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Arnold A To Z An Excerpt From Arnold The Education Of A

In anticipation of Arnold's new autobiography, we take a look back at his first: the classic Arnold: The Education of a Bodybuilder. Arnold's first bestseller has remained in print since its release in 1977, and in each successive reissue, Simon & Schuster has meticulously preserved the curvy

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Arnold The Education of a Bodybuilder by Arnold

The Education of a Bodybuilder is a great book by Arnold Schwarzenegger. It mixes his past and the goals he started with, with what he learned to help him achieve his goals and eventually make new ones. It goes into detail about all the things to learn about Arnold's life.

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Arnold's effort, dedication, and work ethic are second-to-none. He wanted to be bigger than everyone else--he decided at a young age that this was his goal. He wanted to be big, move to the USA, and be a movie star. To get there, he worked out for 8 hours a day, went AWOL from the Austrian Army to enter a bodybuilding contest, and didn't let his parents discourage him. He rode his bike 8 miles one way to get to the gym. You get the idea, his life is a remarkable story.

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