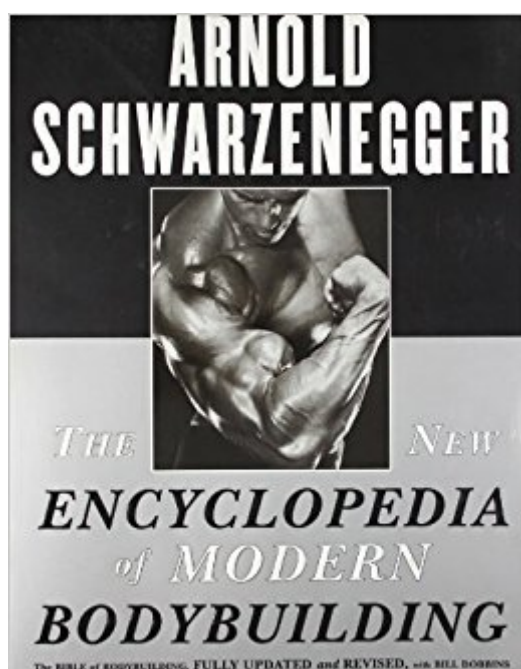


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The New Encyclopedia Of Modern Bodybuilding : The Bible Of Bodybuilding, Fully Updated And Revised



Synopsis

From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book—•a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as “the bible of bodybuilding.”•Inside, Arnold covers the very latest advances in both weight training and bodybuilding competition, with new sections on diet and nutrition, sports psychology, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding’s newest stars. Plus, all the features that have made this book a classic are here: -Arnold’s tried-and-true tips for sculpting, strengthening, and defining each and every muscle to create the ultimate buff physique -The most effective methods of strength training to stilt your needs, whether you’re an amateur athlete or a pro bodybuilder preparing for a competition -Comprehensive information on health, nutrition, and dietary supplements to help you build muscle, lose fat, and maintain optimum energy -Expert advice on the prevention and treatment of sports-related injuries -Strategies and tactics for competitive bodybuilders from selecting poses to handling publicity -The fascinating history and growth of bodybuilding as a sport, with a photographic “Bodybuilding Hall of Fame” -• -And, of course, Arnold’s individual brand of inspiration and motivation throughout Covering every level of 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 all international film star, Arnold shares his secrets to dedication, training, and commitment, and shows you how to take control of your body and realize your own potential for greatness.

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Customer Reviews

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. With this updated Encyclopedia (it was originally published in 1985), Schwarzenegger wraps his huge arms around the entire sport. He hits the history of bodybuilding, the champions (he's quite generous in his praise of predecessors, contemporaries, and successors alike), the training systems. Some of the information is more bodybuilding lore than science; for example, exercises are said to "expand the rib cage" or develop the "inner" or "outer" chest, all physiological impossibilities. But they're still good exercises, and the book includes every movement imaginable for every muscle group. If you love the sport of bodybuilding, you'll want this book in your library, if for no other reason than to feast your eyes on the hundreds of photos of the best physiques in the history of the sport. And, in a pinch, the 800-page encyclopedia can fill in nicely for a missing dumbbell. --Lou Schuler --This text refers to an out of print or unavailable edition of this title.

From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book -- a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as "the bible of bodybuilding". Inside, Arnold covers the very latest advances in both weight training and bodybuilding competition, with new sections on diet and nutrition, sports psychology, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding's newest stars. Plus, all the features that have made this book a classic are here: -- Arnold's tried-and-true tips for sculpting, strengthening, and defining each and every muscle to create the ultimate buff physique-- The most effective methods of strength training to suit your needs, whether you're an amateur athlete or a pro bodybuilder preparing for a competition-- Comprehensive information on health, nutrition, and dietary supplements to help you build muscle, lose fat, and maintain optimum energy-- Expert advice on the prevention and treatment of sports-related injuries-- Strategies and tactics for competitive bodybuilders from selecting poses to handling publicity-- The fascinating history and growth of bodybuilding as a sport, with a photographic "Bodybuilding Hall of Fame"-- And, of course,

Arnold's individual brand of inspiration and motivation throughout. 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 potential for greatness.

I have this book in both paper and electronic form. The paper one I got more than a decade ago and its size is just unwieldy for bringing to the gym, plus finding just what you need quickly can be challenging. The Kindle version is perfect for that since it allows easy bookmarking and highlighting, and it is my gym companion these days. The book is very well written, easy to read, and very comprehensive. Arnold leaves no stone unturned when it comes to bodybuilding. Weight lifting exercises, nutrition, programs for beginners, intermediates and competition-grade experts. There are also plenty of photos of his glory days and interesting and funny anecdotes. The tone is very approachable and conversational. After trying a couple of exercise fads lately, I am back to basics, and who could be a better teacher than Arnold? He covers a lot of ground and the exercises are illustrated and explained well. The book is not without shortcomings: Arnold assumes that you would spend hours in the gym 6 days a week. Even the beginner series can easily take 2 hours a day (in my experience, at least, especially since I am new to some of these routines). After consulting other books, I decided to stick to his 6 days program and prune out some of the exercises which did not cover major muscle groups or were somewhat redundant to bring the duration of each workout down while still building strength. Lastly, this is not a general fitness or even weightlifting book: it is a bodybuilding book; Arnold assumes that your goal is to look like him and that photos of top bodybuilders would be motivating. While my goals are different, this book is still one of the best resources on strength training and associated nutrition. Highly recommended in electronic format.

This book set a solid foundation for bodybuilder from beginners to advanced lifters. This book includes all you need to progress your programs and comes with a lot of information on bodybuilding nutrition. There is so much you can take away from this book that can be applied on so many levels. A must have for Arnold and bodybuilding fans looking for more details on Arnold's golds gym era bio and his bodybuilding techniques.

I used this as a 20 year old to bulk up nicely. My son is a bodybuilder now and I bought this for him and told him it was the best. He was skeptical but read it anyway and says it is very very good. Most

of the stuff on the internet is junk. This book is real science from a real professional. Tried and true methods!

Heard about this book a while back, but never purchased it. Went up to NYC to visit a longtime friend and he had it on his coffee table. Skimmed through a few pages before going out one night and learned a lot. Once I came home, I went on and ordered it. Very happy with the book so far and would highly recommend to anyone who cares about the fitness and bodybuilding industry. Gotta love Arnold!

I CANNOT say enough great things about the book. I have greatest respect for Arnold and listen to him carefully. Because he's got the results to prove it.

If you're only going to read one book on bodybuilding why not a volume with input by the most well known and successful bodybuilder in the world? In spite of the original publication date this book still contains a wealth of useful information- plus it's a look into a world most of us will never see first hand. recommended.

This encyclopedia is fantastic. If anyone is interested in learning more about bodybuilding, or even healthy living, this book is perfect.

My second Arnold Schwarzenegger book. I must say this book is as big as Arnold. Around 800 pages. This book is filled with great information and details on what every workout does and how it's done. I would highly suggest this book to anyone who loves going to the gym and would like to get big like Arnold

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