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Arnold: The Education of a Bodybuilder

Arnold Schwarzenegger

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Arnold: The Education of a Bodybuilder Arnold Schwarzenegger
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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