

PUMP

YOURSELF UP

**QUICK TIPS FROM ARNOLD SCHWARZENEGGER
TO TURN YOUR VISION INTO REALITY**

INTRODUCTION

I'VE BEEN ON A CRUSADE FOR MORE THAN 50 YEARS TO HELP PEOPLE IMPROVE THEMSELVES.

It started as purely a fitness crusade. After winning 13 world championships, I had lifted enough trophies, and I wanted to lift up the sport of bodybuilding and fitness. I wrote pamphlets, did seminars all over the world, filmed Pumping Iron, went on the Tonight Show with Johnny Carson and all of the late night shows. Hell, I even went on [The Dating Game](#). If there was an opportunity for me to spread the word about the benefits of lifting weights, I said yes.

Back then, lifting weights was not popular like it is now. It needed a huge push to come out of the basements and the dungeons where the few people that trained hid their workouts from the world. Today the big stars do an article about their training for every movie; back then, they said they were just born with their muscles. We succeeded in bringing fitness out of the shadows. Today there are more gyms than supermarkets, and fitness is a 100 billion-dollar industry.

But still, obesity continues to rise. My social media mentions are filled with people confused with all of the latest fad diets and workouts they're being sold. Still, some of my fans tell me they just don't know where to start. That's why I created [The Pump Daily](#) with Adam Bornstein and Daniel Ketchell, and that's why we are building an app to simplify your training.

My crusade today is not just about fitness. I want to spread positivity all over the world, so that we can combat the negativity we see growing all over social media. I want to give my millions of fans the tools to get up and improve themselves instead of just complaining from the couch. I want to share the tools that have worked for me, in good times and bad, because if all of us take charge of our own lives, we'll find we have less time to be angry at the world.

I believe that positivity is contagious, and once you prove you can improve yourself, you'll do what I did and look outward and see how you can improve the world.

“The special part is learning to break barriers that only existed in my mind. That’s when you can become unstoppable.”

This guide is designed to help you become the person you want to be. It includes six lessons that can help you accomplish anything. In this guide, you'll learn:

1. How to Overcome Challenges
2. What To Do With A Negative Inner Voice
3. How To Turn Your Vision Into Results
4. The 10-Minute Family Workout (Fitness For Anyone)
5. The Healthiest Treat (You Can Eat Every Day)
6. My Golden Era Chest/Back Workout Challenge



HOW TO OVERCOME CHALLENGES

WE ALL START SOMEWHERE. BUT WHERE YOU END UP DEPENDS ON YOUR APPROACH AND MINDSET.

One of the scariest moments of my life was after my most recent heart surgery several years ago. I was born with an aortic valve problem — the same one that eventually led to my mother's death. In 1997, I had it replaced with open heart surgery, but they warned me it wouldn't last forever.

The good news is, by the time I needed to replace it again a few years ago, they had invented a non-invasive procedure. I had a friend who was almost 90 who had this surgery and came to meetings with me the next week! I was set. I went into the hospital ready to go. Then I woke up.

The doctor was standing over me, and he said, “Arnold, we’re sorry, but something went wrong with the procedure, and we had to do open heart surgery.” I thought it was a cruel joke. But I realized he was dead serious.

So here I am in the hospital ICU, and my first thought is, “Wait a minute, in three-and-a-half months, I’m supposed to be in Budapest to shoot Terminator 6. How am I going to make this possible?”

I was pissed off, but my anger wasn’t going to get me ready. I needed a plan to start from scratch.

But I couldn’t even get out of bed yet. The doctors told me people could die from pneumonia and lungs filling with fluid after the procedure. They wanted me to do breathing exercises with this contraption a few times a day to be safe.

I asked my nurse to write “Breathing Exercises” on the dry-erase board by my bed and to do a tally mark every time I did them. This is the same thing I’ve always done in the gym for my reps. Five times a day, I did the exercise, and my nurse or one of my family members made a mark on the board so I could see my progress right in front of me.

