

# **Arnold: The Education of a Bodybuilder Study Guide**

## **Arnold: The Education of a Bodybuilder by Arnold Schwarzenegger and Douglas Kent Hall**

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# Plot Summary

"Arnold - The Education of a Bodybuilder" by Arnold Schwarzenegger and Douglas Kent Hall is an autobiographical account of Arnold Schwarzenegger, who grew up to become the world's leading champion bodybuilder. The autobiographical account is supplemented by detailed training schemes for prospective and expert bodybuilders based on Arnold's own routines, which brought him to the forefront of this sport. Also included in the book is a portfolio of studio photographs of Schwarzenegger's superlative physique, as well as many other pictures of leading bodybuilders, against whom he competed and won in his rise to fame.

The autobiographical account begins when Arnold is fifteen years old, growing up in the small town of Graz in Austria. He is sent to a bodybuilding gym by his soccer coach to build up his leg muscles and there experiences an epiphany when he realizes that this is what he wants to do with the rest of his life. The account of his remarkable rise to the top of his profession details the resistance of his parents, going AWOL from the Austrian Army to win his first trophy, his initial disillusionment in Munich and his first international contest in London.

As his professional career unfolds, Arnold simultaneously develops his own unique training methods and quickly focuses on the importance of the mind in achieving his goals. Quick to learn from the other champions in the sport, he learns the showmanship aspects of the exhibitions and the underlying business principles governing the commercial success of the sport.

A major defeat in Florida, when he takes a second place in the Mr. Universe contest to Frank Zane, leads to his commitment to train in America, and this decision is a watershed in his life. The account of his eventual world dominance in the sport ends with his realization that his initial youthful goals have all been realized and his interest in other challenges, such as movie making and show business, now begin to take over his life. The break up of his first real love relationship coincides with this change in direction in his life's ambitions and is a poignant reminder that this book is only the first part of the life of this remarkable man.

Lavishly-illustrated photographs of bodybuilder poses predominate over the more personal ones of Arnold's friends and family, where the reader is only given glimpses of what must have been an equally fascinating story. The second half of the book is a thorough, detailed and a well-illustrated account of the training schemes devised by Schwarzenegger and is based on his lifetime's experience in competitive bodybuilding.

Throughout the book the elegant prose contributed by Douglas Kent Hall never intrudes on the overall exposition. It is always the voice of Arnold Schwarzenegger, his sincere enthusiasm for his sport and the frank depictions of his defeats and triumphs, which engage the reader.



The first edition of this book appeared in 1977, and the copyright was renewed in 2005, coinciding with Arnold Schwarzenegger's bid for the governorship of California.



# Part One, Chapter One

## Part One, Chapter One Summary and Analysis

At the age of fifteen Arnold Schwarzenegger decided to become the best bodybuilder in the world. Arnold's family is deeply involved in physical sports. His father is a champion ice curler and encouraged his son to become involved in competitive sports. Arnold's soccer coach has the team lifting weights to improve their soccer game. The sight of the powerful, Herculean bodies of the weight lifters inspires Arnold to become a serious weight-lifter.

The bodybuilders in the gym notice Arnold's hard work and that his muscles respond remarkably fast under training, so he becomes their protégé. That magical summer, when he is fifteen remains with him to this day, when his new heroes become father figures and he becomes addicted to bodybuilding. Arnold embarks on a tough basic program, which requires him to be at the gym three times a week. He overdoes his first workout and he has to push his bicycle the eight miles home. The next day, he cannot comb his hair or lift a coffee cup to his lips much to the concern of his mother, who cannot understand why he is persisting in this activity. To Arnold, though, it is simply the symptoms of progress and he is now craving for more workouts.

His friends think he is crazy, but he pays them no mind and immerses himself in the world of bodybuilding, devouring American magazines, which show photographs of famous American bodybuilders such as Reg Park and Steve Reeves. Reg Park becomes the focus of Arnold's attention, and he decides he can become like Reg Park. He escalates his training schedule to six workouts a week. His father becomes alarmed and tells Arnold he will over train and overwork himself. Arnold tells him he wants to be the best-built man in the world and be in movies. Arnold's father only allows him to go to the gym three nights a week, so Arnold builds himself a gym at home. His friend Karl Gerstl, a doctor, and knows all about the body is his training partner. Gerstl also translates articles from English and helps Arnold to overcome the psychological barriers he encounter. Arnold discovers that competition is the best motivation, so he makes it his first goal to win the Mr. Austria competition.

Arnold follows Reg Park's theory is that an individual has to build mass and then chisel it down to quality, rather like a sculptor. Arnold is not worried about the symmetry of his body and his muscles are bursting out all over. He is on his way to achieving his goals.

The evocation of the idyllic summer at the lake near Graz is repeated several times in the book, but the exposition and details about the scene are only given to the reader in fragments and much further on, after the extended flashback which begins this first chapter. The first visit to the bodybuilding gym precedes the explanation of the lakeside activities, which occurs seven paragraphs later with no specific connection for the reader, who might be a little confused trying to follow the sequence of events. The early

years of what was to become a lifetime preoccupation, is well described when the opening scene is absorbed into the general narrative.

# Part One, Chapter Two

## Part One, Chapter Two Summary and Analysis

After Arnold starts to win weight-lifting trophies, he receives attention and his ego receives a big boost. Some are puzzled by his choice of sport. To Arnold the satisfaction in bodybuilding comes from the discipline, individualism and integrity of the sport. There are some girls who are impressed but others have a negative attitude. One named Herta, refuses to date him saying he's narcissistic. Arnold is too busy to date. There is easily-available sex at the parties thrown by the older men at the gym. His parents, feeling his emotional distance say he has no feelings. His mother is antagonistic towards the sport, and his father is concerned that he will not be able to make a decent living as a bodybuilder. Arnold believes the Austrian mentality about bodybuilding hinders his development, but he has to do one year of military service starting in 1965.

Arnold enjoys the discipline, uniforms and medals of the Army. He is a tank driver. He is invited to the junior division of the Mr. Europe contest. Arnold decides to take the risk to leave base during boot camp and heads for Stuttgart, Germany to enter the contest. He makes it through the initial posing and is called back for a pose-off, then wins the title of Mr. Europe Junior; he enjoys the sudden attention. Back at the Army base, he is caught and spends seven days in jail, but the trophy gives him solace through the time. Word spreads that he won the Mr. Europe Junior trophy, and the senior officers decide the prize gives the Army prestige. Arnold is a hero and is transferred and a weight lifting gym is set up for him. Arnold divides his training between bodybuilding and Olympic weight lifting, and before he is eighteen, he has won first place in the Austrian heavyweight division. Having proved the point that a bodybuilder has strength, he gives up weight lifting. He considers his time in the Army well spent and has gone from 200 to 225 pounds body weight.

Arnold describes how his relations with his parents change with considerable exposition of their attitudes through Arnold's memories of conversations. A cryptic reference to an older brother is made. There are photographs of Arnold with his parents in later chapters but no mention of the brother, and the reader is not even told his name, so the reader is left with the impression that there was a deep antagonistic feeling between the two brothers, but this can only be conjecture. There are many photographs of Arnold doing bodybuilding poses but few of any biographical nature, which would be of interest to the reader interested in Arnold Schwarzenegger's life.



# Part One, Chapter Three

## Part One, Chapter Three Summary and Analysis

A judge of the Mr. Europe Junior contest invites Arnold to manage his health and bodybuilding club in Munich. He promises to pay Arnold's way to watch the Mr. Universe contest in London the following year. Arnold goes to Munich, but finds out he is expected to share his employer's bed and refuses. He continues to work at the gym but has to find cheap lodgings. If his parents knew his situation, they would pressure him to return home. He never loses sight of his ambition to compete and win the Mr. Universe contest. His job as trainer seems dependent on superficial desires of the clients, but he concentrates on his bodybuilding training. He devises a routine that divides training by upper and lower body. Between the two sessions, he eats two substantial meals. His goals are to win the Mr. Europe contest and compete in the Mr. Universe contest, but he feels inadequate. He blames this on his inexperience and that he had not yet learned mind control.

