



## Arm Size and Strength: The Ultimate Guide

By Charles R Poliquin



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Ever since the golden age of bodybuilding, legends like Arnold Schwarzenegger and modern movie star such as Dwayne The Rock Johnson have made massive arms a major goal for anyone hitting the iron.

In this book, strength coaching expert Charles R. Poliquin, the Strength Sensei, draws from his four decades of experience in the Iron Game and gives you the keys to his hypertrophy techniques so you too can build your biceps and triceps like these famous action heroes

This book contains 6 hard-as-nails workout routines designed to hypertrophy every type of muscle fiber in your arms, making sure your biceps and triceps will have the strong, dense, massive look to go with their new size.

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