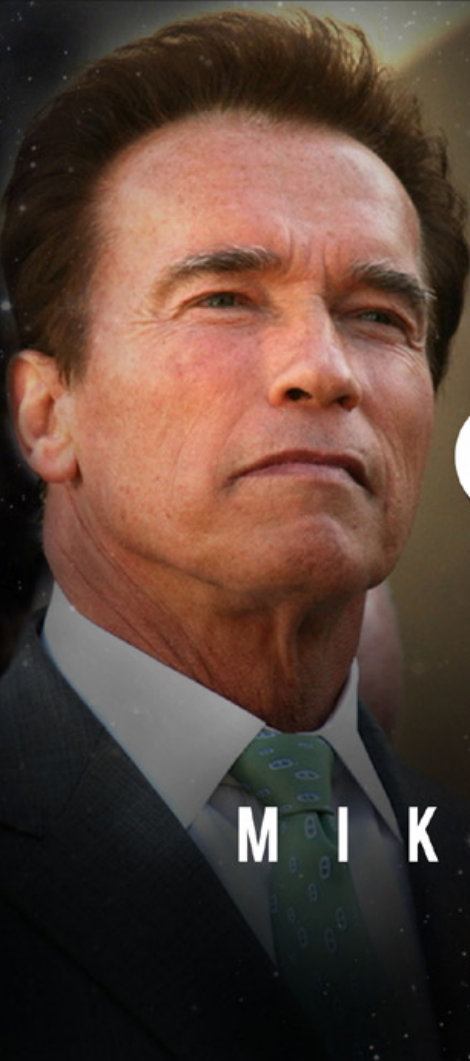




ARNOLD

LIVING A
LEGACY
OF STRENGTH



MIKE WESTERDAL

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This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.



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M I K E W E S T E R D A L



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WHO IS ARNOLD SCHWARZENEGGER?

The following report represents dramatic impressions by and about Arnold Schwarzenegger rather than the continuities of structured thought. What you are about to read is not just about sets and reps, nor is it an epic, intense drama, or a master documentary.

It is what it is...mostly a composed no punches pulled profile of shared potent quotes (about anabolic steroids, posing, positive attitude and much more) plus personal highlights and hints regarding his 'training and everyday life success fundamentals'.



Most importantly you will be able to apply many of his exposed, pure genius, success fundamentals to your own unique training and everyday social aspects lifestyle.

Arnold Schwarzenegger, his name is one of the most recognized, respected and celebrated in the world. The stories or ventures about Arnold are as old and worn as an old pair of shoes. Everyone has heard them and I've read them so many times I know the lines inside and out forward and back. How Arnold came from a middle-class upbringing in Austria. (His brother was actually a more accomplished athlete.)



His taking to Olympic and Power lifting, coming to America, his friendship with Franco Columbu, how he (Arnold) became Mr. Olympia (at age 23), his 30-movie career bankability, marrying into the Kennedy family and how he became the Governor of California... yep it's all old hat or so it seems to some people.

Tired old stories told over and over and over and to most people not of much interest anymore. What is of interest is what will happen next in the life of Arnold Schwarzenegger. Has he come full circle? Has he risen from obscurity to prominence and is he now on his way back down the ladder he climbed?

Although wealthy and successful, will he slip back into obscurity? Time will tell. His job performance as governor continued to slide in the polls but if history revealed what was to come... don't count the former governor of California out.

Arnold was either born with or developed the ability to block things out of his mind and focus completely on the objectives and goals he felt were important. I say born or developed because neither I nor anyone else I know could say for certain which it is.

One thing is for certain however, it is without a doubt the single most dominate reasons for his many successes along with his ability to laugh at and not take himself too seriously. Arnold summed up his ability to laugh at himself when he said;

“Most people are too close to see what they are doing that they can’t see themselves anymore. But I always step back and just laugh at myself, because you can’t take it too seriously.”



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For crying out loud, he starred in the movie “Hercules in New York” and they had to dub a voice in for him. Because they couldn’t pronounce his name, Schwarzenegger they shortened it to Strong.

His performance was anything but good. People in the business laughed and told him not to quit his day job. With each joke, Arnold laughed along and look what happened. From being totally rejected to becoming the number one bankable box office draw in Hollywood (the star action-hero of over 10 films, all of which you can probably name without me listing them.

“I’ll be back.” First spoken in The Terminator (1984), it became a trademark line in many subsequent Schwarzenegger films; he often used it in his political campaigns too.

During the filming of The Terminator (1984) someone asked Arnold if big-screen success could bring him as much satisfaction as body-building victories... [Arnold responded]



“In sports, you learn competition means go after it, win it. And not to let anything else interfere.

It’s something you learn, and it sticks with you. I consider myself an expert in looking into a particular idea or goal and then going after it without anything



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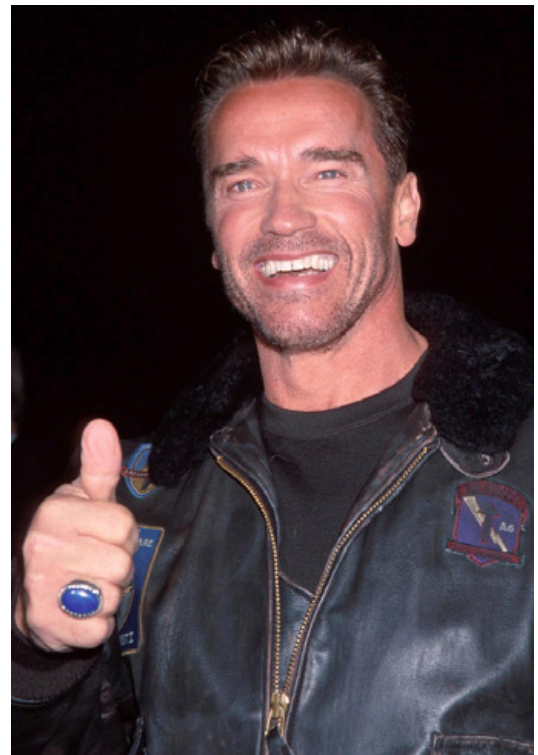
else in mind... It's always the same kind of thing. You pick a goal, and then you just go after it, accomplish it, and get satisfaction out of that."

The above quote appeared 20 years later in an article from *Cowboys & Indians*, the "magazine of the west," Sept. 2004.

