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Training Level: Advanced Program Duration: 16 Weeks
Days Per Week: 6 Days Time Per Workout: 60-75 Mins
Equipment: Barbell, Bodyweight, Cables, Dumbbells,

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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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