Workout – Run 1-2 miles as fast as possible 3-5 times per week

## **TRAINING SPLITS BY ARNOLD**

The training splits that I used were tremendous and helped me achieve a championship physique for more than a decade. When I was in my prime, I could train all day at a high level and at a great pace, and I liked to hit each muscle group three times per week. I realize it's hard for a lot of people to have time to do this and recovery could also be an issue.

However, by splitting it up into training each body part twice per week you're really allowing yourself a chance to enjoy maximal gains. Throw in your meal and supplementation plan, and the results are going to get even better. In fact, I'm confident the results could be unreal for you. This combination could really take your body to a level you didn't think was possible. The volume, short amount of rest and huge number of Super-Sets and tri-sets make it really happen when it comes to the workouts. This type of training really clicked for me and I think it will do the same for you.

Remember, you get what you put into your body so make it count as well, whether you're in the gym or at the dinner table. You're building an intricate sculpture, and it's going to be evident each day what you're doing. The choice is yours and the sky is the limit.

**LET'S MAKE THIS SCULPTURE THE BEST IT CAN BE AND LET'S GET TO WORK.**



# ARNOLD'S METHODS

is a collection of different methods from this template of workouts.

added some new twists to help shock your body even more and open yourself up to more growth. The key to utilizing these methods is subbing them in at the proper time.

I had a similar set up and split for years, but when I needed a boost or when I needed to jump-start some muscle growth, I would sub in one or two of these methods. It kept things fresh, gave me a great pump, kept me motivated and intense in the gym, and yielded some news gains as well.

## METHODS:

### 1-10 METHOD

After a warm-up set or two, find a weight you're only able to get for one rep. After you perform that 1 rep, take just enough weight off to perform 2 reps. From there, do the same for 3 reps and 4 reps, going all the way up to 10 reps. This is brutal because you take no rest in between sets. The only rest you get is when you're unloading the weights. This was a very effective way to vary things for me, and it's a total shocker to the muscle.

### STRIPPING METHOD/SHOCKING PRINCIPLE

After a warm-up, perform the exercise with weight you can get for 5 reps than immediately take some weight off and get another 5-8 reps. Then with no rest keep repeating, reducing your weight, until you're down to the bar, repping that for 20 reps.

### RUNNING-THE-RACK

Training right in front of the dumbbell rack was a favorite of mine. I would pick an exercise and shock it by running the rack, which can make for a brutal extended workset. For example, start with 80 lb. dumbbells for 5 curls, put them down and immediately grab the 70s for 8, then 60 lbs for 12 and on down the line until you get to the end. This can be applied to any exercise and your muscles will be screaming after this.

### ¼ REP METHOD

You do a full-range rep on a particular movement and then either go ¼ back down or let the weight down (or up, depending on the movement) before finishing another partial rep. That is considered one rep. This really freaks out the muscle fibers and gives you an incredible pump.

### 28 METHOD

This method is crazy and it will humble the weights you're using very fast. It is performed by doing 7 regular reps, 7 extra slow reps (on both the eccentric and concentric), 7 ½ reps at the top, and finishing with 7 ½ reps at the bottom. This is a crazy method, but be warned – you will need to go light to get through this.

### 5-COUNT METHOD

This is simply slowing down the motion. While doing the movement, you're counting in your head 5 seconds up and 5 seconds down on each rep. This makes you have flawless form. Technique is imperative here and it's a great way to test your strength while using this time under tension method.

