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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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Encyclopedia of Modern Bodybuilding Arnold Schwarzenegger

Encyclopedia of Modern Bodybuilding [Arnold Schwarzenegger, Bill Dobbins] on Amazon.com. *FREE* shipping on qualifying offers. The seven-time Mr. Olympia winner offers information on training, posing, diet, nutrition, and body-part exercises

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