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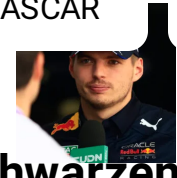
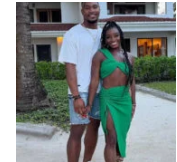
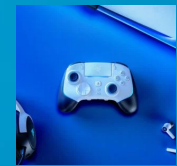
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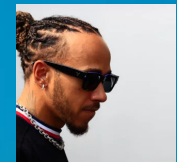
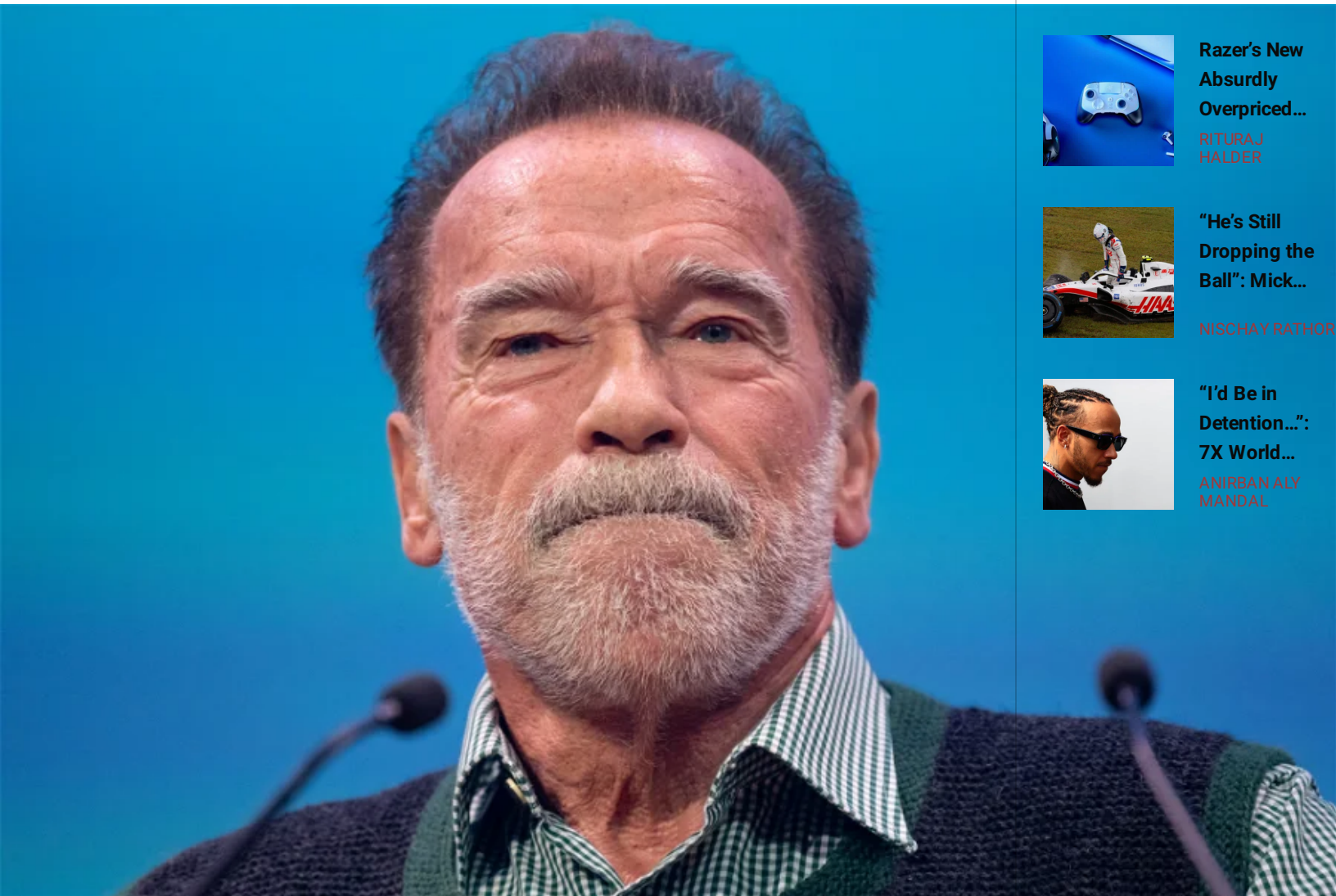
“Bench Press 500 Pounds”: When 71-Year-Old Arnold Schwarzenegger Yelled “Old Age S**ks” Despite Mind-Numbing Strength

Published 11/06/2022, 3:46 PM EST

By **SAGNIK BAGCHI** 

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25 September 2022, Bavaria, Munich: Arnold Schwarzenegger, actor and former governor of California, is on stage at the Bits & Pretzels company founder and investor meeting. At Bits & Pretzels, successful founders talk about their experiences, present ideas and can get in touch with investors. Photo: Sven Hoppe/dpa (Photo by Sven Hoppe/picture alliance via Getty Images)

Arnold Schwarzenegger is among the most influential bodybuilders ever. The Austrian won the Mr. Universe title five times and Mr. Olympia title seven times. Arnold also promoted bodybuilding to a mainstream audience and became Hollywood's biggest action hero. However, Arnold's muscles weren't just for show, the Austrian was also quite strong.

