



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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REG PARK BEGINNER WORKOUT

Arnold Schwarzenegger idolized bodybuilding legend Reg Park. This workout, provided by Kaya Park (Reg Park's grandson) was used by Arnold and yielded great results.

Link to Workout: <https://www.muscleanstrength.com/workouts/reg-park-beginner-workout.html>

Main Goal: Build Muscle
Training Level: Beginner
Program Duration: 12 Weeks
Days Per Week: 3 Days

Time Per Workout: 60 Mins
Equipment: Barbell, Bodyweight
Author: Team Muscle & Strength

Week 1

Exercise	Sets	Reps
Monday		
Squats	5	5
Pull Ups or Chin Ups	5	5
Bench Press or Dips	5	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20
Wednesday		
Front Squats	5	5
Barbell Rows	5	5
Standing Military Press	5	5
Deadlifts	3	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20
Friday		
Squats	5	5
Pull Ups or Chin Ups	5	5
Bench Press or Dips	5	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20

See [article](#) for warmup & weight notes on 5 x 5 sets & Deadlifts.

Week 2

Exercise	Sets	Reps
Monday		
Front Squats	5	5
Barbell Rows	5	5
Standing Military Press	5	5
Deadlifts	3	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20
Wednesday		
Squats	5	5
Pull Ups or Chin Ups	5	5
Bench Press or Dips	5	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20
Friday		
Front Squats	5	5
Barbell Rows	5	5
Standing Military Press	5	5
Deadlifts	3	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20

Week 3

Exercise	Sets	Reps
Monday		
Squats	5	5
Pull Ups or Chin Ups	5	5
Bench Press or Dips	5	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20
Wednesday		
Front Squats	5	5
Barbell Rows	5	5
Standing Military Press	5	5
Deadlifts	3	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20
Friday		
Squats	5	5
Pull Ups or Chin Ups	5	5
Bench Press or Dips	5	5
Forearm or Grip Work	2	10
Calf Exercise	2	15 - 20