THE 5-SPLIT GRIND BLUEPRINT

Marco Schmidt | Grind Season
https://marcoschmidtt.com/

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DAY 1 – CHEST, CALVES & ABS

Warm-up 5-8 min:

Cable Internal Rotations – 2–3x12–15
Cable External Rotations – 2–3x12–15
Dumbbell Scaption Raises – 2–3x12–15
Rest: 30 seconds between each warm-up set.
Use very light weight and control every rep.

Chest:

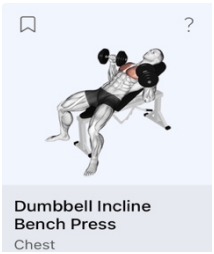
1. Incline Bench Press

Sets: 4 total (3 working sets + 1 feeling set)
Reps: 8–12
Set bench to 45°, Elbows 45–60° (don't flare too wide).
Control the negative (1-2 sec) and don't bounce the bar.



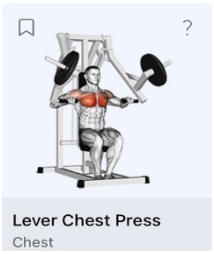
2. Incline Dumbbell Press

Sets: 4 total (3 working sets + 1 feeling set)
Reps: 8–12
Set bench to 45°, Elbows 45–60° (don't flare too wide).
Keep tension on chest, don't lock out fully.
Control the negative (1-2 sec).



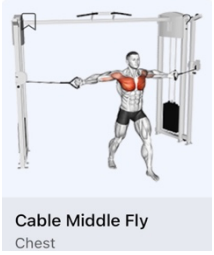
3. Seated Chest Press

Sets: 4 total working sets
Reps: 8–12
Slow reps, focus on squeezing chest.
Control the negative (1-2 sec).



4. Cable Fly

Sets: 4 total (3 working sets + 1 feeling set)
Reps: 8-12
Placement: Set the cables slightly above head level.
Bring hands together slowly, hold the squeeze.



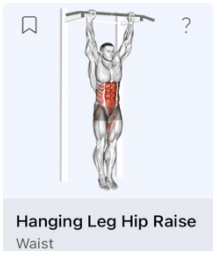
Calf's:

1. Calf Raises
Sets: 4
Reps: 15
Full stretch at bottom, pause at the top.



Abs:

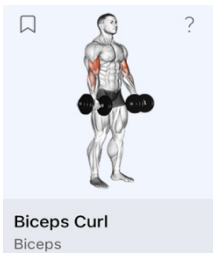
1. Hanging Leg Raises
Sets: 4
Reps: Failure
Raise legs under control (no swinging).
Keep legs straight or slightly bent.
You can perform it on stall bars to reduce-swinging and better isolate the abs.



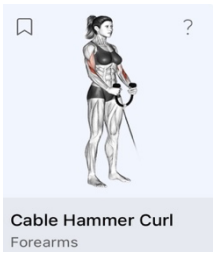
DAY 2 – ARMS, SIDE DELTS & TRAPS

Biceps:

1. Dumbbell Curls
One warm-up set
Sets: 4
Reps: 8–12
Curl both arms at the same time.
Keep elbows still, no swinging.

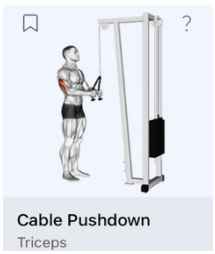


2. Cable Hammer Curl with Rope
Sets: 4 (2 drop sets in the last set)
Reps: 8–12
Control the weight, slow negative.

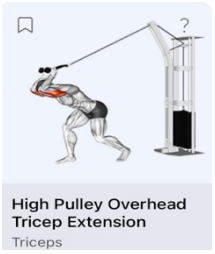


Triceps:

1. Triceps Pushdown with Rope
One warm-up set
Sets: 4
Reps: 8–12
Lock elbows in place.

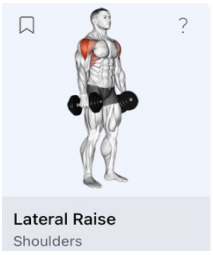


2.Overhead Triceps Extension in cable or with Dumbbell on 90° bench
Sets: 4 (2 drop sets in the last set)
Reps: 8–12
Stretch fully at the bottom.



Side shoulders:

1.Lateral Raises
One warm-up set
Sets: 4
Reps: 10–12
Don’t swing, control every rep.



