

GREATEST
BODYBUILDER
EVER

MR. OLYMPIA
7 TIMES
MR. UNIVERSE
5 TIMES

FROM THE MUSCLEMAG ARCHIVES

Rep-By-Rep Exclusive

OLYMPIA TRAINING SECRETS OF THE OAK

The most famous physique of all time. You can have Oliva, Haney or Yates. No one can match the wit, the looks, the grace, the stage presence ... the magnetic charisma that makes Arnold. Following are some examples of his beliefs, thoughts and training programs.

illustration and
text:
Eric G. Blair

**BASIC
FOUNDATION
OF MUSCLE
MASS**

BUILD THE FOUNDATION

The first task facing the beginning body-builder is to build up a solid foundation of muscle mass – genuine muscular weight, and not bulky fat. You must build huge size, the raw material for a great physique. Do this with hard training, using heavy weights. This requires not just the basic weightlifting exercises, but 30 to 40 exercises designed to stimulate and develop the major muscle groups in the body.

This initial mass-building period may last two, three, even up to five years.

The length of this process depends on genetics, body type, and how much energy and motivation you are able to put into your training.

**HEAVY
WEIGHTS**

**HUGE RAW
SIZE**

**MASS AND POWER
+ RAW TALENT
EQUALS ARNOLD**

ARNOLD'S BASIC MASS ROUTINE

Monday and Thursday

Chest Bench presses Incline presses Pullovers	Back Chinups (4 sets until failure) Bent-over rows Deadlifts (3 sets x 10/6/4)	Abs Leg raises (5 sets of 25 reps)
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Tuesday and Friday

Shoulders Clean and presses Lateral raises Heavy upright rows Push presses	Arms Barbell curls Seated dumbbell curls Narrow-grip bench Barbell triceps extensions	Forearms Wrist curls Reverse wrist curls	Abs Situps (5 sets x 25)
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Wednesday and Saturday

Thighs Squats Lunges Leg curls	Calves Standing calf raises (5 x 15)	Lower back Stiff-leg deadlifts (3 x 10/6/4) Good mornings (3 x 10/6/4)	Abs Leg raises (5 x 25)
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Note: Do 5 sets x 8-12 reps unless otherwise noted.

ADVANCED TRAINING TECHNIQUES

The whole idea behind progressive-resistance training is that if you want to make your body grow, you have to work it harder. You have to increase the intensity.

Sure, you can increase intensity by training faster or adding weight, but a number of special training techniques are available to push your training progress. These all involve putting extra, unusual, or unexpected stress on the muscles, forcing them to adapt to the increased demand.

Some techniques are common, such as forced reps, negative reps, forced negatives, isolation training, pre-exhaust training and supersets. On the next page are some lesser-known techniques that Arnold favored in his training.

In addition, you should develop more intensity with negative reps – have your workout partner press up on the weight as you lower it, forcing you to cope with greater resistance.

INCREASE THE
INTENSITY

WHEN YOUR

TRAINING

ADVANCES

ARNOLD'S ADVANCED PROGRAM

Monday/Wednesday/ Friday

Abdominals: Begin workout with 5 minutes of Roman-chair situps.

Chest and Back:

Superset:

Bench presses – 1 x 15
warmup, then 5 x
10/8/8/6/4

Wide-grip chins (to back)
– 5 x 10

Superset:

Dumbbell incline presses
– 5 x 10/8/8/6/4

Close-grip chins – 5 x 10
Dumbbell flyes

– 5 x 10/8/8/6/4

Parallel dips
– 5 x 15/10/8/8/8

T-bar rows
– 5 x 15/10/8/8/8

Bent-over rows – 5 x 10

Superset:

Seated cable rows – 5 x 10

Dumbbell pullovers – 5 x 15

Thighs:

Squats

– 6 x 15/10/8/8/6/4

Front squats

– 4 x 10/8/8/6

Superset:

Hack squats – 1 x 15

warmup, then
5 x 10/8/8/8/8

Lying leg curls – 1 x 15

warmup, then
5 x 10/8/8/8/8

Superset:

Standing leg curls – 5 x 10

Stiff-leg deadlifts

– 5 x 10

Calves:

