

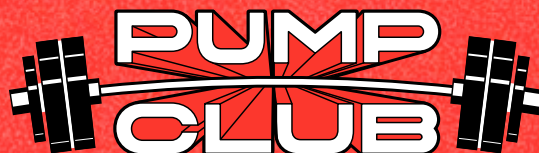


GET BACK IN SHAPE

Workouts For Everyone
That You Can Do Anywhere

Powered by

ARNOLD'S



FITNESS FOR EVERYONE

That's the guiding principle of the crusade I've been on for more than five decades: to spread my love of health and fitness all over the world.

I don't just want to inspire people in their "prime" or their "golden era" to exercise — I want to inspire everyone, whether they are in elementary school or a retirement home. Because no matter how old you are, I can promise you this: fitness will improve your life.

I want to help you start wherever you are and make this next phase of your life your prime.

One of my favorite parts of sending my daily newsletter is seeing the responses. We see the impact of exposing hundreds of thousands of people to no-nonsense health and fitness news, motivation, recipes, and workouts.

I see emails from runners who never wanted to try resistance training but got sucked in by the Pump Club and found that it improved their running times and recovery. I see emails from people who have lost 50 pounds and enjoy life with less discomfort. I see emails from people even older than me who did our lunge and push-up countdown and got addicted to exercise, and now can play with their grandkids without pain or fear.

No matter how old you are, no matter how out of shape, I want you to know one thing: it is **NEVER** too late to start.

Before you begin, know this: I made this guide for people of all ages.

There is a workout for people who don't think they're ready to workout.

There are workouts to dip your toe in even further once you get comfortable with the starter workout. There are workouts that can be scaled for any skill level. And for those who think that's all too small for you, I threw in one of my workouts from my competition days to crush you. It's one I have never shared. It's the workout Franco and I did when we felt great on a Friday and threw our plans out the window to lift really, really heavy to test ourselves.

I told the team to share many workouts so that anyone could use this guide to workout for months and still see progress. But if you're looking for something more programmed and customized to your goals and training experience, I've recently opened [my fitness app](#). It has the soul and community of what I tried to back when I trained at Gold's Gym, with people supporting one another and lifting up each other to accomplish more than they could alone.

We sold out 5,000 founding member spots in 72 hours in April, and since then, we've been listening to those members to upgrade the app so it's ready for you. You start with a 90-day program based on your fitness level and goals. At first, some of our founding members didn't like being locked in. By the end of their first month, they were thanking me. By the end of the three months, you wouldn't believe the emails and comments I got. People learned the power of sticking to a well-written program!

There are also hundreds of articles on nutrition and training by me, my team, and the most positive community of people you've ever seen pumping each other up every day. If you want to try it out with the [7-day free trial](#), use ARNOLD as your referral code. It costs money, but I promise it is worth it, and anyway, it's cheaper than the premium subscription for a certain social media site that we know isn't good for you. You'll always leave The Pump feeling better than when you opened it. It truly is the positive corner of the internet.

If you're not ready for that, I've got enough free workouts here to keep you going. Let's chase the pump together. I promise you that you will not regret joining this crusade.

Arnold Schwarzenegger



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THE 20 SECOND BURN

THE FOCUS

Get fit without any experience and little time.

If you ever thought, “I can’t do a workout,” this plan was designed specifically to help you move more, build strength, and create a foundation for a healthier body.

It takes less than 20 minutes and can be done at home. You can perform it three days per week, with at least one day of rest between workouts.

For each exercise, set a timer. You’ll do the exercise for 20 seconds and follow with 40 seconds of rest. And then move on to the next exercise. After you complete all seven exercises, rest for three minutes. And then repeat the sequence of exercises again.

EXERCISES

Complete a minimum of two rounds
(a maximum of four rounds).

1. March in place

Stand in place and take big marching steps, trying to raise your leg so your thigh is perpendicular to your torso.

Continued...

THE 20 SECOND BURN

EXERCISES

2. Chair squats

Sit down on a chair and then rise back up. If possible, try not to use your hands to stand.

3. Bent over Y's

Let's build your upper body strength and improve your posture. Push your hips back and bend over. Your torso should be parallel to the floor. With your arms hanging straight down, lift them up to align with your torso. Your arms should be at approximately a 45-degree angle to your upper body. It should look like your torso and arms form the letter Y.

4. Incline or Wall pushups

You don't need to start from the floor. Build up your pushing muscles. As you become stronger, do it from a bench, and then eventually from the floor.

5. Step ups

Glutes, hamstrings, and quads. Walking steps works your entire lower body. Find a bench or step, and step up onto it. Reverse the movement, and then step up with the other leg.



Continued...

THE 20 SECOND BURN

EXERCISES

6. Chair plank

You could do it from the floor, but this easier version can help you build up your core strength. Place your hands on a stable chair, and let your body form a straight line from your shoulders to your ankles. Squeeze your abs and glutes, and hold for the necessary time.

7. Standing calf raises

Because Arnold wouldn't let us share a workout without training your calves.



THE SLEEPER

THE FOCUS

Help you rest, recovery, improve mobility.

Most exercise is designed to wake up your muscles and burn calories. But did you know that an evening “training” routine can also help your body wind down?

Just a few minutes of movement can help prepare you to pass out faster and enjoy deeper sleep.

The key is shifting from traditional exercising to focusing on foam rolling (or any type of massage), which can help reduce anxiety, increase relaxation, and even potentially boost serotonin — all of which might help you fall asleep faster and experience more restorative sleep. If you’re new to foam rolling, all you need is something solid (like a foam roller, tennis, or lacrosse ball) and a little space.

Focusing on small movements, roll the solid object on the front and back of your legs (quads and hamstrings), your glutes, upper back, and the bottom of your feet. And call it a night. All you need is about 5 to 10 minutes.



Continued...

THE SLEEPER

HERE'S THE BREAKDOWN

Spend 30 to 60 seconds on each.

1. Foam roll front of legs (quads)
2. Foam roll back of legs (hamstrings)
3. Foam roll upper back
4. Foam roll lower back
5. Foam roll calves
6. Foam roll feet

And that's it. If it's a struggle, make it easier by listening to your favorite podcast or an audiobook. That way, you not only help your brain wind down (which improves sleep), but it helps you build another healthy habit by connecting it to something you enjoy. Give it a try, and let us know how it goes!



THE PAIN RELIEVER

THE FOCUS

Reduce aches and pains

We want to help your body feel better and make your muscles burn in just 2 minutes.

First up is a stretch that sounds like your favorite beer hall food. It's called the Bretzel, and it's one of the best full-body stretches you can do for your body.

When you perform this exercise — in the morning, at night, or before your workout — you can open up your body from top-to-bottom. You'll unglue your quads, hips, glutes, and thoracic spine. Translation: you'll feel better, move more easily, lessen the likelihood of injury, and improve your training.



Continued...

THE PAIN RELIEVER

HERE'S HOW TO DO IT

1. Start by lying on your right side. Support your head with a foam roller or even a yoga block.
2. Bring your left leg up and across your body and place your knee on the ground. Use your right hand to “hold” your knee down. Now, grab your right foot with your left hand (you’ll have to bring your foot towards your butt to make that happen).

Once you’ve found this start position, inhale through your nose, and as you exhale, allow your left shoulder to rotate toward the ground. You should feel the stretch through your trunk. Take 4-5 breaths before repeating this process on the other side.

To help you master the move, the brilliant Mike Robertson (of IFAST) created [a walkthrough video](#). If you find the start position too uncomfortable (or experience pain during any part of the stretch), here’s a [less intense version](#) to try.



THE 5-MINUTE “WIN THE MORNING” WORKOUT

THE FOCUS

Energize your day

This is a workout you can do the moment you step out of bed. But don't worry, no equipment is needed, and it's an easy and powerful way to start your day.

This 5-minute routine will turn on your brain, get your blood flowing, and fix tightnesses caused by a lack of mobility so you feel and move better.

Most of us spend our days hunched at a computer or slouching while sitting on chairs or couches. That's not good news for your posture and can even lead to an increased chance of injury, aches, or pains.

But, if you “wake” up the muscles in your core and upper back, it can help fix your posture, and your entire body will feel the difference. This do-anywhere four-exercise circuit can be a great warmup. But we've found it to be an amazing morning jumpstart. After you get up, do 1 set of each of these four exercises. Once it's done, you've already taken a big step toward conquering your day.

Continued...

