

I'm not robot!

Follow the rep ranges below unless stated otherwise.

CHEST PHASE 2 WORK / TRAINS

- EXERCISE**
 1 INCLINE BARBELL BENCH PRESS
 2 FLAT BARBELL BENCH PRESS
 3 SUPERSET: DUMBBELL FLYES W/CABLE CROSSOVERS

BACK PHASE 2 WORK / TRAINS

- EXERCISE**
 1 WIDE GRIP CHIN UPS
 2 SUPERSET OF THE FOLLOWING:
 BENT-OVER ROWS
 DUMBBELL ROWS
 T-BAR ROWS

ABS PHASE 2 WORK / TRAINS

- EXERCISE**
 1 LEG RAISES



ARNOLD BLUEPRINT WORKOUTS

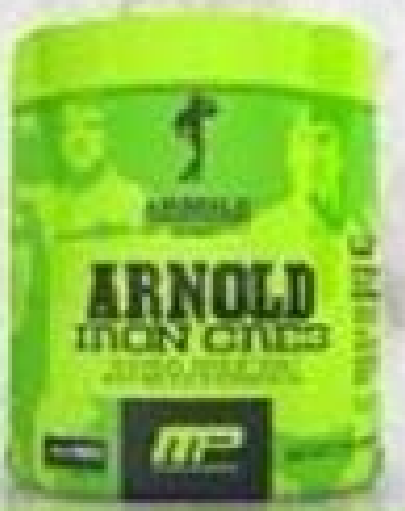

GUIDE TO: **MASS**


PHASE NO. **TWO**

WEEK/DAY: **WEEK 5 MONDAY**

FOCUS: **CHEST, BACK ABS**

RECOMMENDED PRODUCT: **IRON CRE3**



COMPLETION SCALE

PHASE 1		PHASE 2	
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CHEST

INCLINE BARBELL BENCH PRESS 10 X 4

FLAT BARBELL BENCH PRES 5 X 6

SUPERSET: 5 X 12
 DUMBBELL FLYES W/
 CABLE CROSSOVERS

BACK

WIDE GRIP CHIN UPS 10 X 4

SUPERSET, CHOSE TWO: 8 X 8
 BENT OVER ROWS
 DUMBBELL ROWS
 T-BAR ROWS

ABS

LEG RAISES 5 X 25

Always consult with your physician before starting any new exercise, nutrition or supplementation program. These programs are not intended for use by individuals with any medical conditions that may be compromised by intense cardiovascular exercise or weight training. As with any training program, some soreness is typical. If you experience pain, nausea or dizziness, discontinue training and consult a health care provider immediately.

How To Impress Your Friends To Get Contact Rates



PHASE ONE: DIET & SUPPLEMENTATION

MEAL 1: Eggs, Bacon, Bread (See Diet Plan)

MEAL 2: Meat, Veggies or salad, Almonds, Sweet Potatoes

MEAL 3: Meat, Veggies or Salad, Brown Rice

MEAL 4: Meat, Veggies or Salad, Brown Rice

MEAL 5: Cottage Cheese, Almonds

MEAL 6: Iron Pack

MEAL 7: Iron Pump

MEAL 8: Iron Cre3 6 Iron Mass with Milk

MEAL 9: Iron Mass with Milk

MEAL 10: Iron Dream

PHASE ONE: DIET & SUPPLEMENTATION								
	MEAL 1	PRE-WORKOUT	POST-WORKOUT	MEAL 2	MEAL 3	MEAL 4	MEAL 5	BEDTIME
MEAL	Eggs, Bacon, Bread (See Diet Plan)			Meat, Veggies or salad, Almonds, Sweet Potatoes		Meat, Veggies or Salad, Brown Rice	Cottage Cheese, Almonds	
SUPPLEMENT	Iron Pack	Iron Pump	Iron Cre3 6 Iron Mass with Milk		Iron Mass with Milk			Iron Dream

