

Arnold the education of a bodybuilder schwarzenegger

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What kind of education did Arnold Schwarzenegger have? Arnold Schwarzenegger was born in Thal, Austria, a small village bordering the Styrian capital of Graz. He immigrated to the United States in 1968 and became a U.S. citizen in 1983. Schwarzenegger earned a BA in Business and International Economics at the University of Wisconsin—Superior.

How did Arnold learn about bodybuilding? Influenced by his father, Schwarzenegger played several sports as a boy. Schwarzenegger began weight training in 1960 when his football coach took his team to a local gym. At age 14, he chose bodybuilding over football as a career.

What inspired Arnold Schwarzenegger to be a bodybuilder? Arnold Schwarzenegger's journey into the world of fitness began in the quaint town of Thal, Austria. From a tender age, Schwarzenegger was captivated by the awe-inspiring physiques depicted in magazines and films.

What did Arnold Schwarzenegger take for bodybuilding? It turns out Schwarzenegger built his PED regimen around two drugs, testosterone and D-Bol. The latter is a steroid that remains popular among bodybuilders today. “One hundred milligrams a week,” he says of his testosterone usage, “and then three Dianabol a day, so that was 15 milligrams.”

Is Arnold Schwarzenegger a billionaire? Arnold Schwarzenegger has played many roles in his 76 years: bodybuilder, box office star, bureaucrat, and now billionaire.

Is Arnold Schwarzenegger Republican or Democrat? Political positions. Schwarzenegger is a member of the Republican Party. On September 7, 2007, Schwarzenegger said, "I am proud to be a member of the party of Abraham Lincoln. I am proud to be a member of the party of Ronald Reagan."

Who trained Arnold Schwarzenegger? Besides Joe Weider, several others helped Arnold Schwarzenegger in competitions and training. Reg Park, Franco Columbu, Charles Bennett, and Vince Gironda each played important roles in Schwarzenegger's bodybuilding journey.

How much could Arnold bench press? "My best bench press was 525, my best deadlift was 710, and my best squat was 610," he said.

What did Arnold eat to build muscle? The 76-year-old bodybuilding icon Arnold Schwarzenegger eats mostly plant-based foods and works his muscles with high-repetition routines on weight machines. Key Points: Nowadays, Arnold Schwarzenegger's diet consists of whole eggs, protein shakes, lots of oats, fruits and vegetables, as well as almond milk.

Who was Arnold Schwarzenegger's idol? Born in Leeds, England, Reg Park became Mr. Universe, and a well-known actor. Apart from his many bodybuilding titles and successful movies, he is best known for being the idol and inspiration for Arnold Schwarzenegger.

Who mentored Arnold Schwarzenegger? Joe Weider, titan of bodybuilding who mentored Arnold Schwarzenegger, dies at 93. Joe Weider, a legendary figure in bodybuilding who helped popularize the sport worldwide and played a key role in introducing a charismatic young weightlifter named Arnold Schwarzenegger to the world, died March 23 in Los Angeles.

How did Arnold Schwarzenegger become successful? After moving to California in 1968 to train and compete in bigger events in the United States, he won three more Mr. Universe titles and then the professional Mr. Olympia title six years in a row (1970–75) before retiring. He surprised the bodybuilding world by returning to competition one more time to claim the Mr.

Is Arnold Schwarzenegger vegan? Arnold Schwarzenegger eats an 80% vegan diet, which he said has helped lower his cholesterol. His go-to protein sources are eggs, salmon, chicken, veggie burgers, and protein shakes. Schwarzenegger eats steak, hamburgers, and Austrian wiener schnitzel when he wants a treat.

What are the health issues with Arnold Schwarzenegger? Despite his renowned physique and level of fitness, the 76-year-old Schwarzenegger has been plagued by heart problems over the years. He admits on his podcast that he has a congenital heart defect known as a bicuspid aortic valve.

Has anyone ever won Mr. Olympia without steroids? Has anyone ever won Mr Olympia without steroids? While many champions have been tight-lipped about their steroid use, few have claimed to have won or competed without them. Competing naturally, without the aid of performance-enhancing drugs, presents its own set of challenges.

What companies does Arnold Schwarzenegger own? Today, Schwarzenegger continues to own several businesses: film and production company Oak Productions, Fitness Publications Inc and film and trademarking holding venture Pumping Iron America.

What race is Arnold Schwarzenegger? Arnold Alois Schwarzenegger (born July 30, 1947) is an Austrian-American former professional bodybuilder, actor, film producer, screenwriter, and director.

What is Arnold Schwarzenegger's accent? Today there is no separating the accent from the man himself, but in the early days of his acting career Arnold Schwarzenegger relied on an accent removal coach to make his English sound less Austrian.

Did Arnold Schwarzenegger go to college? Schwarzenegger earned a college degree from the University of Wisconsin and became a U.S. citizen in 1983. Former President George H.W. Bush appointed him Chair of the President's Council on Physical Fitness and Sports in 1990.

Was Arnold Schwarzenegger in the military? As required for any men over the age of 18 in his native Austria, action film icon Arnold Schwarzenegger served in the

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country's military in 1965. He, along with several other actors, were cast in the 1987 science fiction action film "Predator" due to having military experience.

What does Arnold Schwarzenegger think of his father? My father was strict, and he could be physically abusive, but I loved him very much. It was complicated. I think a lot about how different my life could have been if I wasn't a positive person, if I'd responded differently to my upbringing in Thal.

Who is Arnold Schwarzenegger's idol? Reg Park was a legendary bodybuilder of the pre-steroid era. He is inarguably the first man who made it big via bodybuilding. He was also the father figure, idol and mentor to the greatest bodybuilder of all time, Arnold Schwarzenegger.

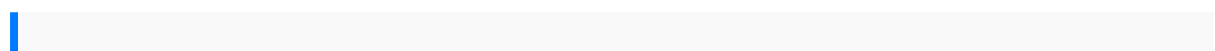
How many hours did Arnold Schwarzenegger train a day? He puts in an hour and a half daily, cycling for 45 to 60 minutes and lifting weights for another 30. That's a hell of a daily workout, especially for a 75-year-old, though it's down considerably from his peak bodybuilding days. When he was competing, he would lift weights for five hours a day.

Did Arnold Schwarzenegger study acting? Schwarzenegger said that while he was taking business classes in Santa Monica, California, he trained five hours a day, took acting classes for another four hours, and worked in construction to make ends meet (he started a bricklaying company with his bodybuilding friend, Franco Columbu).

How much can Brad Pitt bench press? Bench press – 165, 195, 225 (25, 15, 8 reps) Nautilus press – 80, 100, 130. Incline press – 80, 100, 130.

Who has the heaviest bench press ever?

Is a 225 bench rare? Ppl don't realize how rare it is to bench 225 and for reps. It's about 1 / 1000 ppl that can bench 225.



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