

# MUSCLE & BODY



## HOW TO BE A HARDBODY BY SUMMER

▶ COMPLETE  
THREE-MONTH  
MAKEOVER  
PROGRAM

**GAIN 10 LBS  
IN 10 WEEKS**  
WE SHOW YOU HOW

## TEEN SUPPLEMENT GUIDE

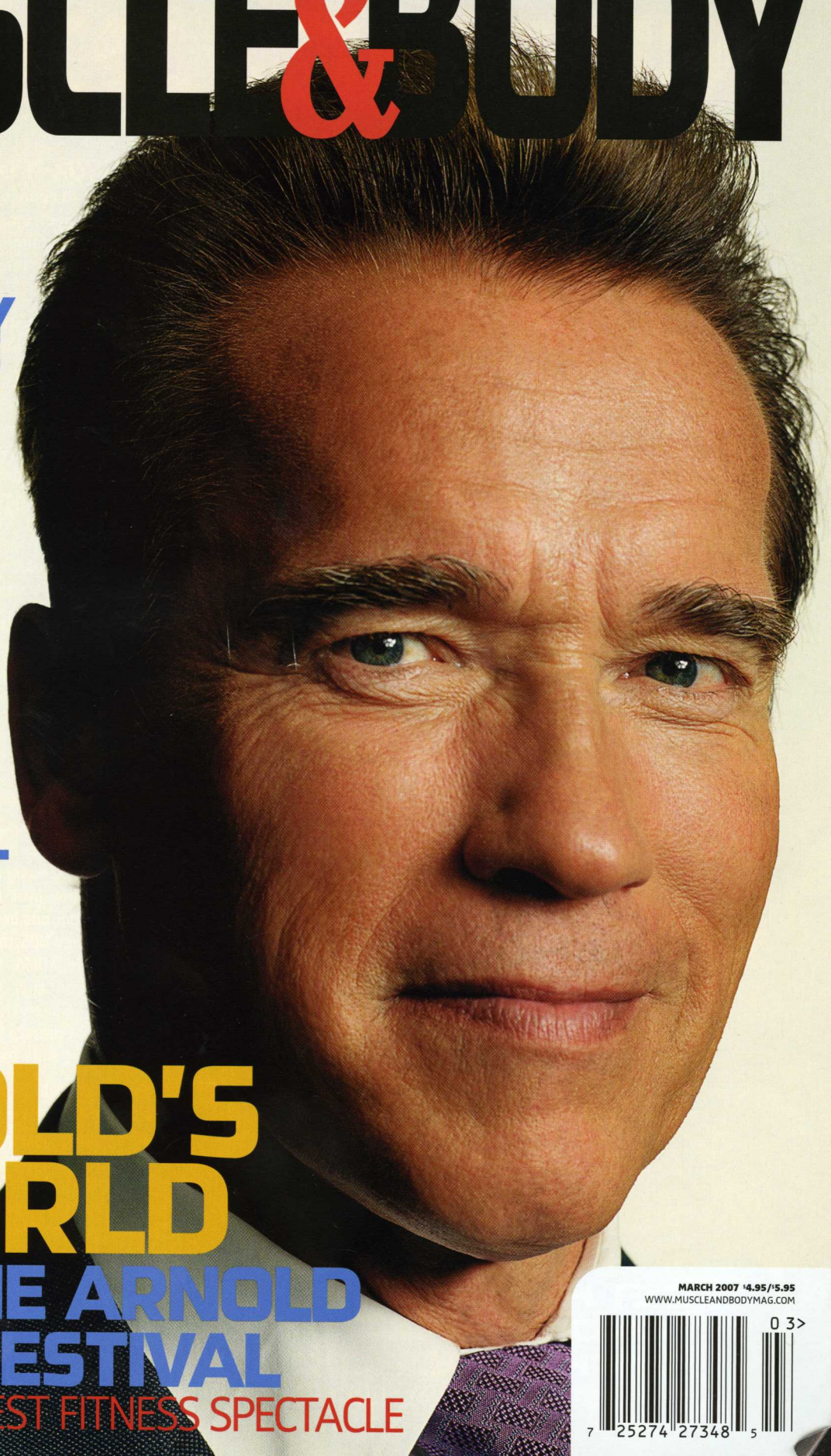
WHAT WORKS,  
WHAT'S SAFE

# ARNOLD'S WORLD



## INSIDE THE ARNOLD SPORTS FESTIVAL

AMERICA'S GREATEST FITNESS SPECTACLE



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