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during your workouts.)” “In the past, before the physiology of abdominal training was well understood, bodybuilders used to do a lot of “conventional” abdominal exercises such as Sit-Ups and Leg Raises.

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Bodybuilding by Arnold Schwarzenegger is no light read. In fact, the book itself probably weighs a good 5 pounds. The original encyclopedia was first published in 1985, and then updated and revised in 1992. It is dedicated to informing the reader about every aspect of bodybuilding and weight training.



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