

## SPORTING LEGENDS: ARNOLD SCHWARZENEGGER

**SPORT: BODYBUILDING**

**COMPETITIVE ERA: 1965 - 1980**

Arnold Alois Schwarzenegger (born July 30, 1947) is an Austrian-American bodybuilder, actor, and Republican politician, currently serving as the 38th Governor of California. He was elected on October 7, 2003 in a special recall election which removed the sitting governor, Gray Davis, from office.



Nicknamed "The Austrian Oak" in his body-building days, and more recently "The Governator" (a play on the words "Governor" and "Terminator", after the film role), Schwarzenegger as a young man gained widespread attention as a highly successful bodybuilder, and later gained worldwide fame as a Hollywood action film star.

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The greatest bicep pose in bodybuilding history belonged to Arnold.

Some of his most famous films include *The Terminator* - which contains the quote "I'll be back" - and later *Predator*, *True Lies*, *Kindergarten Cop*, *Total Recall*, and his Hollywood breakthrough film *Conan the Barbarian*.

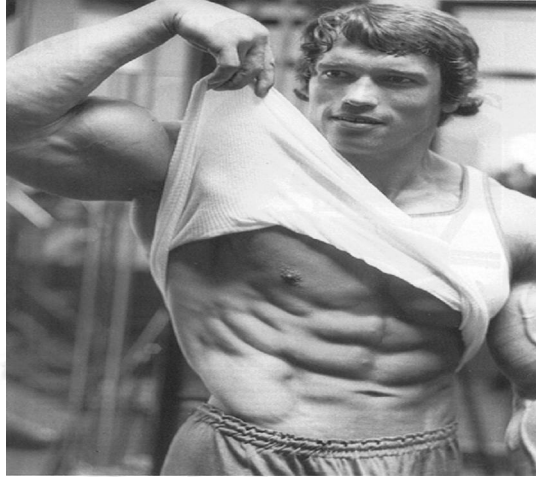
As a boy, Schwarzenegger played many sports, but discovered his passion for bodybuilding when in his mid-teens his soccer coach took the team for weight training. He attended a gym in Graz, where he also frequented the local cinemas, viewing his idols such as musclemen Reg Park, Steve Reeves on the big screen.

He made his first plane trip in 1966, attending the NABBA Mr. Universe competition being held in London. He arrived in England knowing little English, and it was here he first started being referred to as "The Austrian Oak", due to his large build and the story of him performing chin ups from the limb of an Oak tree on the banks of the river Thalersee, the lake of his hometown. He would come second in the competition, but would win the title the next year, becoming the youngest ever Mr Universe at age 20.

His first competition was Junior Mr. Europe, which he would win. He would go on to compete in and win many bodybuilding (as well as some powerlifting) contests, including 4 NABBA Mr. Universe wins and a record 7 Mr. Olympia wins, a record which would remain until Lee Haney won his eighth straight Mr. Olympia in 1991.

Schwarzenegger is considered among the most important figures in the history of bodybuilding, and his legacy is commemorated in the Arnold Classic annual bodybuilding competition.

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**Although not renowned for it, Arnold's mid-section conditioning was superb.**

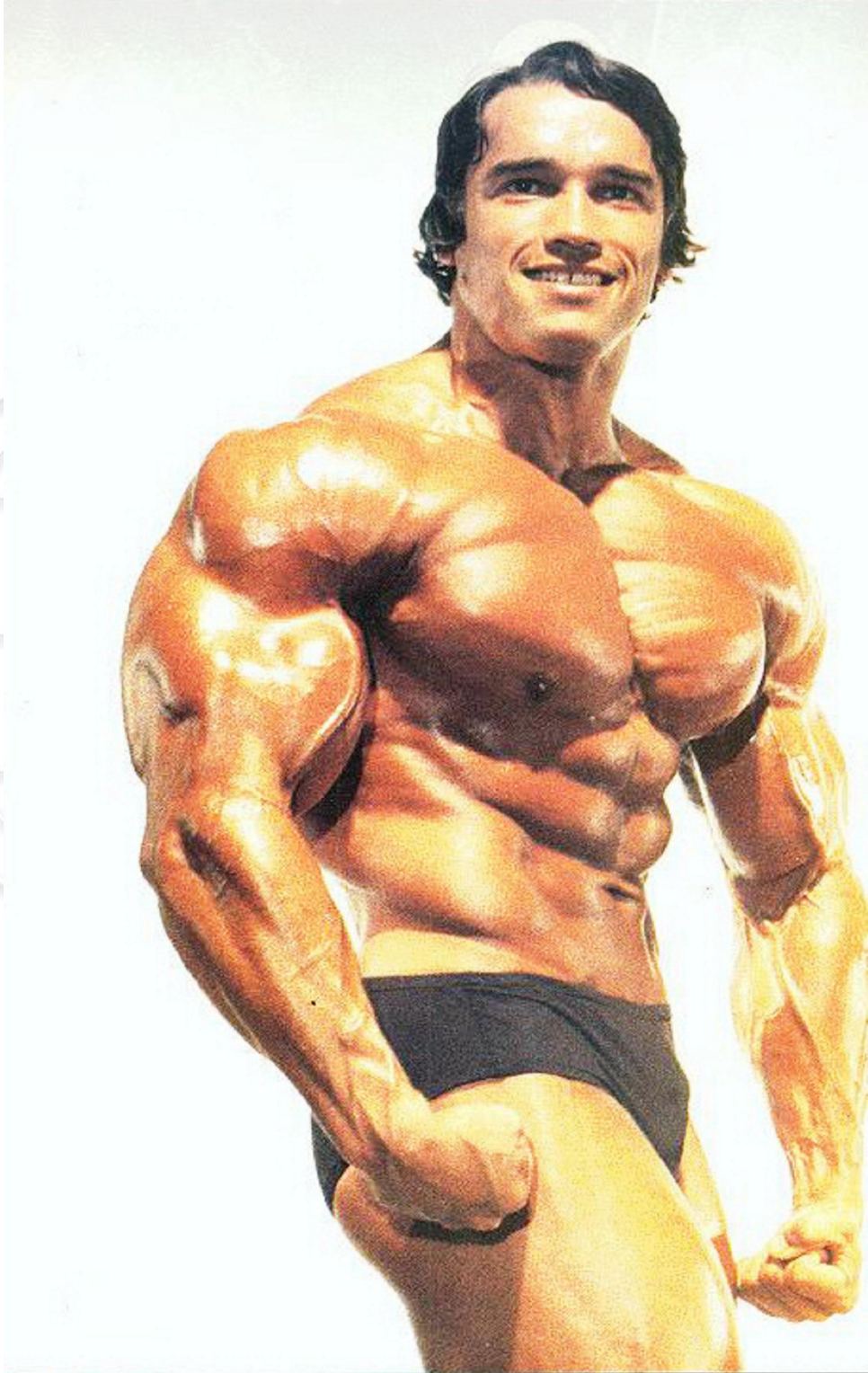
Schwarzenegger moved to the United States in September 1968, with little money or knowledge of the English language, and trained at Gold's Gym in Santa Monica under the patronage of Joe Weider.