At the Mr. Europe contest, Arnold overwhelms the competition and experiences the rush of confidence and notices the effect on the judges as well as himself. They pay his ticket to the Mr. Universe contest in London. A week later he wins the Best Built Man of Europe competition. The first federation backs out of their agreement to pay his way to the Mr. Universe contest in London. Reinhart Smolana, a gym owner, starts a collection and manages to get Arnold a ticket to London. Arnold finds his reputation has preceded him and everyone wants to meet the nineteen-year-old European bodybuilder with 20-inch arms. Arnold cannot stay in the background and learn, as he wants to. He sizes up his competition and thinks he has a chance until he meets Chet Yorton, the top favorite from America. What impresses Arnold the most is his look of being the winner and that each of his muscles are defined by veins. Arnold realizes how much more work lies ahead of him. Arnold finds himself next to last in the line up for the tall men category. The last person is Chet Yorton, who will obviously have the advantage being the last to pose for the judges. Arnold gets a warm response each time he takes the stage. Though believing his posing is clumsy, he experiences a rush of confidence and feels that the four years of training have been worthwhile. Then Chet Yorton goes on stage. Arnold is fascinated by his performance, total control, and confidence. Yorton has won Mr. America twice and starred in the film, "Don't Make Waves."

Yorton wins the Mr. Universe contest and Arnold is second. Arnold analyzes his weak points and concludes he needs work on his calves and thighs and not succumb to the Austrian idea that chest and arms are everything. Also he must improve his posing routines and including all the little tricks and techniques he observed in Chet Yorton's routine. Arnold's drive is his biggest advantage; he WANTS the title of Mr. Universe. Being around Yorton back stage, Arnold is aware of his own shortcomings, particularly his thigh work. Back in Munich, Arnold is mobbed by his supporters who had hoped for a top six placement. Arnold has only one thing on his mind, to get back to the gym and start training for next year's contest.





After four years of training, Arnold realizes he has much to learn after meeting the Americans. The account of his London adventures is simple and straightforward and gives the reader insight, not only to Arnold's mind, but also into the world of international bodybuilding competitions.

# Part One, Chapter Four

## Part One, Chapter Four Summary and Analysis

Arnold borrows money and buys the health club where he works out, but it's an added stress to his rigorous routine. Arnold's family is upset that he is not furthering his education towards a respectable profession. Despite his mother's pleas for Arnold to follow in his father's footsteps, Arnold his dreams. He receives invitations to do "exhibitions" in England and while there, becomes friends with one of the Universe judges, Wag Bennett. Wag introduces Arnold to the show business aspects of bodybuilding and encourages Arnold to use music as a part of his posing routines. Arnold uses the musical score from "Exodus" as part of his routine and the audience is enthusiastic, so he incorporates music into his routines. After many other exhibitions, Arnold is becoming a well-known professional in spite of his youth and inexperience.

Arnold is able to start paying off his debts and make ends meet. He enjoys life in Munich and gets into power lifting and training with Franco Colombu. The experience of working with heavy weights gives him a lot of ego satisfaction and gives his body more mass, which he believes he needs. Arnold and Reg Park have corresponded since the Universe contest and Arnold meets him in January 1967, when he does an exhibition with Park in London. At first, Arnold is a bit shy, but they establish a rapport and give exhibitions all over England and Ireland. Arnold keeps notes of any advice from Park take back to Munich. Park promises an invitation to do an exhibition with him in South Africa, if Arnold wins the Mr. Universe contest in the coming year. Arnold applies all he learned from Park. He measures and photographs his muscles, bringing satisfaction and incentive. The meeting with Reg Park helped Arnold to be a better person, staying out of trouble and the need to prove himself, and...he has a steady girl friend.

The unfolding of Arnold's bodybuilding and business is detailed carefully, but again the reader is left with only fragments of biographical details. The girl friend is only given a nominal mention, and his parent's disappointment only briefly mentioned. The description of his first meeting with his idol, Reg Parker, is very revelatory and must be the result of a good deal of self analysis and criticism. His description of how he overcame an inferiority comple again is only briefly sketched. As always the emphasis is on bodybuilding at the expense of autobiography.



# Part One, Chapter Five

## Part One, Chapter Five Summary and Analysis

Arnold believes he is destined for great things. In addition to his ideal bone structure and physique, his upbringing has given him excellent discipline. The lack of recognition in his childhood has led to his enormous drive for success. Arnold works to develop his own distinctive posing routine based on twenty poses. His facial expression shows the judges that he has the inner assurance of a winner. Arnold aims at dramatic effects by radically altering his physique from a relaxed posture to a sudden appearance of muscles. Arnold develops special exercises to accentuate the definition and separation of specific muscles.

Arnold is apprehensive about an American bodybuilder called Dennis Tinnerino. Wag Bennett, one of the judges, says the contest will be between Arnold and Tinnerino will be close. A friend Arnold sends to spy on Tinnerino tells Arnold that Tinnerino is incredible. On the day of the contest, Arnold nearly gets disqualified by missing his appearance on the stage for the lineup and has to go on without preliminary pumping up. Arnold is last, following Tinnerino. Arnold counters every pose that his rival has made with only ten of his best poses. The audience is meant to be quiet, but they cannot be restrained, and Arnold begins to experience the feeling of magnificence he always gets at a contest. Next is a pose-off among the six top competitors. Tinnerino could beat Arnold in the calves and abdominals, but Arnold is superior in the other poses. Each competitor is allowed to do his favorite poses. Arnold counters every pose Tinnerino does. The audience screams their approval. On the evening of the public show, Arnold prepares carefully—no more lunchtime naps. He has come a long way in a short time. The British audience applauds thunderously and Arnold is called back for an encore, the only competitor asked to do so. Arnold wins the title Mr. Universe 1967; he looks at the ninety bodybuilders and realizes that he is the best among them—the culmination of his life's dreams.

The fleeting references to Arnold's perception as to the source of his incredible drive and ambition are only briefly touched upon, but the narrative of his major competition and its results reads almost like a novel. Again the reader is informed about the behind-the-scenes atmosphere of a major bodybuilding contest.



# Part One, Chapter Six

## Part One, Chapter Six Summary and Analysis

The day after winning the Mr. Universe contest, Arnold discovers that there are three other Mr. Universe contests run by other bodybuilding federations. He must win all three to truly be "Mr. Universe." His parents do not really appreciate his achievement, which depresses him. His father attends an exhibition and the applause makes him realize what Arnold achieved. In 1972, his mother watches him win the Mr. Olympia contest, and she, too, is won over. True to his promise, Reg Park invites Arnold to stay at his house in Johannesburg, South Africa. Reg and his wife Maryanne treat Arnold like their son, and he experiences what a life of luxury and elegance can be. Back in Munich, he develops the idea of shocking his body with non-standard exercises and adjusting his equipment to develop his muscles in specific ways.

Arnold becomes friends with Franco Columbu, a weight lifter, who has tremendous will power. Arnold persuades him to get into bodybuilding, which he does with success. Columbu becomes as much a fanatic as Arnold. Life in Munich presents Arnold with many distractions, and he begins to concentrate on using his mind to control his body. He analyzes the effect of concentrating the mind before competitions and in training sessions. As an example of the barriers resulting from a lack of positive mental attitudes, he recalls how the 500lb limit to individual lifts was broken and concludes that it was all a question of mind.