After a couple of days, they wanted me to get up and move around. Let me tell you: I could barely move. But I had a walker, and I shuffled down the hallway. I told one of my friends to write “Walks” on the board. We did tally marks for that. And the walks got longer. I made it up the hallway twice with the walker. Then I made it up the hallway and all the way around the nursing station, with my friends and family walking with me and cheering me on like a really screwed up version of the scene from Rocky. It didn’t matter how simple it was, every time, we tallied it on the board.

“One rep is just one rep. But that one rep done over and over can become hundreds of reps. And done over time, those hundreds of reps add up to a lot of progress.”

The goals were nothing like squatting 500 pounds. It was simple. Get out of bed. Use the walker. Go down the hall. Ditch the walker for a cane. Believe in yourself. Lean on the friends and family cheering me on as if I was squatting 500 pounds instead of just walking.

They were all steps on the way to recovery. One rep is just one rep. But that one rep done over and over can become hundreds of reps. And done over time, those hundreds of reps add up to a lot of progress. And that's what you need to remember.

And it worked. Soon, I was out of the hospital and walking around my yard. The doctors told me I couldn't exercise yet. But just three weeks later, I was working out with my machines in my home gym *without* any weights, just to go through the motions. I listened to the doctors, but I wanted to get the feeling of exercise without straining my stapled-together sternum.

And eventually, I was able to add weight, but slowly. I used to be the one who did lat pulldowns with 200 pounds. Now I was starting at 20. The next week, it was 40. Then it was 100. Eventually, I built back to my old self.

As I promised to myself, three-and-a-half months later, I was on set for Terminator 6.

The director said, 'I can't believe you had open-heart surgery three-and-a-half months ago.'

We all have moments in life where we must start at the bottom. I hope you aren't recovering from major surgery, but maybe you've just fallen off the wagon and stopped working out for a few years. Maybe you never started because you didn't know where to begin. It doesn't matter. All that matters is that you start now. Track your reps, no matter how ridiculously small they seem. Lean on your support network, your friends and family, and yes, me and my team sending these newsletters.

Just take the first step. It is the hardest one, trust me.

HOW TO QUIET YOUR NEGATIVE INNER VOICE

IT'S NATURAL TO BE HARD ON YOURSELF. HERE'S WHY IT'S SOMETHING YOU MUST AVOID.


Everyone thinks of me as a pretty hardcore guy. And, for the most part, I am. When I am looking at my own body, going all the way back to the Pumping Iron days, I can be my harshest critic. I would tell myself, "Arnold, your calves look like shit, what is wrong with you?" Then, I would cut off all of the legs on my sweatpants, so I had to look at my calves every day, and that would inspire me to train them as much as I needed.

That works for some people.

But I have learned over years of helping people that it doesn't work for everyone. Or even for most people.

If you have been struggling to get moving or frustrated with your health, odds are you've been negative to yourself a lot, and you don't need an inner critic, you need an inner friend.


Several years ago on reddit, a user asked me for help. Every few months, I see this advice go viral again, so I can tell it really helps people. I stand by it.

 0770059834333178 · 4 yr. ago 🇺🇸

I know this is pandering but, I've been depressed for months and haven't hit the gym during that time.


Mr. Schwarzenegger can you please tell me to get off my lazy ass and hit the gym? I swear to everything I hold dear that I will snap out of it and go.

↑ 3.0k ↓ 🗨️ Reply Share Report Save Follow

 GovSchwarzenegger OP · 4 yr. ago 🏆 2 🗨️ 4 📧 3
7x Mr. Olympia, Terminator, Former Governor of CA, The GOAT

I'm not going to be that hard on you. Please don't be that hard on yourself. We all go through challenges, we all go through failure. Sometimes life is a workout. But the key thing is you get up. Just move a little. Roll out of bed and do some pushups or go for a walk. Just do something. One step at a time, I hope you feel better and get back to the gym. But don't beat yourself up, because that's just useless talk. It doesn't get you closer to the gym. And don't be afraid to ask for help. Good luck.

