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From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book — a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as "the bible of bodybuilding."

Arnold Schwarzenegger Level 1 Exercise Program | Rippeder

Arnold's Level 1 Exercise Program from his book Arnold Schwarzenegger Encyclopedia of Modern Bodybuilding. Monday and Thursday. Chest. Bench Press: 5 sets of 8 to 12 reps. Incline Press: 5 sets of 8 to 12 reps. Pullovers: 5 sets of 8 to 12 reps. Back. Chin-Ups: (do as many repetitions at a time as you can until you reach a total of 50 reps)

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Description of the book "Encyclopedia of Modern Bodybuilding": The seven-time Mr. Olympia winner offers information on training, posing, diet, nutrition, and body-part exercises, plus basic, advanced and competitive training programs designed for bodybuilders of all levels

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Quotes by ...

More often than not, a lack of progress in your muscle-building efforts can be linked to nutritional shortcomings in your diet. Arnold Schwarzenegger, *The New Encyclopedia of Modern Bodybuilding: The Bible of Bodybuilding, Fully Updated and Revised*

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