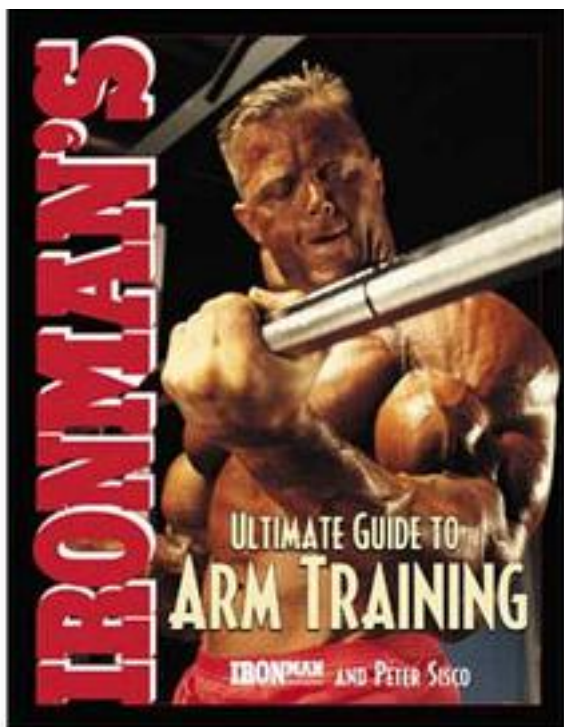


Ironman's Ultimate Guide to Arm Training



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著者:Ironman Magazine\Peter Sisco

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Arm training is the most popular type of bodybuilding, and this fully illustrated book is for bodybuilders of all levels interested in attaining massive, perfectly toned biceps, triceps, and forearms.

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