BACK PHASE 1: MON / THURS

EXERCISE

- 1 WIDE GRIP CHIN UPS
- 2 SUPERSET 2 OF THE FOLLOWING:
 - ROWS
 - DUMBBELL ROWS
 - T-BAR ROWS

REP RANGES

- WIDE GRIP CHIN UPS: 4 Sets to Failure
- ROWS:
 - WEEK 1: 30 Warm Up, 12, 10, 8, 6
 - WEEK 2: 30 Warm Up, 8, 6, 4, 2
 - WEEK 3: 30 Warm Up, 12, 10, 8, 6
 - WEEK 4: 20, 15, 12

Arnold blueprint to cut nutrition. Arnold blueprint to cut phase 1 pdf. Arnold blueprint to cut results. Arnold blueprint to cut diet. Arnold blueprint to cut review.

THE ULTIMATE TRAINING GUIDE CUT PHASE ONE WEEKS 1-4 THE BLUEPRINT TO CUTSA quality physique must show clear separation between muscle groups. Of course that will mean different things to different people, but at its roots a quality physique has to show definition and separation between every major muscle group. On that note, each individual muscle group should show clear distinction as well. It must be evident that the muscle is prominent and that it is lean. Total muscularity is a result of training each muscle so thoroughly that every plane, contour and aspect is brought out and fully revealed. There cannot be any weak links and it must be evident that you have spent ample time working hard in the weight room and spent just as much time making the right decisions when it comes to diet and supplementation. This program details an ideal way to lower your body fat sufficiently, giving you the opportunity to show off your muscles and work in the gym in the way you've always wanted. TRAINING FOR MAXIMUM MUSCULARITY#1 Higher Volume Training#2 Increased Training Pace#3 Additional Training Principles & Methods#4 Sharpen Mental Focus#5 Discipline on Diet & Supplementation#6 Post Workout Run 1-2 miles as fast as possible 3-5 times per week TRAINING SPLITS BY ARNOLDThe training splits that I used were tremendous and helped me achieve a championship physique for more than a decade. When I was in my prime, I could train all day at a high level and at a great pace, and I liked to hit each muscle group three times per week. I realize it's hard for a lot of people to have time to do this and recovery could also be an issue. However, by splitting it up into training each body part twice per week you're really allowing yourself a chance to enjoy maximal gains. Throw in your meal and supplementation plan, and the results are going to get even better. In fact, I'm confident the results could be unreal for you. This combination could really take your body to a level you didn't think was possible. The volume, short amount of rest and huge number of Super-Sets and tri-sets make it really happen when it comes to the workouts. This type of training really clicked for me and I think it will do the same for you. Remember, you get what you put into your body so make it count as well, whether you're in the gym or at the dinner table. You're building an intricate sculpture, and it's going to be evident each day what you're doing. The choice is yours and the sky is the limit. LETS MAKE THIS SCULPTURE THE BEST IT CAN BE AND LETS GET TO WORK. ARNOLDS METHODS I used and added a number of different methods to this template of workouts. I also added some new twists to help shock your body even more and open yourself up to more growth. The key to utilizing these methods is subbing them in at the proper time. I had a similar set up and split for years, but when I needed a boost or when I needed to jump-start some muscle growth, I would sub in one or two of these methods. It kept things fresh, gave me a great pump, kept me motivated and intense in the gym, and yielded some new gains as well. METHODS: 1-10 METHODAfter a warm-up set or two, find a weight you're only able to get for one rep. After you perform that 1 rep, take just enough weight off to perform 2 reps. From there, do the same for 3 reps and 4 reps, going all the way up to 10 reps. This is brutal because you take no rest in between sets. The only rest you get is when you're unloading the weights. This was a very effective way to vary things for me, and it's a total shocker to the muscle. STRIPPING METHOD/SHOCKING PRINCIPLEAfter a warm-up, perform the exercise with weight you can get for 5 reps then immediately take some weight off and get another 5-8 reps. Then with no rest keep repeating, reducing your weight, until you're down to the bar, repeating that for 20 reps. RUNNING-THE-RACKTraining right in front of the dumbbell rack was a favorite of mine. I would pick an exercise and shock it by running the rack, which can make for a brutal extended