

8 DAY SPLIT

PPL x Arnold | Low Volume / High Intensity | 3 Days On, 1 Day Off

ROTATION	Push / Pull / Legs / Rest / Chest & Back / Shoulders & Arms / Legs / Rest
INTENSITY	Working sets at approximately 0-1 RIR. Warm-up sets do not count.
REP CAP	No working set goes above 10 reps.
PROGRESSION	Once you reach the top of the rep range with clean execution, increase the load slightly.

DAY 1 - PUSH

Exercise	Working Sets
Incline Chest Press Machine OR Incline Smith Press OR Incline Dumbbell Press	2 x 6-10
Flat Converging Chest Press OR Flat Machine Press	2 x 6-10
Pec Dec Chest Fly	2 x 8-10
Seated Dumbbell Lateral Raise OR Lateral Raise Machine	2 x 8-10
Cable Tricep Pushdown	2 x 6-10
Overhead Cable Tricep Extension	2 x 8-10

12 working sets

DAY 2 - PULL

Exercise	Working Sets
Chest-Supported T-Bar Row OR Machine High Row	2 x 6-10
Supinated Row - Cable OR Machine	2 x 6-10
Wide-Grip Straight-Bar Lat Pulldown	2 x 6-10
Preacher Machine Curl	3 x 6-10
Pec Dec Rear-Delt Fly	2 x 8-10

11 working sets

DAY 3 - LEGS A: RDL + LEG PRESS

Exercise	Working Sets
Barbell RDL	2 x 6-8
Leg Press	2 x 6-10
Leg Extension	2 x 8-10
Hamstring Curl	2 x 8-10
Adductor Machine	2 x 8-10
Seated Machine Calf Raise	2 x 8-10

12 working sets

DAY 4 - REST

REST / RECOVERY

Prioritise sleep, hydration, nutrition and readiness for the next training block.

DAY 5 - CHEST & BACK

Exercise	Working Sets
Incline Chest Press Machine OR Incline Smith Press OR Incline Dumbbell Press	2 x 6-10
Flat Converging Chest Press OR Flat Machine Press	2 x 6-10
Pec Dec Chest Fly	1 x 8-10
Chest-Supported T-Bar Row OR Machine High Row	2 x 6-10
Supinated Row - Cable OR Machine	2 x 6-10
Wide-Grip Straight-Bar Lat Pulldown	2 x 6-10

11 working sets

DAY 6 - SHOULDERS & ARMS

Exercise	Working Sets
Smith Machine OHP OR Shoulder Press Machine	2 x 6-10
Dumbbell OR Machine Lateral Raise	2 x 8-10
Pec Dec Rear-Delt Fly	2 x 8-10
Cable Tricep Pushdown	2 x 6-10
Overhead Tricep Extension	2 x 8-10
Preacher Bicep Curl	2 x 6-10
Cable Drag Curl	2 x 8-10

14 working sets

DAY 7 - LEGS B: HACK + LEG PRESS

Exercise	Working Sets
Hack Squat	2 x 6-10
Leg Press	2 x 6-10
Leg Extension	2 x 8-10
Hamstring Curl	2 x 8-10
Adductor Machine	2 x 8-10
Seated Machine Calf Raise	2 x 8-10

12 working sets

DAY 8 - REST

REST / RECOVERY

Prioritise sleep, hydration, nutrition and readiness for the next training block.

HOW TO RUN THE PROGRAM

Simple rules for getting the most out of a low-volume, high-intensity split.

1. Warm up without creating fatigue

Use as many warm-up sets as needed to feel prepared for the movement. These are not counted as working sets.

2. Make the working sets count

The program deliberately keeps volume low. Working sets should be hard, controlled and generally finish around 0-1 reps in reserve.

3. Keep execution consistent

Use controlled technique and a repeatable range of motion. Do not sacrifice execution simply to add load.

4. Progress inside the rep range

Keep the same load until you can reach the top of the prescribed rep range with clean execution. Then make a small load increase.

5. Do not add junk volume

More sets are not automatically better. The goal is to recover, maintain performance and create a strong stimulus from a small number of quality sets.

6. Follow the eight-day rotation

This is not a seven-day calendar week. Complete Days 1-8 in order, then restart at Day 1.

PROGRAM SUMMARY

Day	Session
1	Push
2	Pull
3	Legs A - RDL + Leg Press
4	Rest
5	Chest & Back
6	Shoulders & Arms
7	Legs B - Hack + Leg Press
8	Rest

Low volume. High effort. Progress the basics.