↑ 11.1k ↓ 🗨️ Reply Share Report Save Follow

 0770059834333178 · 4 yr. ago · edited 4 yr. ago

I'm not kidding, I just jumped out of bed when I received this notification. Arnold, thank you from the bottom of my heart for taking the time to reply.

I'm getting dressed and heading to the gym, I'll be doing a 5x5 routine (squats, overhead press, deadlift) to get the rust off and will snap out of it.

THANK YOU!!!!!! 🙌❤️

I wish everybody reading this comment could know how good it feels to have Arnold Schwarzenegger personally give you encouragement, I feel overwhelmed (in a good way) and as cliché as it sounds, I do have tears of joy in my eyes.

Off to the gym!!

↑ 3.3k ↓ 🗨️ Reply Share Report Save Follow

But here's my favorite part about this. This redditor didn't just get out of a funk and go into the gym. He started spreading positivity to everyone else who was inspired by this thread. As of a year ago, he was still working out regularly and pumping people up on reddit.

Positivity is contagious. And it starts with being positive to yourself. So instead of looking at yourself and saying, "I'm so out of shape, I look like shit, I can't even walk up stairs without taking a break," I want you to be positive. Look at yourself in the mirror and say, "I can get in shape. I deserve to be healthier because I deserve more time with my friends and family. I am worth the work."

Trust me, it is worth a try, and it can do more for your mind and body than you think.

TURN YOUR VISION INTO RESULTS

PEOPLE LOVE SETTING GOALS. BUT THERE'S A 3-STEP METHOD THAT CAN TURN YOUR HOPES AND DREAMS INTO REALITY.

If you read the first issue of The Pump Daily, you are familiar with this challenge, and, hopefully, it is going well. We made it a welcome email because it seemed to help so many people. But I also want you to know that this is how I start my year every year.

I write down what I want to accomplish because writing it down makes it real. No matter how challenging my visions might be, just the act of spending a quiet hour working on them makes me feel ready to conquer them.

Challenging ourselves is how we grow. We send a message to our brain that "I am doing this, whether you like it or not," and it lets us break through the inertia that wants to hold us in our status quo. I believe short-term challenges can remind us that we are in control.

I want you to sit down, without your phone or any distractions, and think about where you are and where you want to be. And then, I want you to write down three things that you will focus on this year to get to your vision of where you want to be and put it somewhere (a nightstand, your bathroom mirror, taped to your coffee maker) that you will see every day.

A few guidelines:

1. When you look at where you are now, do it without too much judgment. Be honest but not negative. Do you think I'm more likely to follow through with change if I start out saying, "Arnold, you look like a pig, you look like garbage, it's time to fix it," or "Arnold, studies show that people in better shape lead longer lives with fewer health problems, so losing a few pounds means more time to be here hanging out with the people you love?" Negativity freezes you; it makes you depressed about where you are instead of excited about where you can go. Lose the negativity.
2. You don't have to finish these things this year. These are big, big visions about changing who you are. You'll make insane progress this year, but you don't need to finish.
3. Only one of the three things needs to be about your health and fitness, but I want at least one to focus on your body. The Greeks always talked about a sound mind in a sound body, so I've always focused on both. The others can be things you've wanted to do for ages but you've put off, things you know you should do, or things that will improve you as a person or at work.

"You've been the way you are for a long time, you aren't going to reboot as a different person overnight, so the way you get to your big visions is through achievable goals."

There are three key components to making challenges successful:

1. Vision
2. Action
3. Celebration

Here's how to make these three aspects work for you.

VISION

What did I tell you? Vision is everything. You must be able to visualize your end goal for it to be real.