workout. For example, start with 80 lb. dumbbells for 5 curls, put them down and immediately grab the 70s for 8, then 60 lbs for 12 and on down the line until you get to the end. This can be applied to any exercise and your muscles will be screaming after this. REP METHODYou do a full-range rep on a particular movement and then either go back down or let the weight down (or up, depending on the movement) before finishing another partial rep. That is considered one rep. This really freaks out the muscle fibers and gives you an incredible pump. 28 METHODThis method is crazy and it will humble the weights you're using very fast. It is performed by doing 7 regular reps, 7 extra slow reps (on both the eccentric and concentric), 7 reps at the top, and finishing with 7 reps at the bottom. This is a crazy method, but be warned you will need to get through this. 5-COUNT METHODThis is simply slowing down the motion. While doing the movement, your counting in your head 5 seconds up and 5 seconds down on each rep. This makes you have flawless form. Technique is imperative here and it's a great way to test your strength while using this time under tension method. MAX EFFORTPick one exercise and see what you can do for a 1-rep max. To get there, work up to the weight with the following rep pyramid, taking ample rest between each set: 20, 15, 10, 8, 5, 3, 1, 1, 1 (max) PHASE ONE: WORKOUTSMON TUE WED THUR FRI SAT SUNWEEK ONEChest & Back Legs Arms Chest & Back Legs Shoulders Rest DayWEEK TWOChest & Back Legs Arms Chest & Back Legs Shoulders Rest DayWEEK THREEChest & Back Legs Arms Chest & Back Legs Shoulders Rest DayWEEK FOURChest & Back Legs Arms Chest & Back Legs Shoulders Rest DayPHASE ONE: DIET & SUPPLEMENTATIONEARLY MORNINGSUNWARM-UPPOST-WORKOUTMEAL 1 MEAL 2 MEAL 3 MEAL 4 MEAL 5 BEFORE BEDMEAL 6 MEAL 7 MEAL 8 MEAL 9 MEAL 10 SUPPLEMENT ARNOLD IRON CUTS and ARNOLD IRON WHEYARNOLD IRON PUMPARNOLD IRON WHEYARNOLD IRON PACKARNOLD IRON CUTSARNOLD IRON WHEYARNOLD IRON DREAMARNOLD SCHWARZENEGGER BLUEPRINT TO CUTS PHASE ONE OVERVIEWUse this as a quick reference to the Arnold Schwarzenegger Blueprint to Cuts. Cross the workout off as you complete them and track your own progress. A R N O L D B L U E P R I N T : C U T S P H A S E 1 | W O R K O U T S Follow the rep ranges below unless listed otherwise. 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A complete waste of time. However, if you go back to the 1970's, the options were unquestionably far more limited. Walking into a local gymnasium, you would've likely been met with the smell of sweat, rust and the music of weights crashing on the floor (and not Ministry of Sound's remix of Justin Bieber's latest single). If that wasn't enough: The loud grunts of men deadlifting over 500lbs, screaming at one another and generally just putting in 'real work' would fill the weight room everywhere you looked. This was what training in Arnold Schwarzenegger's era looked like. Sadly, this has been completely lost today with the noise of conflicting advice on the internet, science weighed down in complexity and the supplement industry constantly trying to sell you a bag of shit. With that said, we'll be taking a look at Arnold Schwarzenegger's Blueprint to Cut, a 'Golden Era' workout which he would routinely perform before competitions in order to build muscle and burn fat to ensure his physique was primed to win championships. In other words: A real training plan which is designed to get you real results. Let's get into it. Overview Arnold's Blueprint to Cut is an 8 week programme designed to increase muscle mass, improve muscle definition and torch fat. It is broken down into two phases which consist of 3 workouts that are performed twice per week over the course of 6 days, followed by 1 day of rest. Blueprint to Cut is split into the following workouts: Arnold's Blueprint to Cut, like Blueprint to Mass is predicated on high-volume, body part split routines in order to create a well-rounded, championship physique that successfully creates definition and separation between every major muscle group. 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If you are just starting out in your fitness journey, consider performing Arnold Schwarzenegger's Home Workout for a few months before lifting weights. For the experienced beginner or intermediate lifter, performing a few cycles of Arnold Schwarzenegger's Golden Six, Vince Gironda's 8x8 or Jim Stoppani's Shortcut R K O U T S Follow the rep ranges below unless listed otherwise. 