THE 5-MINUTE “WIN THE MORNING” WORKOUT

THE ROUTINE

1. Cat Camel

5-8 reps (inhale on way up, exhale on the way down)

2. Kneeling thread-through-to-reach

3-5 reps on each side

3. Bird Dog

5-8 reps on each side

4. Bent over IYT

15 reps on each variation (I, Y, and T)



THE FUBAR WORKOUT

THE FOCUS

Turn your favorite show into an opportunity for extra movement

Next time you watch an episode of FUBAR (or you can apply something similar to any other show), I want you to be pumped up like never before. Adam and Daniel helped me create a fun way to watch. It's a way to turn the action and laughs into a little bit of movement and a great workout.

Here's how it works. When you watch each episode of FUBAR, pay close attention to the following behaviors and then do 10 reps of the following exercises based on what you see in the show.



Continued...

THE FUBAR WORKOUT

THE ROUTINE

**When you see a weapon
(gun, bomb, knife, etc)**

Do 10 squats

When you see a cool car

Do 10 pushups

**When you see a
James Bond-style spy gadget**

Do 10 lunges

When you hear a funny one-liner

Load up a backpack with some books and do 10 rows
(using the backpack as the weight)

Give it a try, and it will turn watching a show into a whole new experience. Let me know what you think, and tag me on social media or share some videos of you doing the workouts while watching. I love seeing this stuff!



THE FOUNDATION OF YOUR WORKOUT

THE FOCUS

Become better at the exercises associated with longevity

Who's ready to do more pushups and live a little longer? This workout is a 4-week program designed to make you stronger and increase your upper body muscular endurance.

If you need help with performing the perfect pushup, [watch this video](#). If pushups are too difficult, you can do them from your knees. Or, place your hands on a bench — instead of the floor — for [an incline pushup](#), which is an easier variation.

HERE'S THE TEST

First, set a timer for 1 minute, and then perform as many pushups as you can. That's it.

Record the number of reps you performed, and that's your starting position. Remember, it's more important to perform good pushups than do fake ones. Don't lie to yourself because it only harms you. Think about it. You can stuff socks in your sleeves to pretend you have bigger biceps, or you can actually build them the right way. Let's check your ego and all improve together!

Continued...

THE FOUNDATION OF YOUR WORKOUT

So, how did you do? The goal is build up to 40 straight pushups (regular or assisted). But I don't want you to worry about if you got 40 or just 4 on the test. The fun part is the journey and watching yourself get better.

Now, it's time to improve. You can do this as a standalone workout, make it the first exercise in an upper-body or push-day workout, or make it the first exercise in a full-body training program.

If you struggle to do pushups on the floor, place your hands on a bench or chair. This makes the movement easier to perform. If they are still challenging from the bench, do them from your knees.

Week 1 (Perform twice per week)

If you did 10 or fewer pushups

- Perform 10 sets of 3 repetitions of pushups. Rest two minutes between sets.
- If you can't do 3 pushups, adjust to an easier variation.
- If the easiest variation is difficult, don't worry about it! Perform as many as you can, rest, and keep going until you complete a set of 3 reps. Instead of doing 10 sets, perform 4 to 5 total sets.



Continued...

THE FOUNDATION OF YOUR WORKOUT

If you did 10 or more pushups

- Perform 10 sets of 8 repetitions of pushups. Rest two minutes between sets.

Week 2 (Perform twice per week)

If you did 10 or fewer pushups

- Perform 8 sets of 5 repetitions of pushups. Rest two minutes between sets.
- If you can't do 5 pushups, adjust to an easier variation.
- If the easiest variation is difficult, don't worry about it! Perform as many as you can, rest, and keep going until you complete a set of 5 reps. Instead of doing 8 sets, perform 4 to 5 total sets.

If you did 10 or more pushups

- Complete 8 sets of 10 repetitions with 2 minutes of rest between sets.

Week 3 (Perform twice per week):

If you did 10 or fewer pushups

- Perform 6 sets of 7 repetitions of pushups. Rest one minute between sets.

Continued...

THE FOUNDATION OF YOUR WORKOUT

- If you can't do 7 pushups, adjust to an easier variation and follow the same instructions as the prior two weeks.

If you did 10 or more pushups

- Perform 6 sets of 15 repetitions with 1 minute of rest between sets.

Week 4 (Perform twice per week)

If you did 10 or fewer pushups

- Perform 5 sets of 9 repetitions of pushups. Rest two minutes between sets.
- If you can't do 9 pushups, adjust to an easier variation, and follow the same instructions as the prior two weeks.

If you did 10 or more pushups

- Do 4 sets of 20 repetitions with two minutes of rest between sets.

Once the four weeks are up, take off 3 to 5 days from pushups, and then it's time to test again! We promise if you stick to the program, your number will improve a lot in just 4 weeks. We'll be following up to see how you did.

PUMP AND CARDIO

THE FOCUS

**Build muscle and improve heart health
without any running**

If you're short on time but want a workout that will give you a great pump and feel like cardio, this three-circuit workout will do the trick. It's a full-body plan that doesn't require any equipment. But, if you want to make it harder, grab some weights or throw on a backpack.

CIRCUIT #1

Complete one exercise after another, resting as little as possible. After you complete one set of each exercise, rest for 2 to 3 minutes, and then repeat. You'll perform a total of 4 sets of each exercise.

1a Bodyweight Squat

4 sets x 15-20 reps

1b Push-up

4 sets x as many reps as possible (AMRAP)



Continued...

PUMP AND CARDIO

1c Bodyweight triceps extension

4 sets x 15-20 reps (if this is too hard, hold a plank for 30-60 seconds)

Rest

2-3 minutes

CIRCUIT #2

Same approach as the first circuit. Complete one exercise after another, resting as little as possible. After you complete one set of each exercise, rest for 2 to 3 minutes, and then repeat. You'll perform a total of 4 sets.

2a Single-Leg Glute Bridge

4 sets x 10 reps per leg

2b Bodyweight, dumbbell or resistance band rear-foot elevated split squat

4 sets x 10 reps per leg



Continued...

PUMP AND CARDIO

2c Walking lunges

4 sets x 15-20 reps

Rest

30 seconds

CIRCUIT #3

Same approach as before, but this time, you'll only do 3 sets total.

3a Bodyweight step up

3 sets x 20-25 reps

3b Dumbbell or band lateral raise (or use a weighted backpack)

3 sets x 10-15 reps per arm

3c Inchworm

3 sets x 10 reps



THE SAFEST WAY TO TRAIN TO FAILURE

THE FOCUS

Push your body hard without feeling in danger of getting injured

Your body does NOT need weights to change; it requires resistance. When machines, dumbbells, and barbells are not available (or unwanted), your body weight can be used to create an amazingly effective workout that builds muscle.

Research suggests that intensity — not the amount of weight you use — drives muscle growth. In other words, you can use heavier or lighter weights as long as you push yourself near the point of failure.

To find the sweet spot with bodyweight exercises, try supersets, giant sets, and circuits to add more volume and use “self-limiting” exercises. Self-limiting movements — like push-ups and inverted rows — reduce your injury risk because when you can no longer complete any reps, you simply stop moving (without the fear of a barbell crushing you).

Here’s an example of a bodyweight, muscle-building workout that will prioritize intensity, focus on self-limiting exercises, and move at a pace where you will exhaust your muscles and force them to grow.

Continued...

THE SAFEST WAY TO TRAIN TO FAILURE

HOW TO DO IT

Perform this workout as a giant set, meaning you'll do one exercise after another, resting as little as possible between exercises. After you complete all the movements, rest for 3 minutes, and then repeat another 2 to 4 times.

1a Inverted row

AMAP ("as many reps as possible," until you can't do them correctly)

1b Inverted row hold

10 seconds (on your last rep of inverted rows, pull your chest to the bar, and squeeze your shoulder blades together, holding as long as possible)

1c Pushups

AMAP



Continued...

THE SAFEST WAY TO TRAIN TO FAILURE

HOW TO DO IT

1d Plank

10 seconds (on your last rep of pushups, hold your body in the plank position, pushing down through your palms, creating tension in your arms, chest, and abs)

1e Alternating reverse lunges

10-20 reps

1f Bodyweight squats

AMAP

1g Squat hold

10 seconds (on your last rep of squats, lower your body and hold the bottom of the squat for 10 seconds)

1h Glute-hamstring walkouts

60 seconds



THE 30-SECOND FULL BODY BLAST

THE FOCUS

Use timed sets to increase the intensity and transform your body in less time

How much can you change your body in 30 seconds? More than you imagine. This workout takes you away from the “traditional” approach of counting reps and has you focus on 30-second timed sets. Your heart will be pounding, your muscles will be pumped, and you’ll challenge your body without needing any equipment.

