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The New Encyclopedia of Modern Bodybuilding: The Bible of Bodybuilding, Fully Updated and Revised (Englisch) Gebundenes Buch – 15. Dezember 1998

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## **The New Encyclopedia of Modern Bodybuilding: The Bible of ...**

The New Encyclopedia of Modern Bodybuilding is over 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.

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