### MAX EFFORT

Pick one exercise and see what you can do for a 1-rep max. To get there, work up to the weight with the following rep pyramid, taking ample rest between each set: 20, 15, 10, 8, 5, 3, 1, 1, 1 (max)

# ARNOLD SCHWARZENEGGER: BLUEPRINT TO CUTS PHASE ONE 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 ONE: WORKOUTS							
	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK ONE	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day
WEEK TWO	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day
THREE	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day
WEEK FOUR	Chest & Back	Legs	Arms	Chest & Back	Legs	Shoulders	Rest Day

PHASE ONE: 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 PHASE 1: 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
<b>1 SUPER-SET BENCH PRESS W/ WIDE-GRIP CHINS</b>	<b>1 Bench Press:</b> 30, 10, 10, 10, 10, 5 <b>Wide-Grip Chins:</b> 10, 10, 10, 10, 10, 10	<b>Super-Set:</b> 6 Sets	<b>Week Three:</b> Do Max Effort 1-Rep Bench <b>Wide-Grip Chins:</b> Add weight if needed
<b>2 SUPER-SET INCLINE BARBELL PRESSES W/ T-BAR ROWS</b>	<b>2 Incline Barbell Bench Press:</b> 8 Reps <b>T-Bar Rows:</b> 10 Reps	<b>Super-Set:</b> 5 Sets	<b>T-Bar Rows:</b> Use 1/4 Rep Method
<b>3 SUPER-SET FLAT DUMBBELL FLYES W/ SEATED CABLE ROWS</b>	<b>3 Flat Dumbbell Flyes:</b> 12 Reps <b>Seated Cable Rows:</b> 12 Reps	<b>Super-Set:</b> 5 Sets	<b>Flat Dumbbell Flyes:</b> Use The Running-the-Rack Method on the last set
<b>4 SUPER-SET DIPS W/ CLOSE-GRIP CHIN-UPS</b>	<b>4 Dips:</b> 10 Reps <b>Close-Grip Chin Ups:</b> 10 Reps	<b>Super-Set:</b> 4 Sets	<b>Dips:</b> Add Weight if needed
<b>5 SUPER-SET DUMBBELL PULLOVERS W/CABLE CROSSOVERS</b>	<b>5 Dumbbell Pullovers:</b> 12 Reps <b>Cable Crossovers:</b> 12 Reps	<b>Super-Set:</b> 3 Sets	

## LEGS PHASE 1: TUES / FRI

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

EXERCISE	REP RANGES	SETS	NOTES
<b>1 SQUATS</b>	<b>1 Squats:</b> 12 Reps	8 Sets	Deep Reps
<b>2 SUPER-SET LEG EXTENSIONS W/ LEG CURLS</b>	<b>2 Leg Extensions:</b> 10 Reps <b>Leg Curls:</b> 10 Reps	10 Sets	<b>Extensions and Curls:</b> On last set, use the Stripping Method <b>Leg Curls:</b> Use 1/4 Rep method
<b>2 STANDING CALF RAISES</b>	<b>3 Standing Calf Raises:</b> 10 Reps	10 Sets	Use the 5-count method on all 3 sets



Follow the rep ranges below unless listed otherwise

## ARMS PHASE 1: WED

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

EXERCISE	REP RANGES	SETS	NOTES
<b>1 SUPER-SET: BARBELL CURLS W/ SKULLCRUSHER</b>	1 <b>Barbell Curls:</b> 12 reps, then 6 Super Slow Reps <b>Skullcrusher:</b> 15 Reps	5 Sets	<b>Barbell Curls:</b> Use 5-Count Method on the Last 6 (super slow)
<b>2 SUPER-SET DUMBBELL HAMMER CURLS W/ STRAIGHT BAR PUSHDOWNS</b>	2 <b>Dumbbell Hammer Curls:</b> 12 Reps <b>Straight Bar Pushdowns:</b> 20 full reps, 20 partial reps	5 Sets	<b>Dumbbell Hammer Curls:</b> On the last set of Curls, use the Stripping Method <b>Straight Bar Pushdowns:</b> Use 1/4 Rep Method on the 20 Partial Reps
<b>3 SUPER-SET INCLINE ALTERNATING DUMBBELL CURLS W/ OVERHEAD ROPE PRESS</b>	3 <b>Incline Alternating Dumbbell Curls:</b> 6 Reps, 5-Count Twist at Bottom, Then 4 More reps <b>Overhead Rope Press:</b> 15 Reps From The Bottom	3 Sets	Use the 5-count method on all 3 sets
<b>4 SUPER-SET CONCENTRATION CURL W/ 1-ARM KICKBACK</b>	4 <b>Concentration Curl:</b> 12 Reps <b>1-Arm Kickback:</b> 12 Reps	5 Sets	

