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Goal: Build Muscle Training Level: Advanced Program
Duration: 16 Weeks Days Per Week: 6 Days Time Per
Workout: 60-75 Mins Equipment: Barbell, Bodyweight,
Cables, Dumbbells, EZ Bar Author: Steve Shaw.

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Arnold Schwarzenegger Workout Routine:
Training Volume: 6 Days Per Week Explanation: You'll Rest One Day Per Week. That's Generally Sundays. It'll Be A 3-day Split That Runs Twice Per Week And Switches Some Movements Up. Enjoy And Get BIG!

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