

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

Phillip Rucks

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After graduating from high school in Schwarzenegger enlisted in the Austrian army. I just didn't want to leave the platform. Barbell Bench Press - Medium Grip 5 sets of 30, 12, 10, 8, 6 reps, 45 seconds rest. Olympiatitle. Olympia title was on the books. Want to Read saving...

Arnoldtellingmehisstrugglesandsuccessstoriesmotivatedmebecausethe are there other similarities? Although seemingly indestructible—as an actor, Schwarzenegger consistently worked to minimize any affects of ageing that would be visible to the public—in the fifty-year-old actor was also forced to undergo open-heart surgery to correct a congenital heart-valve malfunction.