Here's an example of three simple visions:

1. Learn German, French, or Spanish
2. Be more present with my friends and family
3. Lose fat and build muscle so I can be around and more active with my family for as long as possible.

Once you do this, write a note for each one about how you will get from point A to point B. Write down the ACTION that moves you toward your VISION.

Don't bite off more than you can chew. People quit New Year's resolutions because they are too vague and too big. You've been the way you are for a long time, you aren't going to reboot as a different person overnight, so the way you get to your big visions is through achievable goals.

ACTION

Using the examples above, this is where you focus on those small steps. It's about creating a plan you can do repeatedly so your reps add up.

1. Learn German, French, or Spanish: spend 5 minutes each morning studying on Duolingo
2. Be more present with friends and family: designate a daily no-machine hour where all of my focus is on whoever I'm with and not on my device
3. Gain muscle and lose fat: devote, at least, 10 minutes a day to my body by walking or strength training.

CELEBRATION

There's a final part of this, and it's keeping track of your daily tasks and celebrating yourself for achieving them. You have to reward yourself! And while I used to make tally marks on a chalkboard in my room, technology has made tracking small tasks much easier. Use the tasks or reminders function on your machine (mobile phone), and write down your three actions. Set it up so you get reminders every day, and every day, check them off. Five minutes of Duolingo, done.

At the end of the day, look at your list. Take a minute to congratulate yourself on completing it (or if you still need to do 10 minutes of movement, get going!). At the end of a week, look at all those checked boxes and give yourself a real reward. Have something decadent for dinner. Take your family to a movie. Remind yourself this is because you kept moving and checking boxes every day.

This might feel small, but we are trying to do something big here. With little actions, we are changing your whole identity. Is studying German for 5 minutes going to make you a fluent German speaker this year? Probably not, just like 10 minutes of movement won't make you Mr. or Ms. Olympia.

But when you do that for a month, you'll notice that you've started to change. Because you've started.

The old you might have said, “I wish I could learn a language,” or “I wish I wasn’t on my phone when I’m playing with my kids or catching up with a friend,” or “I wish I were in better shape.”

You’ve evolved past that now. The new you stopped wishing and just started. As you grow, you might find yourself adding time to your tasks and growing your vision. Or you might not.

The key is that you remind yourself you’re the type of person who can create a vision and start moving toward it. You have to learn the three components of change:

1. Vision
2. Action
3. Celebration

Now go out and do it! That is how you take charge of your life and improve your outcomes.

THE 10-MINUTE FAMILY WORKOUT

When we started sending these emails, one of the most common requests was a short workout people could do at home with their kids. I get it. If you’re a parent, it can be hard to find time. I also love it, because you are showing your children that fitness is important to you. When my app, The Pump, goes live, we will be sharing full programs that people can do at home. But I don’t want you to have to wait.

Here’s a very quick program you can do three or four times per week if you want to:

HOW TO DO IT

- Set a timer for 10 minutes.
- Do 10 squats as quickly as you can. If squats are hard, you can sit down on a chair and then stand back up. However long it takes, rest for the remainder of the first minute. (That’s 1 minute completed)
- Then, hold a plank for 10 to 20 seconds. If a plank on the floor is hard, place your hands on a chair or couch. Then, rest for the remainder of the minute.
- Now, do 10 hip raises. Lay on your back with your feet flat on the floor. Raise your hips up, squeeze your glutes, and then lower your hips back to the floor. However long it takes, rest for the remainder of the minute. (That’s 3 minutes completed)
- Do 10 pushups. If regular pushups are too hard, do them from your knees or place your hands on a chair or couch. Rest the remainder of the minute. (That’s 4 minutes completed)
- Now rest for an entire minute (you’re half way through).

Repeat the entire process again. And then you're done!