Believe it or not Arnold is in love with the actual craft of acting more so than the money he earns from each film. Arnold's still laughing. Arnold plays for keeps if it's something he wants.

Even from his early days here in the states, people recall how Arnold would psyche people out and play mind games. He was always joking and kidding around but what people didn't know was Arnold was learning how people reacted to different circumstances.

What would upset this person, what would make another person feel comfortable, what could he say to gain another person's confidence. Arnold became a master of playing, understanding, controlling, and dominating people and situations. Arnold learned from everyone and everything that came into his environment. He learned how to read people and how to gain the upper hand.





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INSIDE THE MIND OF ARNOLD SCHWARZENEGGER

In my opinion and in the opinion of most followers of bodybuilding, Arnold was just mentally sharper than everyone else.

What really separated Arnold from his competition besides his tremendous physique was his intellect. He was truly a thinker.

Even when Arnold was focused on being the best on stage, he was also trying to learn and educate himself.

Something often missed when talking about Arnold's education is that he has degrees in business management. So, unlike like many Bodybuilders of his era he was studying when not training.

Bob Kennedy once said that Arnold stayed with Frank Zane (who had been a school teacher before) for a while and had Frank write down on index cards the synopsis of various important books he had read. Arnold would read these cards as a basis for his personal information.





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Arnold has a deep passion for learning and imitating. Reg Park was his idol when Arnold took up bodybuilding. He read everything he could get his hands on about Reg's, training, diet, personal and business life.

Arnold was never satisfied with simply reading and knowing what was common knowledge he would dig and search until there would be no stone unturned concerning what he wanted to know.



This applies to not only bodybuilding but everything else as well. I believe it would be difficult to find anything that Arnold either wants or likes that he does not know more about than almost anyone else.

Everyone knows how important mind control is in bodybuilding but Arnold put his extraordinary ability to control his mind to use in bodybuilding, business, social events, personal relations, politics and every other aspect of his life and, he has done so with great success. He becomes almost obsessive concerning things he wants. It's as though every thought and action is totally immersed on what he sets his mind to.

Arnold - loved or hated, learned how to charm his way into situations most could not possibly even get into in the first place. He has also charmed his way out of situations that would have cost almost anyone else their career's let along their money. Arnold has made his fair share of enemies along the way and as it is with everyone, some deserving and some not. Some people counted Arnold out and claimed he was a failure as governor.



Personally, I think he did the very best he could with what he had to work with. Some governors don't even last out their terms due to scandal, corruption or quit during their term(s) for more lucrative financial gain or because they didn't have the thick skin to tough it out.

History has proven Arnold has the uncanny ability to be like a 'Phoenix Rising from the Ashes' after he has been disregarded and overcome his past, present and potential future problems. He becomes RENEWED and REBORN so to speak.

This isn't by happenstance. He is a man with more than enough ego and will never ever return to the ranks of the unknown. To support my comment here are some of Arnold's insights and expressions:

“I feel you only can have a few leaders,” [Arnold] says in a guttural, confident voice, “and then the rest is followers. I feel that I am the born leader and that I’ve always impressed with being the leader. I hate to be the follower.”

Arnold grew up in Graz, Austria. His mother was a hausfrau (German housewife); his late father a policeman...

“Around the time of grammar school, I had this incredible desire to be recognized. . . I got the feeling I was meant to be more than just an average guy running around, that I was chosen to do something special.



At that point, I didn't think about money. I thought about the fame, about just being the greatest. I was dreaming about being some dictator of a country or some savior like Jesus . . ."

(From *Cowboys & Indians*, the "magazine of the west," Sept. 2004):

"Arnold has credited his ex wife's famously liberal parents -- Eunice Kennedy Shriver, who founded the Special Olympics, and (the late) Robert Sargent "Sarge" Shriver Jr. -- for turning his focus to public service.

He vividly recalls a speech in which his father-in-law, creator of the Peace Corps, urged listeners to *"break that mirror in front of you -- that mirror that only lets you look at yourself."*

After hearing those stirring words, Arnold says, he began to look beyond his self-centered goals. *"I found a new me,"* he told *The Associated Press*. *"When I first came over to America, it was like, 'How can I be rich? How can I build my movie career? How can I become the most muscular man?' It was all about me, and then there was this turn, and I found it was really great to do this."*

(From *Fortune* magazine, Aug. 2004):

The discipline [Arnold] got growing up would now be called child abuse, he explained in an interview:

"My hair was pulled. I was hit with belts. So was the kid next door, and so was the kid next door. It was just the



way it was.

Many of the children I've seen were broken by their parents, which was the German-Austrian mentality. Break the will. They didn't want to create an individual.... It was all about conforming.

I was one who did not conform and whose will could not be broken. Therefore, I became a rebel. Every time I got hit, and every time someone said, 'You can't do this,' I said, 'This is not going to be for much longer, because I'm going to move out of here... of course, I had no plan how.'

For some reason the bodybuilding world has always shown Arnold in a positive light, never exploiting his shortcomings or recognizing his mistakes.

Heck, they rarely if ever mention them let alone exploit them. Why is a question I have asked myself many times! His antics are well known and many have been the recipients of them I don't know why he has been afforded the passes he has.

The late John J. Gotti Jr. (an Italian-American gangster who became boss of the Gambino crime family in New York City.) was known as the 'Teflon Don' because seemingly open and shut criminal convictions failed to stick to him (He was acquitted in 3 high profile trials in the '60s).

Arnold himself has proven to be Teflon Slick. Interviews in which he openly



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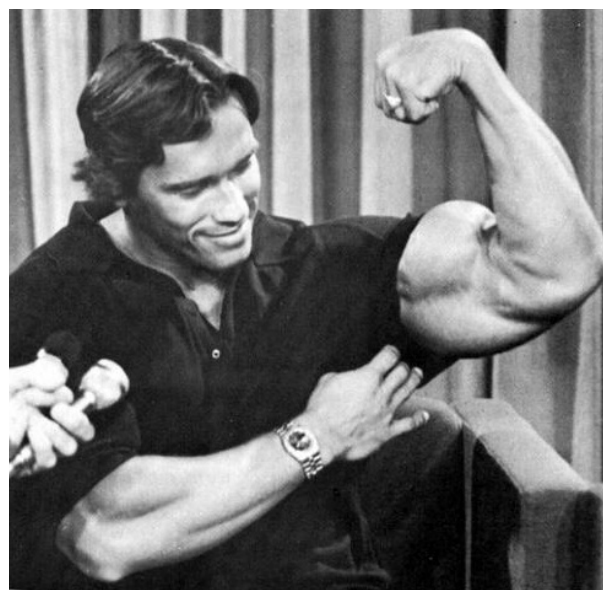
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admitted sexual jaunts and sexual misconduct among other things have failed to sway public

Any other person would have seen their political career go down the drain, but not Arnold. Others would have been ostracized if not totally ruined, again, not Arnold.

