



## The New Encyclopedia of Modern Bodybuilding

*Arnold Schwarzenegger , Bill Dobbins*

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Power. Speed. Agility. Pride. These are just a few of the reasons why bodybuilding has become the fastest growing sport in America. From gymnasts to football players, from golfers to boxers, athletes everywhere now are working out with weights to maximize their performance and their lives. And you can, too, thanks to one man and one book: Arnold Schwarzenegger and his "Encyclopedia of Modern Bodybuilding." Across the country and around the world it's recognized as the definitive source on the subject -- the "bible of bodybuilding." Now, fifteen fantastic years after that first publication, Arnold is ready to teach and motivate a new generation of athletes with this fully updated and revised "New Encyclopedia of Modern Bodybuilding."

Inside, Arnold covers all the very latest advances in both training and competition, with new sections on diet and nutrition, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos featuring bodybuilding's newest stars.

Plus, all the features that made this book a classic are still here. You'll find every facet of bodybuilding, from the history of the sport to a complete analysis of the muscles in the body, including Arnold's tips on how to strengthen, sculpt, and define each and every muscle to create the ultimate balanced physique.

Encompassing every stage of your development, the encyclopedia outlines specific training programs for basic, advanced, and competition-level bodybuilders. You'll get expert advice on everything, from what equipment the beginner should use to complete career and competition strategies for the elite bodybuilder.

Whether it's your first time in the gym or you're a pro bodybuilder competing in a top event, Arnold's inside advice on training and exercise will help you achieve your best. Then, once you're ready, "The New Encyclopedia of Modern Bodybuilding" will prepare you for the intense psychological warfare of professional competition.

Applying his experience as the only seven-time Mr. Olympia, as well as his monumental success as an international film star, Arnold shares his secrets about dedication, training, and commitment that will allow you to take control of your body and reach your ultimate potential.

## The New Encyclopedia of Modern Bodybuilding Details

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## From Reader Review The New Encyclopedia of Modern Bodybuilding for online ebook

### Jacob Aitken says

I disagree with his methodology and presuppositions, but this book is a classic. I seriously doubt he wrote most of it, but it's good information nonetheless. Relying on good 1990s scholarship, A.S (I refuse to spell his name) explains basic kinesiology, body types, and strategies for realistic gains.

He goes through the different types of exercises and how to do them safely. He ends with a nutritional guideline, while good, is highly unrealistic for the average budget.

#### Pros:

1. You really get everything you bargain for. He goes into super detail on essentially every facet of weight lifting (notice I did not say Strength Training).
2. His workout plans are fairly good for the most part, but presuppose ready access to a gym.

#### Cons:

1. He doesn't really tell you how to work up to a goal. For backs he says to do 50 chin ups a workout at 5x10. I can actually do that, but it took four years to do it. \*Convict Conditioning\* and even the much-inferior \*50 Chin Ups in 7 Weeks\* give you much better programs on how to meet goals.
2. You have to be upper middle class to really benefit. Eating 100+ grams of protein a day, along with gym membership (and that is a must; you will not get an "Arnold"-sized chest without bench press) takes a toll on the bank account.
3. His workout schedule is fairly exhausting even for those who are really strong and have good cardio. Burn out is very easy.
4. I think a mix of bodyweight and weightlifting offers the best result for the average male. This way the body muscle groups grow in proportion to each other so that you don't look like a washed-out steroid junkie.

#### Conclusion:

I offered a lot of criticisms of this book, but that shouldn't leave the wrong impression. This book is the ultimate reference guide for strength training, full stop.

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### Thomas Melnik says

This is "the" reference manual for bodybuilding. I find this book to be very interesting and helpful for any athlete involved in strength training, regardless as to whether you are interested in competitive bodybuilding or not.

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### Steven says

This Encyclopedia is pretty informative, however, I feel that the results are a matter of genetics and body frame. If you are naturally leaner (and comfortable with maintaining that body type) you can still use this Encyclopedia to keep your body firm and to maintain your bodyweight, just do not expect to look like a bodybuilder that has bulging biceps and six-pack abdominal muscles.