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Now 75, Arnold once told the Hollywood Reporter how difficult it was for him to deal with old age.

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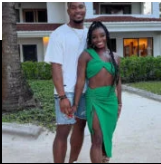
Arnold Schwarzenegger revealed why dealing with old age is difficult

Reporter Noel de Souza sat down with Arnold for an interview in 2019. During the interview, the former governor of California about his thoughts on aging. The Hollywood icon said getting older isn't easy for him. *"Old age s**ks."*, **said** Arnold. He also said, *"Maybe I feel like that more than anyone else in the Universe, Mr. Olympia."*

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Schwarzenegger also talked about his mind-numbing strength. *"At any given time could bench-press 500 pounds or do squats with 500 pounds and lift 700,"* said the seven-time Mr. Olympia. However, he also said, *"all of a sudden you see your body no longer in shape."*

DIVE DEEPER



Before Surpassing Arnold Schwarzenegger's 7x Mr. Olympia Titles, This Bodybuilding Beast Outshined His Deadlift Record in 1992

7 days ago

prioritize his cardio. Despite such hardships, the former **bodybuilder** never stopped, “Pumping Iron”. However, Arnold also said he had trouble looking in the mirror because he could never regain his prime “*even though you may be in better shape than anyone else at 71.*”

Lifter of the day: Arnold Schwarzenegger
 #arnoldschwarzenegger #schwarzenegger #mrolympia
 #theterminator #bodybuilding #bodybuilder #fitness
 pic.twitter.com/sL8fPNaomG

— Int Powerlifter Cncl (@intpowerlifters) July 12, 2018

The former bodybuilder is still going strong. His **current** workout regime includes more cardio and weight lifting. While he lifts weights for about 30 mins, he does cardio for around 45. The seven-time Mr. Olympia likes to take bike rides rather than spend time on stationary indoor bikes.

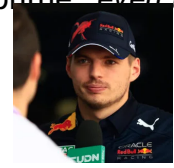
How strong was the seven-time Mr. Olympia?

Arnold Schwarzenegger was among the strongest bodybuilders of his time. While he didn't compete in powerlifting, Arnold participated in the 1968 German Powerlifting Championships. At just 23 years old, he set a national record by deadlifting 683 lbs. He also bench-pressed 441 lbs while Arnold's weakest lift was a 474 lbs squat. However, Arnold got **stronger** with time.

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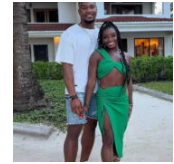
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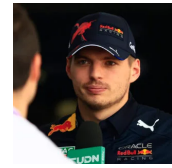
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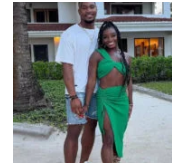
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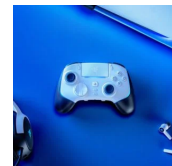
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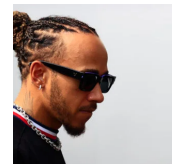
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Muscle builder magazine covered the Austrian and Dave Draper's **workout** in 1970. During that workout, Arnold squatted 465 lbs for over six reps.

Watch this story – "Bible of Bodybuilding" – 7x Mr. Olympia Arnold Schwarzenegger Once Explained the Book the Got Him Into Bodybuilding

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has adjusted well, as he is fit and still works out rigorously in his mid-seventies. Arnie has also made changes to his diet.

Do you consider Arnold as the greatest bodybuilder of all time? Let us know in the comments

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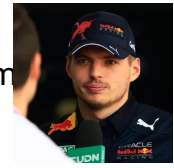


Sagnik Bagchi is a US Sports writer for EssentiallySports. He has completed his Bachelor's degree in English Literature from the University of Calcutta. He has experience working as a freelance MMA writer for Sportskeeda.

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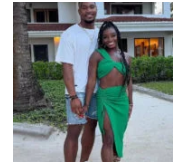
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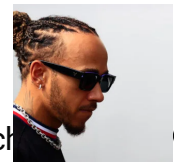
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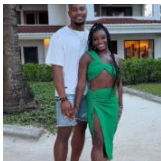
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