

## **Terrence 2021 Mr Olympia Split - Arm and Upper focused**

This is the EXACT program Terrence Ruffin used for his 2021 prep Mr Olympia. It is an advanced program not for the faint of heart, with slightly more emphasis on upper body.

2020 was Terrence's best competitive season to date. He placed 2nd at the Arnold to Alex Cambronero. Then, later that year at the Mr Olympia, Terrence passed Alex and every other Classic Physique competitor, except for Chris Bumstead, and placed 2nd in the world.

Coming into 2021 our goal was to keep getting better. This program is relatively high frequency, especially for upper body. But programmed in a manner, where even the hardest training, strongest individuals, can still recover while running it. This is mainly by implementing what I've coined as "reverse" push and pull days. Keeping the main focus arms, but with added frequency for the entire upper body. Proximity to failure, as well as volume, were specific to Terrence's current needs.

As for every program, feel free to adjust variables slightly as needed. The base metric of "1 REP" is not well established in "research", and can vary largely from individual to individual. So feel free to make slight adjustments to the program's prescribed: Rep ranges, Number of working sets, and Proximity to Failure (RIR). Anyone that argues any of these variables down to the single metric of measure as definitively "the best", has spent too much time on social media, and too little time applying training to actual humans. In addition, every individual brings large differences to the table as far as "outside the gym" variables: nutrition, sleep, stress, etc. So while I'm confident this program provides epic guidelines and a great place to start, you are ultimately your own study of 1. So feel free to experiment a bit.

Also, with exercise selection I always follow one of my main, guiding training principles of: As little as possible to produce maximal results. That said, there is no exact cut off point for the number of exercises per workout. So if you want to add an exercise or even two to any given workout, same as the advice I give above... try it out, measure progress and adjust accordingly. Lastly, exercise selection is based on what I feel has the most evidence for being effective long-term, but for any single exercise on the program, there are always other options that can accomplish the same goal similarly. So feel free to swap exercises based on preference, or if you need a recommendation get in the forums.

Rest: 90 seconds - 3 minutes before working sets

RIR: 0-2

**Suggested split structure:**

Monday - Pull  
Tuesday - Push  
Wednesday - Lower  
Thursday - Off  
Friday - Reverse Pull  
Saturday - Reverse Push  
Sunday - Off

**Other split options for consideration:**

**Legendary recovery:**

4 days on, 1 day off

**Good recovery:**

2 days on, 1 day off

**Below average recovery:**

1 on, 1 off

\*These are still just suggestions. There is no right or wrong option here. You can also make this work with any schedule. Whenever you train, just pick right up on the next session. Hypothetically, if you're ever sick, rundown, excessively busy, stressed or just have a moment of laziness and train less days than the suggested split, no worries at all just pick back up right where you left off. At the same time if you are recovering like a robot, or just absolutely love training more often than the suggested split, have added it. Don't let anyone, myself included, limit how much you love the train, or make you feel guilty for missing a session. Long-term consistency and adherence are.

**Pull**

pull-downs (single arm)

Set 1: 6-8 reps

Set 2: 8-12 reps

Chest Supported Tbar row

Set 1: 6-8 reps

Set 2: 8-12 reps

Chest supported machine Row

Set 1: 6-8 reps

Set 2: 8-12 reps

Tbar

Set 1: 6-8 reps

Set 2: 8-12 reps

Standing cable curls

Set 1: 10-12 reps

Set 2: 12-15 reps

E1 Reverse pec dec

Set 1: 6-8 reps

Set 2: 8-12 reps

Ab Mat Crunches

Set 1: 6-8 reps

Set 2: 8-12 reps

Wrist Curls

Set 1: 20 reps

### **Push**

Incline DB Press

Set 1: 6-8 reps

Set 2: 8-12 reps

Roller Fly

Set 1: 10-12reps

Set 2: 12-15 reps

High Incline Smith (60 degrees or more)

Set 1: 6-8 reps

Set 2: 8-12 reps

Cuff laterals

Set 1: 8-10 reps

Set 2: 10-12 reps

Rope Cable Extensions

Set 1: 15-20 reps

Set 2: 15-20 reps

Standing calf (smith)

Set 1: 10-12 reps

Set 2: 12-15 reps

## **Lower**

Seated Leg Curls

Set 1: 5-8 reps

Set 2: 8-10 reps

Pendulum Squat

Set 1: 6-8 reps

Set 2: 8-12 reps

Lying Leg Curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Split squats (safety Squat Bar)

Set 1: 20 reps (10 per leg)

Set 2: 30 reps (15 per leg)

Prowler\*

Set 1: 40-60 seconds

Set 2: 40-60 seconds

\*If you don't have a prowler, sub with sprints on a spin bike

## **Reverse Pull**

Single arm preacher

Set 1: 6-8 reps

Set 2: 8-12 reps

Cable hammer curl

Set 1: 10-12 reps

Set 2: 18-22 reps

Cable rear delts

Set 1: 10-12 reps

Set 2: 12-15 reps

Cable Rope Pullovers

Set 1: 10-12 reps

Set 2: 12-15 reps

Rack Chins

Set 1: BW - AMRAP

Set 2: BW - AMRAP

Hanging Leg Raises

Set 1: BW - AMRAP

Set 2: BW - AMRAP

Wrist Extensions

Set 1: 20 reps

### **Reverse Push**

Cross-Cable Triceps Extensions

Set 1: 10-12 reps

Set 2: 12-15 reps

JM banded smith press

Set 1: 8-10 reps

Set 2: 10-12 reps

Delt Cable Y-Raise

Set 1: 10-12 reps

Set 2: 12-15 reps

Pec dec

Set 1: 10-12 reps

Set 2: 12-15 reps

Smith incline press

Set 1: 10-12 reps

Set 2: 12-15 reps

Hip loaded calf

Set 1: 6-8 reps

Set 2: 8-12 reps