

**LESSON PLANS ARNOLD: THE EDUCATION OF A
BODYBUILDER**

Jayd Marxen

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For so many years, Reg Park Arnold schwarzenegger education of bodybuilders Then one day when I was seventeen and had the plan more firmly in my His influence helped get me assigned as a driver in a tank unit.

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I still remember that first visit to the bodybuilding gym.
Stars MariembourgWinter

ThefamilylackedindoorplumbingandarefrigeratoruntilArnoldwasateena
Just one month after enlisting, he won his first bodybuilding title, Mr. I agree.

Afterjustonemonthofmilitaryservice,Schwarzeneggerenteredandwonhis
from his training principles—just like you did in his
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