His desire to be the best drives him despite everyone telling him to slow down. He wins the title Mr. Universe Professional in London, which gains him an invitation from Joe Wieder to compete in the Mr. Universe contest in Miami, Florida. Arnold knows very little about the American scientific bodybuilding methods and is convinced he will find the answer to his quest for perfection in America. Arnold is competing against people he has never seen before, such as Frank Zane, who is extraordinarily well-defined and has a matador-like, posing routine. Arnold is stunned to be beaten by Zane; receiving second place, he cries all night. He decides to train in America and learn to use their food and their knowledge so he can make it in America as well as Europe.

Arnold's admission that he spent the whole night in tears after coming second to Zane is a startlingly frank revelation and tells the reader a lot, not only about Arnold's intense competitive drive, but also about his personal courage and resilience. This episode is a major turning point in his life and career, when he decides to stay in America and pursue his career there.



# Part One, Chapter Seven

## Part One, Chapter Seven Summary and Analysis

Weider provides Arnold with a car, an apartment, and a weekly salary in exchange for Arnold providing Weider with his training methods and permission to use photographs of Arnold in his magazine. There are two sides to Weider's personality—the warm, kindhearted friend at home and the shrewd businessman at the office. By separating business and friendship, Arnold develops a longer relationship than most other people managed with Weider. Arnold partially credits Weider for Arnold's subsequent business success. Arnold now concentrates on refining his physique. He adjusts his diet and uses food supplements. He loves California and Gold's Gym, where he works out with the best bodybuilders in the world.

In the fall at the Mr. Universe contest, Arnold learns that Sergio Oliva is competing in the Mr. Olympia contest the same night. Arnold gets permission to enter that contest also, and after winning the Mr. Universe, he rushes off to the Mr. Olympia contest. When he sees Sergio Oliva the man they call "the Myth," he realizes he has met his match and wins second place. He learns that Sergio beat him four to three and not the seven to zero he was expecting, so Arnold continues his training the next year with the image of Sergio Oliva as the man to beat. Weider agrees to Franco Columbu coming as Arnold's training partner. Arnold goes so far as to take ballet lessons to improve his posing routine.

In 1970, the NABBA Mr. Universe contest is held in London a week before the IFBB Mr. Universe and Mr. Olympia contests in America. In London Arnold learns that Reg Park is one of the competitors. Briefly he thinks of staying out of the competition against Reg but enters it. Arnold wins, with Park in second in one of the toughest Mr. Universe contests ever witnessed. All the eligible contestants convene in Columbus, Ohio for the Mr. World contest. Sergio Oliva has entered the Mr. World contest as well. Arnold feels he is as ready as he will ever be and concentrates on beating Sergio. Arnold wins but Sergio is not a gracious loser, so Arnold vows he will beat him again in two weeks at the Mr. Olympia contest.

The fans are split into two camps, one for Arnold and the other for Sergio. Arnold delays getting ready for the contest until the last two minutes in an effort to unnerve Sergio and psyche him out. His tactics work and Arnold wins the coveted Mr. Olympia trophy. He has achieved the pinnacle of field and from now on will always be defending his position. He does not need the ego satisfaction of continual winning and can concentrate on the business and educational sides of bodybuilding. Arnold forms an empire from his own enterprises, offering mail-order training courses, seminars, and promotion. He continues to defend his titles while furthering his success in the business world.



In 1969, he falls in love with a woman, Barbara, which is an entirely new experience. Two years later, they move in together. Arnold has begun acting. When Barbara realizes he will always set new challenges, she ends the relationship. The breakup devastates Arnold, even though he knows it is for the best. Arnold no longer competes but is as a leader for and hero to bodybuilders who come to him for advice. He promotes competitions to bring more money into the discipline and to get a bigger share to the participants. Above all else, he wants to become an ambassador and preacher for the sport of bodybuilding.

The culmination of Arnold's career as a bodybuilder is when he comes ahead of the "Myth" in the Mr. Olympia contest. He gradually moves to building a commercial business enterprise and becoming a film star. Almost as an afterthought, he unveils his long-term relationship with Barbara and the introspection to which the inevitable break up leads. His admission that he becomes personally involved with his protégés in the ranks of the upcoming competitive bodybuilders is consistent with his failure to maintain personal relationships with women and tells the reader that there is more development necessary in his emotional character.



# Part Two, Chapter One: Introduction

## Part Two, Chapter One: Introduction Summary and Analysis

Progressive weight resistance is the only method which develops the body in an even and uniform manner. Today, athletes in many sports use this type of training. Sport specific training can lead to imbalances in muscles and physique, while weight resistance training improves stamina, agility, coordination and resilience. Modern living does not provide an individual enough exercise or physical activity to stimulate muscles, and without training they deteriorate. It is important that when an individual starts training to be aware of the soreness they experience and are sensitive to the specific exercise that causes it. Soreness is a positive sign of muscle building and growth. Using the mind in training is essential as the source of motivation. One should start with a fairly easy program and let the mind stay hungry for more exercise. Then it is time to increase the weights and repetitions.

A novice bodybuilder must analyze his/her objectives, which is the basis of the drive and will power to work out. With a specific goal in mind, a person can give his best and be productive. It is important to recognize which particular body type a person is: the thin person with light bones (Ectomorph), the stocky person with thick bones (Endomorph), and the person with a large frame and the capacity for rapid muscular development (Mesomorph). These body types are, of course, generalizations and the implied limitations can be overcome by the astonishing power of the mind. The benefits of an exercise program is apparent in increases in strength and coordination. Other improvements in general health, such as heart condition and blood circulation improvement follow automatically. Anyone over the age of twenty-five should have a general medical check before starting weight lifting. Otherwise, most healthy individuals can start a bodybuilding program, with little or no break-in period, being careful to gradually build up to the full program.

A well balanced diet is essential for a successful bodybuilding program. The most important element is protein. The highest quality proteins come from animal sources, eggs, meat, dairy products, fish and poultry. Carbohydrates and fats are also an essential part of a bodybuilders diet, along with the full suite of vitamins. Refined food should be avoided. The main point is to follow a definite eating schedule. The three types of exercises are upper-body, lower-body and abdominal. Each part needs trained equally. Different areas can be emphasized, but, in general, a unified program with a balanced diet will produce the best results.

The gradual increase in level of physical effort in the exercises is a logical development in the outline of the different routines. The photographs accompanying the text are very clear and instructive. A reader considering the description of the routines would find it difficult to comprehend them without the help of the photographs.



# Part Two, Chapter Two: Laying the Foundation

## Part Two, Chapter Two: Laying the Foundation Summary and Analysis

It is best to lay a solid foundation with "freehand exercises," which do not require gym equipment. They will give an individual the experience of feeling the blood rush into the pectoral muscles, a feeling called "the pump." An individual's own weight provides resistance. After two to six months one can safely enter weight training gym. A few simple rules should be followed. Exercise about one hour before or two hours after a full meal. Eating something two hours before ensures high energy level. There is no ideal time to work out. Clothing depends on weather but should always be loose. It might be better to expose those parts which need work. This will give added incentive to work on the weak points. Breathing properly is essential to an individual's health. Breath is exhaled each time resistance is experienced and inhale when the body is under least pressure.

The first freehand exercise is the push up. The most important point is only touch the floor with the chest, hands and feet. Exercise should always be done correctly and the repetitions increased gradually. An exercise which develops the triceps, pectorals and deltoids, is the "Dips Between Chairs." "Rowing Between Chairs" is an exercise for developing all the muscles in the back. Bent-Leg Sit-Ups are an exercise to condition the abdominals.