I have done research concerning abdominal muscles and I have discovered that the majority of the men that possess it, are genetically inclined, that is to say, that whether they exercise five days a week for two hours or one day a week for a half an hour, they still maintain a full six-pack appearance.

In a nutshell, don't wear yourself out trying to look like Arnold. Respect your body for what it is and value your health. If you're skinny, flaunt it. If you're overweight and looking for change, commit yourself to losing the weight.

The most important thing you can do for yourself as a person, is to ensure that your body can stand the trial of a long lifespan.

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### **Nabil says**

This well and truly is The Bible of bodybuilding. Anyone considering spending more than an hour a week in the gym should get this book.

Read it once to get the gist, keep it forever as a reference book. I bought the Kindle version, but will probably get the physical version now to keep around.

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### **Anish Kumar says**

Its like learning from the master.

I have had the pleasure to get hold of this book, very early . Because majority of people i know who are also a bit inclined towards fitness, read this book after 3-4 years of struggle in making their perfect physique.

I am still new in this arena of fitness and i read this book. Every thing is presented with full explanations and also science behind weight lifting, muscle growth. How to perform an exercise, what is a set, what time to do exercise, workout routines,etc,. You ask for it and this book has everything in it. From "Mindset of bodybuilder" to "Bodytypes", you can learn everything about bodybuilding .

I loved this book and will always be using this for reference.

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### **Jess says**

This is the ultimate guide to classic bodybuilding. I read this 2 years ago and still refer back to it. It only took me a few days to read the entire encyclopedia.

Nothing captures the essence of what bodybuilding is about quite like this book. I would 100% recommend this to anyone with an interest in bodybuilding or even just weight training.

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## Nicolas says

-1 star since there were no instant results :P

A classic, and a good one. Although first published in 1985 and updated in 1999, Schwarzenegger's encyclopedia is still relevant today. Complete with a history of competitive bodybuilding, anatomy, and lifting plans, Schwarzenegger covers it all. Word of caution - don't read only this book. Since 1999, some of the science has been at least partially debunked (specifically - somatotypes). For beginner lifting, Stronglifts 5x5 works well for me and my goals.

Schwarzenegger frequently comes back to the concept that training is a means to an end, and that end is a more impressive physique through reduced body fat and larger muscles. This contrasts starkly with the objectives of weightlifting/powerlifting - lifting the maximum weight possible for one rep. As such, Schwarzenegger emphasizes the importance of maintaining mental focus on the muscles and what they are doing. Target the core muscles for each exercise and when you cheat on a rep - do it intentionally and mindfully to reach your goals.

Particularly from the injury prevention perspective, bodybuilding makes a lot of sense compared to the powerlifting mindset I was in before (chasing the 1000lb club, etc). Reading this book has helped me to reframe my goals to focus on my body. My goals are now more subjective than the objectivity of "I can lift X pounds," but they are *my* goals after all. :)

A great number of the 800+ pages are dedicated to photos of bodybuilders from over the years. Each has their own specific strengths and weaknesses. Along with the "focus on your muscles" concept, my second major takeaway from this book is the human anatomy I learned. The book is illustrated with silhouettes with sketched muscles alongside photos of bodybuilders holding the same pose. This gives a clear picture of how muscular structure manifests itself internally and externally. While I definitely won't reach the level of physique of competitive bodybuilders, I now know that deltoids have 3 heads, triceps are horseshoe-shaped, and a 6 pack typically starts above the belly button. TIL.

Would recommend.

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## Dipanshu Gupta says

This book is truly the bodybuilding Bible as it pronounces itself to be. Every page is dense with good information, the pictures are drooling and the advice is immaculate. Going to use it extensively to improve my training.

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## Michael says

Great book. Provides a general history of strength sports with an emphasis on body building. Provides good information about the philosophies of training and the sport in general. This is a good introduction to those who don't know much and require a better foundation.

