

Arnold: The Education Of A Bodybuilder By Arnold Schwarzenegger



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Arnoldnater. Arnold: The Education of a Bodybuilder is a book that reflects on Arnold Schwarzeneggars career in bodybuilding, and how bodybuilding ignited his

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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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Early life. Schwarzenegger was born in Thal, Austria, a village bordering the city of Graz, he was christened Arnold Alois Schwarzenegger. His parents were the local

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