## SHOULDERS PHASE 1: SAT

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

EXERCISE	REP RANGES	SETS	NOTES
<b>1 OVERHEAD PRESSES</b>	1 <b>Overhead Presses:</b> 5-6 Reps	4 sets	Seated or Standing
<b>2 SUPER-SET: ARNOLD PRESSES W/ BARBELL UPRIGHT ROWS</b>	2 <b>Arnold Presses:</b> 10, 8, 6, 6, 8 Reps <b>Barbell Upright Rows:</b> 8-10 Reps	5 Sets	
<b>3 SUPER-SET DUMBBELL LATERAL RAISES W/ DUMBBELL BENT-OVER LATERAL RAISES</b>	3 <b>Dumbbell Lateral Raises:</b> 3 sets of 10-12 Reps <b>Dumbbell Bent-Over Lateral Raises:</b> 3 Sets of 10-12 Reps		<b>Dumbbell Bent-Over Lateral Raises:</b> Use The Running-The-Rack Method on the last set

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



## 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 1 | 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

8-10 oz Grilled Meat  
3 Cups of Veggies  
1 Serving of Almonds

**ARNOLD IRON CUTS**,  
before Meal (Optional)



### Meal 3

2 Cups Non-fat Cottage Cheese  
1 Serving Almonds



**Meal 4**

8-10 oz Grilled Meat  
3 Cups of Veggies



**Meal 5**

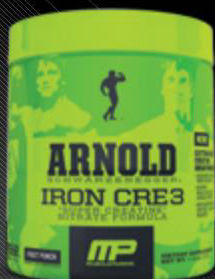
ARNOLD IRON WHEY,  
2 scoops with 8-12 oz Water



**BEFORE BED**

ARNOLD IRON DREAM





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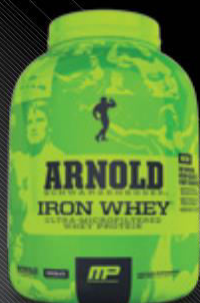
- INCREASED STRENGTH, POWER, RECOVERY\*
- SUPPORTS MUSCLE BUILDING & MUSCLE GROWTH\*
- RAPID ABSORPTION — NO LOADING REQUIRED\*



## IRON PUMP™

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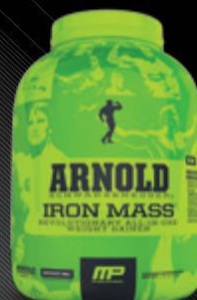
- SKIN-TEARING PUMPS AND VASCULARITY\*
- DELIVERS EXPLOSIVE ENERGY & INTENSITY\*
- AMPLIFIES STRENGTH, POWER & LEAN MASS\*



## 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\*





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just follow in Arnold's footsteps.



