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Re: Re: Arnold Schwarzenegger's The New Encyclopedia of Modern Bodybuilding Originally posted by MsFit The book is a very general overview of bodybuilding, however not geared toward real muscle building.

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The New Encyclopedia of Modern Bodybuilding Arnold

The author of Arnold: The Education of a Bodybuilder, Arnold's Bodybuilding for Men, and the first edition of the Encyclopedia of Modern Bodybuilding, Arnold Schwarzenegger has won more bodybuilding titles than anyone else in the world, including three Mr. Universe titles. He lives in Los Angeles with his wife, Maria Shriver, and their four children.

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