



Arnold's Bodybuilding for Men

Arnold Schwarzenegger

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The complete program for 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 you how to achieve the best physical condition of your life. For every man, at every age, Arnold outlines a step-by-step program of exercise, skillfully combining weight training and aerobic conditioning. The result—total cardiovascular and muscular fitness.

Arnold's program of exercise features stretching, warm-up and warm-down routines, and three series of exercises, each more ambitious than the last, all calculated to help you progress at your own speed. In addition, Arnold contributes important advice about equipment, nutrition and diet, and getting started on *your* program of exercise.

Special sections of *Arnold's Bodybuilding for Men* cover training for teenagers, exercises designed to keep you in shape on the road or when you can't get to the gym, and the regimen Arnold followed to win his seven Mr. Olympia titles.

Illustrated with hundreds of photographs of Arnold and other top bodybuilders, *Arnold's Bodybuilding for Men* will help every man look great and feel terrific.

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