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Arnold schwarzenegger workout book

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It's been over four decades since Arnold Schwarzenegger won his seventh Mr. Olympia title in 1980, yet the workouts that helped him become arguably the greatest bodybuilder ever remain relevant today. From 1969 to 1975, Arnold focused exclusively on training at Gold's Gym in Venice, joined by fellow bodybuilding icons like Franco Columbu and Frank Zane. His lengthy workouts consisted of numerous exercises and sets, a high-volume style criticized for not allowing adequate muscle recovery. However, there was method to Arnold's madness, which we'll explore further. Arnold's competitive stats: * Born: July 30, 1947, in Graz, Austria * Height: 6'1½" * Arms: 22" * Chest: 57" * Waist: 34" * Thighs: 28½" * Calves: 20" * Off-season weight: Around 250 lbs. * Competition weight: 225-235 lbs. Arnold's double-split routine: Day 1, 3, and 5 (a.m.): Chest Day 1, 3, and 5 (p.m.): Back Day 2, 4, and 6 (a.m.): Shoulders, triceps, biceps Day 2, 4, and 6 (p.m.): Calves, abs Day 7: Rest Arnold's chest and back routines are often discussed together due to his preference for supersets. He employed this technique for most of his bodybuilding career, saving time and allowing him to handle more weight while developing greater muscle density. Training tips from Arnold: * Go as heavy as possible when training chest to elicit maximal growth. * Use the pyramid principle, increasing weight and decreasing reps on each set. * Regularly use straight-arm pullovers to expand the thorax and enlarge the rib cage. * Perform forced reps and Iso-Tension (holding poses) between sets. Despite his high-volume training style, Arnold still achieved remarkable results. His workouts have stood the test of time, offering valuable insights for bodybuilders of all levels. When Arnold was in pre-contest mode, he would increase the intensity of his training by pairing chest and back workouts, creating a mega workout of high intensity. His routine included exercises like bench press, wide-grip behind-the-neck chinups, and barbell rows. For his chest and back superset, Arnold would start with 5 sets of 6-8 reps for bench press and wide-grip behind-the-neck chinups. He then moved on to incline barbell press and t-bar row, each with 5 sets of 10-15 reps. This was followed by flat-bench dumbbell flye and wide-grip barbell row, again with 5 sets of 10-15 reps. Lastly, he completed the routine with close-grip chinup and dumbbell pullover. In addition to his superset routine, Arnold also emphasized the importance of training all areas of the back - outer, upper, lower, middle - before finishing the workout with a power movement like deadlifts or cleans. After each back exercise, he stretched his lats by pulling hard on a stationary object with one or both arms fully extended. Arnold's training philosophy was to pyramid up in weight and down in reps set-to-set, making sure to keep a high level of intensity throughout the workout. He believed that this approach would help him achieve great overall lat development and remain flexible and limber in the upper body. Early in his career, Steve Smith / M+F Magazine reported that Austrian bodybuilder Arnold's broad shoulders gave him a sense of superiority, confidence, and security. Notably, Arnold stressed the importance of shoulder work, even incorporating the Arnold Press, a delt movement exercise named after him, into his routine. Initially, Arnold's deltoids were weak, but he dedicated himself to training them, which significantly contributed to his 1967 Mr. Universe win in London. When asked by Joe Weider about the role of bone structure in shoulder development, Arnold acknowledged that some individuals have a genetic advantage (e.g., Steve Reeves and Frank Zane), but emphasized that direct and specialized training can still improve shoulders by at least two inches. Unlike many who combine chest and shoulder exercises in the same workout, Arnold preferred to train shoulders first when working arms. In terms of training tips, Arnold kept barbell work minimal for his shoulders, relying on presses like bench and incline that also engaged delts. His routine included exercises like the clean & press, Arnold Press, bentover lateral raise, lying lateral raises, cable lateral raise, and alternating dumbbell front raises. Meanwhile, he never neglected working his trapezius muscles. weider told young arnold that he should completely change his leg training program, and arnold agreed. the result was the workout shown here, which helped him win seven mr. olympia titles and give him well-proportioned legs. to increase intensity, arnold would split his quad workouts into two sessions, doing exercises in the morning and evening to ensure maximum performance. during leg training, arnold kept rest periods between sets very short - no more than one minute. this created a "flushing" effect, keeping blood flowing through the muscles for the entire session. he would sometimes do leg curls during his quad workout to give his front thighs a break, then do additional sets of hamstrings at the end. arnold's legs workout included exercises like barbell squats and front squats, as well as leg extensions and lying leg curls. although his biceps were impressive, arnold also worked hard on his triceps, using multi-joint movements like close-grip bench press and weighted dips to build size. he would often superset his biceps and triceps, especially during pre-contest training. arnold believed that training opposing muscles together was key to growth, as it was recognized by joe weider before him. for gains in size, arnold would do his routine twice a week, but three times weekly for definition. he advocated for advanced trainers to try this program, estimating that weight gain of 10lbs could lead to an inch of muscle growth. to achieve this, arnold increased his calorie intake by 1,500-2,000 calories per day over his typical diet. he would also focus on high-rep exercises, lowering the weight slowly on the negative and exploding it up on the positive for a "double benefit" on each rep. Reg Park inspired Arnold's first gym visit as a teenager after seeing him in Der Muskelbilder magazine. The young Arnold watched and memorized exercises like cheating barbell curls, Zottman curls, pushdowns, and close-grip bench presses to impress his friends back home. He was particularly interested in building big arms, but when he arrived in America, he realized he had much to learn from American bodybuilders about training methods and anatomy. Despite already holding a Mr. Universe title and having impressive arm size, Arnold felt he wasn't reaching his full potential and wanted to develop the deep fibers of his muscles. He was fascinated by watching Larry Scott train on a curling machine and admired how thick and deep Scott's arms looked from intense training. Arnold's physique competitions had one non-negotiable rule: "no fatty tissue" on his abdominal region, or he'd give up on winning a trophy. He trained abs every day and even twice a day to achieve the desired results. His oblique workout involved controlled twisting motions with a bar across his shoulders; weighted crunches were avoided for fear of expanding his waistline. Calves, however, required more frequent training. Arnold's calves used to be small, but he improved them significantly by building massive gastroc and soleus muscles through high-volume and high-training frequency workouts. A unique approach to calf training stood out: testing the "mood" or attitude of the calves each day, sometimes using shoes, sometimes bare feet. Calf raises might feel better with shoes one day and hindered by them the next, according to Arnold. He believed that understanding this variability could guide his workout strategy. Training tips from Arnold included variety in calf exercises: high reps, low reps, short rest periods, supersets, and more. His workouts often involved full range of motion for calves and even partial reps for heavier loads or burning them out completely. Training calves six days a week wasn't uncommon; they were typically trained with abs in the afternoon workout.