

## **Old School Bodybuilding** High Quality Bodybuilding & Fitness Info Guide That You Can Use And Sell As Your own Starting Today!

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## Dumbbell Pullovers 10 12 Barbell Bench Press Barbell Bent-over Row **Barbell Shoulder Press** 16 18 Barbell Biceps Curls Standing Overhead Barbell Triceps Extensions

**Advantages Of Old School Bodybuilding** A Simple Muscle Training Routine

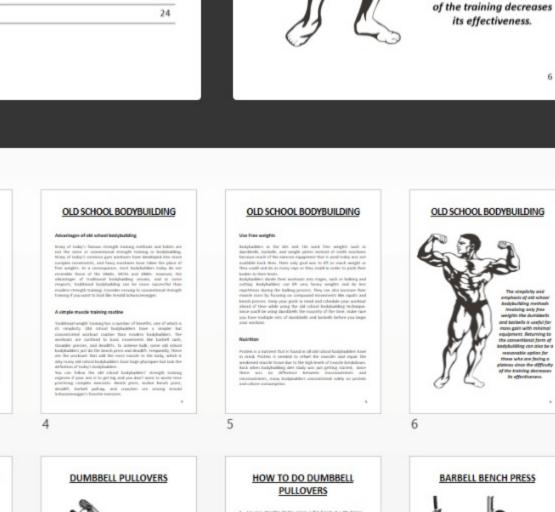
**Use Free Weights** Nutrition

Barbell Squat

**Full Body Workout Routine** 

**Nutrition & Meal Plan** 

Exercises



22

The simplicity and emphasis of old school

bodybuilding methods

involving only free

weights like dumbbells and barbells is useful for

mass gain with minimal

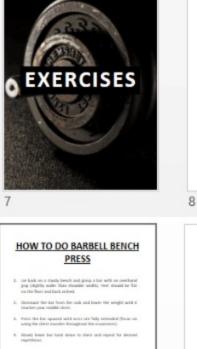
equipment. Returning to

the conventional form of

bodybuilding can also be a

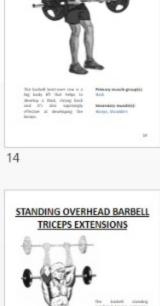
reasonable option for

those who are facing a plateau since the difficulty



OLD SCHOOL BODYBUILDING

FOLLOW THIS WEIGHT TRAINING PROGRAM FOR QUICK MUSCLE GAINS



BARBELL BENT-OVER ROW

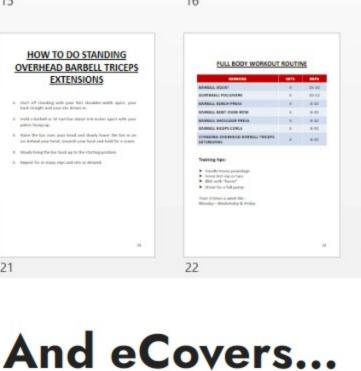
BARBELL SQUAT



**HOW TO DO BARBELL** 

BENT-OVER ROW

HOW TO DO BARBELL SQUAT



BARBELL SHOULDER PRESS

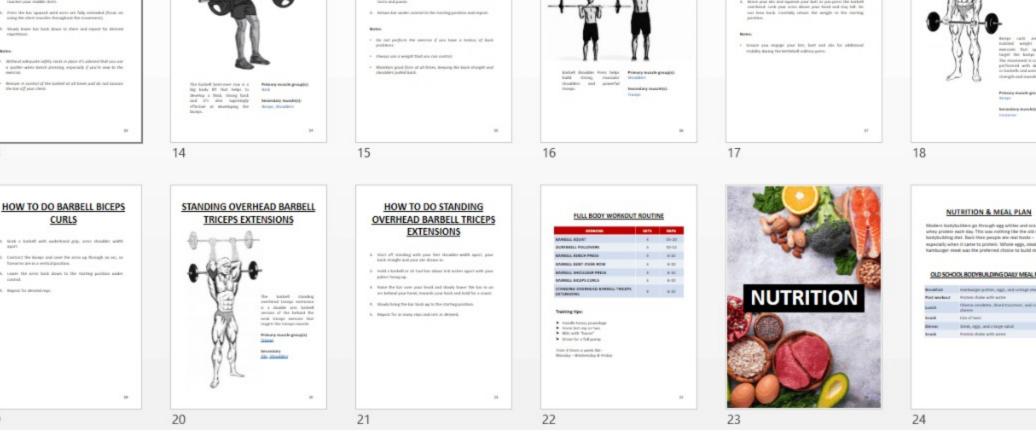


HOW TO DO BARBELL

SHOULDER PRESS



BARBELL BICEPS CURLS



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