Donkey calf raises – 5 x 10

Standing calf raises – 5 x 10

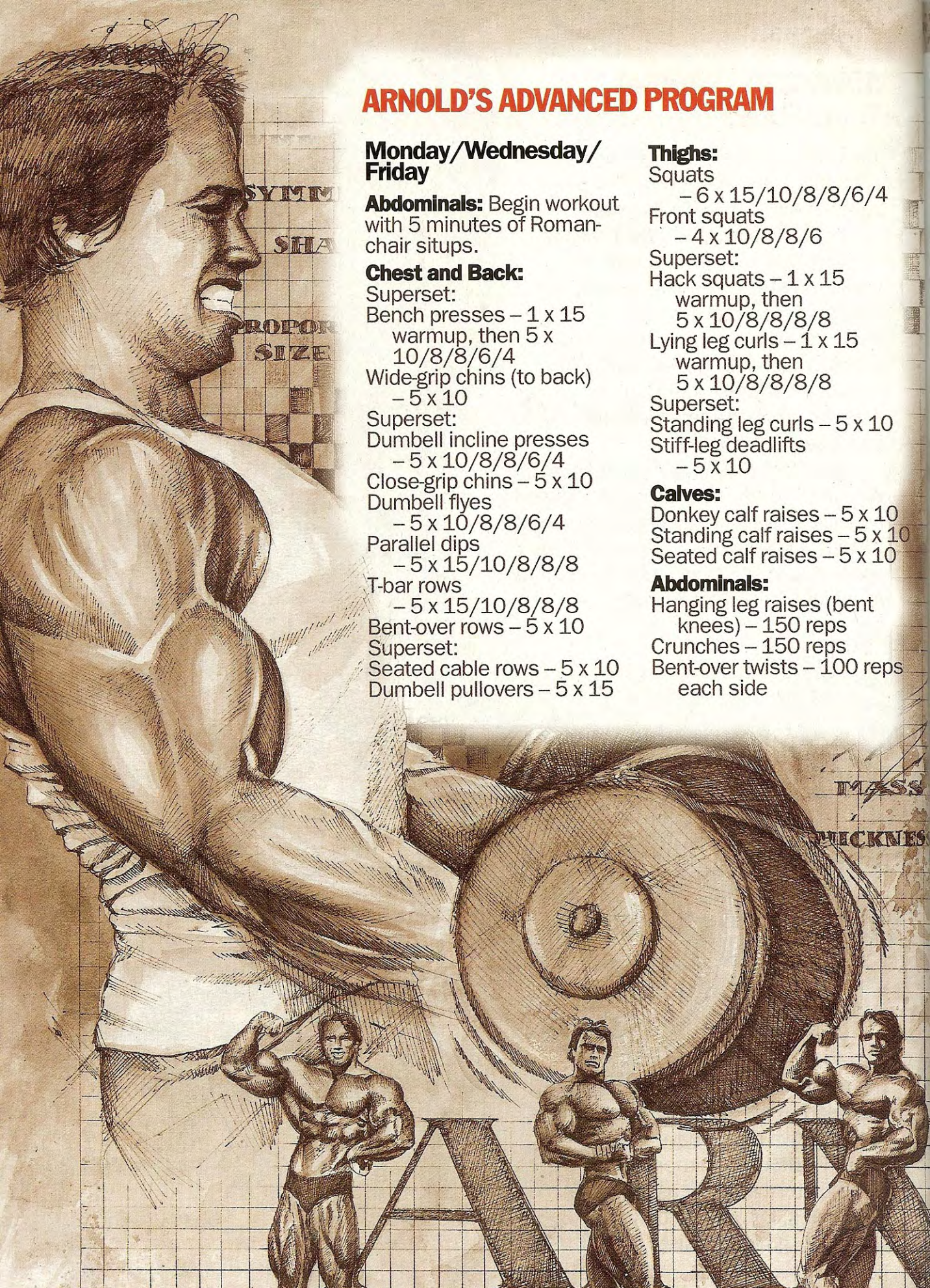
Seated calf raises – 5 x 10

Abdominals:

Hanging leg raises (bent
knees) – 150 reps

Crunches – 150 reps

Bent-over twists – 100 reps
each side



TRAIN HEAVY AND TRAIN HARD!

