

TRAIN LIKE ARNOLD SCHWARZENEGGER

OLD SCHOOL TRAINING

NOTE:

THIS IS A VERY ADVANCED PROGRAM AND NOT INTENDED FOR BEGINNERS.
FOR A BEGINNER-FOCUSED AT-HOME PROGRAM [CLICK HERE](#)

WARM UP

5-10 MINUTES OF MODERATE INTENSITY CARDIO
WORLD'S GREATEST STRETCH X 10 REPS PER SIDE
DOWNDOG INTO PLANK X 10 REPS
ARM CIRCLES X 20 REPS

DAY 1 | BACK + CHEST + ABS

- | | |
|---|-------------------|
| 1A. CHIN-UPS | 5 SETS OF 10 REPS |
| 1B. DUMBBELL BENCH PRESS | 5 SETS OF 10 REPS |
| 2A. DUMBBELL CHEST FLYS | 5 SETS OF 10 REPS |
| 2B. BARBELL BENT OVER ROWS | 5 SETS OF 10 REPS |
| 3. HANGING LEG/KNEE RAISES
(DONE IN AS FEW SETS AS POSSIBLE) | 200 REPS |

DAY 4 | BACK + CHEST + ABS

- | | |
|---|-------------------|
| 1A. CHIN-UPS | 5 SETS OF 10 REPS |
| 1B. DUMBBELL BENCH PRESS | 5 SETS OF 10 REPS |
| 2A. DUMBBELL CHEST FLYS | 5 SETS OF 10 REPS |
| 2B. BARBELL BENT OVER ROWS | 5 SETS OF 10 REPS |
| 3. HANGING LEG/KNEE RAISES
(DONE IN AS FEW SETS AS POSSIBLE) | 200 REPS |

DAY 2 | LEGS

- | | |
|-------------------------------------|-------------------|
| 1. BARBELL SQUATS | 5 SETS OF 10 REPS |
| 2. MACHINE HAMSTRING CURLS | 5 SETS OF 10 REPS |
| 3. MACHINE LEG EXTENTIONS | 5 SETS OF 10 REPS |
| 4. LEG PRESS/HACK SQUAT CALF RAISES | 5 SETS OF 10 REPS |

DAY 5 | LEGS

- | | |
|-------------------------------------|-------------------|
| 1. BARBELL SQUATS | 5 SETS OF 10 REPS |
| 2. MACHINE HAMSTRING CURLS | 5 SETS OF 10 REPS |
| 3. MACHINE LEG EXTENTIONS | 5 SETS OF 10 REPS |
| 4. LEG PRESS/HACK SQUAT CALF RAISES | 5 SETS OF 10 REPS |

DAY 3 | SHOULDERS + ARMS

- | | |
|------------------------------------|-------------------|
| 1. STANDING BARBELL OVERHEAD PRESS | 5 SETS OF 10 REPS |
| 2A. DUMBBELL BICEP CURLS | 5 SETS OF 10 REPS |
| 2B. TRICEP PUSHDOWNS | 5 SETS OF 10 REPS |
| 3A. CONCENTRATIONS CURLS | 5 SETS OF 10 REPS |
| 3B. LYING SKULL CRUSHERS | 5 SETS OF 10 REPS |
| 4. DUMBBELL LATERAL RAISES | 5 SETS OF 10 REPS |

DAY 6 | SHOULDERS + ARMS

- | | |
|------------------------------------|-------------------|
| 1. STANDING BARBELL OVERHEAD PRESS | 5 SETS OF 10 REPS |
| 2A. DUMBBELL BICEP CURLS | 5 SETS OF 10 REPS |
| 2B. TRICEP PUSHDOWNS | 5 SETS OF 10 REPS |
| 3A. CONCENTRATIONS CURLS | 5 SETS OF 10 REPS |
| 3B. LYING SKULL CRUSHERS | 5 SETS OF 10 REPS |
| 4. DUMBBELL LATERAL RAISES | 5 SETS OF 10 REPS |

KEY

| = SUPERSET

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