

Arnold Schwarzenegger Shares His Views On Anabolic Steroids

[@Arnold Schwarzenegger](#), the former governor of California and the Austrian-born former actor, has no fears or ashamed of using anabolic steroids during his years as a champion body builder.

Schwarzenegger had remarked in the past that he has no regrets about using performance enhancing drugs as he used them under the supervision of a doctor and [steroids were very much legal](#) at that time. The former seven-time Mr. Olympia however said he would not encourage use of steroids as that will send a wrong message to children but added that he has no problems with sportsmen making use of nutritional supplements and other legal substances for improving their performance.

Born on July 30, 1947 as Arnold Alois Schwarzenegger, the Austrian and American former professional bodybuilder began weight training at the age of 15 and won the Mr. Universe title at age 20 and went on to win the Mr. Olympia contest seven times. Nicknamed the "Austrian Oak" and the "Styrian Oak" in his bodybuilding days, Arnold Schwarzenegger chose bodybuilding over football as a career at the age of 14 and won the Junior Mr. Europe contest while serving in the Austrian Army in 1965.

His first attempt to Mr. Olympia failed when he lost to three-time champion Sergio Oliva in 1969 but won the competition in 1970 to become the youngest ever Mr. Olympia at the age of 23. At the age of 23, the bodybuilder captured his first Mr. Olympia title in New York in 1970. He played the role of Hercules in 1970's *Hercules in New York* and was followed by director Robert Altman's *The Long Goodbye* (1973) and *Stay Hungry* (1976) but his rise was primarily attributed to his profile in the bodybuilding film *Pumping Iron* (1977). In addition to this, Schwarzenegger appeared in the sword-and-sorcery epic *Conan the Barbarian* in 1982 that was followed by a sequel, *Conan the Destroyer* in 1984 and then made a huge impact with director James Cameron's science fiction thriller film *The Terminator*.

His autobiography/weight-training guide *Arnold: The Education of a Bodybuilder* was published in 1977 and became an instant hit. In 1977, Schwarzenegger admitted to using anabolic steroids which were legal at that time and said he used the performance enhancing drugs to maintain muscle size while on a strict diet. He added that his use of steroids was for muscle maintenance when cutting up and not for muscle growth.

Schwarzenegger's personal records include Clean & press – 264 lb (120 kg), Squat – 215 kg (470 lb), Deadlift – 310 kg (680 lb), Clean & jerk – 298 lb (135 kg), Snatch – 243 lb (110 kg), and Bench press – 200 kg (440 lb).

Legacy of Schwarzenegger is commemorated in the Arnold Classic annual bodybuilding competition and he is considered as one of the most important figures in the history of body building. Arnold has presided over many contests and awards shows besides being a prominent face in the bodybuilding sport long after retiring.