HOW TO DO IT

This workout consists of three separate cycles. Each cycle consists of multiple exercises that you’ll do as a circuit. You’ll perform 1 set of each movement for 30 seconds and then rest. Rest 30 to 60 seconds between movements if you’re a beginner. If you’re more advanced, rest for only 15 seconds (this will feel far too short). That’s 1 set. Then, move to the next exercise and repeat the same exercise-to-rest ratio. Once you do 1 set of each exercise, repeat the entire circuit. Do 2 to 3 sets of each move, and then move to the next cycle.



Continued...

THE 30-SECOND FULL BODY BLAST

CYCLE #1

30 seconds for each exercise

1. **Bear crawl**
2. **Bodyweight step-up (left leg)**
3. **Pushup**
(change every set: close, normal, wide)
4. **Bodyweight step-up (right leg)**
5. **Single-leg hip thrust (left)**
6. **Mountain climber**
7. **Single-leg hip thrust (right)**



Continued...

THE 30-SECOND FULL BODY BLAST

CYCLE #2

30 seconds for each exercise

1. Plank
2. Bodyweight squat
3. Bodyweight jump squat
4. Pullup or inverted row or Bodyweight superman pullup
5. Bodyweight lunge (left leg)
6. Bodyweight lunge (right leg)



Continued...

THE 30-SECOND FULL BODY BLAST

CYCLE #3

30 seconds for each exercise

1. Pushup
2. Rear-foot elevated split squat (left)
3. Rear-foot elevated split squat (right)
4. Squat iso hold
(squat down and hold for 30 seconds)
5. Reverse crunch



MYO-REPS FOR MUSCLE

THE FOCUS

A little-known technique can be an effective way to push your muscles harder in less time.

Just because a workout is short doesn't mean you can't see amazing results. We stress this each week, but many people have their doubts. So we'll keep sharing difficult but time-efficient workouts to show you what's possible.

Myo-reps are a strategy created by Norwegian strength coach Borge Fagerli in the mid-2000s.

HERE'S HOW IT WORKS

- Start with an “activation” set of 10-20 reps with lighter weights. Take this set almost to failure (but leave a rep or two in the tank...you'll need them), and then put the weight down
- Take 3-5 deep breaths
- Grab the same weight, do 3-5 controlled reps, and put the weight down. This is one set.
- Repeat this process. So take another 3 to 5 breaths, and then perform 3-5 reps. Do this for 4 rounds, so you've done 5 total sets, including the first 10-20 rep set.

Continued...

MYO-REPS FOR MUSCLE

HERE'S HOW IT WORKS

- Myo-reps can help with building muscle because it taps into many of the ways that a muscle grows. In particular, muscular tension, metabolic stress, and muscular damage are the three primary drivers of growth. Plus, the limited rest will keep your heart pumping.
- Myo-reps are best used with 1-2 “pump” isolation exercises like bicep curls or lateral raises.
- But if you're doing bodyweight workouts, you can apply this method effectively. Start with just your body weight for the “activation” set and then add some weight, even if it's just some books in a backpack.



Continued...

MYO-REPS FOR MUSCLE

Here's how it looks (remember, just 3 to 5 big breaths separate each set). Normally, the weight would feel light. But in this case, because rest is limited and your muscle is activated, you'll be able to create fatigue and overload with a lighter weight while maximizing your intensity:

Set 1: 15 reps

Set 2: 4 reps

Set 3: 4 reps

Set 4: 4 reps

Set 5: 3 reps

Here's how to bring it to life in a workout.

UPPER BODY WORKOUT #1

1. Chest press variation

(like dumbbell bench press, incline press, or pushups)

3 x 8-12 reps

2. Row variation

(like dumbbell row, T-bar row, or pullups)

3 x 8-12



Continued...

MYO-REPS FOR MUSCLE

3. Lateral raise w/ myo-reps for 5 sets

(First set 1 x 15-20 reps and then 3-5 reps per set like above)

4. Biceps curl w/myo-reps for 5 sets

(First set 1 x 15-20 reps and then 3-5 reps per set like above)

UPPER BODY WORKOUT #2

1. Row variation

(like dumbbell row, T-bar row, or pullups)

3 x 8-12

2. Chest press variation

(like dumbbell bench press, incline press, or pushups)

3 x 8-12 reps



Continued...

MYO-REPS FOR MUSCLE

3. IYT raises

(with or without dumbbells)

w/ myo-reps for 5 sets (first set 1 x 15-20 reps and then 3-5 reps per set like above)

4. Triceps pressdowns

w/ myo-reps 5 sets (first set 1 x 15-20 reps and then 3-5 reps per set like above)

AT-HOME, BODYWEIGHT VERSION

1. Do 15-20 bodyweight squats
2. Take 3-5 breaths
3. Immediately do 3-5 squats
4. Repeat steps 2 and 3 three more times
(for 5 total sets of bodyweight squats)



Continued...

MYO-REPS FOR MUSCLE

5. Do 15-20 push-ups
6. Take 3-5 breaths
7. Immediately do 3-5 push-ups
8. Repeat steps 2 and 3 three more times
(for 5 total sets of push-ups)



MORE MYO-REPS

THE FOCUS

Build muscle and learn to push your muscles to failure.

In the name of building muscle, we're giving you another myo-reps workout. Once again, you'll be breaking the rules of rest to get you to work harder without burning out.

HERE'S HOW IT WORKS

- Start with an “activation” set of 10-20 reps. We're showing a bodyweight version today. But if you are using weights, choose a weight that allows you to take this set almost to failure (but leave a rep or two in the tank...you'll need them). Perform the reps and then put the weight down
- Take 3-5 deep breaths
- Grab the same weight, do 3-5 controlled reps, and put the weight down. This is your first myo-rep set.
- Then, take another 3 to 5 breaths and perform 3-5 reps. This is another set.
- Do a total of 5 sets, including the first high-rep set.

Continued...

MORE MYO-REPS

Here's how it might look (remember, just 3 to 5 big breaths separate each set). Normally, the weight would feel light. But in this case, because rest is limited and your muscle is activated, you'll be able to create fatigue and overload with a lighter weight while maximizing your intensity):

Set 1: 15 reps

Set 2: 4 reps

Set 3: 4 reps

Set 4: 4 reps

Set 5: 3 reps

You can do this workout three times per week, resting between each session. You can also substitute other exercises for a little more variety.

ROUND 1

1. Do 15 reps per leg of walking lunges (for added difficulty, wear a backpack, weighted vest, or ruck pack)
2. Take 3-5 breaths



Continued...

MORE MYO-REPS

1. Immediately do 3-5 more reps per leg of walking lunges.
2. Repeat steps 2 and 3 until you do five total sets, including the first set of 15 reps.

ROUND 2

1. Do 20 reps of pushups (for added difficulty, wear a backpack, weighted vest, or ruck pack)
2. Take 3-5 breaths
3. Immediately do 3-5 more reps. Repeat steps 2 and 3 until you do five total sets, including the first set of 20 reps.



Continued...

MORE MYO-REPS

ROUND 3

1. Do 20 reps of squats (for added difficulty, wear a backpack, weighted vest, or ruck pack)
2. Take 3-5 breaths
3. Immediately do 3-5 more reps. Repeat steps 2 and 3 until you do five total sets, including the first set of 20 reps.

And that's it! It won't take long, but your muscles might feel like you spent hours in the gym.



THE MAX TENSION WORKOUT

THE FOCUS

Learn how to get all your muscle fibers to fire like never before.

This week's workout takes seemingly simple bodyweight movements and makes them much more challenging by increasing the time under tension. Created by [Coach Dustin Myers](#), gym owner, and co-founder of Max Effort Muscle, it forces you to take more time lowering and holding your body weight. And while it might seem like a slight change, it's a dramatic difference your muscles will feel.

HERE'S HOW IT WORKS

This workout consists of [pushups](#) and [squats](#) (as well as [planks](#) if you're more advanced). Complete the exercises as a superset, meaning you'll do one exercise after the other and then rest. You can do this plan every other day.



Continued...

THE MAX TENSION WORKOUT

HERE'S HOW IT WORKS

In this workout, you'll perform five sets of each exercise. The reps will be determined by your experience level. And instead of moving as quickly as possible on the reps, you'll use a 5:3:1 tempo. That means, on each rep, you'll do the following:

5 seconds to lower your body (eccentric)

3 seconds to hold the "bottom" position (isometric)

1 second (or as fast as possible) on the way up (concentric)

BEGINNER LEVEL

Perform 3 to 5 reps of pushups using the 5:3:1 tempo, followed by a set of 3 to 5 bodyweight squats also using the 5:3:1 tempo.

And then rest. That's one round.

Complete five rounds, resting for 2 minutes between rounds. If necessary, you can make the exercises easier by performing the pushups from your knees or with your hands on a bench, and you can do the squats to a chair.

Continued...

