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Program “ The last

three or four reps

is what makes the

muscles grow. This

area of pain divides

a champion from

someone who is not

a champion. That ’ s

what most people

lack, having the

guts to go on and

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just say they ' ll go
through the pain no
matter what
happens.

I Tested Arnold
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Plan ...

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to mass, so this section is all about getting a mass amount of quality foods and supplements in you to ensure quality growth. YOU ' LL BE PUTTING IN SOME SERIOUS WORK IN THE GYM, SO A QUALITY DIET AND SUPPLEMEN TATION PLAN IS

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ensure that you
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and recover at an
impressive rate.
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who want to dial it
in for a photoshoot,

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but also just men
(and yes, women)
who want to catch a
glimpse of what all
that muscle they've
built elsewhere
truly looks like.

The Blueprint to
Cut: 8-Week Old-
School Cutting
Program

BLUEPRINT TO
CUTS PHASE ONE

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OVERVIEW Use this as a quick reference to the Arnold Schwarzenegger Blueprint to Cuts. Cross the workout off as you complete them and track your own progress.

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BLUEPRINT: CUTS

PHASE 1

WORKOUTS

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more. B...

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Schwarzenegger
visualized it, it
came true. His goal
to be the best
bodybuilder of all

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time—to leave a
legacy so great that
he would always be
reme...

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focuses on Arnold
Schwarzenegger's
teenage years in

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the Austrian Army
and is directed by
Michael and Jeff
Zimbalist, who
previously directed
the highly-
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30

Arnold ' s Blueprint
contains three
workouts, done

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twice per week, for a total of six training days per week. The workouts are split into Chest, Back & Abs, Shoulders, Biceps, Triceps, Forearms, &...

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Arnold Schwarzenegger 's
Blueprint Diet- A
Fat Loss Nutrition
by Neadita .
Published June 24,
2020 . Updated
October 25, 2020
The Blueprint Diet,
is also known as
low carbs diet with
high fat and protein.
In this diet, the
intake of

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carbohydrates are minimal and the quantity of fat and protein are more.

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exercise includes a

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according to your
goals. That includes
barbells, dumbbells,
cables ...

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schwarzenegger
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As you can
probably guess, the
Arnold
Schwarzenegger
diet plan goes big
on protein, and by

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that we mean big.
Along similarly
predictable lines,
the Arnold
Schwarzenegger
workout plan and
training routine is
focussed primarily
on muscle building.

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