Other freehand exercises are Bent Leg Raises, Bent-Over Twists, Deep Knee Bends (Squats) and Calf Raises. These are all possible with no other apparatus than that found in an ordinary apartment. Close-Grip Biceps Chins requires a chinning bar, but inexpensive ones can be bought and used between door jambs.

These freehand exercises should be practiced throughout the entire bodybuilding program to avoid becoming "muscle-bound." This condition arises because the blood rushes into the muscles during the exercises and causes stiffness. To counteract this stiffness, the individual should try different physical activities from those done in the gym. Awareness of the effect of each exercise on the muscles is important. An honest, self-assessment will help maintain a positive mental attitude. Also crucial is a good diet and eight to nine hours of sound restful sleep each night. Success in bodybuilding can be a key to success in other parts of life.





# Part Two, Chapter Three: Progressive Resistance Weight Training

## Part Two, Chapter Three: Progressive Resistance Weight Training Summary and Analysis

Factors to be considered in choosing a gym are the presence of other bodybuilders, the availability of heavy-duty equipment and proper ventilation, and a place that gives incentives for a serious workout. An individual's mental attitude is critical. Day-to-day goals are helpful, especially measurement and repetition or weight increases. Prior to a work out, should be a warm-up using lightweights and fewer repetitions. Arnold places great emphasis on having an enthusiastic training partner.

There are ten basic exercises geared for each major muscle groups, which provide the foundation and mass for a physique. There are no alternatives to these basic exercises. It is important to have a rest day between each workout because it takes forty-eight hours for the muscles and joints to recuperate. It is important to do the basic exercises correctly. Initially, perform three sets of 8 to 10 repetitions for each exercise with a 30-second rest period between each set. The basic exercises are the BENCH PRESS, WIDE-GRIP CHINS, MILITARY PRESS, BARBELL CURL, FRENCH PRESS, SQUATS, LEG CURL, CALF RAISES, SIT UPS and WRIST CURL.

Muscle awareness comes from memorizing the soreness experienced after each specific exercise and eventually results in the ability to send blood to a particular muscle by just thinking about it. Unless the individual is unusually fit, s/he will have trained for four to six months on the freehand exercise program as a prerequisite . The worst mistake is to do too much too quickly. Progress should be directly related to goals. Excessive aches and pains are a sign of over training, but simple soreness is a sign that the muscles are responding and starting to grow. Stretching helps avoid becoming muscle bound. Stretching is not a continuation of the work out but a winding down after it is over.



# Part Two, Chapter Four: Developing the Muscle Groups

## Part Two, Chapter Four: Developing the Muscle Groups Summary and Analysis

Perform exercises properly and smoothly, concentrating on the correct form, and only using as much weight as to make the exercise challenging. The biggest person does not necessarily win bodybuilding competitions. A positive mental attitude combined with muscle awareness is a key factor in improvement. A few minutes spent before a training session when the individual concentrates on the objectives is highly beneficial. A training partner becomes a critical factor, especially for motivation and correct performance. Initially, the program involves training different muscles and muscle groups in alternate workouts, with a 48-hour rest between each workout for each muscle group. Then the week is divided so the workout concentrates on three major muscle groups on one day, and on three minor muscle groups the next day. On days off, aerobic exercise is done.

On Mondays and Thursdays the muscle groups being worked on are the legs, chest and abdomen. The legs, thighs, and calves are the target of SQUATS, LEG EXTENSIONS, LEG CURLS and CALF RAISES. The SQUATS are the same as in the basic exercises but are now done with greater weights but, to avoid the possibility of injury, only partial, three quarter way down, squats are recommended. LEG EXTENSIONS are done on a bench with a padded lever bar at one end. LEG CURLS are the same as in the basic program. Weight is not as important as form. CALF RAISES, on the other hand, can use up to a maximum of 500 pounds up from the 150 pounds that Arnold originally used before he went to South Africa and trained with Reg Park. Chest muscles are developed with the BENCH PRESS, with the weight increased until only 5 or 6 repetitions can be performed in the last set. Another exercises in this group is the BENT-ARM DUMBBELL FLYES.

Photographs of classical sculptures of Greek gods show how they all had fantastic abdominal muscles. The exercises for development of the abdominals on Mondays and Thursdays are SIT-UPS-KNEES BENT and LEG RAISES-KNEES BENT. The objective is to increase the repetitions until a sensation of burning is experienced. Finally on Mondays and Thursdays, the WRIST CURL is performed with as much weight as the individual can handle. n Tuesdays and Fridays the work out concentrates on the shoulders, back, arms and again the abdominals and calves. The shoulders are developed by performing PRESS BEHIND NECK and LATERAL RAISES. Back exercises are CHIN-UPS BEHIND THE NECK and the ROWING WITH BAR. This last exercise is essential in developing the muscles supporting the spine and, for competition, is the only way to win by developing a great back.



Development of the arms on Tuesdays and Thursdays is attained with STANDING BARBELL CURLS and DUMBBELL CURLS, both SITTING and INCLINED. The triceps are developed with STANDING FRENCH PRESS and TRICEPS EXTENSION WITH BAR. On these days the abdominal and the forearm workouts are the same as on the other two days of the four-day workout. After a certain amount of training, an individual will be aware that certain parts of his physique do not respond as well as others; these weak points can be corrected on the Wednesday, between the two workout days, with specific exercises for the weak points. At this point in the program, an individual might feel confident enough to want to embark on a six-day-a-week training routine. However, it is important to work up to this gradually and to resist the temptation to include a fifth day in the four-days-a-week. This four-day routine should be kept up for three months or, if no competition activity is planned, for six months.



# Part Two, Chapter Five: Accelerated Training (Six Days a Week)

## Part Two, Chapter Five: Accelerated Training (Six Days a Week) Summary and Analysis

As in many other sports, bodybuilding is evolving rapidly, thanks to modern training methods, innovations in equipment and improved knowledge of nutrition. Weight training is now used routinely in other sports as an aid to development of athletic abilities. The following program is designed to allow bodybuilders to reach their maximum possible size while retaining shape and definition. The exercises are arranged in pairs of days, Mondays and Thursdays, Tuesdays and Fridays, and Wednesdays and Saturdays.

The Monday and Thursday program concentrates on the legs, arms, and waist. Exercises for the legs are SQUATS, LEG EXTENSIONS, LEG CURLS and LUNGES. Exercise for the calves are STANDING CALF RAISES and SITTING CALF RAISES. For developing the waist the exercises are SIT-UPS, LEG RAISES and TWISTS. The usual WRIST CURLS are included in this program.

The Tuesday and Friday program focuses on the back, chest and shoulders. The exercises are designed to follow a natural sequence and this sequence should be followed. The back exercises are CHIN-UPS, ROWING WITH BAR and T-BAR ROWING. This last exercise is a new one, which will add dramatic thickness to the outside of the lats. After a workout on the back, an individual needs to do a lot of stretching and flexing to avoid stiffness. Chest exercises are BENCH PRESS, BARBELL INCLINE PRESS, BENT ARM FLYES and PULL-OVER WITH DUMBBELL. Exercises for the shoulders are PRESS BEHIND NECK, LATERAL RAISES and LATERAL RAISES IN BENT\_OVER POSITION. This is a tough routine, and, accordingly, the waist and calves can rest on these days.

The Wednesday and Saturday program is for working on the arms, triceps and biceps and includes work on the calves, waist, and forearms. The exercises in this routine are TRICEPS PULL\_DOWN, TRICEPS EXTENSION, TRICEPS WITH DUMBBELLS-LYING DOWN, DUMBBELL CURL, PREACHER BENCH CURL, CONCENTRATION CURL WITH DUMBBELL. Then, after flexing and stretching, the exercises for the calves, waist and forearms from the Monday-Thursday program are repeated.