THE MAX TENSION WORKOUT

INTERMEDIATE LEVEL

Perform 5 to 10 reps of pushups using the 5:3:1 tempo, followed by a set of 5 to 10 bodyweight squats also using the 5:3:1 tempo.

And then you'll rest. That's one round.

Complete five rounds, resting 1 minute after each round.

ADVANCED LEVEL

Perform 10 reps of pushups using the 5:3:1 tempo, followed by holding a plank for 1 minute, followed by 10 squats using the 5:3:1 tempo.

That's 1 round. Rest as little as possible (or not at all), and immediately perform another round. Complete five rounds of the workout with little to rest.



REPS, REPS, REPS

THE FOCUS

Use circuits to train with Arnold-like volume in a fraction of the time.

Ask Arnold the secret to success, and he might tell you, “more reps.”

If life is all about reps, consider this workout a way to get ahead of the competition and win the game. This workout consists of 4 circuits. Do one set of the first exercise in the first circuit, then one set of the next exercise, and then one set of the third exercise. Rest for 1 to 2 minutes, and then repeat the circuit. Once you complete all the sets in a circuit, then move on to the next circuit and repeat the process.

CIRCUIT #1

1a Bodyweight squat

10-20 reps

1b Pushup

10-20 reps

1c Dumbbell row (or use a backpack or band)

12-15 reps



Continued...

REPS, REPS, REPS

CIRCUIT #2

2a Squat jumps

5-6 reps

2b T-pushup

8-15 reps per side

2c Lunges

12-15 reps/leg

CIRCUIT #3

3a Single-leg hip thrust

12-15 reps/leg

3b Backpack or band overhead press

8-20 reps

3c Lateral lunge

12-15 reps/side



Continued...

REPS, REPS, REPS

CIRCUIT #4

4a Plank walkout

6-15 reps

4b Reverse crunch

10-20 reps

4c Hollow body hold

30 seconds

HOW TO ADJUST TO YOUR TRAINING EXPERIENCE

Beginners

Do the lower number of reps and 2 sets of each exercise.

Intermediate

Do the lower or higher number of reps and 3 to 4 sets of each exercise.

Advanced

Do the higher number of reps and 5 to 6 sets of each exercise.



REPS, REPS, REPS: THE SEQUEL

THE FOCUS

More high-rep training that time is time efficient and helps you build strength and muscle.

The last workout was a 4-circuit workout that pumped up your muscles and raised your heart rate. This was one of the most popular workouts we tested with the village, so we created a new variation you could pair with it.

This workout consists of 4 circuits. Do one set of the first exercise in the first circuit, then one set of the next exercise, and then one set of the third exercise. Rest for 1 to 2 minutes, and then repeat the circuit. Once you complete all the sets in a circuit, then move on to the next circuit and repeat the process. These workouts can all be done with just your body weight, or you can do a weighted version, whether by adding dumbbells, barbells, or kettlebells or by throwing on a rucksack, weighted backpack, or weight vest.



Continued...

REPS, REPS, REPS: THE SEQUEL

CIRCUIT #1

1a Single-leg hip raise

10-20 reps

1b Step-up

10-20 reps

1c Squat

12-15 reps

CIRCUIT #2

2a Bent-over row

(backpack, dumbbell, barbell, T-bar)

10-20 reps

2b Pushups or chest press

10-25 reps per side

2c Inverted row, pullups,
or Superman bodyweight row

8-15 reps



Continued...

REPS, REPS, REPS: THE SEQUEL

CIRCUIT #3

3a Reverse lunges

12-15 reps/leg

3b T-pushups

8-20 reps/side

3c Inchworm

8-15 reps

CIRCUIT #4

4a Lying leg raises

10-20 reps

4b Bird dog

10 reps/side

4c Seated Twist

30 seconds



Continued...

REPS, REPS, REPS: THE SEQUEL

PERSONALIZE YOUR WORKOUT

Beginners

Do the lower number of reps and 2 sets of each exercise

Intermediate

Do the lower or higher number of reps and 3 to 4 sets of each exercise

Advanced

Do the higher number of reps and 5 to 6 sets of each exercise

Remember, as Arnold mentions all the time, don't overthink this. If you only have 15 or 30 minutes, do 1 to 2 sets, and start with what you have time for.



SUPER SUPERSETS

THE FOCUS

Arnold loved performing supersets to teach his body how to push harder without too much fatigue. Learn to master the method yourself.

The only rule of this workout is don't train three days in a row. That means you can do the upper body workout one day, the lower body the day after, rest and repeat. Or, you can alternate between training days and off days. It's easy to underestimate bodyweight exercises, but whether you're on the road, looking to jumpstart your routine, or want a change of pace, this will be a challenge.

HOW TO DO IT

Complete these two workouts on separate days. Perform the exercises in the order listed. When you see a number with a letter (2A and 2B, for example), that means to perform the exercises as a superset. Do one set of the first exercise (2A, for example), rest, and then one set of the second exercise (2B). After the rest period, you'll do another set of the first exercise in the pairing, followed by the second exercise in the superset. You'll continue this until all sets of the superset are complete, and then you'll move on to the next exercise in the workout (exercise 3).



Continued...

SUPER SUPERSETS

Use the guide below to determine how many sets you should perform based on our training experience:

Beginner

(0 to 1 year of consistent training): 2 to 3 sets per exercise

Intermediate

(2 to 3 years of consistent training): 4 to 5 sets per exercise

Advanced

(4+ years of consistent training): 6 to 8 sets per exercise

UPPER BODY WORKOUT

1 Inchworm (hand walkouts)

8 reps (1-minute rest)

2a Feet-Elevated Pushup

(if too hard, you can do it from the floor, on your knees, or with your hands on a bench)

10-20 reps (1-minute rest)

2b Bodyweight (inverted) row

10-20 reps (1-minute rest)



Continued...

SUPER SUPERSETS

UPPER BODY WORKOUT

3a Close Grip Pushup

as many reps as possible (1-minute rest)

3b Pullup or Superman Pullup

6-12 reps (1-minute rest)*

4a Plank

20 to 30 seconds (45 seconds rest)

4b Reverse crunch

10-20 reps (45 seconds rest) Many have never seen a bodyweight Superman pullup.

LOWER BODY WORKOUT

1 Alternating lunges

10 to 20 reps per leg

2a Single-Leg Hip Thrust

12-20 reps (60 seconds rest)



Continued...

SUPER SUPERSETS

2b Wall Squat Iso Hold

60-second hold (60 seconds rest)

LOWER BODY WORKOUT

3a Step-ups

8-15 reps (60-second rest)

3b Bodyweight squat jumps

5 reps (30 seconds rest)

3c Bodyweight squats

(60 seconds rest)

4a Hollow body hold

20 to 30 seconds (30 seconds rest)

4b Crunch

10 to 15 reps (60 seconds rest)



THE BODYWEIGHT PUMP

THE FOCUS

Shock your muscles without weights in less than 20 minutes

Looking for a quick pump? We have you covered. This week's workout is basic, but — as we repeatedly tell you — basic movements performed with high intensity deliver the best results. When people see Arnold's training logs, they are shocked by the lack of variety. But Arnold knew you didn't need endless exercises to transform your body. You just needed a way to progressively push your muscles to work harder. And that's what this workout does.

HOW TO DO IT

This workout consists of an upper-body workout and a lower-body workout. That's it. Rotate between Day 1 and Day 2. You can rest one day between each workout, or you can do the workout on back-to-back days and then rest on the third day. At a minimum, try to perform three workouts per week but a maximum of 4 to 5 sessions.



Continued...

THE BODYWEIGHT PUMP

Both workouts are done as straight sets, which means you'll perform all sets of the first exercise before moving on to the next. Repeat this pattern until all exercises are done. If you want to make an exercise harder, add a weighted vest, rucksack, or backpack with weight.

BODYWEIGHT ONLY – UPPER

1. Foot-elevated Pushups
(Decline pushups)

3 sets x 10-20 reps (60 seconds rest)

2. Close-grip pushup

3 sets x 6-10 reps (60 seconds rest)

3. Pullup

3 sets x 6-10 reps (60 seconds rest)

4. Inverted row

3 sets x AMAP (as many reps as possible) (60 seconds rest)



Continued...

THE BODYWEIGHT PUMP

5. Lying leg raises

3 sets x 10-20 reps (60 seconds rest)

BODYWEIGHT ONLY – LOWER

1. Reverse lunge

3 sets x 8-15 reps (60 seconds rest)

2. 1-Leg Hip Thrust

3 sets (per side) x 12-20 reps (60 seconds rest)

3. Wall Squat Iso Hold

3 sets x 30-60 seconds (60 seconds rest)

4. Bodyweight squat

3 sets x 10-20 reps (60 seconds rest)

5. Inchworm/plank walkout

3 sets x 8-12 reps (60 seconds rest)



THE RESISTANCE BAND WORKOUT

THE FOCUS

Use resistance bands to challenge your muscles in new ways and minimize strain on your joints. (And don't worry, we have a version with no bands, too!)