Tuesday/Thursday/ Saturday

Abdominals:

Begin with 5 minutes of Roman-chair situps

Shoulders:

Superset:

Behind-the-neck presses
- 1 x 15 warmup

Barbell presses

- 5 x 10/8/8/6/4

Dumbbell laterals - 5 x 8

Superset:

Machine front presses
- 5 x 8

Bent-over laterals - 5 x 8

Superset:

Upright rows - 5 x 10

One-arm cable laterals
- 5 x 10

Upper arms:

Superset:

Standing barbell curls
- 5 x 10/8/8/6/4

Lying French presses
- 5 x 15/10/8/6/4

Superset:

Alternate dumbbell curls
- 5 x 8

Triceps cable pushdowns
- 5 x 8

Superset:

Concentration curls
- 5 x 8

One-arm triceps
extensions - 5 x 8

Reverse pushups - 5 x 15

Forearms:

Superset:

Wrist curls - 5 x 10

Reverse curls - 5 x 10

One-arm wrist curls
- 5 x 10

Calves:

Standing calf raises

- 5 x 15/10/8/6/4

Calf raises on leg-press
machine - 5 x 10

Abdominals:

Bent-knee situps

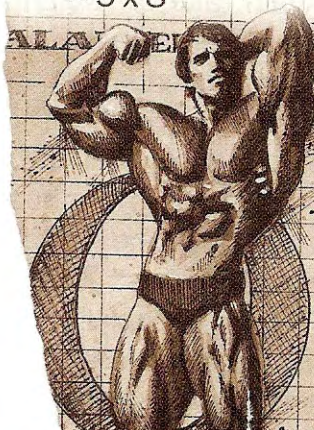
- 150 reps

Leg raises - 150 reps

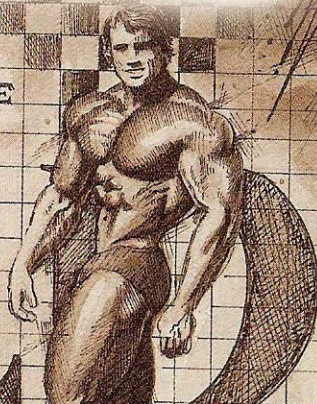
Side leg raises - 100
reps each side

Hyperextensions - 3 x 10

This is only one example of
Arnold's many routines.



PHYSIQUE





ARNOLD'S TRAINING METHODS

The stripping method – Taking weight off the bar during the set as your muscles fatigue. As you fatigue at, say, rep 5, have your partners quickly strip weight off the bar. This allows you to do more reps. As you again fail, have your partners strip the weight again.

The isotension method – Flexing and contracting the muscles being worked between sets. Flexing is a form of isometric exercise, and is very beneficial in separating and defining each muscle group.

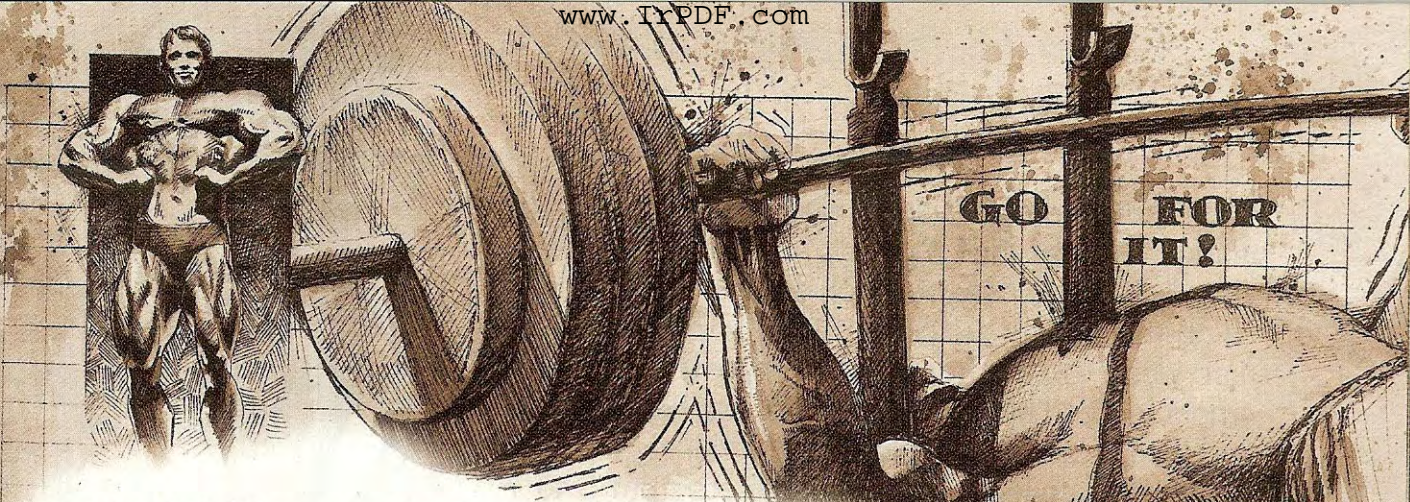
Running the rack – Arnold loved to train right in front of the dumbbell rack and shock his muscles. Do an exercise with a set of dumbbells, put them down, immediately pick up a lighter weight and do another set. Work your way down the dumbbell rack. This is just the same as the stripping method, but using dumbbells. An advantage to this method is that you don't need training partners.

