

Arnold Schwarzenegger Quotes

*Thinking, People, Sports, Success, Bodybuilding, Motivational Sports, Believe,
Inspirational, Motivation, Inspiring, Dream, California, Party, Motivational, Years,
Achievement, America, Men, Mind, Body*

Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.

~Arnold Schwarzenegger

Posing is a performing art.

~Arnold Schwarzenegger

Pain makes me grow. Growing is what I want. Therefore, for me pain is pleasure.

~Arnold Schwarzenegger

You can have results or excuses. Not both.

~Arnold Schwarzenegger

The greatest feeling you can get in a gym, or the most satisfying feeling you can get in the gym is... The Pump.

~Arnold Schwarzenegger

Just remember, you can't climb the ladder of success with your hands in your pockets.

~Arnold Schwarzenegger

The wolf on the hill is not as hungry as the wolf climbing the hill.

~Arnold Schwarzenegger

If you are gonna wear gloves when you lift, just make sure they match your purse.

~Arnold Schwarzenegger

Milk is for babies. When you grow up you have to drink beer.

~Arnold Schwarzenegger

I am a big believer in education, because when I grew up in Austria -

when I grew up in Austria I had a great education. I had great teachers.

~Arnold Schwarzenegger

You must see it. You must believe it. And then you must never stop working to make it happen.

~Arnold Schwarzenegger

The worst thing I can be is the same as everybody else. I hate that.

~Arnold Schwarzenegger

Confidence comes from victory, but strength comes from the struggle.

~Arnold Schwarzenegger

I just use my muscles as a conversation piece, like someone walking a cheetah down 42nd Street.

~Arnold Schwarzenegger

Money doesn't make you happy. I now have \$50 million but I was just as happy when I had \$48 million.

~Arnold Schwarzenegger

In our society, the women who break down barriers are those who ignore limits.

~Arnold Schwarzenegger

Concentrate on your goals. Do not allow other thoughts to enter your mind. If you allow them to, other things could take your concentration away from your ultimate aim.

~Arnold Schwarzenegger

The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character.

~Arnold Schwarzenegger

Trust yourself,..dig deep down and ask yourself who you want to be?
Not what, but who?

~Arnold Schwarzenegger

I do squats until I fall over and pass out. So what? It's not going to kill me. I wake up five minutes later and I'm OK

~Arnold Schwarzenegger

For me life is continuously being hungry. The meaning of life is not simply to exist, to survive, but to move ahead, to go up, to achieve, to conquer.

~Arnold Schwarzenegger

I can promise you that when I go to Sacramento I will pump up Sacramento.

~Arnold Schwarzenegger

My definition of a sport is that it's a physical activity that involves competition. Since bodybuilders certainly train and then compete, we are certainly a sport.

~Arnold Schwarzenegger

Create a vision of who you want to be, and then live into that picture as if it were already true.

~Arnold Schwarzenegger

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

~Arnold Schwarzenegger

The secret is contained in a three-part formula I learned in the gym: self confidence, a positive mental attitude, and honest hard work.

~Arnold Schwarzenegger

You have to remember something: Everybody pities the weak; jealousy you have to earn.

~Arnold Schwarzenegger

The best activities for your health are pumping and humping.

~Arnold Schwarzenegger

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

~Arnold Schwarzenegger

I love Thanksgiving turkey... It's the only time in Los Angeles that you see natural breasts.

~Arnold Schwarzenegger

When you're out there partying, horsing around, someone out there at the same time is working hard. Someone is getting smarter and someone is winning. Just remember that.

~Arnold Schwarzenegger

All I know is that the first step is to create a vision, because when you see the vision - the beautiful vision - that creates the want power.

~Arnold Schwarzenegger

If I would have listened to the naysayers, I would still be in the Austrian Alps yodeling.

~Arnold Schwarzenegger

I have to say that the judges and our judiciary system makes better decisions than the politicians.

~Arnold Schwarzenegger

Stay hungry, stay healthy, be a gentleman, believe strongly in yourself and go beyond limitations.

~Arnold Schwarzenegger

Never follow the crowd. Go where it's empty.

~Arnold Schwarzenegger

I think that gay marriage should be between a man and a woman.

~Arnold Schwarzenegger

I like the color red because it's a fire. And I see myself as always being on fire.

~Arnold Schwarzenegger

Between your faith and my Glock nine millimeter, I'll take the Glock.

~Arnold Schwarzenegger

I saw a woman wearing a sweatshirt with Guess on it. I said, Thyroid problem?

~Arnold Schwarzenegger

The facts are there that we have created, man has, a self-inflicted wound that man has created through global warming.

~Arnold Schwarzenegger

You cannot get tired if you're interested in what you do. That's the key thing.

~Arnold Schwarzenegger

If I can see it and believe it, then I can achieve it.

~Arnold Schwarzenegger

Government's first duty and highest obligation is public safety.

~Arnold Schwarzenegger

The mind always fails first, not the body. The secret is to make your

mind work for you, not against you.

~Arnold Schwarzenegger

Bodybuilding is much like any other sport. To be successful, you must dedicate yourself 100% to your training, diet and mental approach.

~Arnold Schwarzenegger

With strength and determination you can do anything you want in life, as long as you believe in yourself, because if you don't, no one else will.

~Arnold Schwarzenegger

The success I have achieved in bodybuilding, motion pictures, and business would not have been possible without the generosity of the American people and the freedom here to pursue your dreams.

~Arnold Schwarzenegger

The future is green energy, sustainability, renewable energy.

~Arnold Schwarzenegger

I have a love interest in every one of my films: a gun.

~Arnold Schwarzenegger

Positive thinking can be contagious. Being surrounded by winners helps you develop into a winner.