I have one qualification before suggesting this book, which is that this book does not represent the present mindset of training in body building and the many strength sports of today. One word of caution is that

natural athletes may not be able to rigidly follow the programs contained herein. Also, more advanced athletes who may be more inclined towards modern techniques and programs may find this book antiquated.

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### **????? says**

An essential read for anyone interested in bodybuilding.

P.S. The program in this book isn't very effective for novices.

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### **Harlen says**

I wish I read this years ago.

Covers everything you could possibly want to learn about bodybuilding in a interesting and insightful manner. Can be used all the way from being a novice through entering your first contest. It's all there.

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### **Benjamin says**

This book really surprised me; I picked it up at the library, on a lark, to see how it differed from my current gym philosophy. I was shocked to find a thoughtful, well researched, and balanced approach to weight training that didn't focus exclusively on bulk, but rather form and to some extent one man's personal journey to achieve the height of his field.

Arnold is strangely free of hype or bombast in these pages, and rarely does he even mention his successes. There is a naked humility and honest drive towards self improvement that made me read the book cover to cover. I have been doing Crossfit and gymjones.com style workouts for nearly three years and thought I wouldn't find much value here; I was wrong. What was refreshing about this book is Arnold's admittance that there is no one true path towards fitness, there is only one's own personal goal and one should educate themselves on how to achieve it accordingly. The examples, photos, and diagrams provided are excellent. Arnold's tone is encouraging without being preachy or condescending. It is obvious he believes in the positive power of fitness as a tool for self betterment and as a way of life.

Perhaps the most refreshing aspect of the book is his thankfulness and acknowledgement of those who helped him along the way, and his insistence that the single most important factor in determining your success in the gym (aside from your own determination and goals) is a good gym partner; someone to help keep you motivated and visa versa.

As a reference, this work is top notch. If you plan on making the transformation of your body a priority, check this book out.

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### **King Jon says**

The New Encyclopedia of Modern Bodybuilding by Arnold Schwarzenegger was written in 1992. 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. Due to this, this is his only book. There are no sequels, rising action, or climax. Just strictly bodybuilding. This is not a novel that you can read in a few weeks. The New Encyclopedia of Modern Bodybuilding is over 800 pages and goes over many different topics from Arnold himself including; nutrition, bodybuilding workouts/exercises, history of bodybuilding as a whole and lots of half-naked pictures of the legendary Arnold. The whole concept of this book is all about bodybuilding and expanding the different topics involved. The length of this book caught my eye, 800 plus pages all on bodybuilding. I have yet to finish the Encyclopedia, but I am okay with that. I can't get enough of Arnold. I really liked the fact that The New Encyclopedia of Modern Bodybuilding had so many different topics, for example, exercises and movements. As a reader you can focus on one part you are interested in and learn so much more about it. One thing that makes Arnold stand out is his attitude, he is very serious but fun at the same time. "The worst thing I could be, is the same as everybody else. I'd hate that." A famous quote from Arnold, fits this book perfectly. Even as a reader you feel different from everybody else. Who do you know that reads a 800 page book on bodybuilding? Because of this, I highly recommend The New Encyclopedia of Modern Bodybuilding to any bodybuilding fan or bodybuilder. The book will not benefit you if you are not interested in the sport. Overall, the value of this book is awesome... to fellow bodybuilders.

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### **Dave Woods says**

Are you serious?? You want me to critique 7 time Mr.Olympia?? How about you have a good-read of this website of Arnie's bodybuilding resume and then pop off @ the mouth...

<http://www.bodybuildinguniverse.com/a...>

This book is a must for all weightlifters. Even though the photo's are from the early 90's the tips are straight from the golden horse's mouth. Doods' nasty with the iron. Recognize royalty when you see it.

This is a constant reference and is dubbed "the bible of bodybuilding" big up's to Brandon DiCola for one of the most useful birthday gifts ever. Love you, man!

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### **Zach says**

Hands down the greatest book out there for bodybuilders from any skill level, and any walk of life.

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