He became a U.S. citizen in 1983, although he has also retained his Austrian citizenship. During this time, he earned a B.A. from the University of Wisconsin-Superior where he graduated with degrees in international marketing of fitness and business administration in 1979.

### **Major Titles:**

- 1965 Junior Mr. Europe (Germany)
- 1966 Best Built Man of Europe (Germany)
- 1966 Mr. Europe (Germany)
- 1967 NABBA Mr. Universe amateur (London)
- 1968 NABBA Mr. Universe professional (London)
- 1969 IFBB Mr. Universe (New York)
- 1969 NABBA Mr. Universe professional (London)
- 1970 NABBA Mr. Universe professional (London), defeating his boyhood idol Reg Park
- 1970 Mr. World (Columbus, Ohio), the first time he had beaten Sergio Oliva
- 1970 Mr. Olympia (New York)
- 1971 Mr. Olympia (Paris)
- 1972 Mr. Olympia (Essen, Germany)
- 1973 Mr. Olympia (New York)
- 1974 Mr. Olympia (New York)
- 1975 Mr. Olympia (Pretoria, South Africa)
- 1980 Mr. Olympia (Sydney, Australia).

## **SPORTING LEGENDS: ARNOLD SCHWARZENEGGER**



The classic side-chest angle of Arnold - great striations!

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### Scott Burton's Final Thought

Arnold Schwarzenegger is truly an all-time great.

If not for his bodybuilding achievements and successful movie career, I don't think the sport would ever have gone on to achieve the subsequent publicity it later enjoyed.

From an early age, Arnold knew that if he wanted to achieve anything, he would have to do it for himself.

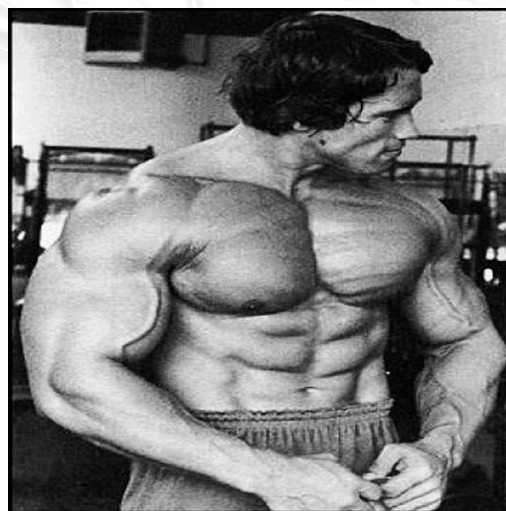
He had to become something special - in order to escape the future life in Austria that awaited him.

He possessed incredible drive and motivation, and his genetics also played a big role in helping to develop THAT physique.

A lot of students on WABBA courses ask me if I think Arnold had the greatest physique of all-time. It is certainly a very good question!

Personally, I think that Arnold had the most MEMORABLE physique of all-time, and his 1975 condition was absolutely superb. The arms, the chest, the delts, you just can't argue with that!

I don't think he possessed the greatest physique of all-time, but I would certainly put him the top 5, that's for sure. In over 15 years of working in the fitness industry, I've never met a single soul that didn't like Arnold; he was great!



**Arnold had the greatest arm / chest combination in history.**