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Training Program “The last  
three or four reps is what  
makes the muscles grow. This  
area of pain divides a  
champion from someone who is  
not a champion. That’s what



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PUTTING IN SOME SERIOUS WORK IN THE GYM, SO A QUALITY DIET AND SUPPLEMENTATION PLAN IS PARAMOUNT TO PUTTING ON THE SIZE.

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## **blueprint to mass**

As you can probably guess, the Arnold Schwarzenegger diet plan goes big on protein, and by that we mean big. Along similarly predictable lines, the Arnold Schwarzenegger

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workout plan and training routine is focussed primarily on muscle building.

From elite bodybuilding

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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



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Arnold shares his secrets to dedication, training, and commitment, and shows you how to take control of your body and realize your own potential for greatness.

The complete program for

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building and maintaining a well-conditioned, excellently proportioned body -- for a lifetime of fitness and health. In Arnold's Bodybuilding for Men, legendary athlete Arnold Schwarzenegger shows

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Oak” came to the sport of bodybuilding and aspired to be the star he has become. I still remember that first visit to the bodybuilding gym. I had never seen anyone lifting weights before. Those guys were huge and



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brutal...The weight lifters shone with sweat; they were powerful looking, Herculean. And there it was before me—my life, the answer I'd been seeking. It clicked. It was something I suddenly just seemed to reach out and

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find, as if I'd been crossing a suspended bridge and finally stepped off onto solid ground. Arnold shares his fitness and training secrets—demonstrating with a comprehensive step-by-step program and dietary hints

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A state-of-the-art weight-lifting and nutritional blueprint for "skinny" guys

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who want to pack on muscle  
Let's face it, naturally  
skinny guys are at a  
distinct genetic  
disadvantage when it comes  
to building muscle mass. But  
with the proper advice,  
these "hardgainers"

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definitely can realize their fitness goals. In *Scrawny to Brawny*, the authors draw on their years of practical experience as private strength and nutrition coaches to provide hardgainers with:

- A

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progressive, state-of-the-art program that optimizes results with shorter, less frequent workouts that maximize compound exercises

- A unique, action-based perspective on nutrition that shows how to prepare

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Fitness experts John Romaniello and Adam Bornstein developed a system that targets hormone optimization; their approach

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is specifically designed to transform you into the Alpha you were always meant to be. Strong. Confident. Powerful. Based on cutting-edge, scientifically validated methods known only to the fitness elite, Man 2.0



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who've worked with Romaniello and Bornstein. In this book, you will discover: Answers to all the questions you have about training and nutrition—and even ones you haven't thought of yet. An easy-to-

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