

Arnold-Style Chest & Back Workout

Workout Overview	Details
Main Goal	Build Chest & Back Size, Strength, Thickness & Width
Workout Type	High-Volume Strength & Hypertrophy
Training Level	Intermediate to Advanced
Program Duration	6–8 Weeks
Training Frequency	1–2 Times Per Week
Workout Duration	75–90 Minutes
Equipment Required	Barbell, Bench, Dumbbells, Dip Station, Pull-Up Bar, T-Bar Row, Cable Machine
Target Muscle Groups	Chest, Latissimus Dorsi, Rhomboids, Trapezius, Rear Deltoids, Teres Major & Biceps
Target Gender	Male & Female
Training Split	Chest & Back – Antagonist Muscle Pairing
Primary Focus	Muscle Hypertrophy, Progressive Overload, Upper-Body Strength, Chest Development, Back Width & Thickness, Mind-Muscle Connection

Chest & Back Workout

No.	Exercise	Sets	Reps
1	Barbell Bench Press – Medium Grip	2 Warm-up + 5 Working Sets	15 Warm-up; 12, 10, 8, 6, 4
2	Barbell Incline Bench Press – Medium Grip	5	12, 10, 8, 6, 4
3	Dumbbell Flyes	4	12, 10, 8, 6
4	Chest Dips	4	12, 10, 8, 6
5	Bent-Arm Dumbbell Pull-Over	4	15
6	Pull-Ups	5	15, 12, 10, 8, 8
7	Chin-Ups	5	15, 12, 10, 8, 8
8	T-Bar Row	4	15, 12, 8, 6
9	Bent-Over Barbell Row	4	12, 10, 8, 8
10	Seated Cable Rows	4	12, 12, 10, 10

Category	Details
Training Style	High Volume + Progressive Overload
Intensity	Moderate to High
Rest Between Sets	60–120 Seconds
Progression	Gradually increase weight while maintaining proper form
Female Modification	Assisted Pull-Ups, Chin-Ups and Chest Dips can be used when required
Key Technique	Controlled movement, full range of motion and strong mind-muscle connection

Arnold's Chest & Back Secrets

Topic	Details
Training Approach	Arnold Schwarzenegger often trained chest and back together because they are opposite muscle groups.
Chest Training	He used heavy compound exercises, dumbbells and barbells to train the chest from different angles.
Back Training	Pull-ups and rowing exercises were used to develop both back width and thickness.
Mind-Muscle Connection	He focused on feeling the target muscle working during every repetition.
Progressive Overload	Gradually increasing the training challenge helped build strength and muscle.
Consistency	Regular training, proper technique and focused effort were key parts of his approach.

Simple takeaway: Arnold's approach was not about one secret exercise. It was about consistent training, good form, progressive overload, proper stretching and contraction, and training with focus. These principles can still help both men and women build a stronger and more developed chest and back

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