

The Austrian Blitz

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Introduction

Take the rules and throw them out of the window, they are of no use here! With those out of the way, I'd like to take you back to a time when insanity was sanity, and we thrived on it!

This Quote by Arnold Schwarzenegger is from 1975

"I finally arrived at the idea of shocking the muscles. So once a week I took a training partner and drove out into the country with the weights. We limited ourselves to one exercise for a particular body part. I remember for the first day we carried 250 pounds into the forest and did squats for two hours straight. I began by doing 20 repetitions with 250 pounds; then my partner did whatever he could. Then it was my turn again. We ended up doing something like 55 sets of squats each. The last hour seemed endless. But it worked. Our thighs pumped up like balloons. That first day we gave our thigh muscles such a shock that we couldn't walk right for a week and each of us put something like an eighth or a quarter of an inch on our thighs; they just blew up. They had no chance to survive except to grow. We made it a regular thing. We brought girls out there to cook. We made a fire outdoors and turned the whole thing into a little contest. We worked hard, but we had a good time. After the muscle-shocking sessions, we drank wine and beer and got drunk and carried on like the old-time weightlifters sometimes it became pure insanity."

What Arnold displayed here was the mentality of a warrior. However it went beyond this, well beyond! The man had an undying passion for this sport, and it shown through in perhaps an unmatched way. This story has always fascinated me and I have actually applied it to myself in many ways. So much so, that I developed a "**modern day**" Austrian Blitz! My main objective was to take a weight training session and turn it into a fun and challenging event!

Step 1

The first step is to set a day aside with your training partner. You will be executing the "modern day" Austrian Blitz at either your house or his/hers, rather than the gym.

Step 2

Your second step is to choose either a lagging body part, or even a body part that you have the most fun working!

Step 3

At this point you need to choose one simple exercise, that does not require much equipment and can be performed in your living room. If your forearms need work choose seated dumbbell or barbell wrist curls. If your biceps need work, you might choose standing barbell curls or seated dumbbell curls. Perhaps you want to work on your tear drop muscle, then I would suggest sissy squats! Once you choose this exercise, you will stick with it for the entire workout and use it to bombard the target area like never before!

Step 4

I would suggest getting a very motivating movie. I prefer pumping iron myself! The film should last between one and a half to two hours! This is the amount of time in which you and your partner will train.

Step 5

Plan a huge meal to eat after your workout routine! This is of extreme importance! Remember this is to be a fun event. I suggest buying a few steaks, some French bread and some baked potatoes! You should prepare a feast! We workout like animals, but we also will eat like animals.

Putting it all together!

If you are to carry this method out, then you need to have the proper mentality! And that as Arnold stated so eloquently is to carry yourself like a bodybuilder of yester year. When insanity was sanity! You are going to break all of the rules! Your notion of over training needs to be placed on the back burner along with everything else! Your full concentration is to blast the living daylights out of a particular body part and then eat a feast that is fit for a king!

Gains You Will Receive and Why

In order to get gains from this you will only want to perform it during a bulk when you can increase calories to accommodate the workout and no more than once a week. If you follow these guidelines, you will notice unbelievable growth in the target area!!!! You will experience these gains for the following reasons:

- 1.** The body is used to performing multiple exercises per body part, by bombarding the area with only one exercise you will shock it into growth. If the body is not prepared for it, it will be forced to adapt, hence muscular growth. This is why I advocate doing this on a bulk, when the calories will be there to accommodate this hypertrophy.
- 2.** You will essentially be performing " endless " sets. While many consider this over training, performed every once in a while it can lead to tremendously unbelievable mass! The countless array of sets will target and stimulate a mind boggling array of muscle fibers!

3. You will flush the area with more life giving blood than it is used to. This will not only bring nutrients to the area accentuating growth, but will also promote capillarization. Which means that your vascularity will increase as well as specific conditioning to the area.
4. You will alleviate stress! I find that this session is extremely enjoyable! Weight training shouldn't be more stressful than it has to be. This will lower stress, and I cannot exaggerate how anabolic that is!
5. You know the anabolic power of food. By eating like a maniac afterwards you will create an environment that is optimal for growth!

Overview

I call it the modern blitz, because rather than being performed in the woods, it is performed in your own living room. Simply rent a movie, pick an exercise and perform it, back and forth until the movie has finished. The only rest you get is while your partner is performing his set! This will be one of the most brutal training methods you have ever used, because for all intensions it is unorthodox, but it works! When you are finished, throw several steaks on the grill, all your favorite side dishes and eat the same way you worked out, like an animal!!!!

Conclusion

An article like this can only be understood by a true athlete, one who essentially doesn't give a damn! I would never try and explain this to an average trainee, because they have neither the heart nor will power to accomplish something so devastatingly hardcore! It is for this reason that I enjoy this magazine, because our readers flat out have guts! With that being said, I wish you the best of luck!

Sincerely

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