It's time to dust off the resistance bands you got during the pandemic. This workout uses something called mechanical drop sets to challenge your muscles in less time and with fewer exercises. This type of drop set means you start with a harder version of an exercise (using bands) and then shift to something not quite as challenging without rest. The combination will leave your muscles pumped and your heart exhausted.

HOW TO DO IT

Perform the three-exercise pairing as a tri-set. That means doing a set of each exercise with the same listed number (1A, 1B, and 1C, for example) and rest as little as possible. Once you do all three exercises, rest for 2-3 minutes, and then repeat the tri-set again. Don't move on to the next group of three exercises until all sets are completed.



Continued...

THE RESISTANCE BAND WORKOUT

TRI-SET #1:

1a Resistance band squats

4 sets x 10-12 reps (no rest)

1b Bodyweight squat

4 sets x 1 5-20 reps (no rest)

1c Wall sits

4 sets x 20-30 seconds

Rest 2-3 minutes

TRI-SET #2:

2a Resistance band pushup

4 sets x 10 reps (no rest)

2b Pushups

4 sets x AMRAP (as many reps as possible) (no rest)



Continued...

THE RESISTANCE BAND WORKOUT

2c Incline pushups or knee pushups

4 sets x 10-20 reps

Rest 2-3 minutes

TRI-SET #3:

3a Banded good morning

3 sets x 10 reps (no rest)

3b Single-leg hip raise (do both legs)

3 sets X 8-12 reps (no rest)

3c Two-legged hip raise

3 sets x 10-20 reps

Rest 2-3 minutes

No band? No problem. Just do the workout without the resistance band exercise. The workout will be a little shorter but still incredibly challenging.

Continued...

THE RESISTANCE BAND WORKOUT

BODYWEIGHT VERSION

1a Bodyweight squat

4 sets x 15-20 reps (no rest)

1b Wall sits

4 sets x 20-30 seconds

Rest 2-3 minutes

2a Pushups

4 sets x AMRAP (as many reps as possible) (no rest)

2b Incline pushups or knee pushups

4 sets x 10-20 reps

Rest 2-3 minutes

3a Single-leg hip raise

3 sets X 8-12 reps (no rest)

3b Two-legged hip raise

3 sets x 10-20 reps

Rest 2-3 minutes



THE 2-MINUTE MUSCLE CHALLENGE

THE FOCUS

Long workouts don't determine intensity. This plan is short, but it's so challenging that it will feel longer than it is.

You can do this workout any time you need something that requires little (or no) equipment. You can also add it to the end of your workout as a "finisher" to get a great pump, burn more calories, and push past your limits.

We call it the hardest 2 minutes, and here's how it works.

HOW IT WORKS

Step 1 Pick one exercise. Ideally, it's a compound exercise that works multiple muscles, such as squats, rows, pushups, or lunges. Remember, you can use your body weight or add weight with dumbbells, kettlebells, a barbell, or a weighted vest.

Step 2 Set a timer for 2 minutes.



Continued...

THE 2-MINUTE MUSCLE CHALLENGE

Step 3 Perform as many reps as possible during the 2 minutes. That doesn't mean you'll be doing reps the entire time. Remember to take breaks when needed, but push yourself.

For example, you might do 12 reps of squats, rest for 10 seconds, and then do another 5 reps, and then rest, and then another 3 reps, and so forth until time is up. This is about taking your body as far as it can go while still incorporating rest.

If you're doing a weight version of an exercise, you'll want to choose a weight that feels light and almost too easy at the beginning. For example, if doing a goblet squat, using 25% of your body weight is an excellent place to start.

And that's it! Over time, your goal is to make the workout harder. This could mean doing more reps, resting less, or using a heavier weight.



THE SPARHAWK

THE FOCUS

Build full body strength and endurance with just a single dumbbell or kettlebell.

This workout from legendary strength coach Dan John is minimal and time-efficient. If you've got one kettlebell (or a dumbbell, or a water jug, or a backpack) and some space to walk, you have everything you need for a fantastic training session.

Coach John calls this “**The Sparhawk.**” You'll be performing goblet squats and suitcase carries. But here's the catch: You can't set the weight down until you're done.

HERE'S HOW TO DO IT

Grab a kettlebell or dumbbell that you can lift for at least 12 reps. No weights? No problem. You can also fill up a gallon water jug or even put some books in a backpack.



Continued...

THE SPARHAWK

NOW IT'S TIME TO GET TO WORK

Perform **8 Goblet squats**

then walk 60 feet (you can pace around your home if needed) with the weight in your left hand.

Perform **7 Goblet squats**

then walk another 60 feet, this time with the weight in your right hand.

Now do 6 Goblet squats, back to the left hand for 60 feet.

5 Goblet squats, right-hand walk.

4 Goblet squats, left-hand walk

3 Goblet squats, right-hand walk

2 Goblet squats, left-hand walk.

1 Goblet squat, finished.

Because you transition straight into the carries after the squats, you keep your body under load the entire time, which works your core and grip. It might not seem like much, but your entire body will feel it by the time you're done.

THE 5:4 PROTOCOL

THE FOCUS

A minimal equipment challenge that builds strength, power, and cardiovascular endurance.

Legendary coach Pavel Tsatsouline's book *The Quick and The Dead* includes many great, time-efficient workouts. One in particular, called the 5:4 protocol, is worth your time.

HERE'S HOW TO DO IT

- Set a timer for 30 seconds.
- Perform 5 reps with a heavy weight of kettlebell swings. (If you don't have a kettlebell, you can load up a backpack with some books.) It might take you approximately 10 seconds to perform the 5 reps and then rest the remaining 20 seconds.
- Repeat this for a total of 4 sets, each time with a 30-second interval for your reps and rest.
- Then, rest for 1 minute.



Continued...

THE 5:4 PROTOCOL

HERE'S HOW TO DO IT

- Now, do the same 30-second interval, but this time with a push exercise, such as pushups or an overhead press. (Again, you can use a kettlebells or a backpack with weights)
- Do 5 reps every 30 seconds, and complete a total of 4 rounds.
- Rest for 1 more minute.
- Now, repeat steps 1 through 7 anywhere from three more times.

Like most “simple” workouts, this looks far easier on paper than it is. You’ll train power (something we all lose as we age) without impact, and it’s a sneaky good way to elevate your heart rate to get in some cardio without going for a run. Strength, power, and cardio all in one workout? That’s why we thought you would love it.



THE RESILIENCE WORKOUT

THE FOCUS

Build old-school strength with basic movements performed with precision

With the right mix of exercise, reps, and rest, you can experience an incredible workout in less than 30 minutes. I created this workout nearly 15 years ago when I was coaching busy executives, and I do a variation of this when I'm traveling (it's Adam, by the way). All you need is a dumbbell or kettlebell and a pullup bar (or a TRX works too). You can also do the workout with just a backpack filled with books or a weighted rucksack.

HOW IT WORKS

You'll perform 3 exercises as a circuit. That means you'll do the following exercises with little or no rest in between movements.

1. **Pull-ups** (Other options: do TRX rows or do a bent-over row using a backpack with books or rucksack).
2. **Pushups** (Other options: pushups from your knees, with your hands on a bench or table, or TRX pushups).
3. **Kettlebell swings** (Other options: dumbbell swings, loaded backpack swings, single-leg bodyweight Romanian deadlifts)

Continued...

THE RESILIENCE WORKOUT

You're going to perform three rounds of these three exercises (you can substitute any exercise using the examples above). Each round consists of 4 sets. You want to time your rounds to see how quickly you can move and keep track of how long you're training.

IN THE FIRST ROUND, YOU'LL DO THE FOLLOWING

3 pull-ups

4 pushups

5 kettlebell swings

Complete each exercise, one after the other, resting as little as possible. That's one set. You'll then repeat these three exercises three more times for a total of four sets. Then, round 1 is over.

NEXT UP IS ROUND TWO, WHICH CONSISTS OF

4 pull-ups

5 pushups

10 swings



Continued...

THE RESILIENCE WORKOUT

Again, complete each exercise, one after the other, resting as little as possible. That's one set. You'll then repeat these three exercises three more times for a total of four sets. Once you've done that, round 2 is over. And that leads you to:

ROUND 3, WHICH CONSISTS OF

5 pull-ups (or rows)

6 pushups

12 swings

Do the same as the two previous rounds.
Once you're done, the workout is over!



