

Terrence - 2022 Olympia prep - Arms/Upper specialization

This is the EXACT program Terrence Ruffin used for his 2022 prep Mr Olympia. The main focus is 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/Calves

Wednesday - Legs

Thursday - Off

Friday - Back/chest/delt/calves

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

RDLs

Set 1: 6-8 reps

Set 2: 6-8 reps

reverse pec dec

Set 1: 6-8 reps

Set 2: 8-12 reps

incline cable curls

Set 1: 10-12 reps

Set 2: 12-15 reps

Single arm DB preacher curls

Set 1: 10-12 reps

Set 2: 12-15 reps

Ab Mat Crunches (body weight)

Set 1: AMRAP

Set 2: AMRAP

Wrist Curls

Set 1: 15-20 reps

Set 2: 15-20 reps

Push/calves

Machine Incline Press

Set 1: 6-8 reps

Set 2: 8-12 reps

Pec Dec Fly

Set 1: 10-12 reps

Set 2: 12-15 reps

High Incline machine press

Set 1: 6-8 reps

Set 2: 8-12 reps

Seated Cable Cross Triceps Extension

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps

Behind the Back Cable Lateral Raise

Set 1: 6-8 reps

Set 2: 8-12 reps

Seated Calf Raise

Set 1: 6-8 reps

Set 2: 8-12 reps

Hanging Leg Raises

Set 1: BW AMRAP

Set 2: BW AMRAP

Wrist Extensions

Set 1: 6-8 reps
Set 2: 8-12 reps

Legs

Seated Leg Curls
Set 1: 5-8 reps
Set 2: 5-8 reps

Hack squats (banded)
Set 1: 6-8 reps
Set 2: 8-12 reps

Lying Leg Curls
Set 1: 5-8 reps
Set 2: 5-8 reps

Leg extensions
Set 1: 6-8 reps
Set 2: 8-12 reps

Rear Foot Elevated Split Squat
Set 1: 6-8 reps
Set 2: 8-12 reps

Prowler
Set 1: 45-60 seconds
Set 2: 45-60 seconds

Back/chest/delt/calves

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

Chest Supported Machine Row (upper back and lat)
Set 1: 6-8 reps
Set 2: 8-12 reps

Roller Cable Fly

Set 1: 6-8 reps

Set 2: 8-12 reps

Machine Pulldown

Set 1: 6-8 reps

Set 2: 8-12 reps

Delt Cable Y-Raise

Set 1: 6-8 reps

Set 2: 8-12 reps

Rope Seated Pullover

Set 1: 6-8 reps

Set 2: 8-12 reps

Arms

Seated cable cross extension

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps

Single arm DB preacher curls

Set 1: 6-8 reps

Set 2: 10-12 reps

Smith JM Press (banded)

Set 1: 6-8 reps

Set 2: 8-12 reps

B2 Incline DB curls

Set 1: 6-8 reps

Set 2: 8-12 reps

seated overhead rope extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

Set 3: 8-12 reps

Dumbbell hammer curls

Set 1: 6-8 reps

Set 2: 8-12 reps

Wrist Extensions

Set 1: 6-8 reps

Set 2: 8-12 reps

Wrist Curls

Set 1: 6-8 reps

Set 2: 8-12 reps