Being famous and on top is a two-edged sword. On the one side, you have all the accomplishments, awards, honors, nominations and praise. On the other side, you have all the problems and distracters trying to bring you down. Often only a thin line separates the two.



Having begun this report stating almost anything and everything about Arnold has already been written and told time and time again. Having presented some various aspects of Arnold that may not be as well known to the mainstream bodybuilder.

This report would not be of much interest without talking about some of Arnolds training techniques. To keep from being redundant, although known but not as well publicized, the following are some of the techniques he used to obtain his sensational physique.



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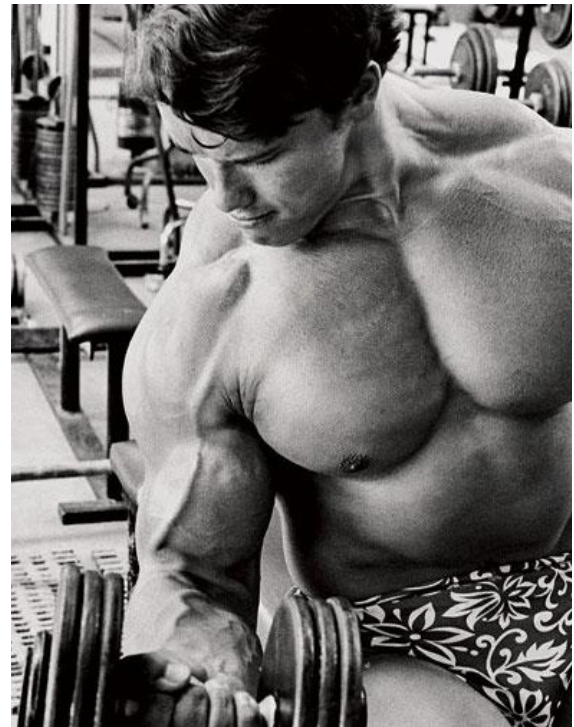
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3 ADVANCED MUSCLE PUMPING TECHNIQUES

Arnold incorporated every technique there is in his training. Three techniques, more than all the others, seem to have found favor with him and he used one or more of these regularly in his training. Before listing them, it is important to note two key elements:

One, Arnold trained each rep of each set with total and complete focus concentrating on the entire movement of the exercise he was performing, total concentration (more about this later) to the point of being oblivious to everything around him. Second, he trained with super intensity.



Stripping Method

After a thorough warm up Arnold would take a weight he could perform maybe eight reps with. As he completed his last rep he would have his training partners strip off plates from each end of the bar or, if performing dumbbell movements, he would immediately pick up a lighter set of dumbbells, and perform four or five more reps with the lighter weight.

Immediately he would reduce the weight and perform another four or five reps with this weight. He would “strip” the weight on each set until he could only



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perform one or two reps at which time he would take a brief rest and then repeat the process all over.

Up and Down the Rack

This method is somewhat similar to the Stripping Method. It is best described using the Dumbbell Press as an example. Arnold would stand in front of the dumbbell rack and pick up a pair of dumbbells he could perform ten to twelve reps with.

Immediately after his last rep he would pick up a pair of dumbbells five pounds lighter and perform all the reps he could. Immediately after his last rep he would pick up a pair of dumbbells five pounds lighter than the ones he just used and perform all the reps he could and on down the rack he would go until he could not perform a single rep. Once finished going down the rack he would take a short break and either repeat the process or start with the lightest weight and work his way back up the rack.

Iso-Tension

To those not familiar with bodybuilding, watching a champion train, the pause between sets and exercises used to flex in front of a mirror may seem like vanity. The truth is, it is one of the best ways to pump blood and keep it pumped into the muscles being worked. Not only that but it also helps chisel muscle separation. Arnold knew this, used it, and actually





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developed superior muscle peak from it. He contracts the muscles being worked between each set. If you have never tried this I can assure you it is physically draining. It is also an excellent way to increase the intensity of a workout.

Schwarzenegger's Secrets

Sorry, there aren't any. It's all pretty much an open book. Hard work, knowing what he wanted and going after it without letting anything stand in his way. Setting goals and allowing nothing to get in the way of his achieving those goals.

Dedication, mind control and concentration, being able to focus completely on what he wanted. Being eager and wanting to learn. Not only learning how to read human nature but how to use it for his own purpose such as developing a fast wit and being able to laugh at himself (as I mentioned previously).

There are many lessons to be learned here which certainly makes Arnold an interesting subject for study.



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ARNOLD'S OLD SCHOOL BODYBUILDING WORKOUTS

Without a doubt that Schwarzenegger's 'hero of perfected muscle mass' physique was known for two undisputedly strong body parts, chest and arms. A bodybuilder doesn't become a 7X Mr. Olympia with lagging body parts

