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Arnold's Level 1 Exercise Program from his book Arnold Schwarzenegger Encyclopedia of Modern Bodybuilding. Monday and Thursday. Chest. Bench Press: 5 sets of 8 to 12 reps

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Arnold Schwarzenegger Wikipedia

Schwarzenegger is considered among the most important figures in the history of bodybuilding, and his legacy is commemorated in the Arnold Classic annual bodybuilding competition. He has remained a prominent face in bodybuilding long after his retirement, in part because of his ownership of gyms and fitness magazines.

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The New Encyclopedia of Modern Bodybuilding The Bible of

The New Encyclopedia of Modern Bodybuilding by Arnold Schwarzenegger was written in 1992. This is not a comedy or an action book; this book falls into its own category, bodybuilding. As most of you know, Arnold was a professional bodybuilder and was the first well known bodybuilder.

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Arnold's encyclopedia to modern bodybuilding bodybuilding

Good book for general interest and for exercise selection. Everything else is aligned with the Weider 'principles' of bodybuilding and not conducive for a beginner. Arnold's 'Education of a Bodybuilder' is better and in line with Arnold's 'real' thinking in terms of training, etc.

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Encyclopedia of Modern Bodybuilding Arnold

Arnold Schwarzenegger was born in Thal, Austria, in 1947, in a small village bordering the Styrian capital Graz. Schwarzenegger served in the Austrian Army in 1965 to fulfill the one year of service required at the time of all 18-year-old Austrian males.

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