Timing and pacing considerations require that no more than 30 to 45 seconds rest should be taken between each set. As always, the weight chosen should be sufficient to allow the recommended number of repetitions to be completed, but it is better to handle less weight and to move fast between individual exercises than to increase the weight and become exhausted. If a person sits around for two minutes after each set, the blood circulation diminishes and muscle growth does not occur.



# Part Two, Chapter Six: The Superset Program (Six Day Schedule)

## Part Two, Chapter Six: The Superset Program (Six Day Schedule) Summary and Analysis

The basis for the superset program is to combine certain exercises and to cut out rest periods. Arnold learned this technique, when he moved from Austria to Germany and started training with champion bodybuilders such as Reinhart Smolana and Poldi Mercl.

In supersets, the action of the muscles, particularly the blood flow, connects the muscles in the combination. The superset program requires enough energy to go instantly from one exercise to another; an individual who embarks on this program should have been training for at least a year. In this Six-Day Schedule, the exercises are the same as in the previous programs, but now they are grouped together in pairs or supersets. As before, there are three pairs of days, each with its own set of exercises.

The Monday and Thursday program is for developing thighs, calves and waist. The supersets are SQUATS AND LEG CURLS, LEG EXTENSIONS AND LUNGES, STANDING CALF RAISES AND SIT-UPS, LEG RAISES AND SITTING CALF RAISES, TWISTS and WRIST CURLS.

On Tuesdays and Fridays the workouts are aimed at the back, chest and shoulders. The pairs of exercises are BENCH PRESS AND CHIN-UPS, BARBELL INCLINE PRESS AND WIDE-GRIP BARBELL ROWING, DUMBBELL FLYES AND T-BAR ROWING, PULL-OVERS, PRESS BEHIND NECK AND LATERAL RAISES, BENT-OVER LATERAL RAISES AND WRIST CURLS, CALF RAISES AND SIT-UPS.

The Wednesday and Saturday program deals with only the arms, which are divided into three parts, the biceps, triceps, and forearms. The exercise pairs are TRICEPS PULL-DOWN AND DUMBBELL CURL, TRICEPS EXTENSION AND PREACHER BENCH CURL, TRICEPS PRESS AND CONCENTRATION CURL, REVERSE CURL AND WRIST CURL. During this program, calf and wrist training should be accelerated.

Arnold finishes the program description with the advice to challenge oneself, to never decrease the weight in any exercises and to move instantly between the exercises in a superset. The total time for the whole program should be about 75 minutes.

Supersetting puts an additional strain on the mental attitude as well as the body, but when the individual becomes used to it, he or she then becomes able to visualize the body as an integrated single unit, with the result that a person achieves a new and better sense of well being.



# Characters

## Arnold Schwarzenegger

Arnold Schwarzenegger, whose autobiography this book is about, was born the second son of the chief of police in the town of Graz in Austria. At the early age of fifteen, he encounters bodybuilders in the gym he is sent to by his soccer coach to strengthen his leg muscles. Immediately he experiences the conviction that he wants to become a bodybuilder himself. Not only does he want to become a bodybuilder, but also he is consumed by the desire and ambition to rise to the top of this, in those days, unusual profession.

This desire and conviction is reinforced by the fact that his body and physique responds dramatically to his exercising and training, and, under the tutelage of the older men in the gym, he embarks on a career, which culminates in his becoming the undisputed world champion in 1970.

At several places in the book, Arnold acknowledges that, in addition to his natural athletic prowess and physique, it is his undiminished ambition and drive which lead him to overcome all obstacles in his path, on his way to fulfilling his ambitions. His first trophy is won when he goes AWOL from his army barracks where he is doing his national service and journeys to a contest in Stuttgart, Germany and returns with the title of Junior Mr. Europe. For this breach of discipline, he is thrown in jail by the army authorities but emerges a hero, when the officers finally acknowledge that he has become an asset to the Austrian Army; they begin to support his training regime.

The attitudes of both his parents and his contemporaries are likewise, initially, negative to his unrelenting pursuit of bodybuilding competitive training. His parents, particularly his mother, never fully understand his sport. Relationships with girls are relegated to superficial encounters with no long-term attachments. Those girls, with whom he is interested in forming a relationship, accuse him of being obsessed by narcissistic tendencies and refuse to have anything to do with him. The obsessive interest in developing his physique, measuring different muscles and weighing himself, together with the company and tutelage of older men might be considered an indication of homosexual tendencies, or, might simply be an occupational hazard. In any case, when an overt homosexual approach is made to him when he first moves to Munich, he declines the very real monetary advantages of the offer and goes off on his own to struggle alone in a strange city with no support from friends or family.

Along the way to the summit of his chosen profession, Arnold develops his own unique philosophy of positive mental attitude, focus on personal objectives and the willingness to train and work hard. He initiates techniques such as "split training" and "supersets" in the scientific development of the sport, which are the result of a combination of learning from other champions and his own experimentation.



When he decides to retire from professional competitive bodybuilding, he has laid the foundations for a future career in movie acting in America and, ultimately, a successful career in business.

## Arnold's Parents

From the moment that Arnold, at the age of fifteen, becomes addicted to bodybuilding as the protégé of the older men at the gym where he starts training, the influence of his parents, particularly his father, begins to wane. His father, who is an ice-curling champion in his own right, has serious reservations about his second son's new interest. When he feels that Arnold is spending too much time at the gym, he forbids Arnold to spend more than three nights a week at the gym. It is in the nature of the inherent discipline in the family that Arnold acquiesces to his father's instructions, though, of course, he builds his own gym at home and continues with his training.

Arnold's first real and tangible break with the family comes, not as part of his interest in bodybuilding, but in his refusal to continue the practice of going to the Catholic Church each Sunday. Arnold does not recount the effect this rebellion has on his parents, but he does admit that he has begun to regard the older men at the gym as father figures at the expense of the respect and influence of his natural father.

His mother's attitude towards Arnold's fanatic bodybuilding is ambivalent. She cannot understand why he insists on his rigorous training but declares that as long as he does not end a criminal, he should be allowed to go on with his muscle building. It is when Arnold starts to develop a successful but superficial attitude towards girls, again under the influence of the more experienced and cynical men at the gym, that his mother develops an antagonism towards his chosen sport. Her attitude stems from what she considers the state of his soul and, realizing that it is not just a phase of growing up, she attributes all of what she considers is wrong about his life as being connected with bodybuilding.

Arnold's father, on the other hand, is impressed with the girls that Arnold brings home when he is on leave from the army and joins with Arnold in shielding some of his activities from his mother. However, there is no doubt that Arnold is not following the career path that his father would have for Arnold. The path to respectability, through a university degree followed by taking up a profession, only induces claustrophobia in his second son. One can only imagine the dismay in his father each time Arnold tells him of his long-range ambition—to become a bodybuilding champion and to go into movies in America.

Even when Arnold wins his first Mr. Universe contest in London in 1967, and telephones his parents with the news of his triumph, he is disappointed with their lack of enthusiasm and the realization that they would rather he earned a college degree and took up a respectable profession. He becomes resigned to their inability to understand him, his achievements and his ambitions. Little by little, however, starting with his father watching him give an exhibition in Stuttgart, and the tangible results of a successful





business in Munich, they come around to rejoicing in his triumphs. Even his mother goes from house to house with his first weight lifting trophy, proudly showing it to the neighbors. There is no doubt that, despite his early rebellion and his refusal to follow their chosen provincial career path for him, a deep abiding desire for his parents' approval, is an underlying constant in the life of Arnold Schwarzenegger. A poignant reminder of this is the dedication of this book: "To My Mother."

