

Entrenament Arnold versió 0.9

Back

	<u>Day 1</u>	
Upper Lats	Tirón abierto (escalfament)	3x12
Upper Back	Wide-grip chins behind the neck	fins a 50
Middle Back	T-Bar Rows	4x10,10,8,6
Lats	One-Arm cable rows	4x10
Esquena + ample	Tirón bajo	3x12
Lower Back	Dead Lift	4x10,8,6,4
	Hyperextensions	3x12

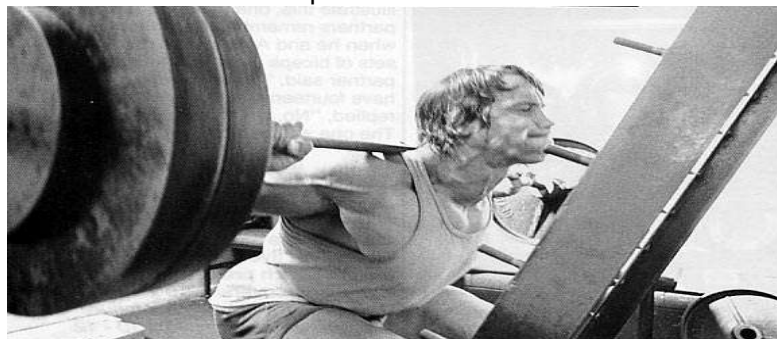
Chest

	<u>Day 2</u>	
Massa i força pectoral front deltoids+triceps	Bench Press	5x20,10,5,3,1 5x (2 o 1) 1x20 poc pes
Pit mitjà i superior front deltoids	Incline Press (una setmana bench press primer i canviar a la següent)	3x10
Massa pectoral	Dumbbell Flys	3x12
	Bend-forward cable crossovers	3x12
Augmenta la caixa toràcica serrato anterior	Straight-arm pullovers	4x8



Legs

	<u>Day 3</u>	
lower quadriceps	Sissy squats	3x10
mass thighs	Squats/Leg presses	5x10,10,10,8,6
	Quadriceps/Femoral (superset)	4x10,10,8,8
	Gemelo sentado	2x12
	Gemelo de pie	2x12



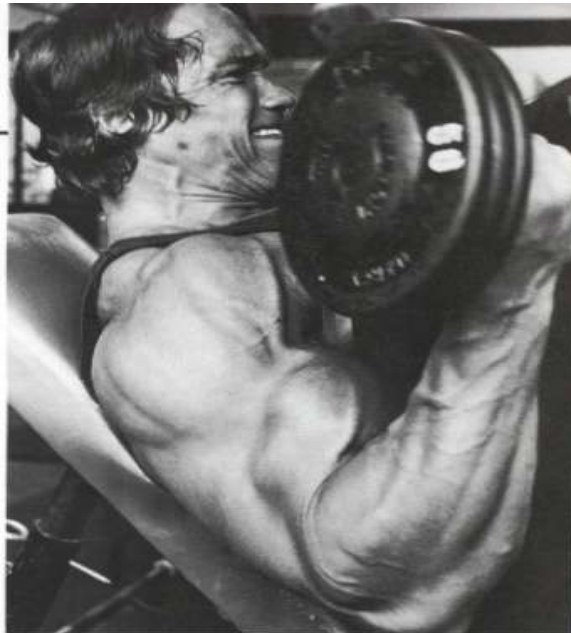
Hoja1

Forearms

inside forearms	<u>Day 3</u> Barbell Wrist Curls	4x10
biceps,forearms extensors, biceps	Reverse Barbell Curls	4x10
isolate forearms	Dumbbell One-Arm Wrist-Curls	3x10

Shoulders

rear deltoids	<u>Day 4</u> Standing Bent-over dumbbell laterals (pajaros)	3x12
front deltoids	Machine presses	3x12
front deltoids	Arnold presses	4x8
side deltoids	dumbbell laterals (elevació lateral)	4x8
side deltoids	Reverse overhead dumbbell laterals	3x10
trapezius	Upright rows (rem al coll)	3x10
trapezius	Dumbbell shugs (encongiments)	4x8



Arms

develop size	<u>Day 5</u> Standing Barbell Curls (superset 1)	4x15,10,6,4
work from elbow to lats	Lying Triceps Extensions (superset 1)	4x15,10,6,4
isolate biceps	Alternate Dumbbell Curls (superset 2)	4x8
full range of motion	Triceps Cable Pressdowns (superset 2)	4x8
height	Concentration Curls (superset 3)	4x8
separate 3 triceps heads	One-Arm Triceps Extensions (superset 3)	4x10
triceps thickness	Reverse Push-Ups (fondos)	4x15