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Quotes by Schwarzenegger, Arnold

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Arnold Schwarzenegger was born 30th July 1947 at Thal, Austria. A former winner of Mr. Universe and Mr. Olympia a career in films then led to him becoming Governor of California 17th Nov 2003

My body is like breakfast, lunch, and dinner. I don't think about it, I just have it.

- Schwarzenegger, Arnold

I know a lot of athletes and models are written off as just bodies. I never felt used for my body.

- Schwarzenegger, Arnold

The last three or four reps is what makes the muscle grow. This area of pain divides the champion from someone else who is not a champion. That's what most people lack, having the guts to go on and just say they'll go through the pain no matter what happens.

- Schwarzenegger, Arnold

The mind is the limit. As long as the mind can envision the fact that you can do something, you can do it, as long as you really believe 100 percent.

- Schwarzenegger, Arnold

Training gives us an outlet for suppressed energies created by stress and thus tone the spirit just as exercise conditions the body.

- Schwarzenegger, Arnold



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