

Arnold: The Education Of A Bodybuilder By Arnold Schwarzenegger

By Arnold Schwarzenegger

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Arnold Schwarzenegger is one of childhood idols, when I think of bodybuilding, I think of Arnold. Arnold is to bodybuilding what Michael Jordan is to basketball.

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Arnold Schwarzenegger was born in Schwarzenegger s autobiography/weight-training guide Arnold: The Education of a Bodybuilder was published and became a huge

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Arnold Alois Schwarzenegger is an Austrian-born American actor, model, producer, director, activist, businessman, investor, writer, philanthropist, former

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Born in Austria, but resident in the USA since 1968, Arnold Schwarzenegger has won every bodybuilding title and starred in a series of successful Hollywood films

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