THE LONGEVITY WORKOUT: NEXT LEVEL

THE FOCUS

Get stronger where it matters most to fight off age-related decline

A strong grip is associated with longevity. Previously, we shared that pushups are also associated with fighting off premature death. This workout includes the exercises you need to become stronger and increase the likelihood that you can live longer.

HOW IT WORKS

The workout consists of two circuits, each consisting of two exercises. The first circuit is a combination of farmer's walks and pushups. And the second circuit is more farmer's walks and squats. If you're keeping score at home, the farmer's walks will help improve your grip.

Pick up the weights, and walk 20 to 30 steps with a weight that's heavy. Set the weight down, and then do your pushups.

If you don't have weights, you can fill two backpacks or totes with books, hold one in each hand, and perform the carries. All you need to do is make sure the bags are heavy and hard to grip.

Continued...

THE LONGEVITY WORKOUT: NEXT LEVEL

CIRCUIT #1 - 3-4 ROUNDS

Complete the first exercise and immediately do the second exercise. Then rest for 2 to 3 minutes and repeat.

1a Farmer's Walk

20 to 30 steps

1b Pushups

10 to 30 reps (your strength will determine how many reps you perform)

After you complete all the rounds of the first circuit, then move to the next circuit.



Continued...

THE LONGEVITY WORKOUT: NEXT LEVEL

CIRCUIT #2 - 3-4 ROUNDS

Follow the same approach as the last circuit. Complete the first exercise and immediately do the second exercise. Then rest for 2 to 3 minutes and repeat.

2a Farmer's walk

20 to 30 steps

2b Bodyweight squats

10 to 30 reps (You can also add weight if you want; your strength will determine how many reps you perform)



THE STRENGTH AND MUSCLE PLAN

THE FOCUS

Add muscle and strength and burn more calories with a workout from one of the best trainers in the world

Consider this plan as a 20-minute commitment to a better you. Designed by strength coach [Luka Hocevar](#), owner of one of the best gyms in America — [Vigor Ground Fitness](#) in Renton, Washington. The program combines two blocks to help you build strength and muscle while working at a pace guaranteed to crush calories.

If you don't have weights available, then try the bodyweight version.

GYM VERSION

Note: Luka filmed examples of every exercise in the workout. [You can watch them here.](#)



Continued...

THE STRENGTH AND MUSCLE PLAN

DYNAMIC WARMUP

1. Downward Dog to Spiderman Lunge x 5/side
2. Squat to Stand x 8
3. Thai Sit to Shinbox Switch x 4/side
4. High Knees x 15 seconds
5. Squat Jumps x 15 seconds
6. Skater Jumps x 15 seconds

Block 1: 10 mins

Perform as a tri-set (or circuit), meaning you'll do one set of each exercise in order, rest, and then repeat. The first two sets will be "ramp up" sets, where you prepare your muscles to handle a weight you can do for the listed reps.



Continued...

THE STRENGTH AND MUSCLE PLAN

BLOCK #1

1. Trap Bar Deadlift (or other deadlift variation) x 4
2. Squat Jumps x 5
3. Alternating DB Bench Press x 6/side

For example, let's say you can trap bar deadlift 315 pounds for 4 reps, and lift 60 pounds for 6 reps of alternating dumbbell bench press. Your sets may go like this:

Set 1 Trap bar deadlift: 185 pounds x 4 reps + 2-3 jumps + alternating dumbbell bench: 35 pounds x 6 reps per side

Set 2 Trap bar deadlift: 245 pounds x 4 reps + 2-3 jumps + alternating dumbbell bench press: 50 pounds x 6 reps per side

Set 3 Trap bar deadlift: 315 pounds x 4 reps + 5 jumps + alternating dumbbell bench press: 60 pounds x 6 reps per side

You'll continue with this weight until the time is up.

Continued...

THE STRENGTH AND MUSCLE PLAN

Rest for 3 minutes when you're done, and then move to...

BLOCK 2: 8 MINS

At this point, you should be warmed up. So set the timer and perform one set of each exercise, one set after the other. Rest as needed, and when time is up, you're done!

1. **Dumbbell Goblet Position Reverse Lunge x 8 reps/side**
2. **1-Arm Cable Row x 10 reps/side**
3. **Dumbbell Curls x 8 reps**

Bonus

If you have extra time, you can finish the workout by doing 100 kettlebell swings as fast as possible, using a weight you can normally do for 15 to 20 reps.



Continued...

THE STRENGTH AND MUSCLE PLAN

THE BODYWEIGHT VERSION

Note: Luka filmed examples of every exercise in the workout. [You can watch them here.](#)

DYNAMIC WARMUP

1. Downward Dog to Spiderman Lunge x 5/side
2. Squat to Stand x 8
3. Thai Sit to Shinbox Switch x 4/side
4. High Knees x 15 seconds
5. Squat Jumps x 15 seconds
6. Skater Jumps x 15 seconds



Continued...

THE STRENGTH AND MUSCLE PLAN

BLOCK 1: 10 MINUTES

1. **Step-Over Lunge x 8-12/side (reps based on fitness level)**
2. **Elevator Push Ups x 6-10**

Notes from Luka: Rotate doing 1 set of each exercise, and keep going between the two exercises with minimal or no breaks, trying to get as many rounds as possible.

If you cannot perform the prescribed amount of repetition because your form is breaking down, drop the reps to keep good form while pushing yourself to get as much work in the 10 minutes. If you want to challenge yourself, bump the time to 12 minutes.

The goal of the step-over lunge is to go from the reverse lunge straight to the forward lunge. You'll switch sides halfway through the interval.

The elevator push-ups have a smooth tempo and three stops on the way down and three on the way up. If you cannot do the push-ups for the full 60 seconds, you can elevate them on a sofa or chair or hold the top position like a pushup plank.



Continued...

THE STRENGTH AND MUSCLE PLAN

BLOCK 2: 60 SECONDS OF WORK + 15 SECONDS OF REST

You'll do one set of each exercise for 60 seconds, rest 15 seconds, and then move to the next exercise. Perform a total of 3 to 4 rounds.

- 1. Bridge Hamstring Walk-Outs**
- 2. 1 and 1/2 Rep Pulse Squats**
- 3. T-Hold Pulses**

Notes from Luka: The goal here is to have a smooth, controlled tempo and keep the time under tension for the full 60-second interval for each exercise.

During the bridge hamstring walkout, make sure you are squeezing your glutes the whole time as well as bracing your core. That way, you get tension in your glutes and hamstrings.

During the 1 and 1/2 rep pulse squats don't lock out and rest at the top but go right back down into your squat.

In the T-hold pulses, do not use momentum. Instead, focus on controlled smooth reps. If you cannot maintain it, then hold the T position.

Continued...

THE STRENGTH AND MUSCLE PLAN

BLOCK 3: 20 SECONDS OF WORK + 40 SECONDS OF REST

You'll do one set of each exercise for 20 seconds, rest for 40 seconds, and then move to the next exercise. Perform a total of 3 to 4 rounds.

1. Lateral Slides
2. Mountain Climbers



THE “EVERY MINUTE COUNTS” WORKOUT

THE FOCUS

Learn to build a workout that is time-efficient and delivers results every time.

EMOM stands for “every minute on the minute.” It means you set a timer for one minute, perform an exercise, track how long it takes to do one set (say, 20 seconds), and rest the remainder of the minute (another 40 seconds). Then, you set the timer for another minute and either repeat the exercise or move to the next exercise in your workout. It’s a great way to get in an intense workout in a short window of time.

THE WORKOUT

Step 1: Pick four exercises, including two upper and two lower body movements.

You can use bodyweight exercises or weights. Select movements that use different primary muscles. For example, when picking upper body exercises, select one pressing movement (bench press, overhead press, or pushups) and one pulling movement (dumbbell row, pullups, inverted row).

Continued...

THE “EVERY MINUTE COUNTS” WORKOUT

Step 2: Prepare to train

Structure your workout to alternate between an upper-body and a lower-body exercise. For example, an excellent bodyweight workout could consist of pushups (upper), squats (lower), pullups (upper), and lunges (lower).

So your workout might look like this:

1. **Dumbbell squats**
(lower body, quads)
2. **Dumbbell overhead press**
(upper body, shoulders and triceps)
3. **Dumbbell straight-leg deadlift**
(lower body, hamstrings and glutes)
4. **Dumbbell bent-over row**
(upper body, back and biceps)

Set your reps

If you're doing a bodyweight movement, perform 8 to 12 reps.

Continued...

THE “EVERY MINUTE COUNTS” WORKOUT

If you're doing weighted movement, do 6 reps, but use a weight you can lift with good form for 10 reps.