## Reg Park

Reg Park becomes Arnold's ideal from the moment he sees his photograph in the American magazines he studies as a teenager in Austria. He is the epitome of all that Arnold desires in his physique and ambitions, especially when he stars in a film "Hercules and the Vampires," in which he portrays Hercules. Arnold becomes obsessed with Reg Park and focuses on his image throughout his early training. After coming second in the London Mr. Universe contest, Arnold starts up a correspondence with Reg Park and finally meets his idol in London, in January of 1967, and performs in exhibitions with him all over England. During this tour, he makes notes of Reg Parker's routines and training methods. At the end of the tour, Reg Park says he will invite Arnold to perform exhibitions with him in South Africa, contingent on him winning the Mr. Universe title in the coming year.

The visit to South Africa comes in 1968, when Arnold goes and stays with Reg Park and his wife in Johannesburg. Arnold realizes that if he trains hard, he, too, can have a gorgeous house and become successful in business and reach the plateau that Reg Park has attained.

In 1970, Arnold goes to London from California where he is now based, to compete in the NABBA Mr. Universe contest. To Arnold, it is merely a prelude to his ultimate goal of beating Sergio Oliva in the Mr. World contest in Columbus, Ohio, but to his amazement, he finds he is up against Reg Park, who is staging a comeback. Squelching his initial reaction to leave the contest and give his idol and friend a clear field, Arnold goes on with the contest and wins it with Reg Park coming in second. He has beaten his idol, the man whose pictures he had hung up all over his bedroom and whose words he had lived and trained by.

## Karl Gerstl

Karl Gerstl is the first training partner that Arnold ever has. He is part of the group who trains by the lake near Graz in the early days in Austria. A doctor by profession, he is instrumental in teaching Arnold about the science of muscles and body circulation.

## Helmut Knaur

Helmut Knaur is the intellectual in the group of bodybuilders, who take on the young Arnold as their protégé when he first starts out his career as a bodybuilder. It is Helmut





who persuades Arnold to forego his family's religious beliefs and invest his destiny in his own efforts rather than relying on God's help.

## **Franco Columbu**

Arnold meets Franco Columbu at a weight lifting competition in Munich. He is one of the strongest men that he has ever met. They start training together and Arnold gets Franco interested in bodybuilding not just in power lifting. Despite his unprepossessing physique, Franco has immense will power and is a perfect match for Arnold's ferocious workouts. Franco wins second place for his height class in the Mr. Universe contest and thereafter joins in the quest for bodybuilding perfection. In 1969, Arnold is beaten in the Mr. Olympia contest by Sergio Oliva and decides to stay another year in America. He persuades Joe Weider to bring Frank Columbu over as his training partner as he has missed him in the previous year. Frank appears with Arnold in a photograph at the 1970, Mr. World contest in Columbus, Ohio when Arnold takes on and beats Sergio Oliva to gain the title.

## **Wag Bennett**

Wag Bennett is the British promoter and one of the Mr. Universe judges, who arranges for Arnold to give a series of exhibitions in England after he places second in his first Mr. Universe contest. He is also instrumental in persuading Arnold to use music in his posing routines and to work on the showmanship aspect of the posing routines in the exhibitions

## **Joe Weider**

Joe Weider is the American promoter and impresario, who arranges for Arnold to come to America and compete in the IFBB Mr. Universe contest in Miami, Florida in 1968. When Arnold places second to Frank Zane, Arnold arranges with Weider to spend the next year in America, at Weider's expense, in exchange for information on Arnold's training methods and permission to use photographs of him in his magazines. Arnold's seven-year relationship with Joe Weider is longer than anyone else's despite its ups and downs. Arnold admits that Joe Weider is, in part, responsible for his training and subsequent success in business. Weider is responsible for making it possible for Arnold to stay in America and work his way to the top in that environment.

## **Chet Yorton**

Chet Yorton is the first American bodybuilder that Arnold ever runs into in competition and comes unexpectedly close to beating him in his first Mr. Universe contest in London. Arnold studies and learns from all the tricks and techniques he see Yorton employing and uses the experience to analyze the weaknesses in his own techniques and training.



## Dennis Tinnerino

Dennis Tinnerino comes to London to compete in the Mr. Universe contest in 1967. He is the favorite, having just won the Mr. America contest, and even Arnold's friends and supporters do not rate Arnold's chances of beating him as very good. Arnold uses his powers of positive thinking to generate confidence and energy in the contest but has to wait until the public exhibition next day to find out that he has beaten Tinnerino and won the title. After the contest at an exhibition arranged by Wag Bennett, Tinnerino is very friendly to Arnold, who has trouble conversing with him. He graciously tells Arnold that he deserved to win, and when Arnold asks him what he should do to improve, advises him he needs to work on his calves.

## Frank Zane

Frank Zane wins the IFBB Mr. Universe contest in Florida with Arnold coming in second. This is the second time Arnold is beaten in a competition. Zane's physique is elegant and well defined, and he poses like a matador or a dancer. All of this is a revelation to Arnold, who determines to stay in America and learn all he can about the techniques and training of these American bodybuilders.

## Sergio Oliva

When Arnold wins his first Mr. Universe contest in 1967, he finds out that there are three other Mr. Universes and the most formidable of these is Sergio Oliva, a black Cuban, who is known world wide as "The Myth." In 1969, Arnold wins the IFBB Mr. Universe contest in New York but finds his nemesis "The Myth" is not in the contest. He hurriedly arranges to enter the simultaneous Mr. Olympia contest and rushes over to compete, but his confidence is destroyed when he first encounters Sergio Oliva. Arnold settles for second place. For the next year, defeating Sergio Oliva remains Arnold's prime motivation during his workouts. His efforts are rewarded in the Mr. World Contest in Columbus, Ohio when he finally beats "The Myth." Oliva does not take his defeat graciously and this merely motivates Arnold to repeat his victory in New York in the following two weeks.

## Barbara

In 1969, Arnold meets a woman named Barbara, who is working as a waitress at Zuckie's in Santa Monica. When he asks her out, he finds she is completely different from all the other girls he has known. She knows nothing about the sport of bodybuilding and genuinely cares for Arnold as a human being. When she returns to school in San Diego at the end of the summer and Arnold leaves for Europe, he continues to write to her and talks about her to all his friends, who conclude that he is in love. When he returns from Europe, he makes plans to meet her again and, two years later, when she has finished school, they share an apartment together in Santa Monica.



Unfortunately, Barbara finds that Arnold will not slow down, even though he is now at the top of his sport. He is now embarking on a career in movies, and she concludes they cannot continue together. While he is away in Alabama making "Stay Hungry," she moves into her own apartment. Arnold is devastated by the break up and realizes, too late, that he does not know how to appreciate woman properly and the meaning and significance of a sincere and honest relationship.

## Herta

When Arnold first embarks on his bodybuilding career in Austria, some girls are impressed by his developing physique and others have a completely negative attitude. Once such girl is Herta. Despite her negative attitude, or perhaps because of it, Arnold summons up enough courage to ask her for a date. Her scornful rejection and accusation of him being a complete narcissus seems to him to be like a slap in the face. He notes that many years later, when his is visiting Graz, she telephones him to say she is now divorced and suggests they get together.



## Objects/Places

### Graz

Graz in the Austrian Alps is the town where Arnold Schwarzenegger grew up and started his career as a bodybuilder.

### Stuttgart

Stuttgart is the town in Germany where Arnold wins his first contest as a bodybuilder while AWOL from the Austrian Army.

### Munich

Munich, Bavaria is the large city in Southern Germany where Arnold moves to run a gym for a man called Schneck and later runs his own gym. It becomes his base for his European successes.

### The Royal Hotel

The Royal Hotel in London, England is where Arnold places second to Chet Yorton in his first international contest in 1966, the Mr. Universe contest.

### Exodus

The music and sound track from the film Exodus is what Arnold is persuaded, by Wag Bennett, to use to augment his posing routines in England.

