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Arnold shares his fitness and training secretsâ€”demonstrating with a comprehensive step-by-step program and dietary hints how to use bodybuilding for better health. His program includes a special four-day regimen of specific exercises to develop individual muscle groupsâ€”each exercise illustrated with photos of Arnold in action.

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Arnold shares his fitness and training secretsâ€”demonstrating with a comprehensive step-by-step program and dietary hints how to use bodybuilding for better health. His program includes a special four-day regimen of specific exercises to develop individual muscle groupsâ€”each exercise illustrated with photos of Arnold in action.

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"Arnold: The Education of a Bodybuilder" - Detailed Notes and Commentary This book was written when Arnold Schwarzenegger was 30 years old. It recounts his life up until that point, well before he ever rose to stardom as an actor.

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Arnold: The Education of a Bodybuilder is an autobiography written by former world champion bodybuilder and ex-California governor Arnold Schwarzenegger. In the book, Arnold discusses his simple childhood in Austria, how he was introduced to bodybuilding as a teen and how he used his successes in weight-lifting to become one of most successful and highly paid actors of his time.

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

Matthew Arnold, wrote G. W. E. Russell in Portraits of the Seventies, is "a man of the world entirely free from worldliness and a man of letters without the faintest trace of pedantry" (Russell, 1916).

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