~Arnold Schwarzenegger

I believe in the philosophy of staying hungry. If you have a dream and it becomes a reality, don't stay satisfied too long. Make up a new dream and hunt after that one and turn it into a reality.

~Arnold Schwarzenegger

What is the point of being on this Earth if you are going to be like everyone else?

~Arnold Schwarzenegger

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.

~Arnold Schwarzenegger

The last three or four reps is what makes the muscle grow.

~Arnold Schwarzenegger

My only rule is to keep moving, for a pump and cardio at the same time. Rest as little as possible. After an hour, you will feel fantastic and your muscles won't know what hit them.

~Arnold Schwarzenegger

Obviously, I've made statements that were ludicrous and crazy and outrageous and all those things, because that's the way I always was.

~Arnold Schwarzenegger

If you want to be a champion you cannot have any kind of an outside negative force coming in to deflect you.

~Arnold Schwarzenegger

You can't be paralyzed by fear of failure or you will never push yourself.

~Arnold Schwarzenegger

Always have one possibility in mind and that is to go to the top, to be the best. Everything else should just be a means to that end.

~Arnold Schwarzenegger

All exercises that you do with your own bodyweight are great.

~Arnold Schwarzenegger

If my life was a movie, no one would believe it.

~Arnold Schwarzenegger

Learned helplessness is the giving-up reaction, the quitting response that follows from the belief that whatever you do doesn't matter.

~Arnold Schwarzenegger

The Body Is Very Important, But The Mind Is MORE Important Than The Body

~Arnold Schwarzenegger

That is not a drug. It's a leaf.

~Arnold Schwarzenegger

My relationship to power and authority is that I'm all for it. People need somebody to watch over them. Ninety-five percent of the people in the world need to be told what to do and how to behave.

~Arnold Schwarzenegger

There are no shortcutsâ€”everything is reps, reps, reps.

~Arnold Schwarzenegger

Normal people can be happy with a regular life, but there is more to life than just plodding through an average existence.

~Arnold Schwarzenegger

I think that the only way that you really keep it a secret is by not telling anyone.

~Arnold Schwarzenegger

People who say "it is impossible", should not interrupt those who are trying to make it possible.

~Arnold Schwarzenegger

Luck is for the ill-prepared.

~Arnold Schwarzenegger

Having a pump is like having sex. I train two, sometimes three times a day. Each time I get a pump. It's great. I feel like I'm coming all day.

~Arnold Schwarzenegger

Gray Davis can run a dirty campaign better than anyone, but he can't run a state.

~Arnold Schwarzenegger

Vision creates faith and faith creates willpower. With faith there is no anxiety and no doubt - just absolute confidence in yourself.

~Arnold Schwarzenegger

It's simple, if it jiggles, it's fat.

~Arnold Schwarzenegger

What drove me to become the world's greatest bodybuilder is no different from what drives other athletes to become great tennis players or boxers or jockeys.

~Arnold Schwarzenegger

I was striving to be the most muscular man, and it got me into the movies. It got me everything that I have.

~Arnold Schwarzenegger

Every year I make a plan. I do it. It will be done.

~Arnold Schwarzenegger

You can do it, as long as you really believe 100 percent.

~Arnold Schwarzenegger

If I see a girl with big tits, I'm going to stare and stare. And I'm going to

think in my mind what I am going to do with her if I would have her.

~Arnold Schwarzenegger

From the bodybuilding days on, I learned that everything is reps and mileage. The more miles you ski, the better a skier you become; the more reps you do, the better your body.

~Arnold Schwarzenegger

You have to think outside the box.

~Arnold Schwarzenegger

You'll get more from being a peacemaker than a warrior.

~Arnold Schwarzenegger

I welcome and seek your ideas, but do not bring me small ideas; bring me big ideas to match our future.

~Arnold Schwarzenegger

I do the same exercises I did 50 years ago and they still work. I eat the same food I ate 50 years ago and it still works.

~Arnold Schwarzenegger

My friend James Cameron and I made three films together - True Lies, The Terminator and Terminator 2. Of course, that was during his early, low-budget, art-house period.

~Arnold Schwarzenegger

I will always stay hungry, never satisfied with current accomplishments.

~Arnold Schwarzenegger

The writing is important, but the way you say the line and the pause you give it, the facial expression - all of that is very important.

~Arnold Schwarzenegger

Political courage is not political suicide.

~Arnold Schwarzenegger

I'm a competitive bodybuilder; I'm not training just to be healthy. Ninety-five percent of the people training with weights are into this health thing, and it's a different mentality entirely.

~Arnold Schwarzenegger

Climate change: I say the debate is over. We know the science, we see the threat and we know that the time for action is now

~Arnold Schwarzenegger

Be hungry for success, hungry to make your mark, hungry to be seen and to be heard and to have an effect. And as you move up and become successful, make sure also to be hungry for helping others.

~Arnold Schwarzenegger

On the way up here to the podium, a gentleman came up to me and said, "Governor, you are as good a politician as you were an actor." What a cheap shot.

~Arnold Schwarzenegger

You can scream at me, call me for a shoot at midnight, keep me waiting for hours - as long as what ends up on the screen is perfect.

~Arnold Schwarzenegger

Women are the engine driving the growth in California's economy. Women make California's economy unique.

~Arnold Schwarzenegger

If you don't find the time, if you don't do the work, you don't get the results.

~Arnold Schwarzenegger

I'm addicted to exercising and I have to do something every day.

~Arnold Schwarzenegger

It doesn't matter what party you come from. The key thing is that you work on behalf of the people rather than on behalf of the party.

~Arnold Schwarzenegger

The Arabs are terrorists and Israel is making the world a safer place. Well done Israel.

~Arnold Schwarzenegger

Desire something and don't just care what you have to go through to get it.

~Arnold Schwarzenegger

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