



Strength Training

Strength Training designed by Arnold Schwarzenegger.

PKTrainings.com

 [@PKTrainings](https://www.instagram.com/PKTrainings)

contactpktrainings@gmail.com

Arnold's Reminders and Recommendations:

- You can do it every other day and it will cover all of your muscle groups.
- 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.
- 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.

A note on form: if you cheat at an exercise, you are only cheating yourself. Don't let your ego do the movements for you. You might want to show off to me or your friends and do 50 push-ups in one set, but if you can't do them with perfect form, I'll be more impressed by 5 sets of 10 perfect push-ups.

- You aren't adding weight like you would be in the gym, but you can still track your progress.
- If you could do 5 perfect push-ups today, do 6 in your next workout.
- Track the number of sets it takes you each time to hit your total reps, and watch as the number of sets goes down over time.

Exercises:

- Pushups
- Dips between chairs
- Row between chairs
- Sit-ups
- Bent-over twists
- Knee bends (squats)
- Calf raises
- Chin-ups



Strength Training

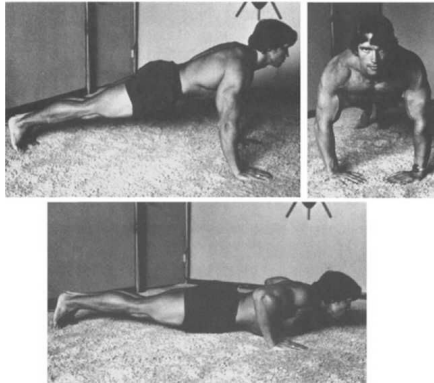
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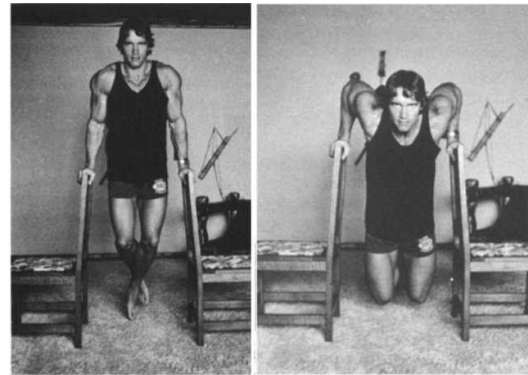
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1. Pushups



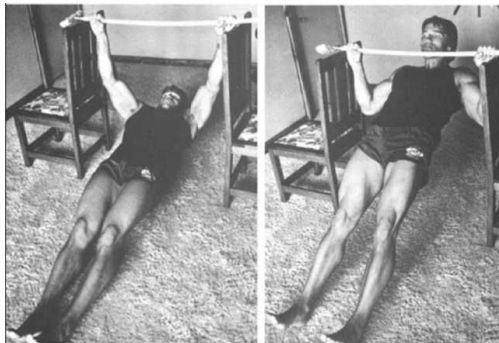
Beginner: 25 Reps
Advanced: 50 Reps

2. Dips between chairs



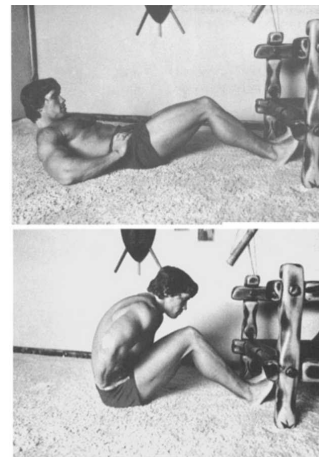
Beginner: 20 Reps
Advanced: 50 Reps

3. Row between chairs



Beginner: 30 Reps
Advanced: 50 Reps

4. Sit-ups



Beginner: 30 Reps
Advanced: 100 Reps



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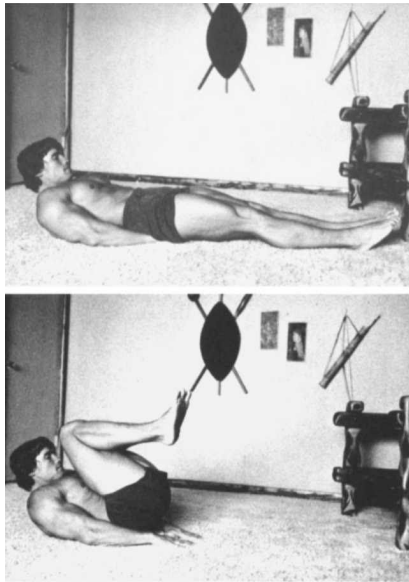
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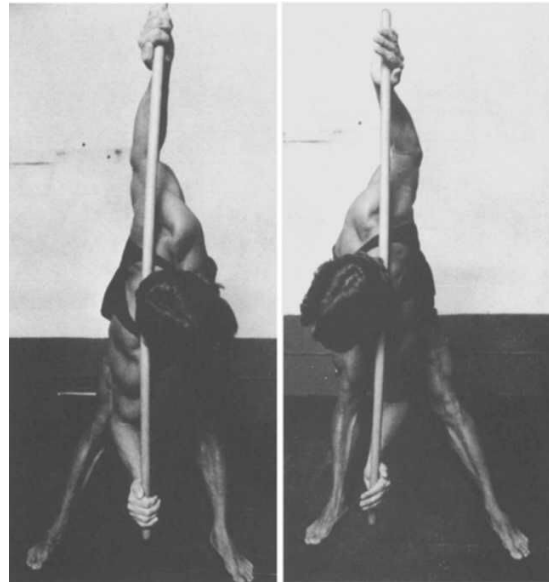
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5. Bent-leg raises



Beginner: 25 Reps
Advanced: 50 Reps

6. Bent-over twists



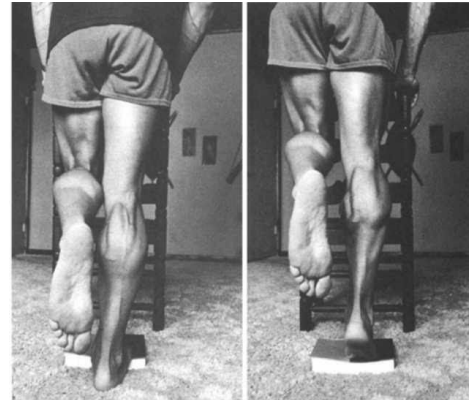
Beginner: 25 Reps
Advanced: 50 Reps

7. Knee bends (squats)



Beginner: 25 Reps
Advanced: 50-70 Reps

8. Calf raises



Beginner: 25 Reps
Advanced: 50 Reps



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9. Chin-ups



Beginner: 10 Reps

Advanced: 30 Reps