Much has been written of the routines Arnold followed to develop his massive



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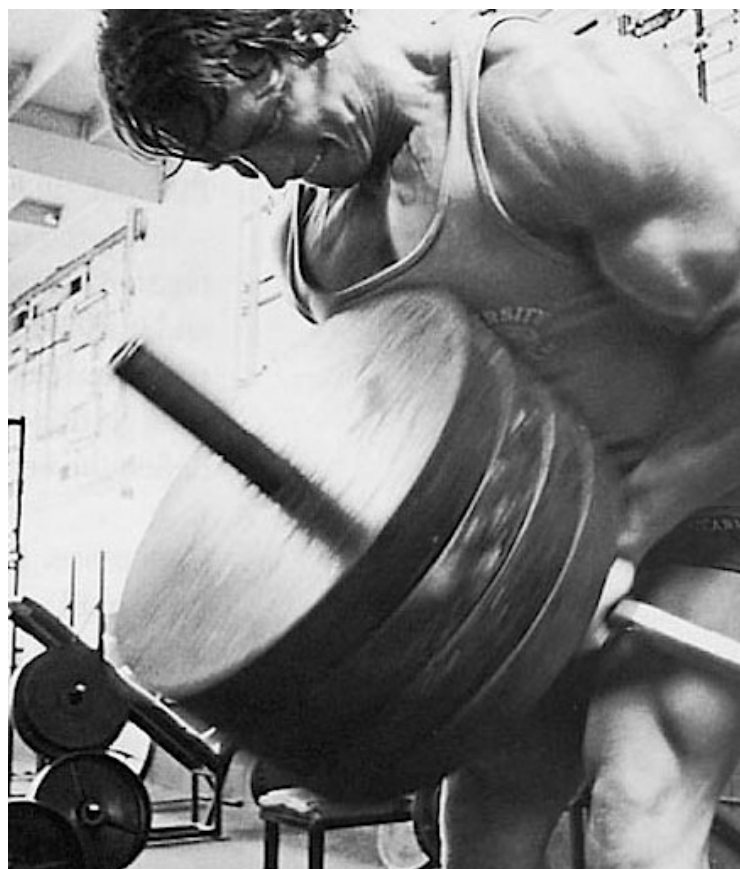


chest and huge arms but as pointed out earlier, simply going through the motions were not responsible for their superior development. It was a combination of focus, determination, dedication and hard work. That aside here is the low down on the actual routines Arnold followed for his chest and arms. It should be pointed out that he preferred to work chest and back together as he felt it provided him with the best pump not only for his back but also for his massive 57” chest.

As a professional Arnold devised a six day a week double split training cycle. He trained hard and heavy working his chest and back together three days a week. Arnold felt there were definite advantages to working the chest and back together and provided his rationale:

- Working the chest and back together saves time and it makes the workout move faster.
- A bodybuilder can handle heavier poundage's that way and it provides more of a pump due to working opposing muscle groups.

Arnold believed superset training of the chest and back superior to any other method because chest movements are pushing movements and back movements are pulling movements. When the muscles of the chest are resting the muscles of the back are working and when the back muscles are resting the chest muscles are working.





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Worked together they produce a pump unlike anything else. Arnold is quoted as saying,

“Supersetting the chest and back produces a pump that makes my skin feel like it is going to explode, I feel massive.”

Arnold would rest only very briefly between sets and posed while doing so thus producing even more of a pump to the muscle group as well as helping to chisel out definition.

Here is one of the chest back supersets favored by Arnold. He performed Pyramiding Sets, adding weight each set (usually 20 pound jumps) while reducing the number of repetitions.

CHEST / BACK SUPERSETS

	Flat Barbell Bench Press (warm up)	1s X30–50r
Superset	Flat Barbell Bench Press	5s X15–6r
	Wide Grip Behind Neck Chins	5s X15–8r
Superset	Incline Barbell Press	5s X15–8r
	“T” Bar Row	5s X15–8r
Superset	Flat Bench Dumbbell Flyes	5s X15–10r
	Barbell Rows	5s X15–10r
Superset	Parallel Bar Dips	5s X15–10r
	Close Grip Chins	5s X15–10r
Finishing Movement	Stiff Arm Pullovers	5s X15–20r



Working diligently with fierce determination, Arnold would move from one movement to the next exerting all out effort. It usually took him about an hour to go through this workout and at its end his chest would be pumped to an unbelievable size.

Now on to the famous Schwarzenegger arm training routine for molding unthinkable thick, defined, shaped arms of huge proportions.

Arnold's famous mind games used to psych his competition out (as seen in the movie documentary Pumping Iron) was nothing compared to the mind games he used on himself and in developing some of the most massive arms in bodybuilding. He is noted for saying;

“Throughout my bodybuilding career I was constantly playing tricks on my mind. I visualized my biceps as mountains.” “Thinking of them as such made them grow faster and bigger.” “Thinking of them as mountains removed all limitations you would usually place on how big an arm could be.”

Arnold's early training centered on an inconsistent routine. One day he would perform twenty heavy sets of work for his biceps performing only four or five reps each set and the next day or maybe two days later he would perform the same exercises for ten sets of fifteen reps each. He wasn't consistent and just did what he felt like doing. Later however, he learned to put together a solid approach to his arm training.

Arnold has usually trained arms following two different programs, just as for



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other body parts, one for off season and one for pre-contest. A word of caution for anyone attempting this routine, it is severe and except for the very genetically gifted it will result in over training unless it is modified. As with his chest and back training, supersetting and pyramiding was the method of choice.

ARMS SUPERSETS

Superset	Incline Dumbbell Curls	4s X8-10r
	Triceps Pressdowns	4s X8-10r
Superset	Standing Alternate Dumbbell Curls	4s X8-10r
	One-Arm Dumbbell Triceps Extension	4s X8-10r
Superset	Barbell Preacher Curls	4s X8-10r
	Lying EZ Bar Triceps Extensions	4s X8-10r
Superset	Triceps Dips on Bench	4s X10-12r
	Dumbbell Concentration Curls	4s X10-12r





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Arnold believed in shocking his arms and this routine would certainly accomplish that. He has said he has a few rules for training biceps and he stands by them:

- Variety, use all the tools and equipment available, barbells, dumbbells, cables etc.
- Isolate the biceps as much as possible except when performing cheat curls.
- Use a full range of motion on all movements.
- Concentrate and don't let the mind wander.

Arnold was from the old “No Pain No Gain” school of bodybuilding and his routines consisted of high sets and reps, mostly not to failure. He trained each muscle group three times each week (except calves, forearms & abs which he trained every day), using a six day per week double split routine.

There was very little rest between sets, and he usually increased weight each and every set. As I mentioned previously he experimented with high reps at times, preferred, on the average, a rep range of about 6 to 10.

The following is a typical Arnold routine, but be aware that Arnold's routine changed constantly. Yes at times he trained twice a day, as you will see, while at other times once a day was enough. There were periods when he did lots of supersets and giant sets. Arnold tried every thing, and picked what worked best for him at that particular time. By mixing things up he challenged his strength and endurance and the training variety helped keep him fresh and motivated!