The 1 to 10 method – After a warmup set, use a weight that allows you only one rep. After that one rep, quickly take enough weight off that you can get two reps. Again take off weight. This time take off enough that you can get 3 reps. Continue this method until you reach 10 reps. The total number of reps you'll do is 55, which is a lot. This method gets the heavy work done first and the muscles get a great pump at the end. This is especially effective with curls, bench presses and leg extensions work especially well.

GRAND

IT

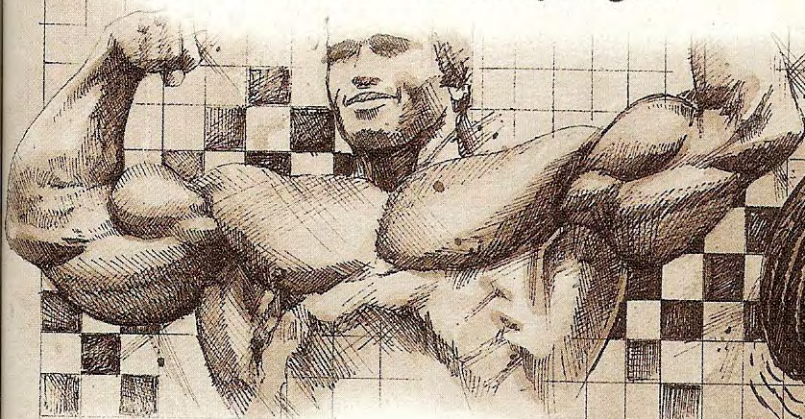
OUT



GO FOR IT!

Maxing out – Every so often Arnold threw his regular routine out the window and did an entire workout of power movements. He believed no amount of refinement, balance and proportion looked good unless it coexisted with the kind of hard dense muscle structure that comes from occasionally challenging your body to the maximum with heavy weights.

MAXIMUM ON HEAVY DAYS



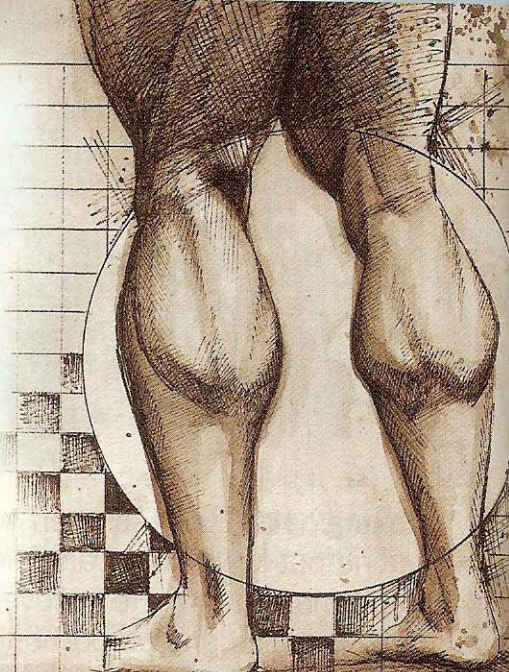
VARYING YOUR ROUTINES

Arnold changed his exercise program every three to six months. He believed this necessary to force the body into new growth. The muscles get stale and bored, and need new movements to stimulate new growth. Varying the routine also kept Arnold's mind from getting bored. Exploring a whole range of different exercises gives you a better idea which exercises work best for you and which ones don't really suit you. You will get a much better understanding of your body and how to achieve the best results.