Traps:

1. Shrugs with dumbbells or in smith machine
Sets: 5
Reps: 15
Pause at the top, control down.



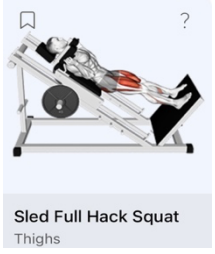
DAY 3 – LEGS & ABS

Warm-up:

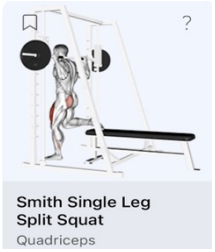
2–3 min cycling
Leg Extension – 2x15 (light weight)
Bodyweight Squats 2x15, go deep.
Rest: 30 seconds between each warm-up set.
Use very light weight and control every rep.

Legs:

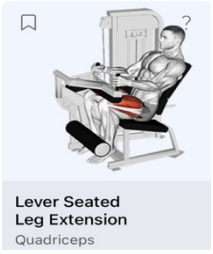
1. Hack squat
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Full range of motion.



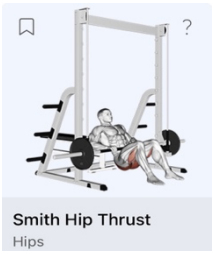
2. Bulgarian Split Squat on smitch machine
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Set back foot on bench, front foot far enough forward.
Go deep and feel the stretch.



3. Leg Extension
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Pause at the top (1 sec) for max tension.



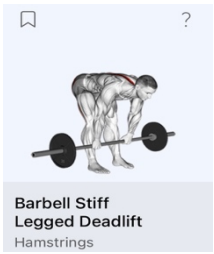
4. Hip Thrust or Leg Press
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Hip Thrust: Squeeze your hamstrings and glutes at the top.
Leg Press: Place your feet higher and wider on the plate to target more glutes and hamstrings.
Place them lower and narrower to target more quads



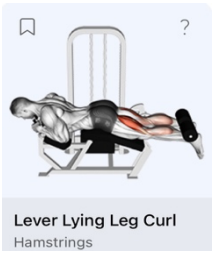


5. Seated Leg Curl or Stiff-Leg Deadlift (SLDL)
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Seated leg curl: Squeeze hamstrings hard at the bottom.
SLDL: Slight bend in knees and feel the stretch.



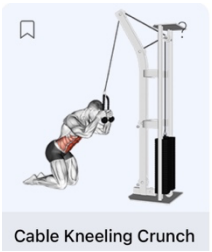


6. Lying Leg Curl
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Slow negative and fully stretch.



Abs:

7. Cable Crunch with rope
Sets: 4
Reps: Failure
Crunch and squeeze abs hard at the bottom.
Crunch with abs, not arms. Control negative (1-2 sec).



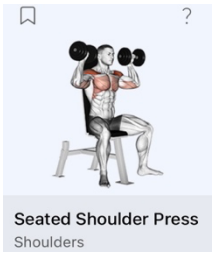
DAY 4 – SHOULDERS, CHEST & TRICEPS

Warm-up 5-8 min:

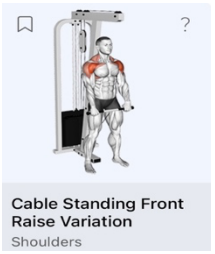
Cable Internal Rotations – 2–3x12–15
Cable External Rotations – 2–3x12–15
Dumbbell Scaption Raises – 2–3x12–15
Rest: 30 seconds between each warm-up set.
Use very light weight and control every rep.

Front shoulder:

1. Dumbbell Shoulder Press
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–12
Set bench to 80–90°, don't arch too much, stay controlled.
Elbows slightly in front (30–45°) Control the negative (1–2 sec).

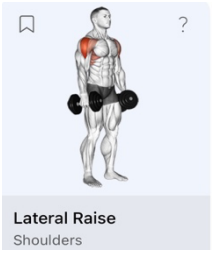


2. Cable Front Raises with rope
Sets: 4
Reps: 10–12
Stand with your back to the cable with cable low-
and between legs. Raise to shoulder height no swing.
Control the negative (1-2 sec).

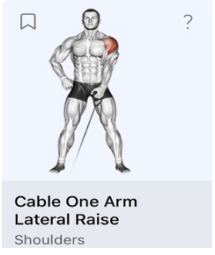


Side shoulders:

3. Dumbbell Lateral Raise
Sets: 4 (3 working sets + 1 feeling set)
Reps: 10–12
Don't swing, control every rep.



4. Cable Lateral Raise
Sets: 4
Reps: 10–12
Set the cable low and stand slightly sideways to it.
Constant tension. Slow negative.



Rear delts:

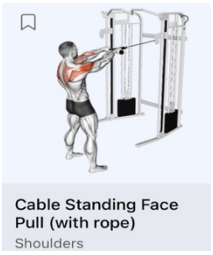
1. Face Pull or Dumbbell Rear Delt Row on 45° bench

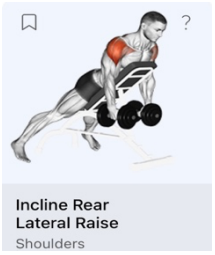
Sets: 4

Reps: 10-12

Face Pull: Pull towards face, place the cable in nose height.