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Remember this is a very advanced bodybuilding routine and should not be used by beginners or intermediates, and even advanced bodybuilder's should only take what they think will work best for them and adapt it to their own bodybuilding philosophy.

As noted, Arnold basically employed a six day per week double split training program taking only Sunday for rest. He broke his training into the following segments.

SIX DAY PER WEEK DOUBLE SPLIT TRAINING PROGRAM

	Morning	Evening
Day 1	Chest, Back	Legs, Calves, Forearms, Abs
Day 2	Shoulders, Arms	Calves, Forearms, Abs
Day 3	Chest, Back	Legs, Calves, Forearms, Abs
Day 4	Shoulders, Arms	Calves, Forearms, Abs
Day 5	Chest, Back	Legs, Calves, Forearms, Abs
Day 6	Shoulders, Arms	Calves, Forearms, Abs
Day 7	Rest	Rest

EXPLANATION: Within the program templates of the following workouts rather than seeing the customary SETS / REPS you will for example see 1s x 30r, 20r (or perhaps 2s x 15-20r) following an assigned exercise(s). This is simple an abbreviation for the number of SETS (1s) x (times) REPS (30r, 20r) to be performed.



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MONDAY-WEDNESDAY-FRIDAY

MORNING ROUTINE:

CHEST

*Supine Barbell Bench Press (shoulder-width grip)	5s X8-10r
Flat Bench Dumbbell Flye	5s X8r
Incline Press (Universal Machine)	6s X8-10r
Parallel Bar Dip (body weight only)	5s XFAILURE
Standing Cable Crossover	6s X12r
One-Dumbbell Pullover (across bench)	6s X10r

BACK

*Wide-grip Pullups (to front)	6s FAILURE
T-Bar Rows	5s X8r
Seated Long Pull Cable Row	6s X8r
Barbell Bent-Over Rowing	6s X12r
Conventional Barbell Deadlift (stand on sturdy box)	6s X15r
One-Arm Dumbbell Rows	5s X8r

AFTERNOON ROUTINE:

LEGS

*Parallel Barbell Back Squats	6s X10-12r
Machine Leg Extensions	6s X15r
45° Leg Press	6s X8-10r
Machine Leg Curls	6s X12r
Barbell Lunges	5s X15r

CALVES

Standing Calf Machine Heel Raise	10s X10r
Seated Calf Machine Heel Raise	8s X15r
One-Legged Heel Raise (each leg)	6s X12r



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MONDAY-WEDNESDAY-FRIDAY

AFTERNOON ROUTINE:

FOREARMS

Wrist Roller	2s Wind to FAILURE
Reverse Barbell Curl	4s X8r
Palms Up Barbell Wrist Curl (forearms supported on Knees)	4s X10r

ABS

Read proceeding page(s) ABS TRAINING NOTES

TUESDAY-THURSDAY-SATURDAY

MORNING ROUTINE:

SHOULDERS

*Seated Front Press (Universal Machine)	6s X8-10r
Standing Dumbbell Lateral Raise	6s X10r
Standing Dumbbell Press	6s X8r
Seated Bent-Over Dumbbell	5s X10r
Low Pulley Cable Lateral Raise	5s X12r

ARMS

*Cheat Barbell Curl	6s X8r
Seated Dumbbell Curl	6s X6r
Dumbbell Concentration Curl	6s X10r
Close-Grip BB Bench Press	6s X10r
Triceps Pushdowns (lat machine)	6s X10r
Standing Barbell French Press	6s X8r
One-Arm Dumbbell Triceps Ext	6s X10r

*Denotes what Arnold considers a 'Golden Exercise' for making the muscle grow.



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TUESDAY-THURSDAY-SATURDAY

AFTERNOON ROUTINE:

CALVES

Standing Calf Machine Heel Raise	10s X10r
Seated Calf Machine Heel Raise	8s X15r
One-Legged Heel Raise (each leg)	6s X12r

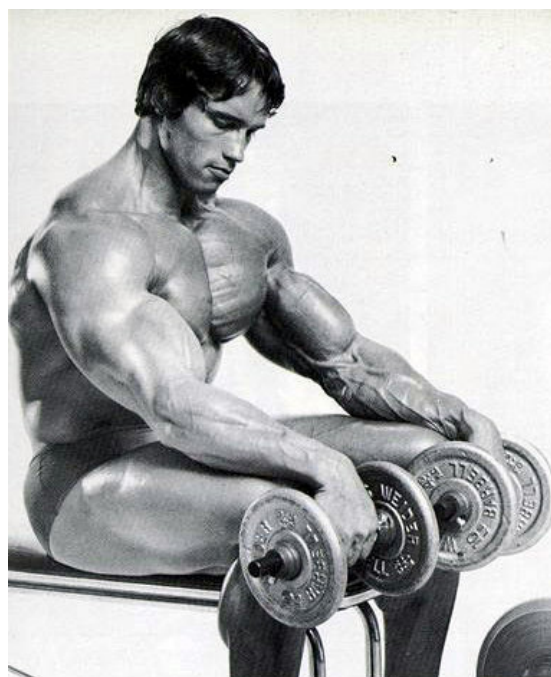
FOREARMS

Wrist Roller	2s Wind to FAILURE
Reverse Barbell Curl	4s X8r
Palms Up Barbell Wrist Curl (forearms supported on Knees)	4s X10r

ABS

Read proceeding page(s) ABS TRAINING NOTES

Arnold's attitude towards calf training was quite simple. The muscles are accustomed to hard work (walking and running) and must be annihilated with moderately high reps and enormous poundage (such as 800-1000 pounds on the Standing Calf Machine when he did Heel Raises). Many times he would train his calves with the Staggered Set principle during a chest workout.





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THE WORLD ACCORDING TO ARNOLD

Let's begin with Schwarzenegger's 'abdominal training' quotes.

Regarding training the waist and abdominals, here is what Arnold had to say in a One-Day seminar he conducted in Montreal, Quebec, Canada in the summer of 1976.

(MuscleMag author Garry Bartlett tape recorded the seminar and wrote up an exclusive series of 10 articles which he titled: The Arnold Tapes. The first installment appeared in the August, 1992 issue of MUSCULAR DEVELOPMENT Magazine.)