TRAINING WEAK AREAS

Self-assessment will usually show that one bodypart is much weaker than the rest. Arnold believed that if such was the case, you could correct imbalances using the priority principle – train your weak areas first, when you are fresh and strongest. At one point Arnold realized his lower body was lagging behind his upper body, so he made lower-body training a priority. He also increased his number of sets from 5 to 7. Arnold trained with the focus on his lower body until it caught up with his upper body and his physique was balanced.



**PRIORITY
PRINCIPLE**

**TRAIN WEAK
AREAS
First!**



BALANCE

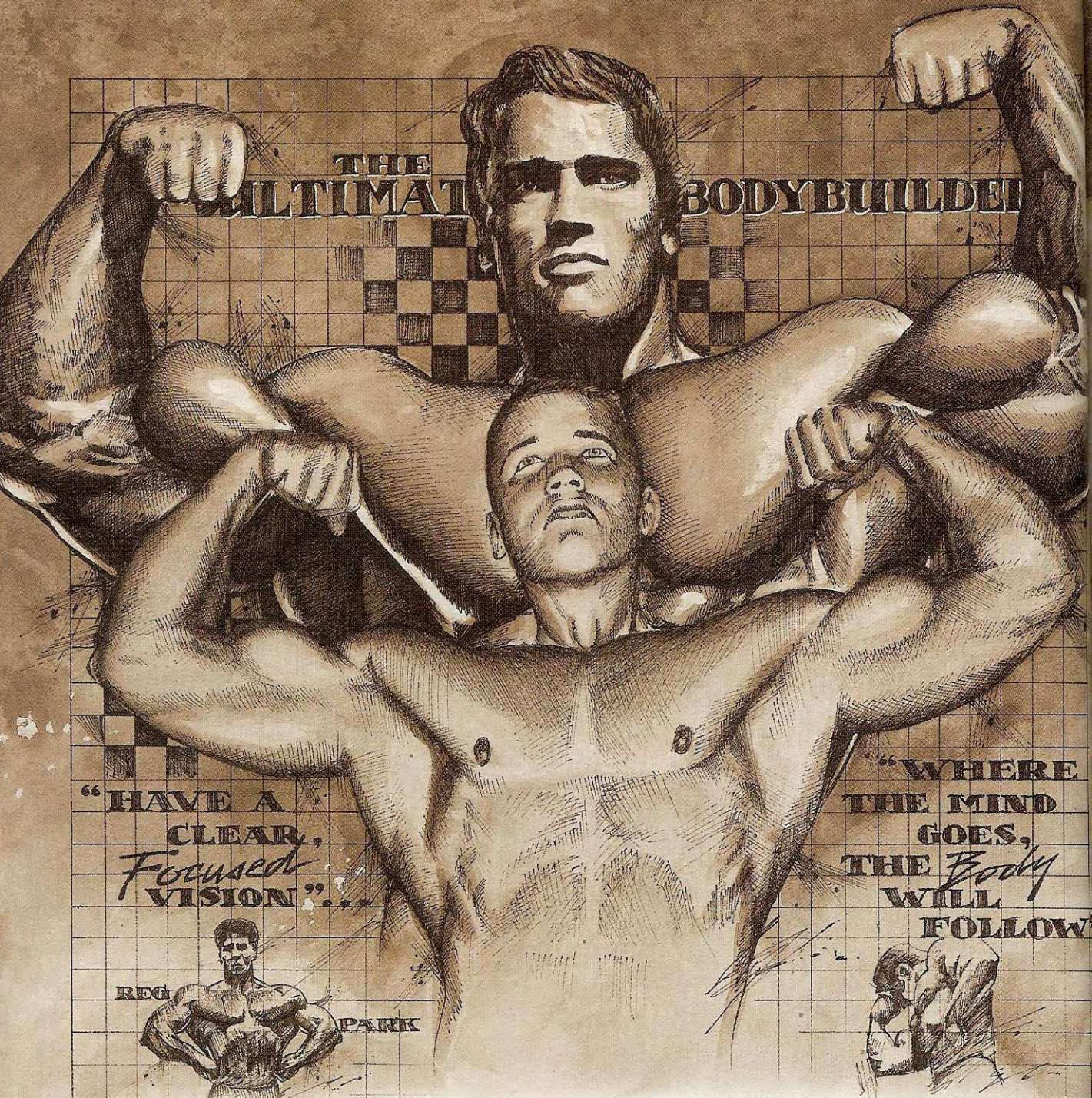
SYMMETRY

THE MIND, THE MOST POWERFUL TOOL

Arnold believed if he had one edge on all his competitors, it was his control over his mind. The body will never fully respond to your workouts until you understand how to train the mind as well. The mind is a dynamo, a source of vital energy. That energy can be negative and work against you, or you can control that energy, giving yourself unbelievable workouts and building a physique that lives up to your wildest dreams. "Where the mind goes, the body will follow," was a saying Arnold always believed in. If you want to be Mr. Olympia, you need a clear vision of yourself achieving these goals. Conceive and believe and you will achieve.



Arnold also learned to concentrate on each muscle group as he trained it – the mind-to-muscle link. everyone knows how Arnold would visualize his biceps as mountains – not just big, but huge! Check out Arnold's biceps – he was onto something. He got completely into the muscle and felt every fiber as it worked – full contraction to full extension. He felt, and then saw the muscle grow.



THE ULTIMATE BODYBUILDER

“HAVE A CLEAR, *Focused* VISION”...

“WHERE THE MIND GOES, THE *Body* WILL FOLLOW”



Arnold idolized Reg Park. Reg had the size and mass Arnold dreamed of. He studied every photo of Park. This helped him define an image of how he wanted to look. Arnold saw himself a champion long before he ever was one. He developed a single-mindedness that gave him the will to go to the gym for two to four hours a day and put himself through the most grueling, punishing workouts possible. It made the difference between just going through the motions and really pushing himself to the limit ... and beyond!

