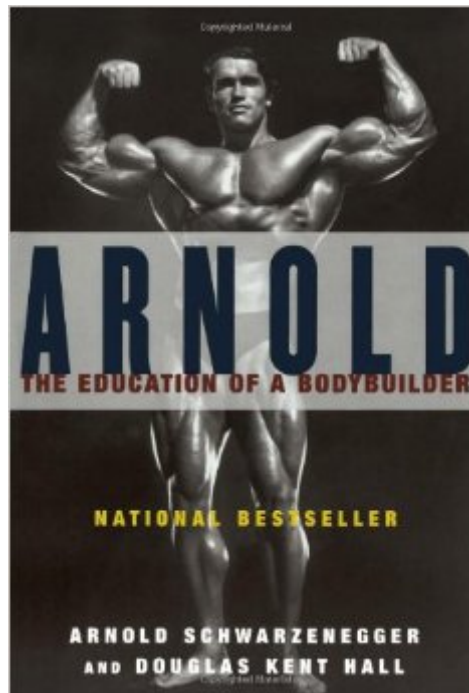


The book was found

Arnold: The Education Of A Bodybuilder



Synopsis

Five-time Mr. Universe, seven-time Mr. Olympia, and Mr. World, Arnold Schwarzenegger is the name in bodybuilding. Here is his classic bestselling autobiography, which explains how the "Austrian Oak" came to the sport of bodybuilding and aspired to be the star he has become. I still remember that first visit to the bodybuilding gym. I had never seen anyone lifting weights before. Those guys were huge and brutal. The weight lifters shone with sweat; they were powerful looking, Herculean. And there it was before me—my life, the answer I'd been seeking. It clicked. It was something I suddenly just seemed to reach out and find, as if I'd been crossing a suspended bridge and finally stepped off onto solid ground. Arnold shares his fitness and training secrets—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 groups—each exercise illustrated with photos of Arnold in action. For fans and would-be bodybuilders, this is Arnold in his own words.

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Customer Reviews

When I finished my first year of college, I had dropped to 135 pounds (at 6 feet and 2 inches...more than 100 pounds lighter than Arnold and the same height). I was over motivated in my studies of chemistry in a premedicine curriculum and finished that first year exhausted with mononucleosis but with a 4.0 average. But, I decided I would take a different strategy my second year of college. I bought this book (the summer of 1979) and studied it carefully. Here's what happened...I spent the summer resting and then started school at 145 pounds. I determined to follow the book to the letter

(even the going to bed and getting up at the same time...which doesn't make for the best social life for a college sophomore). I also watched my thoughts carefully and practiced some of the techniques that Arnold suggests as well as experimented with a few of my own. When I finished that school year, I weighed 198 pounds and still sported a 29 inch waist. People who saw me the summer after my second year of college who hadn't seen me since the previous summer, sometimes didn't recognize me. I gained 53 to 63 pounds of muscle in one year (depending on when you start counting) and did it eating the diet described in this book. I even started with 6 weeks on the non-weights/calisthenic routine before lifting the weights. Then I spent the rest of the year doing the "beginner" routine. Oh, I didn't touch any anabolic steroids but supplemented with brewer's yeast, desiccated liver, vitamin C, and Bee Pollen. I took to heart the advice about record keeping and about eating at the same time with strict adherence to the diet recommended.

I received this book in 1980 when I was fifteen years old. The funny thing is, I don't really remember how it came to me. Did I receive it as a gift? Did I buy it? I don't really remember, all I remember is that I owned a copy of this book and it really changed my life. I didn't have too many male influences in my life at the time. My dad during this time in my life was kind of absent. He was there physically, but not emotionally. I know now that he was still grieving the loss of my mother that had happened five years earlier, but when I was fifteen, I had no idea. I just thought and felt like I was somehow a burden in his life. When I was fifteen I was kind of gawky. Think of Napoleon Dynamite without the glasses and the curly hair. I was 6' tall and weighed a whopping 105 lbs.... 106 lbs if I didn't go to the bathroom that day. I was constantly teased and taunted about how skinny I was. I remember wanting to dig a hole in the backyard and not coming out of it until I was "really old" like 25... But somehow this book appeared in my life and it was like I was given something magical. I literally "devoured" it. Maybe that's why I was so thin, I ate books rather than protein. But after reading it I decided that I wanted to workout. I had perfect symmetry. My arms, my chest, and my legs were all 13" around. So, I dragged out my dad's old weight bench and his barbells and dumbbells and started working out with the advice I got from this book. At first, I worked out in secret. I didn't want to hear anything negative. I was so fragile. Not just physically, but emotionally and mentally, as well. The slightest comment could send me into a tailspin. So I worked out as soon as I got home from school when I knew I would be alone for at least two hours.

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