“The abdominals are muscles that get treated differently than other muscles in the body. We want to work our abdominals hard- but not necessarily heavy, nor with full movements. Why? Because we don't want the abdominal muscles to grow; we want them to get more defined. We want good abdominals but we don't



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want a big stomach or waist. So, what we do for our abdominals is a lot of contraction work and not a lot of stretching.”

“We don’t do heavy, weight assisted sit-ups on an incline. What we do instead are a lot of partial repetitions-crunches, leg raises with bent knees, Roman chair sit-ups and partial sit-ups with the knees bent. Never do full movements because they will develop a full stomach-and that’s not what you want.”

“The abdominals respond best to a lot of repetitions-by a lot, I mean maybe 500 repetitions-and you should work the abdominals everyday. That’s really everything that has to be known about the waist. All the other stuff is a waste of time.”

“The top guys train their waists every day, using three basic exercises and many repetitions. That’s all you have to do.”

Training not acceptable for the normal bodybuilder let alone the normal man but by any measure Arnold is not your normal man. He possesses superior genetics and recuperative abilities.



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The PUMPING IRON Years

Before the movie ‘Pumping Iron’ Cable Crossover Machines and Seated Rowing Motions (floor pulleys) literally were just exercises. Arnold’s on screen persona launched a whole training cult around these units. He may well have caused a major spike in their manufacturing and popularity.

Here’s an interview quote that George Butler, the photographer and director of Schwarzenegger’s first film, “Pumping Iron”, gave to the New York Times in August 2003: “The past meant nothing to Arnold because it was over. He never looked over his shoulder. This is a man of bottomless ambition. It’s always been there. He sees himself as almost mystically sent to America.”



Schwarzenegger appreciates the importance of controlling his past. Thus, according to some sources, he took care to pay Butler \$1.25m for the film rights to Pumping Iron and the outtakes, as well as 43 photographs and negatives that were potentially embarrassing.

Arnoldisms (famous quotes on bodybuilding from the Austrian Oak)

“The only way to be a champion is by going through these forced reps and the torture and pain. That’s why I call it the torture routine. Because it’s like forced torture. Torturing my body. What helps me is to think of this pain as pleasure. Pain make me grow. Growing is what I want. Therefore, for me pain is pleasure. And so, when I am experiencing pain I’m in heaven. It’s great. People suggest this is masochistic. But they’re wrong. I like pain for a particular reason. I don’t like needle’s stuck in my arm. But I do like the pain that is necessary to be a champion.”

“Not many people understand what a pump is. It must be experienced to be understood. It is the greatest feeling that I get. I search for this pump because it means that that my muscles will grow when I get it. I get a pump when the blood is running into my muscles. They become really tight with blood. Like the skin is going to explode any minute. It’s like someone putting



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air in my muscles. It blows up. It feels fantastic.”

“You don’t really see a muscle as a part of you, in a way. You see it as a thing. You look at it as a thing and you say well this thing has to be built a little longer, the bicep has to be longer; or the triceps has to be thicker here in the elbow area. And you look at it and it doesn’t even seem to belong to you. Like a sculpture. Then after looking at it a sculptor goes in with his thing and works a little bit, and you do maybe then some extra forced reps to get this lower part out. You form it. Just like a sculpture.”





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“You can actually create a vision of what your body will look like. And then you mold (through weight training) that body closer and closer to that vision. And actually, you will turn that vision into reality.”

“Concentration is one of the things I have learned through bodybuilding more than anything. Focusing, concentrating on one thing. No matter if there is a bomb exploding around you. You do not lose your concentration...”

“The important thing is that you always challenge yourself. And I am a strong believer in the philosophy of ‘staying hungry’ and truly always being hungry for bigger and better things. Whenever I achieved a goal then immediately after that I always ask myself, ‘What other challenges can I put up and try to achieve?’ and that’s what ‘staying hungry’ basically means.”

“I am a strong believer in the Western philosophy of conquering, of achieving, of climbing, of getting higher and higher to the top and all those things. Because that in my opinion is what life is all about, living rich rather than just existing and wasting away your life since we only have one.”



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Arnold the Lightning Rod for Controversy

As Governor, Arnold Schwarzenegger mocked his opponents in the California Legislature calling them “girlie-men” and called upon voters to “terminate” them at the polls in November if they don’t pass his \$103 billion budget.

Arnold has admitted to smoking pot, posing nude – which would be hard to deny since pictures of him in the buff have been publicized extensively when he announced he was entering public life and running for governor, engaging in sexual romps and orgies and a host of other things that would certainly be the ruin of almost anyone else seeking political office, but not Arnold.

Anabolic Steroids

Schwarzenegger has openly admitted to using anabolic steroids. He has been quoted as saying, “Anabolic Steroids were helpful to me in maintaining muscle size while on a strict diet in preparation for a contest.”

He has further commented that he didn’t have to go to the black market back in the 1960s and 1970s; he could simply ask his doctor because it was legal.

- **1974.** *“I take steroids because they help me an extra 5 percent. Women take the (contraception) pill. They are somewhat similar. I do it under a doctor’s supervision.”*
- **1977:** *“Yes I have used them, but no, they didn’t make me what I am. Anabolic steroids were helpful to me in maintaining muscle size while on a strict diet in preparation for a contest.”*



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- **1987:** *“I don’t worry about it, because I never took an over dosage.”*
- **1992:** *“In those days you didn’t have to deal with the black market. You could go to your physician and just say, ‘Listen, I want to gain some weight, and I want to take something.’ Then the physician would say, ‘Do it six weeks before competition, then it will be safe.’ And that’s what you would do. The dosage that was taken then versus taken now is not even 10 percent. It’s probably 5 percent.”*
- **1996:** *“I used steroids. It was a risky thing to do, but I have no regrets. It was what I had to do to compete. The danger with steroids is over usage. I only did it before a difficult competition – for two months, but not for a period of time that could harm me. And then afterward, it was over. I would stop. I have no health problems, no kidney damage or anything like that from using them.”*

More Real World Quotes from Arnold

“For me life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer.”

“I knew I was a winner back in the late sixties. I knew I was destined for great things. People will say that kind of thinking is totally immodest. I agree. Modesty is not a word that applies to me in any way - I hope it never will.”



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“I was born in Europe... and I’ve traveled all over the world. I can tell you that there is no place, no country, that is more compassionate, more generous, more accepting, and more welcoming than the United States of America.”