PERFECTION

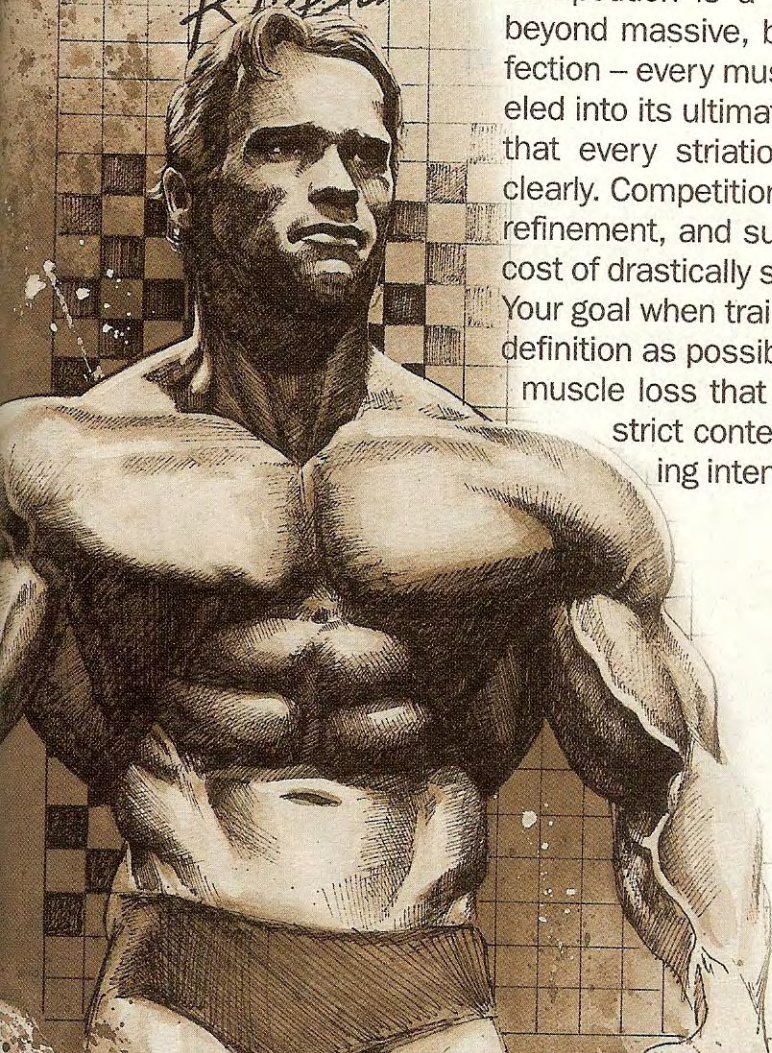
SEPARATED



**MASSIVE,
BALANCED,
AND**
Ripped

RIPPED COMPETITION – ARNOLD'S THOUGHTS

Competition is a whole new ballgame. Physically it goes beyond massive, balanced and defined. Now it's total perfection – every muscle and muscle group sculpted and chiseled into its ultimate form, and a bodyfat percentage so low that every striation and muscle separation shows itself clearly. Competition training is aimed at producing complete refinement, and such refinement is usually achieved at the cost of drastically slowing down the rate of muscular growth. Your goal when training for a contest is to bring out as much definition as possible while at the same time minimizing the muscle loss that can occur while subjecting your body to strict contest regimens that include increased training intensity, diet and mental focus.



THE ELEMENTS OF COMPETITION TRAINING

- 1.** Higher volume of training
- 2.** Increased training pace
- 3.** Additional training principles and exercises
- 4.** Sharper mental focus

TRAINING FOR MAXIMUM MUSCULARITY

To get the highest possible physique quality:

1. Cut down your rest time between sets. Instead of one-minute intervals, rest for only 30 seconds.
2. Besides supersets, increase the intensity by doing trisets – stress your endurance capacity.
3. Do a lot more ab work. Hard washboard abs go a long way toward making positive visual impressions with the judges.
4. Supplement your weight training with aerobic training outside the gym – running, biking, aerobics, etc.
5. Make use of all the intensity-training principles to shock the body into further progress.
6. Have fun and keep everything in perspective.

The quality physique must show clear separation between muscle groups. Each individual muscle group should show clear internal distinction. Total muscularity is a result of training each muscle so thoroughly that every plane, contour and aspect is brought out and fully revealed once you have lowered your bodyfat sufficiently. This requires hours of work and dedication, plus many sets and reps.

INCREASE
the
INTENSITY

TRISSETS

Supersets

REFINE

AND

DEFINITION

LOWER

Bodyfat



COMPETITION TRAINING SPLIT

Mon	Tues	Wed	Thurs	Fri	Sat
Morning					
Chest Back	Shoulders Arms Forearms	Chest Back	Shoulders Arms Forearms	Chest Back	Shoulders Back
Evening					
Legs		Legs		Legs	

Calves and abs every evening workout.

Abdominals: Begin workout with 10 minutes of Roman-chair situps

Chest and back: Deadlifts – 3 x 10/8/6

Superset:

Weighted chinups behind neck – 4 x 15/12/8/6

Incline barbell presses – 4 x 15/12/8/6

Superset:

Bench presses – 4 x 15/12/8/6

Chinups to front – 4 x 15/12/8/6

Superset:

Dumbbell flyes - 4 x 10

Wide-grip bent-over barbell rows – 4 x 12

Triset:

Nautilus pullovers – 4 x 15

Dips – 4 sets to failure

Cable flyes – 4 x 12-15

Triset:

Seated cable rows – 4 x 10

One-arm cable rows – 4 x 10

Dumbbell pullovers – 4 x 15

Thighs:

Superset:

Leg extensions – 5 x 12

Squats – 5 x 15-20

Superset:

Front squats – 5 x 12-15

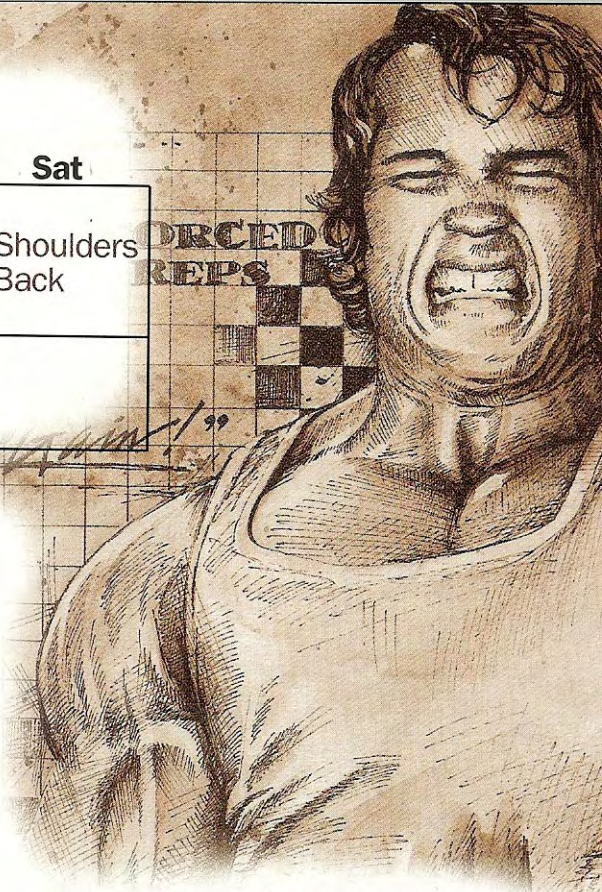
Leg curls – 5 x 12

Superset:

Hack squats – 5 x 15

Leg curls – 1 to 10 method

Straight-leg deadlifts – 3 x 6
(standing on a block)



Calves: Alternate foot position: toes in, forward, out

Donkey calf raises – 5 x 15

Standing calf raises – 5 x 10

Seated calf raises – 5 x 15

Front calf raises – 5 x 15

Abdominals:

No rest between exercises

Incline bent-knee situps – 30 reps

Incline bent-knee situps with twist – 30 reps

Chinning-bar leg raises, straight leg – 20 reps

Chinning-bar leg raises, bent leg – 20 reps

Crunches – 50 reps

Bent-knee leg raises – 50 reps

Alternate leg pulls – 30 reps each side

Seated leg tucks – 30 reps


Seated twists – 100 reps each side

Rear leg raises – 50 reps each side

Side leg raises, straight leg – 30 reps each side

Side leg raises, bent leg – 30 reps each side

Rear scissors – 50 reps



Abdominals: Begin workout with 10 minutes of Roman-chair situps

Shoulders:

Triset:

Front machine presses – 4 x 10

Dumbbell lateral raises – 4 x 10

Bent-over lateral raises – 4 x 10

Triset:

Barbell presses – 4 x 12

Alternate front and back cable side laterals – 4 x 10

Lying incline laterals – 4 x 10

Superset:

Front barbell raises – 4 x 10

Seated cable rear laterals – 4 x 10

Arms:

Superset:

Barbell curls – 4 x 1-10 method

Close-grip extensions with bar – 4 x 10

Triset:

Preacher bench curls – 4 x 10

Lying barbell triceps extensions – 4 x 10

Reverse curls on the preacher bench – 4 x 10

Triset:

Lying dumbbell extensions – 4 x 10

Incline curls – 4 x 10

Increase incline with each set

Lying reverse-grip barbell extensions – 4 x 10

Superset:

Concentration curls – 4 x 15

* Hold – squeeze for 1 1/2 seconds on each rep

Standing one-arm triceps extensions – 4 x 12

Superset:

Kneeling cable triceps extensions – 4 x 12

Kneeling cable triceps extensions with rope

– 4 x 12

Forearms:

Superset:

Barbell reserve wrist curls – 4 x 10

Barbell wrist curls – 4 x 10

One-arm dumbbell wrist curls – 4 x 10

CONTEST DIETING

Few individuals find themselves at or near their contest weight as a competition approaches without making a special effort. Most of us need to burn off excess fat in the months prior to competition.

1. Gradually cut back on caloric intake eight to twelve weeks before a contest. The amount of time will depend on how much fat you have to lose. Aim to lose no more than two pounds a week.

2. A superstrict diet should begin three to six weeks before the contest to attain maximum definition and muscularity. This is designed to rid the body of the final film of fat and excess fluids.

With dieting, as with weight training, it's important to learn your body, understand your body type, and vary your program to suit your individual needs. ♦♦