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Use the following your final set of front dumbbell raises and skullcrushers. '1-10 Method' can be used when doing barb curl and the 'stripping method/shocking principle' should be implemented when you are on your final set of incline bench press. On Mondays, Tuesdays, Thursdays and Fridays where training abs has a greater focus than the following exercises are to be performed in one giant set (i.e. rotating between each with no rest in between). Hanging Straight Leg Raises There are also various other training principles that you'll have to utilise during Phase 1 and 2 which we'll cover in a bit more detail in the notes section of this article. For more information on the training plan, you can download the full PDFs below: Arnold Schwarzenegger's Blueprint To Cut: Phase 1 - [Free PDF] Download Arnold Schwarzenegger's Blueprint To Cut: Phase 2 - [Free PDF] Download You can also watch Arnold giving further insight into his Blueprint to Cut below. Examination Arnold's Blueprint to Cut intelligently targets each muscle group twice a week which is a fantastic way to train in order to build lean muscle mass. If that wasn't enough: The overall volume thrown in the mix through additional training methods, supersets, tri-sets and giant sets will make it almost impossible to plateau on this routine. Throughout the 8 weeks, each workout will vary from the last so your muscles will have a very difficult time catching on. Overall, this means more gains for you to enjoy. Better still: The reduced rest periods and cardio at the end of each workout will fire up your metabolism and build up your stamina/endurance levels to unprecedented levels. This will ensure you're really adding definition to your physique like a sculpture by Michelangelo during the High Renaissance. Of course, The primary aim of Blueprint to Cut is to force muscle growth whilst shredding fat following a break from your normal mass building routine. This is achieved by shocking your muscles from stagnation with additional stimulation for a short, intense period. In that respect, Arnold Schwarzenegger's Blueprint to Cut bears many resemblances to other transitory-type routines such as Jim Stoppani's Shortcut to Shred. And, as with such routines... You must be willing to bust your balls, but the rewards will be well worth the effort. Your muscles will have no other option but to re-adjust to the extreme stress you are placing on them which can only be a good thing. Notes Cycle Arnold Schwarzenegger's Blueprint to Cut is performed on an 8 week cycle predicated on six workouts a week with one rest day on Sunday. Throughout the plan, you will be targeting each muscle group twice a week with the exception of abs in Phase 2 which are trained daily between weeks 5 – 8. Duration Throughout the Blueprint, you are expected to rest for 30 – 45 seconds between each set with the workout lasting no longer than 1.5 – 2 hours. As there are fewer changes in reps compared to Arnold's Blueprint to Mass (meaning fewer changes in weight required between each set), you'll be able to move onto the next set as quickly as possible, bringing down the total time to complete each workout. Weight Selection As explained in Blueprint to Mass, it is important to select the right weight when performing any exercise. Your ability to perform an exercise with near-perfect technique is always a good indicator as to whether you're going too light or too heavy. As Blueprint to Cut entails a lot of volume, the risk of injury is a lot higher. Thus, You'll want to ensure you're lifting a weight that is not only comfortable on the joints, but also challenges you physically in order to promote muscle hypertrophy. If you're no stranger to the gym, ideally you should already have an idea of what your one rep max (1RM) is for each exercise. The below is a guide of what you should be aiming to lift based on the amount of reps prescribed in the plan: 30 reps – 25% of 1 Rep Max 25 reps – 50% of 1 Rep Max 20 reps – 60% of 1 Rep Max 15 reps – 65% of 1 Rep Max 12 reps – 70% of 1 Rep Max 10 reps – 75% of 1 Rep Max 8 reps – 80% of 1 Rep Max 6 reps – 85% of 1 Rep Max 5 reps – 87% of 1 Rep Max 4 reps – 90% of 1 Rep Max 3 reps – 93% of 1 Rep Max The above should only be used as a barometer depending on how many reps are required for a specific exercise. It is crucial to listen to your body at all times and drop the weight down further if you're unable to meet these guidelines. Wide-Grip Chin Ups The wide-grip chin