“Security,” he says, walking out the door towards the Mercedes 450 parked in his driveway, “means nothing to me. There is no security in the world anymore -- that’s been proven over and over. You know what happened to the Japanese people in the second World War. If they bought a house they never got it back again. Look at Germany and the Jewish people. Everything was taken away. There is no security. . .”

“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.”



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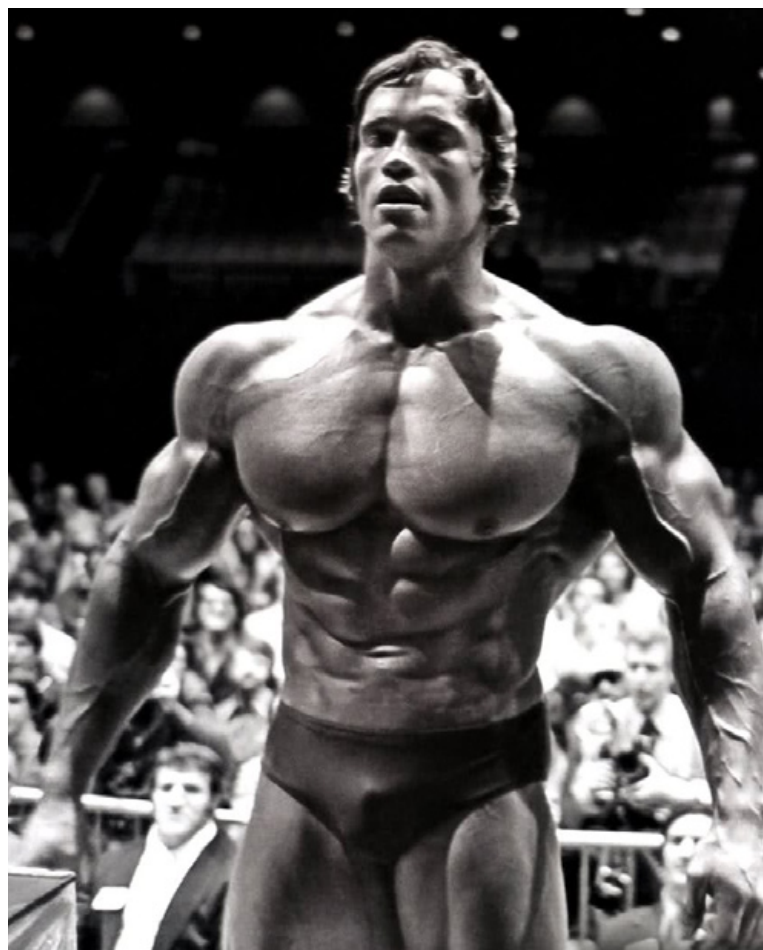
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Arnold's 1980 Mr. Olympia Comments and Victory Speech

In October 1980, the finest professional bodybuilders in the world assembled at the Sydney Opera House for the prestigious Mr. Olympia event. Arnold Schwarzenegger, a former 6X Mr. Olympia (1969-75) came out of retirement to enter and win, his 7th, the IFBB 1980 Mr. Olympia contest. Here are some of his Quotable Quotes.

“I had originally intended around 8 weeks ago to start training very hard, with the objective in mind to get in my best possible shape for a film I am going to do which is Conan the Barbarian. And we are going to start shooting the first few scenes in October so I really wanted to muscular because the idea was Conan was a muscular heroic looking guy and that I should be in top shape. So all along with the sword fighting lessons, and dance lessons and all that I did my bodybuilding.”





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But the closer I came to the (Mr. Olympia) competition the more people started speculating on the idea that I would be competing, the more I started thinking about the possibilities. I decided to would be an interesting challenge to do something in 8 weeks (out from the Mr. Olympia) that most of the guys (Mr. Olympia competitors) do in preparing a year or two in advance.”

After the pre-judging round at the IFBB 1980 Mr. Olympia Arnold was asked how he felt up on stage, to which he replied;

“It felt great. I have heard throughout the whole day today that it’s a very close contest and I want to make sure that if its that close that the last minute you put everything you have into it that you have and that’s what I did. I really did have my friends psych me up and tell me to get into to it just like in the old days. And that’s what I tried to do, to get really into it and just pose and feel the audience. And if the audience liked one pose, to stay longer at that and if the audience didn’t like another pose to get out of it as fast as possible and all those things.”

“Thank you very much. I am extremely excited about winning the 7th time Mr. Olympia competition. And I



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have to be very honest, that it was the highest level of competition I have ever faced in any competition in my life...”

Arnold in one of his comments at the IFBB 1980 Mr. Olympia said that “It felt great” (on stage) but yet he was also overheard to say;

“I was worried from the time I stepped on the stage for the first (posing) round. It is amazing how insecure you get after not being on stage for 5 years. I used to go out and it was my home, on stage.

This time I went out and I felt very uncomfortable, you know, being a show piece out there...and also having people look at you in a bathing suit...I am the kind of character who doesn't like to expose himself...This time I had to stand out there for an hour or two and be compared to all those different guys and that is what I didn't like at all.”

Did You Know?

Back in the 80's Arnold made a 'private' statement that...one of his dreams was to drive down the street of an American city in a tank visible above the turret with his shirt off. Too bad that never happened, that would have been awesome to see!



BEST PHYSIQUE OF ALL TIME

I was thinking about that 'Best Physique of All Time' thought one day...

This is certainly something most people think about in any type of professional sport. Who is the best baseball player, the best quarterback, the best boxer etc.

So, who has the best physique of all time?

No matter the argument, in my opinion it has to be Arnold. Even though both Lee Haney & Ronnie Coleman won the Olympia more than Arnold, his 7 Olympia titles record broken by them both, I still proclaim Arnold is KING of bodybuilding.

My reasoning for this....

If it's not Arnold, then who? You can't say Lee or Ronnie were better than Arnold.

I think the question you have to ask is, "Whose physique influenced the world the most?"

The world view of 'best of all time' would most certainly be Arnold.

Much like Muhammad Ali is considered to be the best boxer in history (and maybe the most recognized athlete ever) and Babe Ruth to be the best baseball player ever, Arnold is undoubtedly #1 in bodybuilding.