### The Austrian Oak

"The Austrian Oak" and "The Giant of Austria" are what the press call Schwarzenegger when he goes on exhibition tours in Western Europe in 1966 and 1967.

### Bodybuilding Federations

The National Amateur Bodybuilding Association (NABBA), and the International Federation of Bodybuilding (IFBB) are different bodybuilding federations with their own amateur and professional Mr. Universe contests and trophies.



## **Johannesburg, South Africa**

Johannesburg, South Africa, is where Reg Park has his home and where Arnold goes to visit in 1968.

## **Stone-Lifting Contest**

The annual stone-lifting contest in Munich involves seeing how high a contestant can lift a 560lb stone. Arnold wins this contest in 1967.

## **Mr. Universe trophy**

Arnold wins the Mr. Universe trophy, NABBA professional, for the second time in 1968, but comes second to Frank Zane in the IFBB Mr. Universe contest in the same year.

## **Miami, Florida**

Miami, Florida is the venue of Arnold's first American contest for the IFBB Mr. Universe contest, in which he places second to Frank Zane. As a result of this contest, he decides to stay in America to train for the next year.

## **Santa Monica, California.**

Arnold spends his first year in America living in Santa Monica, California, training at Gold's Gym near the beach on the Californian coast.

## **Columbus, Ohio**

Columbus, Ohio is the venue for the epic confrontation between Arnold and Sergio Oliva at the Mr. World in 1970. Arnold wins the trophy and becomes the greatest bodybuilder in the world contest .

## **New York.**

The 1970, Mr. Olympia contest is in New York, and Arnold wins, beating Sergio Oliva again.

## **Body Types**

Ectomorph, Endomorph and Mesomorph are terms describing the different types of human physiques.



## Freehand Exercises

Freehand Exercises are those exercises for the various body muscles, which do not use special equipment, instead ordinary every day furniture and objects are employed.

## Progressive Resistance Weight Training

Progressive Resistance Weight Training is the use of specially-designed exercise equipment in a gymnasium, which offers resistance to various muscles with an increasing amount of force.

## Muscle groups

The various major muscle groups, which are the focus of attention of bodybuilders, are:

Shoulders - deltoidus, trapezius:

Back — trapezius, latissimus dorsi and spinal erectors:

Chest - pectoralis muscles:

Arms - biceps and triceps:

Midsection - abdominals:

Thighs - extensors and quadriceps.

## Sets, repetitions, and supersets.

Repetitions are performing the same exercise a certain number of times without a pause. Sets are groups of repetitions with a very short rest period between them.

Supersets are sets of different exercises with no rest period between them, designed to exercise different, but related, groups of muscles

## Split routine

The Split routine is a technique pioneered by Arnold, whereby one muscle group is exercised in a session and then a different one is exercised in the next. This gives each muscle group the chance to recuperate between routines.



# Themes

## Second Son Syndrome

In describing his early life, Arnold states his need for special attention and says it may have arisen because his elder brother received more than his share of attention from their father. This reference to an elder brother is never repeated, and there are no photographs or facts about him, though there are many on the subject of Arnold's parents and repeated references to "the family." This exclusion of any reference to his older brother seems to indicate that the sibling rivalry is deeper, even traumatic.

Certainly Arnold's autobiography shows all the classic traits of someone following the second son life script. The early rebellion against family church going, the substitution of the bodybuilders at the gym for father figures and the determined non-conformity in choice of career.

Again the emphasis on leaving his hometown and journeying to Munich, London and the rest of Europe and then, finally, to his ultimate goal, America, is the second son profile of leaving the home to travel the world. Notwithstanding this, there is little doubt that a deeply-rooted desire to gain his parents' approval is a prime motivation in all his early life. He notes that it is not until his mother witnesses his winning of the Mr. Olympia contest in 1972, that she gives approval and recognition of his achievements, and, in this autobiography, the reader notes that his first dedication is "To My Mother."

## The Power of the Mind

At many points in his autobiography, Arnold expounds on the necessity for positive mental attitudes in overcoming barriers to his career and in out-performing his competition at contests. An extension to this principle is his description of his feeling of mental control over his muscles and the blood flow to them in his frequent references to the "pump." He outlines the communication between his mind and his body when he pumps up his muscles and the blood is being forced through the veins so hard that they are kept open, and the heart grows in strength and endurance. He even develops the idea that he can control the flow of blood to individual muscles by mind control alone.

The concept of being in touch mentally with the parts of the body on which a bodybuilder is working is repeated in the second half of the book when advocating different training routines. Again Arnold emphasizes the necessity of training the mind first before undertaking the physical training of the body. He describes the "psyching-up" process that weight lifters go through before record-breaking lifts; they must lift the weight mentally before doing it physically.

As Arnold says "the power of the mind is astonishing."



## Perfection

The quest for perfection is first acknowledged by Arnold when his father questions him as to what he is going to do with all these new muscles he is developing, and he replies that he wants to be the best-built man in the world. This unrelenting desire for perfection is the underlying motivation for his career as a bodybuilder. At first the criterion for judging his success in attaining perfection is in measurements of his muscles and comparisons with photographs of his idols, such as Reg Park. As he enters the world of competitive contests, the measurement of perfection quickly translates into winning contests and beating the next reigning champion.

Even at an early stage when Arnold chooses Reg Park's physique to be his goal as opposed to that of Steve Reeves, whom his friends prefer, there is an element of subjectivity in the definition of success and perfection. This emerges when Arnold acknowledges the importance of the showmanship element in the contests in which he is engaged. In bodybuilding, there is no numerical target, such as the poundage by which a weight lifter is judged; instead, it is the subjective opinion of the judges which counts.

Finally at the apex of his bodybuilding career, when he has beaten all the best bodybuilding champions in the world, Arnold comes to realize that bodybuilding has only been a stepping-stone in his quest for perfection. Now he will seek other challenges to overcome, to set and achieve other goals in other aspects of life. The quest for perfection stretches out to infinity.



# Style

## Perspective

The book, though written with the assistance of Douglas Kent Hall, is essentially an autobiography of Arnold Schwarzenegger. Arnold Schwarzenegger was the undisputed world champion bodybuilder from 1965 to 1975, and this book, first published in 1977, is an account of his life and career and is aimed primarily at his numerous fans, prospective bodybuilders and bodybuilder aficionados.

The collaboration with Hall is very successful in that the point of view is exclusively that of Schwarzenegger and his voice dominates the first person account. The numerous and lavish studio photographs of Arnold Schwarzenegger in bodybuilding poses, which form an important component of the book, are intended to satisfy bodybuilders in general. There are other photographs of a more personal nature, such as those of his parents, which are just as interesting to the non-specialist reader, but which are, unfortunately, less emphasized. The second half of the book is basically a training manual for bodybuilders, from beginners to experts, but this second half of the book still bears the imprint of Schwarzenegger's personality as he expounds on his experience and justification for the various exercises.

There is enough autobiographical information about Arnold to intrigue the non-specialist reader but not really enough to satisfy those who are truly curious about the man, who, as the book's cover publicity implies, could become Governor of California (and has achieved that status).

## Tone

The tone of the book is an almost-lyrical apologia for bodybuilding in general and for Arnold Schwarzenegger's dedication to becoming the world's best in the sport. The reader follows the accounts of his early development and how he becomes addicted to the sport of bodybuilding and is occasionally given insight into his personality as Arnold stands back a little and tries to objectively analyze the course of his life and his motivation for the unrelenting regime of physical training, which he undertakes.

Arnold's conviction and sincerity in his beliefs and chosen career lead the reader to join with him in the setbacks and challenges he has to overcome to achieve his ultimate goal of becoming the world's champion bodybuilder.