ups are to be performed with your bodyweight in the required set and rep ranges. However, You can perform these with weights if you feel using your bodyweight is too easy. Dips Similar to the wide-grip chin ups, dips are to be performed using your bodyweight. Of course, If this is too easy, adding weights will help increase the difficulty in order to promote greater muscle growth. Decline Bench Sit Ups This exercise is to be performed at the start of every workout during Phase 2 of the plan. No pre-determined sets or reps, just all out AMRAP (as many rep as possible) for 3 – 5 minutes. Whilst Arnold is pictured below holding a weighted plate against his upper torso, I would advise you to keep this exercise to bodyweight only. Performing decline bench sit ups for 3 – 5 minutes will feel like an eternity. Barbell Press The barbell press is to be performed by first pressing the bar in front of your head, lowering the bar towards the back of your head and pressing back up to the front. When alternated between the front and back of your head, that is one rep. You then repeat this movement for the desired reps. This exercise is otherwise known as the 'Bradford Press' and is a great exercise to hit the primary muscles of the deltoids and improving overall shoulder mobility. Deadlifts During Phase 2, performing deadlifts are to be done on alternate days throughout the final 4 weeks. For instance, You would do deadlifts during Week 1 on Monday, followed by Week 2 on Thursday and so on until you've completed the phase. When performing straight leg deadlifts, these are to be done once a week only. Depending on how you feel, these can be performed on either Tuesdays or Fridays. 1/4 Rep Method The 1/4 rep method is a simple, yet effective training method to increase intensity to give you a ridiculous pump. This is performed by completing one full-range repetition of an exercise followed by lifting or lowering the weight a quarter of the way up or down (depending on which exercise you are performing), to which you finish the movement by reverting back to a full-range repetition. Performing the movement in this sequence equals one rep, to which you complete the exercise in the prescribed number of sets and reps to really shock your muscles. The exercises in Blueprint to Cut you should be using this method on are as follows: Phase 1 Phase 2 Leg Extensions (last set only) Check out the below video of how to perform this method using leg extensions as an example: 28 Method The 28 method is an additional shocking principle Arnold kept up his sleeve to really turn the pressure on. This method is done by performing 7 consecutive reps of a chosen exercise in 4 different ways. In total, you'll perform 28 killer reps in one giant set without any breaks in between (hence the name). You'll perform 7 normal full-range reps, 7 extra slow full-range reps, followed by 7 half reps on the concentric (positive) portion of the lift and 7 half reps on the eccentric (negative) aspect of the lift. Performing this training principle will send your muscles into stupefaction and is a great way to break plateaus and force any stubborn muscles to grow that bit more. However: You'll need to leave your ego at the door and drop the weight down drastically. This will be neigh on impossible to perform using your normal poundage. As a recommendation, you should be using a weight that is at least 25% – 28% of your 1RM. The exercises you should be using this method on are the following: Phase 2 Check out the below video of how to perform this method using barbell curls. 5-Count Method As the name suggests, the 5-count method is performed by slowing down your reps and counting to 5 during the concentric (positive) and eccentric (negative) aspect of the lift respectively. By slowing down the tempo of your reps, you are effectively placing your working muscle under 'time under tension'. This is a training principle to increase the window of time during which the muscles are working to move the weight. Because of this, You'll be increasing the scope of muscle growth by placing the working muscle under additional stress in order to complete the movement. When performing this method, it's important to not go as heavy as you normally would in order to perform the lift. The effectiveness of this training principle is in the time it takes to complete one rep, so you won't be able to perform it efficiently by going heavy. By going heavy, you'll likely begin cheating and using momentum to lift the weight when it