Use the stopwatch on your phone to set a timer for 60 seconds. You'll perform the listed reps on each exercise and then see how much time has passed. Then, you'll rest the remainder of the minute and move to the next exercise. For example, it might take you 20 seconds to do all of the reps of pushups, and then you'll rest an additional 40 seconds (for a total of 60 seconds). Then, you'd do all the reps of squats, rest the remainder of the minute, move to rows, and so forth.

Repeat this process of setting a timer for 1 minute, doing the prescribed number of reps, and then resting the remainder of the minute. Performing 1 set of all four exercises will take 4 minutes.



Continued...

THE “EVERY MINUTE COUNTS” WORKOUT

HOW TO BUILD YOUR WORKOUT

If you're a beginner

Complete 3 to 4 total rounds (a round = doing 1 set of all four exercises) for 12 to 16 minutes of training.

If you're more advanced

Complete 6 to 10 rounds for 24 to 40 minutes of training.

You can perform this two or three times during the week, ensuring you rest at least one day between exercises.



THE TERRIBLE TWOS

(THE ULTIMATE PARENT-FRIENDLY PLAN)

THE FOCUS

Build maximum strength, increase muscle, and improve muscular endurance with a grueling, time-efficient workout.

It's Adam. Many of you might be familiar with "the terrible twos." It's that stage as a parent when your child turns two, and suddenly, everything becomes more difficult.

This workout is called the "terrible twos" because I developed it when I became a dad I realized you need to get creative with your workouts. I still wanted to train hard but didn't have the same time. So, most of my workouts became 15 to 30-minute sessions that felt harder than what I was doing when I spent an hour in the gym. That was the backbone of my Fit Father approach, which I've followed for the last 8 years.

This "terrible twos" workout might cause you to develop a love-hate relationship with just two reps. You'll love the results you see but might hate how hard it feels.



Continued...

THE TERRIBLE TWOS (THE ULTIMATE PARENT-FRIENDLY PLAN)

HERE'S HOW IT WORK

The following sequence is a circuit, which means you'll do 1 set of each exercise listed, cycle through the exercises, and repeat.

- 1. Start by performing two warm-up sets with about 50 percent of the weight you'll use.**

Then, perform two reps of each exercise using a weight you can lift for approximately 5 to 6 reps.

- 2. Set a timer for anywhere from 10 to 30 minutes. If you're a beginner, do 10 minutes.**

If you're advanced, go for 30 minutes. Or, you can do a longer or shorter workout based on the time you'll have.

There's not much rest in this program. You'll only take breaks when you need them, which means you'll be doing a lot of reps with a relatively heavy weight. If you're doing a bodyweight version, the same rules apply. Keep doing two reps for each movement, and don't rest unless you need it. Once the time is up, the workout is over.

Continued...

THE TERRIBLE TWOS (THE ULTIMATE PARENT-FRIENDLY PLAN)

EXERCISES - 2 REPS EACH

1. Dumbbell/Barbell Romanian Deadlift or bodyweight good morning
2. Dumbbell/Barbell Row or inverted row
3. Dumbbell/Barbell or bodyweight rear-foot elevated split squat
4. Dumbbell/Barbell Overhead press or pushups
5. Dumbbell/Barbell Front squat or bodyweight squat



THE GET BACK ON TRACK WORKOUT

THE FOCUS

If you enjoy exercise but haven't been consistent, this program is designed to help your muscles reacclimate and build strength fast. It will challenge your muscles and aerobic endurance but without pushing your body to failure. If you want to make it more challenging, select a heavier weight or do more sets.

HOW TO DO IT

Grab a pair of dumbbells or, if you haven't been lifting, two bottles of water or a backpack filled with books. The overhead press is likely your "weakest" lift, so make sure you can perform 12-15 reps with the weight you choose. That's just a guide to help you know how much weight to use. But you won't necessarily be doing 12 to 15 reps.

In this workout, you'll do timed sets. You'll perform as many reps as possible in 15 seconds and then move to the next exercise. Rest as little as possible between exercises. Once you do 1 set of all the exercises, that's 1 round. If you're just getting started or bouncing back, do 1 to 2 sets total. As you get stronger and feel better, perform up to 4 to 6 rounds total.

Continued...

THE GET BACK ON TRACK WORKOUT

EXERCISES

1. Pushups
2. Bent-over 2-arm dumbbell row
3. Hollow body hold
(hold 1 dumbbell behind your head, lying flat on the floor with hands and feet off the ground)
4. Dumbbell shoulder press
5. Dumbbell squat
6. Plank
7. Hip raise
8. Dumbbell alternating reverse lunge



THE PARENT PUMP

THE FOCUS

Another parent-friendly full-body workout you can perform with only dumbbells

This routine requires minimal equipment and no “technical” exercises, meaning this is simple to perform but will challenge all of your muscle.

THE WORKOUT

Perform 1 set of each exercise for 30 seconds. Once you complete each set, catch your breath and repeat again. Try to complete 4 to 6 rounds in less than 15 minutes.

1. **Overhead farmer's walk**
(hold dumbbells overhead and walk slowly and in control)
2. **Alternating dumbbell lunges**



Continued...

THE PARENT PUMP

3. Renegade row

(pushups + alternating rows)

4. Goblet squat

(hold at the bottom for 3 seconds)

Note: If you don't have any dumbbells, load up a backpack with a few books. You can do the overhead farmer's walk by grabbing the straps and holding the book overhead. Wear the backpack while doing lunges and the Goblet squat. Instead of Renegade rows, simply wear the backpack and perform pushups.



THE PLATEAU BUSTER

THE FOCUS

When progress stalls, use this workout to jumpstart results

The next time you hit a wall with your workouts, this technique can help bust you out of your rut.

As we've discussed before, transforming your body is a relatively simple equation, but it's not easy. To see the best results, you need to train with intensity (relative to your own strength) and progressively challenge your muscles with more weight, sets, reps, or challenging exercises (or all of the above) — and do it consistently.

Wave training is a technique that helps trick your body into building strength and muscle. The method alternates sets of low-rep training with higher reps.

The low-rep set activates more of your motor units (what causes your muscle fibers to fire), and when you shift to the higher-rep set, it can help you lift more than usual.



Continued...

THE PLATEAU BUSTER

HERE'S AN EXAMPLE:

Set 1: Perform 3-5 reps at 225 pounds

Rest for 2 to 3 minutes

Set 2: Perform 6-10 reps at 185 pounds

**Rest another 2 to 3 minutes and repeat
2-3 more times**

The 185 pounds should feel lighter than usual (thanks to priming your nervous system with the heavy set), which can help you do more reps than you normally would at that weight.



Continued...

THE PLATEAU BUSTER

Do a wave for your upper body
(set 1, rest, set 2 rest, and repeat 2-3 times)

That's it!

You can also apply this to bodyweight training by alternating harder and easier variations of the same exercise.

Let's say you want to work your lower body:

Set 1: 5 reps (per leg) of Bulgarian split squats

Set 2: 10 reps of bodyweight squats

These are also called mechanical drop sets because you're moving from a harder exercise to an easier one.

You can use this method on one main exercise per workout (like a squat, deadlift, row, or press).



THE BUILD YOUR OWN WORKOUT PLAN

THE FOCUS

If you want to take control of your plan, here's how you can build a program that will challenge every muscle in your body.

This one is a little different. We're going to help you build a workout. The same rules apply as usual: it's going to be time-efficient, it's built for at home or the gym, and it's going to be intense and help you become a little better.

This workout is all about combining different movements. You're going to perform 5 exercises total, and each will correspond with a squat, push, pull, hinge, and carry.

STEP 1

Choose 1 exercise from each category.

These are just examples. You can select other exercises, but this provides an idea of how to build your workout.

EXERCISES

Squat

Bodyweight squats, leg presses, goblet squats, rear foot elevated split squats



Continued...

THE BUILD YOUR OWN WORKOUT PLAN

EXERCISES

Pull

TRX rows, seated machine rows, dumbbell single arm row, inverted (bodyweight) row, pullups

Hinge

Hip thrust/hip raise, Straight leg deadlift, band good morning, kettlebell swing

Push

Incline pushups, machine chest press, standing band chest press, dumbbell chest press

Carry

Farmer carry, suitcase carry.

STEP 2

Build your workout

If you're short on time, superset the first four movements into two pairs and perform them back-to-back, resting as little as possible between sets. After doing the first pair, rest for 2 minutes and repeat the first two exercises. Follow this pattern until all sets are done, and then move to the next exercise pair.

Continued...

THE BUILD YOUR OWN WORKOUT PLAN

HERE'S AN EXAMPLE

Superset 1

1a. Bodyweight squat

1b. Bodyweight/inverted row

Superset 2

2a. Hip raise

2b. Incline pushup

3. Farmer carry

(you can load up a backpack for this)

You can perform this plan 3 to 4 times per week.