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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
<b>1 DECLINE BENCH SIT-UPS 3/4 THE WAY DOWN</b>	<b>1 Decline Bench Sit-Ups:</b> 3-5 minutes		3/4 The Way Down
<b>2 DEADLIFTS</b>	<b>2 Deadlifts:</b> 10, 8, 6		Done on Monday Week 1, Thursday week 2. Alternate days
<b>3 SUPER-SET: WEIGHTED CHIN-UPS W/INCLINE BARBELL BENCH PRESS</b>	<b>3 Weighted Chin-Ups:</b> 15, 12, 8, 6, 4 <b>Incline Barbell Bench Press:</b> 15, 12, 8, 5, 3	<b>Super-Set:</b> 5 sets	<b>Incline Barbell Bench Press:</b> Use the Stripping Method on the last set
<b>4 SUPER-SET: BENCH PRESS W/ CHIN-UPS</b>	<b>4 Bench Press:</b> 15, 12, 8, 6 <b>Chin-Ups:</b> Til Failure	<b>Super-Set:</b> 4 Sets	<b>Bench Press:</b> On week 6, use the Max Effort Method
<b>5 SUPER-SET: DUMBBELL FLYES W/ BENT OVER ROWS</b>	<b>5 Dumbbell Flyes:</b> 28 Reps <b>Bent Over Rows:</b> 12 Reps	<b>Super-Set:</b> 4 Sets	<b>Dumbbell Flyes:</b> 28 Method
<b>6 TRI-SET: DUMBBELL PULLOVERS, DIPS AND CABLE CROSSOVERS</b>	<b>6 Dumbbell Pullovers:</b> 15 Reps <b>Dips:</b> Til Failure <b>Cable Crossovers:</b> 15 Reps	<b>Tri-Set:</b> 5 Sets	<b>Dips:</b> Use Bodyweight
<b>7 GIANT ABS SET: HANGING STRAIGHT LEG RAISES, HANGING KNEE-UPS, CRUNCHES, SEATED LEG TUCKS, STICK TWIST</b>	<b>7 Abs:</b> 1 Set, no rest <b>Hanging Straight Leg Raises:</b> 20 Reps <b>Hanging Knee Ups:</b> 20 Reps <b>Crunches:</b> 50 Reps <b>Seated Leg Tucks:</b> 30 Reps <b>Stick Twist:</b> 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
<b>1 DECLINE BENCH SIT-UPS</b>	<b>1 Decline Bench Sit-Ups:</b> 3-5 minutes		3/4 The Way Down
<b>2 SUPER-SET: LEG EXTENSIONS W/ SQUATS</b>	<b>2 Leg Extensions:</b> 12 Reps <b>Squats:</b> 20 Reps	<b>Super-Set:</b> 5 sets	Use 1/4 Rep Method on Last Set
<b>3 SUPER-SET: FRONT SQUATS W. LEG CURLS</b>	<b>3 Front Squats:</b> 12 Reps <b>Leg Curls:</b> 12 Reps	<b>Super-Set:</b> 4 sets	
<b>4 SUPER-SET: LEG PRESS W/ LEG CURLS</b>	<b>4 Leg Press:</b> 15 Reps <b>Leg Curls:</b> 1-10 Method	<b>Super-Set:</b> 3 Sets	
<b>5 STRAIGHT LEG DEADLIFTS</b>	<b>5 Straight Leg Deadlifts:</b> 6 Reps	3 Sets	Done once a week
<b>6 CALVES TRI-SET: DONKEY CALF MACHINE, STANDING CALF MACHINE, SEATED CALF MACHINE</b>	<b>6 Donkey Calf Machine:</b> 15 Reps <b>Standing Calf Machine:</b> 10 Reps <b>Seated Calf Machine:</b> 15 Reps	<b>Tri-Set:</b> 3 Sets	Use the 5-Count Method on All Sets
<b>7 GIANT ABS SET: HANGING STRAIGHT LEG RAISES, HANGING KNEE-UPS, CRUNCHES, SEATED LEG TUCKS, STICK TWISTS</b>	<b>7 Hanging Straight Leg Raises:</b> 20 Reps <b>Hanging Knee Ups:</b> 20 Reps <b>Crunches:</b> 50 Reps <b>Seated Leg Tucks:</b> 30 Reps <b>Stick Twist:</b> 100 Reps	<b>Giant Set:</b> 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 <b>Decline Bench Sit-Ups:</b> 3-5 minutes		3/4 The Way Down
2 <b>Barbell Press:</b> 12 Reps Each Way <b>Cable Side Laterals:</b> 12 Reps <b>Lying Side Laterals:</b> 12 Reps	<b>Tri-Sets:</b> 4 Sets	<b>Barbell Press:</b> Alternate Front and Back, Front and Back equals one rep <b>Lying Side Laterals:</b> Use 5-Count Method
3 <b>Front Dumbbell Raises:</b> 10 Reps <b>Rear Delt Raises</b> 10 Reps	<b>Super-Sets:</b> 4 Sets	<b>Front Dumbbell Raise:</b> Use Running-the-Rack Method on last set <b>Rear Delt Raises:</b> Use The 1/4 Rep Method
4 <b>Barbell Curls:</b> See Notes <b>Close Grip Straight Bar Push-Downs:</b> 10 Reps	<b>Super-Sets:</b> 4 Sets	<b>Barbell Curls:</b> Use 1-10 Method or 28 Method
5 <b>Preacher Curls:</b> 12 Reps <b>Skullcrushers:</b> 28 Reps <b>Reverse Preacher Curls:</b> 12 Reps	<b>Tri-Sets:</b> 4 Sets	<b>Skullcrushers:</b> Use the Running-the-Rack Method on the last set
6 <b>Concentration Curls:</b> 12 Reps <b>Standing One-Arm Rope Push-downs:</b> 12 Reps	<b>Super-Set:</b> 4 Sets	<b>Standing One-Arm Rope Push-downs:</b> Hold at Bottom for 2 Seconds Each Rep
7 <b>Reverse Wrist Curls:</b> 15 Reps <b>Regular Wrist Curls:</b> 15 Reps	<b>Super-Set:</b> 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