gets difficult which isn't the purpose of this method. The exercises you should be using the 5-count method on are the following: Phase 1 Standing Calf Raises (3 sets only) Barbell Curls (last 6 reps) Incline Alternating Dumbbell Curls Phase 2 Check out the below video of Jim Stoppani explaining this method in a bit more detail using dumbbell curls as an example: Cardio Believe it or not, As part of the Blueprint to Cut programme, Arnold prescribes performing cardio after most workouts. For a 6'1 behemoth weighing 250lbs with 22-inch biceps, it's hard to believe cardio was a focus for the 7x Mr Olympia winner. However, It's been well documented that Arnold would perform some form of cardio during his pre-competition cutting phases. He recommends running between 1 or 2 miles at max speed at least 3 – 5 times a week after your workout. In a Reddit post, Arnold mentioned: "My favourite form of cardio when we worked out at Gold's was to run down to the beach and run in the sand after I finished lifting. Today, I don't run, but I still ride my bike through Santa Monica and Venice. Or I do interval-style training on a stationary bike." Of course: When you live by Venice beach, performing cardio is far less of a chore. Particularly in the UK where you're likely living in a concrete jungle and will be greeted by all four seasons in one day, going for a run consistently will likely be a struggle. Nevertheless, Effective cardio includes a number of things, namely: reducing joint damage, clocking up miles and progression. If you maintain a consistent tempo and add miles, or you set your distance and increase your tempo, you'll be making good progress regardless of the form of cardio being performed. So: If you don't have the luxury of a sandy beach on your doorstep, performing cardio on a treadmill, rowing machine or stationary/assault bike will be just as effective. Nutrition and Supplements The Blueprint to Cut meal plan has been carefully designed to ensure that not only are you getting enough protein to recover effectively after every workout, but that you're also adding as much lean muscle mass as possible. You'll be eating up to 3,500 calories a day which will only consist of whole, unrefined foods so that you're not adding any unnecessary fluff onto your frame. The workouts are long and intense, so it's important you're fuelling your body the right way as you'll need all the energy you can get. As a barometer, You should be eating at least 1 gram of protein per pound of bodyweight daily. For instance: If you currently weigh 85kg (187lbs), you should be aiming to eat at least 187g of protein each day. If you read our Blueprint to Mass review, you would've recalled Arnold prescribing five meals a day to get in the required calories. This will still be a requirement in Blueprint to Cut as well (with a few low fat options thrown in the mix). Below is the full meal plan. Meal 1 – 2 Hours After Workout: Meal 2: 3 cups of mixed vegetables Meal 3: 2 cups of non-fat cottage cheese Meal 4: 3 cups of mixed vegetables Meal 5: Regarding what supplements to take, Blueprint to Cut alongside Blueprint to Mass were sponsored by MusclePharm. An unreputable, shoddy and downright low quality sports nutrition company which resulted in Arnold terminating (no pun intended) his partnership with them. Therefore: We won't be promoting their specific supplements in this article (or our website for that matter). However, The supplements the plan prescribes are the following: Pre-workout formula (preferably containing caffeine, amino acids and creatine) Personally: I'd steer clear of taking fat burners. The research on their effectiveness is inconclusive to say the least and you'd be far better off saving your money by really honing in on your training to burn any excess calories and watching your calorie intake. There is a very little a supplement can do to speed up this process as fat loss consists of many moving parts (namely being in a calorie deficit and burning more calories than you consume). For the remaining supplements, you should look to guzzle down a good quality whey protein shake before starting your day, followed by taking a pre-workout before you hit the gym. After your training session, enjoy another protein shake and get the first meal of the day in you. This should be taken with a good multi-vitamin. Your fifth meal of the day should be yet another protein shake and you should round off the day by taking some form of slow-releasing protein (such as casein) before