

## **Urs Olympia Prep 2025 - 5 day split**

This is the exact program designed, written, tweaked and modified 100% with the goal of helping Urs Kalecinsky bring his best to the 2025 Olympia stage. The original split was a “floating” split that didn’t follow a seven day calendar. It also allowed for the option of 2-a-days. After running it for a couple months, Urs decided that working within the calendar week would be better for his schedule, adherence, and intern results overall. Here is the updated version still with the primary focus of bringing up back and arms to other body parts.

**Monday - Triceps, Chest, Biceps**

**Tuesday - Back, rear delt**

**Wednesday - Biceps, Legs**

**Thursday - Off**

**Friday - Triceps, Delts**

**Saturday - Back, Biceps**

**Sunday - Off**

**Monday - Triceps, Chest, Biceps**

Dips

\*triceps focused\*

Set 1: 6-10 reps

Set 2: 6-10 reps

Set 3: 10-12 reps

RIR 0

Seated cable cross extension

Set 1: 6-10 reps

Set 2: 6-10 reps

Set 3: 10-12 reps

RIR 0

Incline Smith

Set 1: 6-10 reps

Set 2: 6-10 reps

Set 3: 10-12 reps

RIR 0

Machine Flat press

Set 1: 6-8 reps

Set 2: 6-8 reps

RIR: 0-2

Roller cable flys  
Set 1: 8-10 reps  
Set 2: 10-12 reps  
Set 3: 10-12 reps  
RIR: 0

Single arm DB Preacher Curls  
Set 1: 6-10 reps  
Set 2: 6-10 reps  
Set 3: 10-12 reps  
RIR: 0

### **Tuesday - Back, rear delt**

Chest supported T-bar row  
Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0-2

single-arm cable pulldown  
Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0

Forward lean machine lat row  
Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0

Wide-Grip Pullups  
Set 1: 5-8 reps  
Set 2: 5-8 reps  
Set 3: 8-12 reps (likely assisted/banded)  
RIR: 0

Seated cable Row  
Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0

Reverse pec dec  
Set 1: 8-10 reps  
Set 2: 8-10 reps

Set 3: 8-10 reps  
RIR 0

### **Wednesday - Biceps, Legs**

Incline cable curls

Set 1: 6-10 reps  
Set 2: 6-10 reps  
Set 3: 10-12 reps  
RIR: 0

Seated leg curls

Set 1: 5-8 reps  
Set 2: 5-8 reps  
Set 3: 8-10 reps  
RIR: 0

Hack Squats

\*banded\*

Set 1: 5-8 reps  
Set 2: 10-12 reps  
Set 3: 12-15 reps  
RIR: 0

Adductor

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-12 reps  
RIR: 0

Leg press (quad dominant)

Set 1: 8-10 reps  
Set 2: 10-12 reps  
RIR: 0-2

Leg extensions

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 12-15 reps  
RIR: 0

Lying leg curls

Set 1: 5-8 reps

Set 2: 5-8 reps  
RIR: 0

### **Friday - Triceps, Delts**

Cross-cable triceps extensions

Set 1: 6-10 reps  
Set 2: 6-10 reps  
Set 3: 10-12 reps  
RIR 0

Machine Dips

Set 1: 6-10 reps  
Set 2: 6-10 reps  
Set 3: 10-12 reps  
RIR 0

Lying cuff laterals

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-12 reps  
RIR: 0

Cable rear delts

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 10-12 reps  
RIR: 0

Rack military press

Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0

### **Saturday - Back, Biceps**

Machine pulldown

Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0

Chest supported DB row (upper back focused)

Set 1: 5-8 reps  
Set 2: 5-10 reps  
RIR: 0

Chest supported machine row (upper back and lat)

Set 1: 5-8 reps  
Set 2: 8-10 reps  
RIR 0

Seated rope Pullover

Set 1: 8-10 reps  
Set 2: 8-10 reps  
RIR 0

Machine preacher curls

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0

Dumbbell Hammer curl

Set 1: 8-10 reps  
Set 2: 8-10 reps  
Set 3: 8-10 reps  
RIR 0