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### Meal 4

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10 Ounces Grilled Meat  
3 Cups of Veggies

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### Meal 5

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

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### BEFORE BED

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ARNOLD IRON DREAM

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## IRON CRE3™

### SUPER CREATINE NITRATE\*

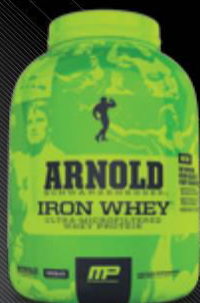
- INCREASED STRENGTH, POWER, RECOVERY\*
- SUPPORTS MUSCLE BUILDING & MUSCLE GROWTH\*
- RAPID ABSORPTION — NO LOADING REQUIRED\*



## IRON PUMP™

### “SUPER NITRIC OXIDE” FORMULA WITH ARGININE NITRATE\*

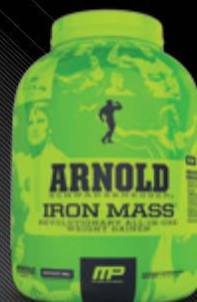
- SKIN-TEARING PUMPS AND VASCULARITY\*
- DELIVERS EXPLOSIVE ENERGY & INTENSITY\*
- AMPLIFIES STRENGTH, POWER & LEAN MASS\*



## 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 AS A SUBSTITUTE FOR MEDICAL COUNSELING, OR THE PROGRAMS OF A PHYSICIAN. CONSULT WITH A PHYSICIAN BEFORE YOU BEGIN ANY FITNESS OR NUTRITION PROGRAM. THE INFORMATION PROVIDED THROUGH THE FITNESS OR NUTRITION PROGRAM IS RIGHT FOR YOU ONLY IF YOU ARE A FITNESS OR NUTRITION PROGRAM IF YOUR PHYSICIAN ADVISES AGAINST IT. THIS INFORMATION IS FOR USE ONLY BY HEALTHY ADULT INDIVIDUALS. THE SITE IS NOT INTENDED FOR INDIVIDUALS WITH ANY TYPE OF HEALTH CONCERN. INDIVIDUALS ARE STRONGLY ADVISED TO OBTAIN PROFESSIONAL MEDICAL ADVICE PRIOR TO ANY FITNESS OR NUTRITION 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.