you go to bed. We've reviewed a few quality options here which we can certainly vouch for. If you're unable to find a suitable product, a few brands we'd highly recommend you shop from include: Alternatively, if you are a vegetarian or vegan, Myvegan are a decent alternative. Recovery Training hard and having a great diet will all be a waste of your time if you aren't getting the required sleep your body needs to fully recover. It goes without saying: You should be aiming to get at least 8 hours of uninterrupted sleep every single night to ensure your muscles and nervous system are given the necessary time to repair and replenish itself. A lack of sleep can be detrimental to your progress, so ensure you have established a good night routine to help you doze off. Impression Arnold's Schwarzenegger's Blueprint to Cut is an advanced workout with a hell of a lot of volume (bearing in mind The Governator used anabolic steroids). If your typical workout is essentially an hour of scrolling through Instagram (which Arnie calls 'Mickey Mouse stuff') coupled with a few bicep curls and sit ups thrown in when your gym crush looks your way, then you're in for a rude awakening. Two weeks of this workout will be living proof that a sadistic demon presides over the weight room where the sight of another barbell will undoubtedly make you hate yourself. However, It's important to go easy on yourself due to the level of volume/intensity required in order to really shock your muscles week in, week out. Listening to your body is key if you are looking to perform this routine without the aid of performance-enhancing drugs. You will no doubt come across days where you can no longer 'shock' your muscles as they will be sore and fatigued from the previous day's workout. Thus, With any workout that places high stress on the body, it's important to re-affirm that lifting weights does not make you big and strong; recovering from lifting weights makes you big and strong. If you physically cannot move a body part through its normal range of motion and you feel like you've been run over by a truck, don't be a cunt and crawl your way to the gym, take an extra day off. You'll re-charge your batteries as you need and avoid the risk of long-term injuries. Of course, you'll need to assess your lifestyle if this is a persistent issue. Make sure you're getting enough calories, protein and vital nutrients to fuel growth, and that you're getting at least eight hours of good quality sleep every single night. If these factors aren't in place, it doesn't how much volume you're working through, you won't make any significant progress. In terms of strength, Whilst performing this routine, there weren't any noticeable strength gains I made unlike in Blueprint to Mass. Understandably, the plan is geared towards cutting and improving definition as opposed to building strength despite having to test your 1RM on the bench press during certain intervals in the plan. If anything: The ridiculous volume helped toughen me up mentally and I was able to improve my overall body composition due to the sheer amount of calories being burned. Whilst I did experience some noticeable muscle growth (mainly on the chest, shoulders and arms, it wasn't anything crazy so don't expect fast results. Others might respond differently to this plan than me, but personally, I found it was a good routine to perform to move past inertia and try something completely different. Conclusion To summarise: Arnold's Blueprint to Cut is a great routine to force growth and improve muscle definition. Use it to dial up intensity for a few weeks to promote greater muscle mass and help shape and define any lagging areas on your body. Even if you find yourself short on time to complete Blueprint to Cut, you can still employ the training methods of this routine (with some improvisation) to push your body out of it's normal routine with a few weeks of high intensity, high volume training. Are you guilty of hitting your muscles with same old song and dance every week? Then it's time to shock the shit out of them with Arnold's Blueprint to Cut. What Do You Think? Have you tried Arnold Schwarzenegger's Blueprint to Cut? Have any questions? Let us know in the comments section below! Joseph is the Founder and Editor in Chief of CheckMeowt. When he is not sat at the computer guzzling down the nearest thing with protein in it, he can be found pulling up the world in the gym. Occasionally, he is best described as socially unreliable and easily distracte.