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On this episode of bodybuilding library we discuss Arnold: The Education of a Bodybuilder. This is a classic book that gives insight into Arnold's early life, his journey to the US, his friends

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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 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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