Start with just 2-3 sets of 10-12 reps each.

Rest 2 minutes after you complete a set or superset.

As you build confidence and conditioning, add 1 to 2 more sets.

If you really want to push the pace, combine all five exercises into one giant circuit.



THE BACKPACK/ RUCKSACK WORKOUT

THE FOCUS

This was such a fan-favorite in The Pump app, that we had to share it here.

We talk a lot about making workouts that fit into your life. And you guys ask for workouts you can do while traveling. Daniel was recently short on time, so he grabbed his ruck pack, put a 30-pound weight in it, and then did an amazing workout.

If you don't have a ruck pack, you can put a few books in a backpack. Load up your backpack and then give it a try.

HOW TO DO IT

Perform this workout as a circuit, which means you'll do one set of each exercise. For each exercise, you'll perform 8 reps. Do all reps of the first exercise, then with as little rest as possible, move to the next exercise. Continue this until you complete all 7 exercises. Rest for 1 to 2 minutes, and then repeat the circuit again.



Continued...

THE BACKPACK/RUCKSACK WORKOUT

THE WORKOUT

[Here's a video of the entire workout.](#)

1. Stiff legged deadlift
2. Bent-over row
3. Clean
4. Front squat
5. Overhead Press
6. Biceps Curl
7. Overhead triceps extension



THE DO-IT-ALL WORKOUT

THE FOCUS

A plan designed to target all of the pillars of better fitness

This workout has a little bit of everything to protect your heart, crush calories, and build muscle. You can do this full-body program approximately three to four times per week, resting one day between each workout.

Part 1: Aerobic block

10 minutes of walking (do it in your home, on the treadmill, or outside)

Part 2: Strength block

Complete 8 to 20 reps (depending on your strength) of the first exercise, followed by a 30-second hold (isometric) of the second exercise in the “bottom” position. Performing exercises back-to-back is called a superset. This workout consists of five supersets.



Continued...

THE DO-IT-ALL WORKOUT

HERE'S HOW TO DO IT

In the first superset, you might perform 10 pushups. On the tenth rep, lower your body down and hold for 30 seconds (or as long as you can). Then, move to the next exercise.

You'll perform one set of each superset. Rest for 1 minute. When you do all 5 supersets, rest for 1 to 2 minutes, and then repeat the entire sequence again.

ADJUST TO YOUR EXPERIENCE

Complete a total of 3 to 8 rounds, depending on your training experience. (Beginners = 3 rounds, advanced = 8 rounds)

Superset #1

1a. Pushups

1b. Isometric pushup



Continued...

THE DO-IT-ALL WORKOUT

ADJUST TO YOUR EXPERIENCE

Superset #2

2a. Squats

2b. Isometric squat

Superset #3

3a. Crunch

3b. Plank

Superset #4

4a. Alternating Lunge

4b. Isometric lunge

Superset #5

5a. Pullup or inverted bodyweight row

5b. Isometric pullup or inverted
bodyweight row

THE COUNTDOWN

THE FOCUS

Build muscle, burn fat, and strengthen your heart... by counting to 10 (and it's not what you think)

If you're looking to get your heart rate up and feel the pump without heading to the gym, try this simple workout. But don't confuse simple with easy.

The workout consists of two exercises that you perform back-to-back, resting as little as possible. The goal is to focus on good reps on every set. Use the chart below to adjust the workout to your skill level.

HOW TO DO IT

- Set a timer to see how quickly you can complete this workout.
- Perform the starting number of reps of pushups (use the chart below to customize your experience level, as beginners will do a different number of reps than advanced ones).
- Then, perform the starting number of reps of lunges (again, use the chart below to determine how many reps you should perform).

Continued...

THE COUNTDOWN

HOW TO DO IT

- After you complete your lunges, return to pushups and do one fewer rep than your first set. (Example: if you did 10 reps on the first set, you'd do 9 reps on the second set.)
- Then, do another round of lunges and do one fewer rep than your first set. (Just like pushups, if you started with 10, then you'll do 9.)
- Continue alternating exercising and descending by one rep until you only perform one rep of each exercise.
- Set a timer to see how quickly you can complete this workout.
- Perform the starting number of reps of pushups (use the chart below to customize your experience level, as beginners will do a different number of reps than advanced ones).
- Then, perform the starting number of reps of lunges (again, use the chart below to determine how many reps you should perform).



Continued...

THE COUNTDOWN

HOW TO DO IT

- After you complete your lunges, return to pushups and do one fewer rep than your first set. (Example: if you did 10 reps on the first set, you'd do 9 reps on the second set.)
- Then, do another round of lunges and do one fewer rep than your first set. (Just like pushups, if you started with 10, then you'll do 9.)
- Continue alternating exercising and descending by one rep until you only perform one rep of each exercise.

Select your experience level and do the number of recommended reps.

Advanced (5 years of training or more)

Start with 15 reps of pushups followed by 15 reps of lunges (on each leg)

Continued...

THE COUNTDOWN

Intermediate

(~2 years of consistent training)

Start with 10 reps of pushups followed by 10 reps of lunges (on each leg).

Beginner

(less than 2 years of consistent training)

Start with 5 reps of pushups (if needed, you can do these on your knees or place your hands on a bench or chair to make it easier), followed by 5 reps of lunges on each leg. (If lunges are hard, put your hand on a wall, couch, or chair for balance support.)



Continued...

THE COUNTDOWN

SAMPLE WORKOUT

If you're doing the advanced workout, you would do the following:

15 pushups + 15 lunges on each leg

14 pushups + 14 lunges on each leg

13 pushups + 13 lunges on each leg

**And continue dropping by
1 rep each round.**

By the time you complete the final rep of pushups and lunges, you'll have performed 120 pushups and 120 lunges. And your body will feel it.

You can perform this workout three to four times per week, ideally taking a day off between each training session. The beauty of this plan is you can substitute an endless number of exercises. Choose 1 upper body movement, 1 lower body movement, mix and match, and watch your body transform.



ARNOLD AND FRANCO'S CHEST-BACK-DEADLIFT WORKOUT

THE FOCUS

Maximize muscle and strength and train like Arnold in the 70s.

Franco was my best friend. From the minute we met in Munich, we pushed each other, we competed with each other, and we laughed at every moment along the way. And when we trained together, the workouts were truly fantastic.

I've never shared this routine before because it wasn't necessarily part of the plan, but it was how we kept intensity high, the workout fun, and really learn to push ourselves. It will look like some of the workout you've seen from the 1960s and 70s, but there's one big difference.

When we were feeling really good on Fridays, we would see just how heavy we could go. We didn't have a set number of sets or reps. Instead, we started with higher reps and then kept on adding weight until we couldn't do more than three reps.

For my workouts, that meant doing bent-over rows for 315 pounds, incline bench for 375, deadlifts for 625, and flat bench for 425 pounds.

This plan is extremely advanced but a lot of fun. You've been warned.

Continued...

ARNOLD AND FRANCO'S CHEST-BACK-DEADLIFT WORKOUT

HOW TO DO THE WORKOUT

Get ready to do a lot of sets and reps. We would start with a weight we could lift for about 12 to 15 reps. Then we'd increase the weight and go again, aiming for 10 to 12 reps. Increase again, and go for 8 to 10 reps. And then again for 6 to 8 reps. And keep on adding weight until you can't do more than 3 reps.

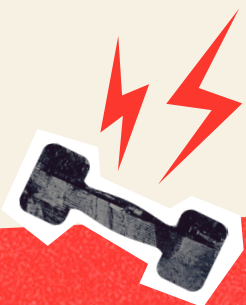
There are no "rules" for how many sets you perform. Just keep adding weight until you can do more than 3 reps.

1. Deadlifts

Superset

2A. Incline barbell press

2B. Weighted Chinups



Continued...

ARNOLD AND FRANCO'S CHEST-BACK-DEADLIFT WORKOUT

Superset

3A. Barbell Bench press

3B. Bent-over barbell row

Tri-set

4A. Machine pullovers

4B. Dumbbell Flys

4C. Dips

Triset

5A. Seated cable rows

5B. One-arm cable row

5C. Dumbbell pullovers





WANT TO TRAIN WITH ARNOLD?

The Pump app is your chance to access workouts, tips, and lessons from Arnold Schwarzenegger. But it's so much more than programs. You'll experience live Q&As with Arnold, get advice from top experts in fitness and nutrition, use a habit tracker to help you build unbreakable routines, and interact with the most positive community you've ever seen. Use code "ARNOLD" to gain access and start your free 7-day trial.

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