

DENNIS WOLF — 2014 ARNOLD CLASSIC

Seven muscle-group sessions from competition-preparation coverage. This is **not** a verified seven-day split. Sets and reps are suggested where exact footage details were not confirmed.

Full article: [Dennis Wolf Workout Routine — TheFitnessPhantom.com](#)

Warm up progressively; generally rest 1–2 minutes between working sets. Exercise names are unlinked unless an exercise-specific instructional page has been verified.

ARMS WORKOUT

Source: *Muscular Development — Dennis Wolf Trains Arms (2014)*

EXERCISE	SETS	REPS
Triceps Cable Pushdowns (warm-up)	1	12–15
Machine Triceps Pushdowns	4	10–12
Seated Forward Press	3	10–12
Triceps Pressdown (straight bar)	4	10–12
Alternating Dumbbell Biceps Curls	4	8–10/side
Seated Dumbbell Curls	3	8–10
Preacher Curls	3	10–12
EZ Bar Reverse Curls	3	10–12

SHOULDER WORKOUT

Source: *Dennis Wolf Trains Shoulders — 2014 Arnold Classic Prep*

EXERCISE	SETS	REPS
Seated Dumbbell Overhead Press	4	10–12
Dumbbell Side Delt Raises*	4	10–12
Seated Rear Delt Raises	3	10–12
Cable Reverse Flyes	3	10–12

***Drop set:** Final side-raise set uses heavy, medium, then light dumbbells. Warm up with shoulder mobility and rotator cuff movements.

CHEST WORKOUT

Source: Dennis Wolf Chest Training — Arnold Classic Prep

EXERCISE	SETS	REPS
Flat Dumbbell Bench Press	4	10–12
Flat Dumbbell Flyes	3	10–12
Incline Hammer Strength Press	4	10–12
Bar Dips	3	10–12
High to Low Cable Chest Fly	3	10–12

BACK WORKOUT

Source: Dennis Wolf Back Training — video feature

EXERCISE	SETS	REPS
Pull-ups	4	8–10
Reverse Lat Pulldowns	4	10–12
Incline Hammer Strength Press	4	10–12
Bent-over Barbell Rows	4	10–12
Low Machine Rows	3	10–12
Seated Cable Rows	3	10–12
Straight-Arm Pulldowns	3	10–12
Lat Pulldowns (D-handles)	3	10–12
Low Back Extensions	3	10–12

Editorial note: Incline Hammer Strength Press is retained in the back table as shown in the source article.

QUADRICEPS WORKOUT

Source: *Muscular Development* — *Dennis Wolf Trains Legs (2014)*

EXERCISE	SETS	REPS
Leg Press (warm-up)	1	10–12
Back Squats (moderate to heavy)	5	10–12
Leg Press (heavy)	4	10–12
Vertical Leg Press	2	10–12
Leg Extensions	4	10–12

HAMSTRINGS & GLUTES

Source: *Dennis Wolf* — *Hamstring and Glute Training*

EXERCISE	SETS	REPS
Seated Leg Curls	4	10–12
Lying Leg Curls	3	10–12
Single-leg Hamstring Curls	2	10/side
Machine Leg Kickback	3	10/side
Romanian Deadlifts	3	10–12
Low Back Extensions	3	10–12

CALVES WORKOUT

Perform seated and standing calf raises 3–4 times weekly, 4–8 sets per session.

HOW TO USE THIS TRAINING REFERENCE

Choose sessions based on recovery rather than treating them as seven consecutive training days. Record repetitions and loads, increase gradually with controlled technique, and reduce volume for less-experienced lifters.

These exercises follow the article's 2014 training tables; not every set and repetition target is verified from footage. For source references and explanations, read the [complete Dennis Wolf article](#).