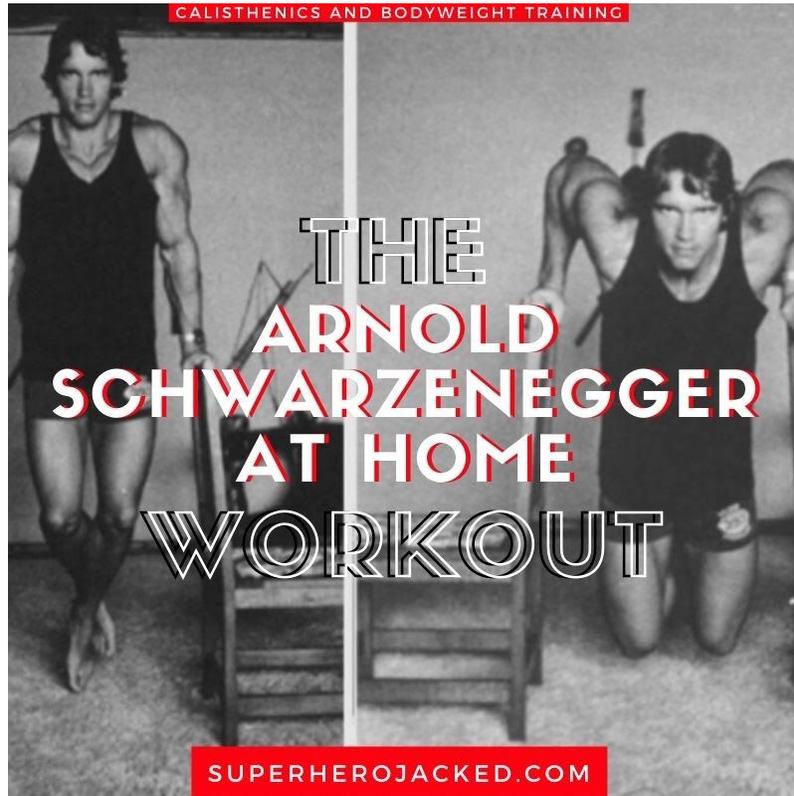


ARNOLD SCHWARZENEGGER AT HOME WORKOUT



Bonus PDF File
By: Mike Romaine

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The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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ARNOLD SCHWARZENEGGER AT HOME WORKOUT ROUTINE

Training Volume:

5+ days per week

Explanation:

The good news is that we're working with a program that's modified for Beginner -> Advanced. We're also doing movements that we can more or less repeat on a daily basis. I would potentially take one day off in between and do 3-4 days of this program per week while adding in cardio or active rest days in between; but if you're in any way a calisthenics pro already, this should be cake.

System Explanation:

Arnold says "The system is simple. If an exercise says 50 reps, you are doing 50 reps however you can. You can do 10 sets of 5 reps, 5 sets of 10 reps, 2 sets of 25 reps. It doesn't matter. All that matters is that you finish 50 reps with perfect form. Once you complete the reps of one exercise, move on to the next exercise."

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Pushups

Beginner: 25 Reps

Advanced: 50 Reps

Dips between chairs

Beginner: 20 Reps

Advanced: 50 Reps

Row between chairs

Beginner: 30 Reps

Advanced: 50 Reps

Sit-ups

Beginner: 30 Reps

Advanced: 100 Reps

Bent-leg raises

Beginner: 25 Reps

Advanced: 50 Reps

Bent-over twists

Beginner: 25 Reps

Advanced: 50 Reps

Knee bends (squats)

Beginner: 25 Reps

Advanced: 50-70 Reps

Calf raises

Beginner: 25 Reps

Advanced: 50 Reps

Chin-ups

Beginner: 10 Reps

Advanced: 30 Reps