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Arnold Schwarzenegger Wikipedia

Arnold Alois Schwarzenegger was born on July 30, 1947, in Thal, Styria, to Aurelia (n e Jadrny; 1922 1998) and Gustav Schwarzenegger (1907 1972). His father was the local chief of police and had served in World War II as a Hauptfeldwebel after voluntarily joining the Nazi Party in 1938, was wounded during the battle of Stalingrad, but was discharged in 1943 following a bout of malaria.

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Bodybuilding Wikipedia

Bodybuilding is the use of progressive resistance exercise to control and develop one's musculature. An individual who engages in this activity is referred to as a bodybuilder. In professional bodybuilding, bodybuilders appear in lineups and perform specified poses (and later individual posing routines) for a panel of judges who rank the competitors based on criteria such as symmetry

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Arnold Schwarzenegger's 8 Best Training Principles

"The way to success, in and out of bodybuilding, is having as much knowledge as possible," Arnold said. By seeking out information and experimenting with new approaches, you're better able to discern what works from what's a waste of time.

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Arnold Schwarzenegger's Mammoth Chest And Back Workout

Arnold paired chest with back, which are antagonist muscle groups; while one contracts, the other is stretched. Though they are both very large muscle groups, Arnold followed a high-volume, high-frequency approach, performing this workout three times per week.

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Arnold Schwarzenegger American politician actor and

Arnold Schwarzenegger: Arnold Schwarzenegger, Austrian-born American bodybuilder, film actor, and politician who rose to fame through roles in blockbuster action movies and later served as governor of California (2003 11). Schwarzenegger was known as the Styrian Oak, or Austrian Oak, in the bodybuilding world, where he

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Cory Everson athlete Boobpedia Encyclopedia of big boobs

Corinna Kneuer (born January 4, 1958), best known by her stage name Cory (or Corey) Everson, is an American female bodybuilding champion and actress. She won the Ms. Olympia contest six years in a row from 1984 to

1989.

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