

5-Day Arnold-Style Hypertrophy Split (Teen Version)

Weekly Workout Schedule

Monday: Chest & Back

Tuesday: Arms & Shoulders

Wednesday: Rest

Thursday: Legs (with optional core)

Friday: Chest & Back (Variation)

Saturday: Arms & Shoulders (Variation)

Sunday: Rest or Light Cardio/Stretch

General Guidelines

- Use RPE 7-9: Each set should feel 1-3 reps from failure.
- Rest 2-3 minutes for heavy compounds, 60-90 sec for accessories.
- Superset opposing muscle groups for efficiency and pump.
- Train with good form, no ego lifting. Prioritize progressive overload.
- Add core work 2-3x/week (planks, leg raises, etc.).
- 1-2 light cardio sessions/week (15-20 min) for fat control.

Day 1: Chest & Back

- Bench Press (superset w/ Bent-over Row): 4x6-8
- Incline DB Press (superset w/ Lat Pulldown): 3x8-12
- Cable Fly: 3x10-15
- Straight-Arm Pulldown: 3x10-15

Day 2: Arms & Shoulders

- Overhead Barbell Press: 4x6-8
- Lateral Raise + Face Pull: 3x10-12 (superset)
- Barbell Curl + Pushdown: 3x8-10 (superset)
- Hammer Curl + Overhead Ext.: 3x10-12 (superset)

Day 4: Legs (w/ optional core)

- Back Squat: 4x6-8
- Romanian Deadlift: 3x8-12
- Leg Press + Hamstring Curl: 3x10-12 (superset)
- Walking Lunges: 3x10 each
- Standing Calf Raise: 3x12-15
- (Optional) Planks, Hanging Leg Raises

Day 5: Chest & Back (Variation)

- Incline Barbell Press: 4x6-8
- Pull-Up / Lat Pulldown: 4x6-8
- Flat DB Press + Cable Row: 3x8-12 (superset)
- Pec Deck Fly: 3x10-15
- Straight-Arm Pulldown: 3x10-15

Day 6: Arms & Shoulders (Variation)

- Seated DB Press: 4x6-8
- Cable Lateral Raise + Shrug: 3x10-12 (superset)
- Preacher Curl + Bench Dip: 3x8-10 (superset)
- Incline DB Curl + Overhead Triceps Ext.: 3x10-12 (superset)