A QUICK RECAP:

- Exercise 1: 10 squats and then rest (until 1 minute has passed on the clock)
- Exercise 2: Hold a plank for 10-20 seconds and rest (until 2 minutes have passed on the clock)
- Exercise 3: Do 10 hip raises, then rest (until 3 minutes have passed on the clock)
- Exercise 4: Do 10 pushups, then rest (until 4 minutes have passed on the clock)
- Now rest for 1 minute (until 5 minutes have passed on the clock).
- Repeat Exercises 1-4.

THE HEALTHIEST TREAT (YOU CAN EAT EVERY DAY)

THE BEST PLANS MAKE ROOM FOR INDULGENCES AND TEACH YOU HOW TO MAKE HEALTHY FOODS TASTE ENJOYABLE.

I love sweets. Adam makes the best protein ice cream so that people with a sweet tooth can eat a whole bowl and know it isn't moving them away from their goals. In fact, because it includes protein and healthy fats, you can eat something that tastes like dessert and make more progress. Here it is.

INGREDIENTS:

- 1 scoop protein powder of choice (we recommend chocolate flavor)
- 1 tablespoon of almond butter or peanut butter
- A few splashes of the dairy or non-dairy milk of choice. The more milk you add, the more watery/less thick it becomes.

How to make it: Stir the three ingredients together, place in the freezer for 30 minutes, and that's it. You can toss it in the fridge for a more pudding-like experience.

MY OLD CHEST AND BACK WORKOUT (FOR THE hardcore CREW)

Some people wanted to see my real workout from the Golden Era. I want to give a serious warning. If you haven't been training for a really long time, this isn't a good idea.

It took me at least two hours, and then I went back to the gym for another two hour workout at night. I was a bodybuilding champion, and I had also been a powerlifting champion in Europe. If it feels like too much, stop. We won't even offer this to people initially in my app because we want to make sure they build a foundation before they try something like this.

But, I give the people what they want. So here it is:

Begin with 10 minutes of abs (approximately 5 sets of an exercise)

Then, perform the following workout. For deadlifts, you'll do all sets and then move to the next exercise. On supersets, you'll do one set of the first exercise followed by one set of the second exercise, and then rest for 2-3 minutes. Once you do all sets of both exercises in a superset, then you move on to the next exercise pairing. On tri-sets, you'll perform like supersets but instead of doing two exercises back-to-back, you'll perform one set of three different exercises — resting as little as possible between each movement — and then you'll rest for 2-3 minutes before repeating the sequence of three movements.

1. Deadlifts: Several warm up sets and then: 3 sets of 10, 8, 6 reps

Superset #1

2A. Wide-grip weighted chin ups: 4 sets of 10 reps

Superset with

2B. Incline barbell press: 4 sets of 15, 12, 8, and 6 reps

Superset #2

3A. Flat barbell bench press: 4 sets of 15, 12, 8, and 6 reps

Superset with

3B. Chinups: 4 sets of 15 reps

Superset #3

4A. Dumbbell Flys: 4 sets of 10 reps

Superset with

4B. Wide-grip bent-over barbell rows: 4 sets of 12 reps

Tri-set #1

5A. Machine pullovers: 4 sets of 15 reps

Followed by

5B. Dips: 4 sets each to failure

Followed by

5C. Cable Flys: 4 sets of 12 to 15 reps

Tri-set #2

6A. Seated cable rows: 4 sets of 10 reps

Followed by

6B. One-arm cable rows: 4 sets of 10 to 12 reps

Followed by

6C. Dumbbell Pullovers 4 sets of 15 reps

You've survived.

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That should be enough to get all of you going, no matter where you are on your fitness journey. Remember, the team and I are always here for you. And please also remember that a full life starts with lifting yourself up. But once you're capable, look around for all the people you can help. Who can you lift up?

Keep pumping,

A large, stylized, handwritten signature in black ink that reads "Arnold". The script is fluid and cursive, with a prominent 'A' and 'n'.

If you were forwarded this document and want more free tips from me, you can [sign-up for my free daily email here.](#)