That opinion supersedes any muscle judging panel and number of Mr. Olympia titles. This man is the most important physique champion who ever lived. Pro Bodybuilder Tom Platz supports my statement when at the IFBB 1980 Mr. Olympia he said:

“I consider Arnold bodybuilding. Arnold is what opened the door for us. Arnold and Franco were the first real professionals of bodybuilding.

Before them, there was no such thing as professional bodybuilding. Now there is maybe 20-25 professionals able to do what we are all doing here today and throughout the year. (remember this is decades ago). But without Arnold’s initial influence and onset to the bodybuilding scene it would not be what it is today.”

Arnold, much like Steve Reeves, went on to do better things when they thought they were ready. In fact, there was no future for Reeves in the Bodybuilding of that time period. Whereas Arnold could have gone on into the 1980’s having come back after a long break and winning another Mr. Olympia title.

It can be difficult to see photos of him in the tabloid magazines as he looks now. But look at the legacy for the sport of bodybuilding and his present physical form matters not.

Arnold had a totally different plan from the very beginning as opposed to isolated Bodybuilding purists. This is interesting because although he hasn’t competed for over three decades, I’ll bet the Bodybuilding marketing part of his life, makes him, his name alone, even more cash now than the top professional bodybuilders make yearly at this moment. That right there speaks volumes about his legacy and his dominance in bodybuilding history.



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Personal Strength Records:

- BB-Clean & Press - 264 lb (120 kg)
- BB-Snatch - 243 lb (110 kg)
- BB-Clean & Jerk - 298 lb (135 kg)
- BB-Squat - 545 lb (247 kg)
- BB-Bench Press - 520 lb (240 kg)
- BB-Deadlift - 710 lb (320 kg)

Arnold's Top Form Measurements:

- Height 6' 2"
- Weight 235 pounds
- Arms 22 inches
- Chest 57 inches
- Waist 34 inches
- Thighs 28.5 inches
- Calves 20 inches

LIST OF BODYBUILDING & POWERLIFTING COMPETITIONS

Year	Competition	Location	Results & Notes
1965	Junior Mr. Europe	Germany	1st
1966	Best Built Man of Europe	Germany	1st
1966	Mr. Europe	Germany	1st
1966	International Powerlifting Championship	Germany	1st
1966	NABBA Mr. Universe amateur	London	2nd to Chet Yorton
1967	NABBA Mr. Universe amateur	London	1st
1968	NABBA Mr. Universe professional	London	1st
1968	German Powerlifting Championship	Germany	1st
1968	IFBB Mr. International	Mexico	1st
1968	IFBB Mr. Universe	Florida	2nd to Frank Zane
1969	IFBB Mr. Universe amateur	New York	1st
1969	IFBB Mr. Universe professional	London	1st
1969	Mr. Olympia	New York	2nd to Sergio Oliva
1970	NABBA Mr. Universe professional	London	1st. Defeated his idol Reg Park
1970	Mr. World	Columbus, Ohio	1st. Defeated Sergio Oliva for the first time
1970	Mr. Olympia	New York	1st
1971	Mr. Olympia	Paris	1st



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LIST OF BODYBUILDING & POWERLIFTING COMPETITIONS

Year	Competition	Location	Results & Notes
1972	Mr. Olympia	Essen, Germany	1st
1973	Mr. Olympia	New York	1st
1974	Mr. Olympia	New York	1st
1975	Mr. Olympia	Pretoria, South Africa	1st. Subject of the documentary <i>Pumping Iron</i>
1980	Mr. Olympia	Sydney, Australia	

I hope you have enjoyed this personalized glimpse, glance and analysis of the one and only Arnold Alois Schwarzenegger.



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BONUS: 3 HORRIBLE MISTAKES THAT KEEP GUYS SCRAWNY & WEAK

Today I want to share with you 3 horrible mistakes guys make that keep them scrawny & weak.

MISTAKE #1:

Doing Body Part Split Routines BEFORE You Have Strength & Size

If you can't bench your bodyweight 10 times, then you must work on getting stronger first before doing split routines, if you hope to get jacked.

Strength is the quality everything else can be built on. If your nervous system isn't ready and your bones, tendons & ligaments aren't strong, you're not going to be able to support the muscle you're trying to build.

If you want to add lean muscle mass to your frame you must understand that it has been scientifically proven that Strength IS Size.

The best built guys always come from a strength background before they started training with split routines and body part isolation workouts.

Look at the legendary Arnold Schwarzenegger as an example. He started out as an Olympic lifter and Powerlifter before he got into bodybuilding.



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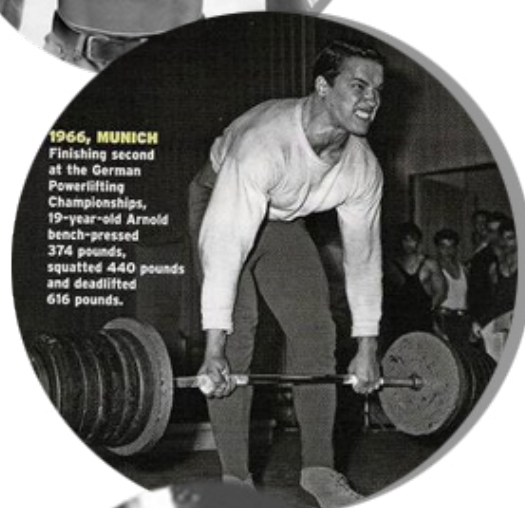
Arnold built the foundational frame needed to support all that muscle in his teens with basic compound movements.

Even Arnold's mentor and 3X Mr. Universe, Reg Park, could deadlift 700 lbs, squat 605 lbs and bench press 500 lbs and this was before steroids even existed!

BOTTOM LINE: If you see a huge ripped guy at the gym isolating muscle groups with super light weight, just remember that's not what built the size you see initially.

[Click here to continue reading.....](#)

The #1 Workout to Build Size & Strength SIMULTANEOUSLY





ABOUT THE AUTHOR

Mike Westerdal is a personal trainer, kettlebell instructor and founder of CriticalBench.com, the internet's largest strength site helping half a million people per month achieve their strength & health goals.

With a background in sports training and powerlifting, Mike has spent the past two decades studying and writing about bodybuilding, strength training, physique transformation and other men's health related subjects.



Mike resides in sunny Clearwater, Florida with his beautiful wife Courtney and two children Karina and Lincoln.

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