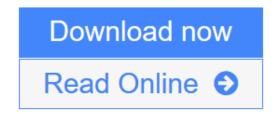


# Bodybuilding: Gym Bible: 37 Best Arm Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Bible

Book 2)

Felix Harder



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Felix Harder

**Bodybuilding:** Gym Bible: 37 Best Arm Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Bible Book 2) Felix Harder

## Want To Know What Exercises Are Proven To Make Your Arms Bigger And Stronger?

### **Then This Book Is Perfect For You!**

It shows you the **37 best arm exercises for building strength and gaining muscle.** Many of them are timeless and have been performed by bodybuilders for decades. They are **proven to work and should be part of every arm workout routine.** On top of that we will cover everything you need to know on how to increase your muscle strength and arm size:

- Arm Muscle Anatomy
- Workout Schedules
- Everything You Need To Know About Nutrition And Supplements

All Exercises In This Book Contain:

- step by step instructions on how to perform the exercise
- a picture / illustration
- details about the primary and secondary muscles involved
- safety tips
- and possible variations

Avoid simply copying friends at the gym! This usually lead to injuries and long-term joint problems. To spare yourself such issues, educate yourself on how to train correctly!

I promise you that **if you follow the advice in this book, you will increase both arm strength and size** within a few weeks.

#### No Fluff or Bro Science!

The bottom line is you CAN get bigger and stronger arms as long as you know what you are doing. No need for fancy equipment or a personal trainer.

### Buy This Guide And Get Ready For Some Serious Muscle Growth

Please Note: You Don't Need A Kindle to Read this e-Book. You can Download the Free Kindle Reader to Your Smartphone, Tablet or Computer.

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