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Arnold Schwarzenegger Wikipedia

Mit Büchern wie The Encyclopedia of Modern Bodybuilding, Arnold: The Education of a Bodybuilder und Arnold's Bodybuilding for Men wurde er zum Bestsellerautor. Bereits Ende der 1960er Jahre verdiente er seine erste Million mit Fitnessartikeln und -nahrung.

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Arnold Schwarzenegger Wikipedia

Arnold Alois Schwarzenegger was born on July 30, 1947, in Thal, Styria, to Aurelia (née Jadrony) and Gustav Schwarzenegger. His father was the local chief of police and had served in World War II as a Hauptfeldwebel after voluntarily joining the Nazi Party in 1938, was wounded during the battle of Stalingrad, but was discharged

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Bodybuilding Wikipedia

In bodybuilding lore, this is partly attributed to the rise of "mass monsters", beginning with Arnold Schwarzenegger, Sergio Oliva, and Lou Ferrigno in the late 1960s and early 1970s, and continuing to the present day with Lee Haney, Dorian Yates, Ronnie Coleman, and Markus R hl.

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