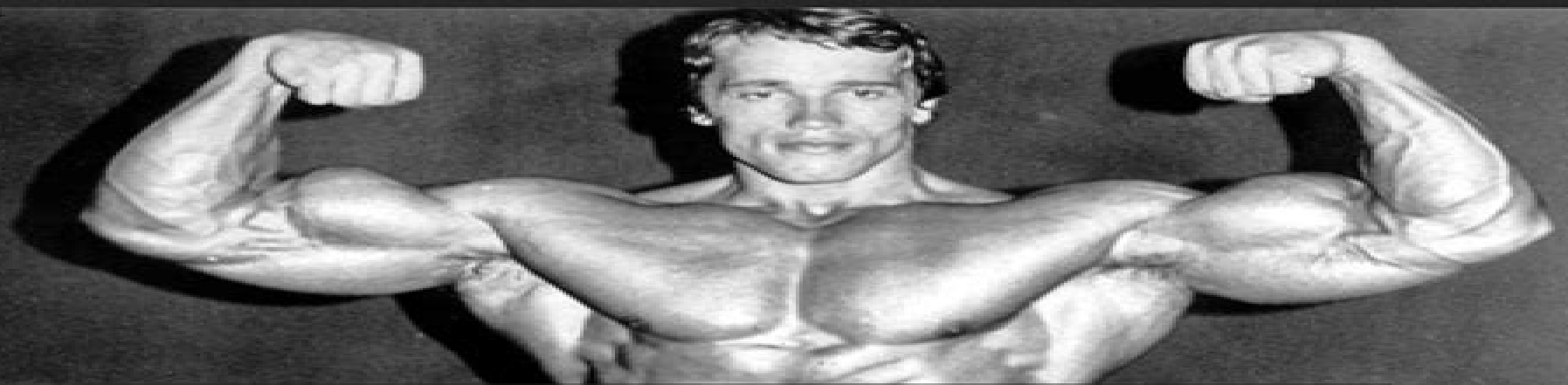


Arnold Schwarzenegger Workout Routine



Day 1: Chest, Back

Day 2: Shoulders, Arms

Day 3: Legs, Lower Back

Day 4: Chest, Back

Day 5: Shoulders, Arms

Day 6: Legs, Lower Back

Arnold Schwarzenegger Bodybuilding Training Guide

Brendan G. Carr



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