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That is why "Arm Size & Strength: The Ultimate Guide" focuses on showing you how to train the right way so you can pack on as much muscle on your biceps and triceps during those 6 grueling, muscle-building workouts. Proven Methods for Fast Results.

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An in-depth look at strength coach Charles Poliquin's new arm training book. When I heard that Charles Poliquin was set to release a new book on arm training, I have to admit that my initial reaction was less than enthusiastic.

Bigger, Stronger Arms: The Poliquin Way | T Nation

60 DAY FITNESS PLAN 60 Days to Fit is a program designed to help you build muscle and gain strength through a complete 5 cycle training curriculum, nutrition plan, and bonus tips to help boost your progress. This program is everything you need to get you the results you are looking for in just 60 days time.

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