



Arnold: The Education of a Bodybuilder

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Here's Arnold Schwarzenegger six times Mr. Olympia, twice Mr. Universe, once Mr. World, Pumping Iron star of stage, screen, and book - showing how anyone, beginner or champion, can train to master the art and sport of bodybuilding. In vivid photographs and text, Arnold traces his progress from his childhood in Austria to his international super-stardom, with a complete step-by-step program and dietary hints, how to use bodybuilding as a way to better health and fitness. With a special four-day program of specific exercises to develop individual muscle groups - each exercise illustrated with photos of Arnold in action!

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