



Ironman's Ultimate Guide to Arm Training

Ironman Magazine, Peter Sisco

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This fully illustrated book is for bodybuilders of all levels interested in attaining massive, perfectly toned biceps, triceps, and forearms. Readers will learn the best arm training tips, as well as receive the most effective advice on contest preparation. A compilation of the best articles by top bodybuilders and researchers published in Ironman magazine on arm training. More than 20 articles and 150 photos fill this oversized and illustrated book and will guide readers step-by-step through working out and developing the various muscle groups of the arm.

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