

## Bodybuilding The Weider Approach

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### ~~Bodybuilding The Weider Approach~~

1965 - Military service and winner of Junior Mr. Europe At the age of fourteen, Arnold chose bodybuilding over football ... with the help of Joe Weider. By 1970, at the age of 23, Arnold had ...

### ~~Arnold Schwarzenegger in his younger years~~

Schneider was immediately promoted from French cavalry hussar to emperor. He took a Method approach to his new role, reading histories and memoirs to find out how Napoleon walked (always with ...

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