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Covering every level of expertise and expertise and experience, The New Encyclopedia of Modern Bodybuilding will help you achieve your personal best. With his unique perspective as a seven-time winner of the Mr. Olympia title and an international filmstar, Arnold shares his secrets to dedication, training, and commitment, and shows you how to take control of your body and realize your own.

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The New Encyclopedia of Modern Bodybuilding is over This is not a comedy or an action book; this book falls into its own category, bodybuilding. As most of you know, Arnold was a professional bodybuilder and was the first well known bodybuilder.

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