

# **Arnold Schwarzenegger Workout Routine**



**Day 1: Chest, Back**

**Day 2: Shoulders, Arms**

**Day 3: Legs, Lower Back**

**Day 4: Chest, Back**

**Day 5: Shoulders, Arms**

**Day 6: Legs, Lower Back**

# Arnold Schwarzenegger Bodybuilding Training Guide

**RJ Shavelson**



## **Arnold Schwarzenegger Bodybuilding Training Guide:**

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