Dumbbell Rear Delt Row: Pull back with elbows flared, squeeze rear delts. Hold the squeeze 1-2 sec.





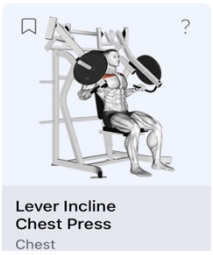
Chest:

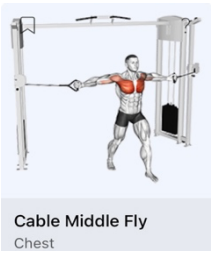
1. incline Chest Press or Cable Fly

Sets: 4 (2 drop sets in the last set)

Reps: 8–12

Focus on chest squeeze.





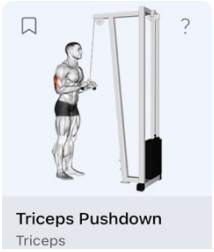
Triceps:

1. Triceps Pushdown

Sets: 4 (3 working sets + 1 feeling set)

Reps: 10–12

Full extension each rep.



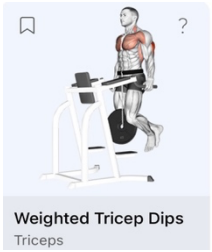
2. Weighted Dips

Sets: 4

Reps: 10–12

Lean forward for chest and staying upright for triceps focus.

Go deep feel the stretch.



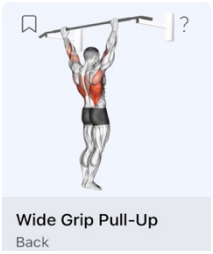
DAY 5 – BACK, BICEPS & CALVES

Warm-up 5-8 min:

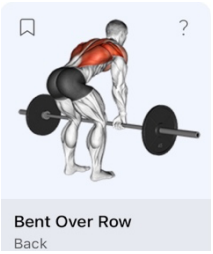
Cable Internal Rotations – 2–3x12–15
Cable External Rotations – 2–3x12–15
Lat Pulldown Warm-up – 2x15
Rest: 30 seconds between each warm-up set.
Use very light weight and control every rep.

Back:

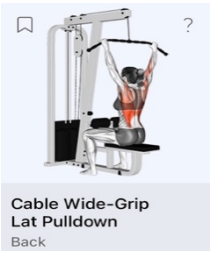
1. Wide Pull-Ups
Sets: 4
Reps: 10–12 / Failure
Control the negative (1-2 sec).
Use extra weight when you can do 12 reps clean.



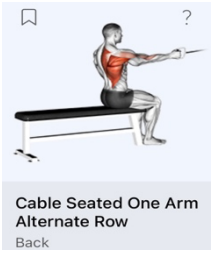
2. Bent-over barbell Row
Sets: 4 (3 working sets + 1 feeling set)
Reps: 8–10
Keep back flat, pull to lower chest, control the rep- and bend knees slightly.



3. Wide Grip Pulldown
Sets: 4
Reps: 8–10
Pull to upper chest, Control the negative (1-2 sec).



4. Single Arm cable Row
Sets: 4
Reps: 8–10
Keep elbow close to body (lat focus),
Control the negative (1-2 sec),
Full Stretch.



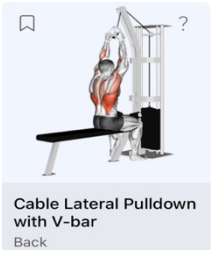
5. Narrow Grip Pulldown

Sets: 4

Reps: 8–10, last set failure.

Pull with elbows, Squeeze lats at the bottom,

Control the negative (1-2 sec).



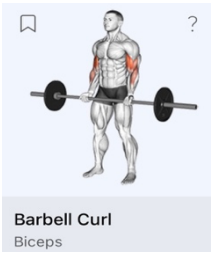
Biceps:

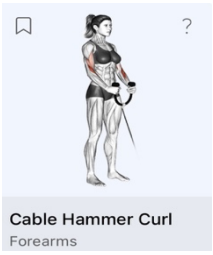
1. Straight Bar Biceps Curl or Cable Hammer-Curl with Rope

Sets: 4

Reps: 8–12

Don’t swing. Hold arms still.



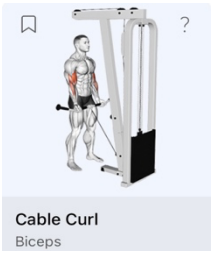


2.Cable Curl (Straight Bar)

Sets: 4

Reps: 8–12

Don’t swing. Squeeze at the top.



Calf’s:

1.Calf Raises

Sets: 4

Reps: 12–15

Full stretch at bottom, pause at the top.



