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Covering every level of expertise and experience, The New Encyclopedia of Modern Bodybuilding will help you achieve your personal best. With his unique perspective as a seven-time winner of the Mr. Olympia title and all international film star, Arnold shares his secrets to dedication, training, and commitment, and shows you how to take control of your body and realize your own potential for greatness.

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Arnold Schwarzenegger hasn't competed as a bodybuilder since he won the Mr. Olympia title in 1980, but he remains the sport's No. 1 icon. He hosts an annual bodybuilding contest in Columbus, Ohio, and allows a column to be ghost-written under his name in a muscle magazine. Today's bodybuilders may have bigger muscles than Arnold ever did, but everyone inside and outside the iron game gives him credit for exponentially broadening the popularity of physique training.

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The New Encyclopedia of Modern Bodybuilding Arnold

The author of Arnold: The Education of a Bodybuilder, Arnold's Bodybuilding for Men, and the first edition of the Encyclopedia of Modern Bodybuilding, Arnold Schwarzenegger has won more bodybuilding titles than anyone else in the world, including three Mr. Universe titles. He lives in Los Angeles with his wife, Maria Shriver, and their four children.

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