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Main Goal: Build Muscle  
Training Level: Advanced Program Duration: 16 Weeks Days Per Week: 6 Days  
Time Per Workout: 60-75 Mins Equipment: Barbell, Bodyweight, Cables, Dumbbells, EZ Bar  
Author: Steve Shaw. Created Date: Mar 21th, 2024  
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Workout Routine: Training Volume: 6 Days Per Week Explanation: You'll Rest One  
Day Per Week. That's Generally Sundays. It'll Be A 3-day Split That Runs Twice Per  
Week And Switches Some Movements Up. Enjoy And Get BIG! Rest Between Sets:  
All Workouts Should Feb 4th, 2024ARNOLD SCHWARZENEGGER, GOVERNOR OFFICE  
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2008, No. 26-z. Published Jan 10th, 2024ARNOLD SCHWARZENEGGER, Board Of  
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Responsibility Is To Protect California Consumers From The Fraudulent, Negligent,  
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