IMPORTANT NOTES for Lifestyle and Gym

Non-Negotiables:

• **Protein:** 2.2–2.5 g per kg bodyweight daily (including rest days)
• **Creatine:** 5–8 g daily (consistency is key)
• **Sleep:** 7–9 hours per night (recovery = growth)
• **Water:** Minimum 3 liters daily
• **Meal:** After a normal meal, wait 2–3 hours before training. This allows your body to properly digest the food, so you won't feel heavy or sluggish during your workout.

Supplements & Performance Support:

• Creatine
• Protein powder
• Omega-3
• Multivitamins
• Zinc
• Magnesium
• Pre-workout (I only use it when I'm hitting legs or cutting.)
• EAA (cutting)
• CLA (cutting)

When cutting:

• **EAA (Essential Amino Acids)** Supports muscle retention, recovery, and performance while in a calorie deficit. → Take during or immediately after training
• **CLA (Conjugated Linoleic Acid)** Supports fat loss, muscle preservation, and metabolic function

Daily Activity & Lifestyle

Cutting:

How to cut: To lose fat, you need to eat fewer calories than your body burns. When you're in a calorie deficit, your body starts using stored energy (fat) to make up the difference which is why you lose fat and get more shredded.

• Eat around **300–500 calories below maintenance**

• Your body weight should decrease by 300–600g per week. This ensures you're losing fat and not muscle during a cut.

Steps: Target **12,000–15,000 steps daily**

Hydration when cutting: Stick to Water and diet soda, normal soda isn't worth the calories.

Cravings for snacks: It's normal on a cut but this will help you control them – Drink water, diet soda, black coffee or tea and then wait 10 min.

• Control hunger: eat plenty of vegetables. They're high in fiber, volume and low in calories, which helps you stay full for longer.

Clean bulking:

How to bulk: To build muscle, you need to eat more calories than your body burns. The extra energy helps your body recover, grow, and build new muscle tissue.

• Eat around **200–400 calories above maintenance, (**The reason you don't go into a high calorie surplus is because we want to clean bulk, so you can build as much muscle as possible without gaining too much fat.)

• Your body weight should increase by 300–500g per week. A controlled weight gain of 300–500g per week ensures minimal fat gain, so you build lean muscle instead of excess fat during a bulk.

Steps: target **10,000–12,000 steps daily**

Post-meal walks (especially during a bulk): 10–15 minutes to:

• Improve digestion

• Reduce bloating

• Support nutrient absorption

Training Guidelines

• **Workout duration (excluding cardio):** 60–90 minutes
• **Rest days: 2 per week (schedule as needed)** I'd recommend you take one of them after leg day. I do 3 days on, rest day, 2 days on, rest day.

Recovery Protocol

• Train smart, growth happens during recovery.
• Chest, back and shoulders **48–72 hours**
• Biceps, triceps, abs, calves: **48 hours**
• Legs: **72 hours**

Training Principles

Progressive Overload:

When you hit the top of your rep range with clean form, increase the weight. Meaning If you can hit 9–10 clean reps, it's time to increase the weight slightly and repeat the progression.

• **Tempo Control:** Control the negative (1–2 seconds) in almost every exercise. Muscles grow when they're under tension long enough. A 1–2 sec negative increases that without needing more weight.
• **Training to Failure:** In your final 1–2 sets, push as close to failure as possible while maintaining proper form.

• **What are drop sets?**
  - A drop set is when you perform a set to failure, then immediately reduce the weight and continue the set without rest. When using drop sets, perform 2 drops on your final set, reducing the weight by 25–40% each time.
  - **Why use it?**
    To push the muscle past failure and increase intensity, which can help maximize muscle growth. Straight sets build the foundation, drop sets just add intensity but too much fatigue kills your progression and recovery.
• **What are supersets?**
  - A superset is when you perform two exercises back-to-back with no rest in between.

- **Why use it?**
  Supersets are effective for increasing intensity, saving time, and maximizing the pump, but should not be used every workout, as the added fatigue can limit strength output and hinder progression.

• **How do you use them correctly, and when?**
  - Avoid using drop sets and supersets on heavy compound lifts like bench press or squats, as fatigue can affect your form and increase injury risk. Save them for exercises like curls, triceps pushdowns, lateral raises, and machines. Apply drop sets and supersets only on the final exercises of the muscle group (don't use it every workout).

Cardio Strategy

Cutting phase:



• On treadmill
• 5x per week
• 20-25 minutes
• 10-15% incline
• Speed: 5–6
• Performed after training

Bulking phase:

• On treadmill
• 2–3x per week
• 10–15 minutes
• 10-15% incline
• Speed: 5–6
• Performed before or after training

Rest Between Sets

• Upper body and calf's: **1.5–2 minutes.**
• Legs: **2–3 minutes.**