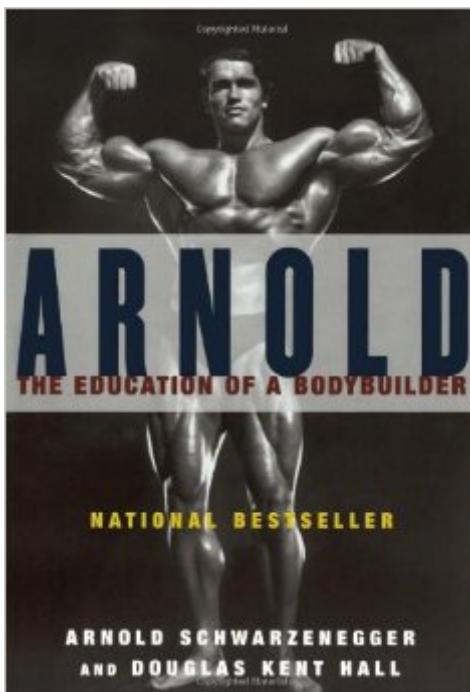


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Arnold: The Education Of A Bodybuilder



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 à œAustrian Oakâ • 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 brutalâ].The weight lifters shone with sweat; they were powerful looking, Herculean. And there it was before meâ "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 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. 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/calesthenic 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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