## Structure

The book is in two parts, which are separated by a section of fifteen pages of photographs of Arnold Schwarzenegger in various bodybuilding poses. To anyone

except an aficionado of the sport or a fan of the man himself, this may seem a little excessive, but given the intended audience, it is probably reasonable.

The first part is essentially an autobiography and also includes photographs, which are of a more personal nature. Again the emphasis is on the background of the various contests, which form the progression of Arnold's career from his early days in Austria to his ultimate triumphs in America. Brief sketches of the people who he meets and who help him in his career are given and occasionally the reader catches glimpses of them in the photographs.

The training manual in the second half of the book is well illustrated, with photographs of Schwarzenegger performing the various exercises. What is missing, however, are diagrams illustrating the various parts of the anatomy and the specific muscle groups, which are the focus of the exercises. These are described textually, and with the Latin names, but a couple of illustrative anatomical diagrams would be a welcome aid to the reader or person interested in the routines.



## Quotes

"It was the summer I turned fifteen, a magical season for me because that year I'd discovered exactly what I wanted to do with my life. It was more than a young boy's pipe dream of distant, hazy future-confused fantasies of being a fireman, detective, sailor, test pilot, or spy. I knew I was going to be a bodybuilder. It wasn't simply that either. I would be the best bodybuilder in the world, the greatest, the best-built man." Part One, Chapter One, p 13.

"My god!" he cried. He went into the kitchen and told my mother. "I think we better go to the doctor with this one, he's sick in the head." Part One, Chapter One, p 19.

"I wouldn't go out with you in a million years," she said. "You're in love with yourself. You're in love with your own body. You look at yourself all the time. You pose in front of the mirror." Part One, Chapter Two, p 27.

"I was afraid I would freeze up, that I wouldn't be able to pose at all. To avoid that, I fixed my gaze on a light high up in the ceiling. I hit my first pose and people screamed. There it was again, that warm rush through my body. I started opening up. I struck another pose and people applauded more. I kept posing and they kept applauding." Part One, Chapter Three, p51.

"Wag explained something I understood but had never bothered to formulate myself. Bodybuilding was show business, especially in its advanced stages of competition and exhibition. If I expected to make it big in the field, I had to become a showman. Naturally that argument sold me." Part One, Chapter Four, p59.

"Because of my strict parents, I was very disciplined. However, I didn't get certain things I needed as a child, and that, I think, finally made me hungry for achievement, for winning in other ways, for being the best, being recognized. If I'd gotten everything and been well balanced, I wouldn't have had my drive. So as a result of this negative element in my upbringing, I had a positive drive toward success and recognition." Part One, Chapter Five, p 67.

"All my energies, both psychic and physical, were focused on one thing: becoming Mr. Universe. It would not be a sure win - not at that point. I wasn't blind. I had weak points - glaring weak points - and I got to work on them." Part One, Chapter Five, p 68.

"And all my rehearsing really helped me. I stood right next to Tinnerino and watched him constantly out of the corner of my eye. When he showed his abs or thighs, I hit a biceps pose; when he twisted to flex his calves, I drew myself up in a dramatic side-chest-back pose. I wiped everybody, including Tinnerino, off the stage. I got the best reaction - it was the first time I remember people really screaming 'Arnold! Arnold!'" Part One, Chapter Five, p 75.



"In a way I cared that they didn't understand it. I felt they ought to have at least realized what it meant to me. They knew how hard I had worked for it. I tried to put it out of my mind, but it wasn't easy. I think you are always doing things for the approval of your parents. I think I understood them, their shortcomings, better than they understood me. I convinced myself I should forget it. I was away from home anyway, so I started looking for the approval of other people." Part One, Chapter Six, p 85.

"Reg and his wife, Maryanne, treated me as if I were their son. They included me in everything they did; they took me to parties, films, and dinners. Being with them opened my mind to what was possible for me aside from endless days taken up totally with training. I could have a gorgeous house, businesses, a family, a good life." Part One, Chapter Six, p 82.

"But I was proud of my achievements and I was letting it be known that this was only the beginning. Not many people were willing to argue with me. I saw myself as being able to help bodybuilding transcend its unfortunate reputation as an oddball sport." Chapter Six, p 86.

"Then, for the first time, I saw Sergio Oliva in person. I understood why they called him the Myth. It was as jarring, as if I'd walked into a wall. He destroyed me. He was so huge, he was so fantastic, there was no way I could even think of beating him. I admitted my defeat and felt some of my pump go away." Part One, Chapter Seven, p 97.

"The moment the announcer gave me the title and the girl handed me the trophy and I clutched the cold silver bowl against my stomach I knew I had gone as far as I could in bodybuilding as a competitor. From then on I would only be defending my title, and that put things in a whole new light." Part One, Chapter Seven, p106.

"She had thought I would settle down, that I would reach the top of my field and level off. But that's a concept that has no place in my thinking. For me, life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer." Part One, Chapter Seven, p 112.



## Topics for Discussion

In Chapter Two, Arnold relates that his elder brother received more than his fair share of attention from their father, and, in Chapter Five, he identifies the fact that he did not get certain things he needed as a child and that this is the basis for his overwhelming drive. Is the underlying sense of deprivation in his childhood simply a case of aggravated sibling rivalry? What could Arnold's parents have done differently to make him a more balanced individual? Discuss.

When Arnold's advances are rejected by a girl (Herta) in whom he is seriously interested because of her perception of the narcissistic aspects of bodybuilding, he follows the advice of the older bodybuilders at the gym and avoids the distractions of romantic attachments. Was he right to do this and would girlfriends have had a restraining effect on his career? Or was it simply a case of wounded pride? Discuss.

Coincident with his becoming a protégé of the bodybuilders at his first gym, Arnold is persuaded to reject his childhood religion and refuses to attend church with his family. Is there any indication that he finds other ways to fulfill his spiritual needs, or does his complete self-interest and reliance on his own abilities prove to be sufficient? Is Arnold Schwarzenegger an atheist? Does he give any indication as to how he will deal with the inevitable decay and mortality of the magnificent body he has built?

When Arnold is invited to stay with his idol, Reg Park, and his wife, in Johannesburg, he recalls that they treated him like their own son. Is this an admission that Arnold is perpetually seeking to find a substitute for his own father, who Arnold believes rejected him at an early age?

Even from the beginning of his career as a bodybuilder, Schwarzenegger advocates pushing the body to its physical limits and even extols the virtues of training with a good deal of pain, which he says is an indication of progress. Although, in Part Two, he is careful to recommend a physical check up and very gradual increases in levels of effort and weight, is he not vulnerable to criticism in recommending this attitude to people who may not have the advantage of a robust physique such as his? Discuss the advantages and disadvantages of extreme bodybuilding training.

The underlying assumption in the second part of the book is that anyone can achieve similar results to Arnold Schwarzenegger if they work hard enough and have the right mental attitude. But Arnold admits that he is blessed with a body and physique that responds quickly and dramatically to exercise and training. He also demonstrates how he can control his weight to any desired level when he is working on the films "Stay Hungry" and "Pumping Iron." Is Arnold's physique, in fact, uniquely adapted to bodybuilding training and is he benefiting from an unusual and exceptional body? Is Arnold Schwarzenegger a "freak" of nature? Discuss.

When Arnold breaks up with Barbara, his only true love to that point in his life, the reason is that both of them realize he will not cease to find new challenges and



ambitions to conquer. He will never settle down and lead a normal, balanced life. Arnold's intense drive and relentless ambition have given him most of what he desires from life except a normal, happy and well-adjusted life. Is he doomed to always seek out new goals and challenges, like a nighttime moth incessantly flying into the light of a bulb? Is his drive and ambition a blessing or a curse? Discuss.