

## **Terrence 2022 Arnold Championship prep - Arm, chest and back specialization**

This program is the “off season” program Terrence and myself followed in prep for the 2022 season. The main physique focus of this program will be to bring up arms, and overall upper body size, at a slightly faster pace than lower body. Arms, back, chest and calves will all be trained twice over the course of the week. 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 - Push/pull  
Saturday - Arms  
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**

Single Arm Cable pulldown

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

Low back extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

reverse pec dec

Set 1: 6-8 reps

Set 2: 8-10 reps

Single arm preacher curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Incline Cable Curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Ab Mat Crunches (body weight)

Set 1: AMRAP

Set 2: AMRAP

### **Push**

Incline Smith Chest Press (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

Roller Fly

Set 1: 6-8 reps

Set 2: 8-10 reps

High Incline machine press

Set 1: 6-8 reps

Set 2: 8-12 reps

Cuff laterals

Set 1: 6-8 reps

Set 2: 8-10 reps\*

\*single drop set

Cable Cross Triceps Extensions

Set 1: 6-8 reps

Set 2: 8-10 reps

Dips (BW)

Set 1: AMRAP

Set 2: AMRAP

Leg Raises (body weight)

Set 1: AMRAP

Set 2: AMRAP

### Standing Calf Raises

Set 1: 6-8 reps

Set 2: 8-10 reps

### **Lower**

#### Seated Leg Curls

Set 1: 5-8 reps

Set 2: 8-10 reps

#### Hack squats (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

#### Lying Leg Curls

Set 1: 6-8 reps

Set 2: 8-12 reps

#### Leg extensions

Set 1: 6-8 reps

Set 2: 8-10 reps

#### Walking lunges

Set 1: 20 steps total

Set 2: 20 steps total

### **Push/pull**

#### Ab mat crunches

Set 1: 6-8 reps

Set 2: 8-12 reps

#### Hip loaded calf raise

Set 1: 6-8 reps

Set 2: 10-12 reps

#### machine flat press

Set 1: 6-8 reps

Set 2: 8-12 reps

#### machine pull down

Set 1: 6-8 reps

Set 2: 8-10 reps

Rope Seated Pullover

Set 1: 10-12

Set 2: 12-15 reps

Pec Dec

Set 1: 6-8 reps

Set 2: 8-10 reps

### **Arms**

Seated cable cross extension

Set 1: 6-8 reps

Set 2: 8-12 reps

Single arm preacher

Set 1: 6-8 reps

Set 2: 10-12 reps

Smith JM Press (banded)

Set 1: 8-10 reps

Set 2: 8-10 reps

Cable neutral grip curls

Set 1: 6-8 reps

Set 2: 8-10 reps

seated overhead rope extensions

Set 1: 6-8 reps

Set 2: 8-10 reps

Incline DB curls

Set 1: 6-8 reps

Set 2: 6-8 reps