

FOR MEN

FITNESSRx™ PRINT AND GO
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

ARNOLD'S CHEST & BACK SUPERSET WORKOUT

EXERCISE	SETS	REPS
SUPERSET 1		
BARBELL BENCH PRESS	6	15*, 10, 8, 8, 6, 4
WIDE-GRIP BEHIND-THE-HEAD PULL-UP	5	10
<i>REST 1-2 MINUTES</i>		
SUPERSET 2		
DUMBBELL INCLINE PRESS	5	10, 8, 6, 6, 4
CLOSE-GRIP CHIN-UP	5	10
<i>REST 1-2 MINUTES</i>		
SUPERSET 3		
FLAT BENCH DUMBBELL FLYE	5	10, 8, 6, 6, 4
T-BAR ROW	5	15, 10, 8, 8, 8
<i>REST 1-2 MINUTES</i>		
SUPERSET 4		
WEIGHTED DIP	5	15, 10, 8, 8, 8
BENT-OVER BARBELL ROW	5	10
<i>REST 1-2 MINUTES</i>		
SUPERSET 5		
PREACHER CURLS	2-3	8-12
LYING TRICEPS EXTENSIONS	2-3	8-12