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### **Arnold The Education of a Bodybuilder Amazon de Arnold**

Bodybuilding and the science of weight training has come a long way since this book was published. Arnold outlines a very basic routine and philosophy. I read this 15 years ago, when I first started lifting. I don't agree with everything he says, but I still have tremendous respect for him. Even if you don't bodybuild, you will find the autobiography aspect of the book interesting.

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### **Arnold The Education of a Bodybuilder notes on Arnold Schwarzenegger's greatest book Part D**

In this final video instalment, I review the second part of the book titled "Muscles". Arnold explains the important factors in bodybuilding, dietary advice and offers programs for beginners to

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### **Arnold The Education of a Bodybuilder by Arnold**

Arnold Alois Schwarzenegger is an Austrian-American bodybuilder, actor, businessman and politician, and served as the 38th Governor of the state of California. Arnold gained worldwide fame as a Hollywood action film icon.

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