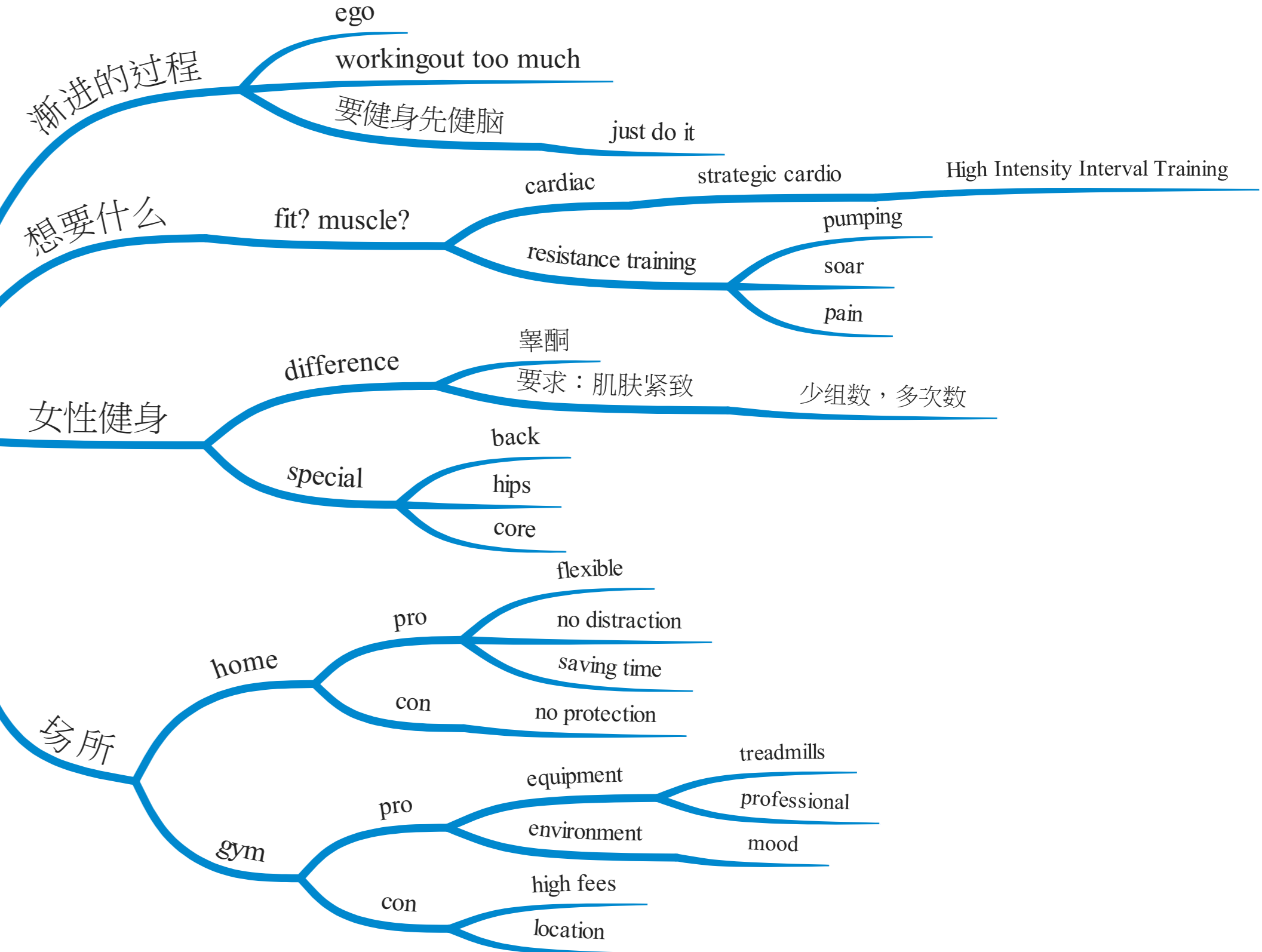
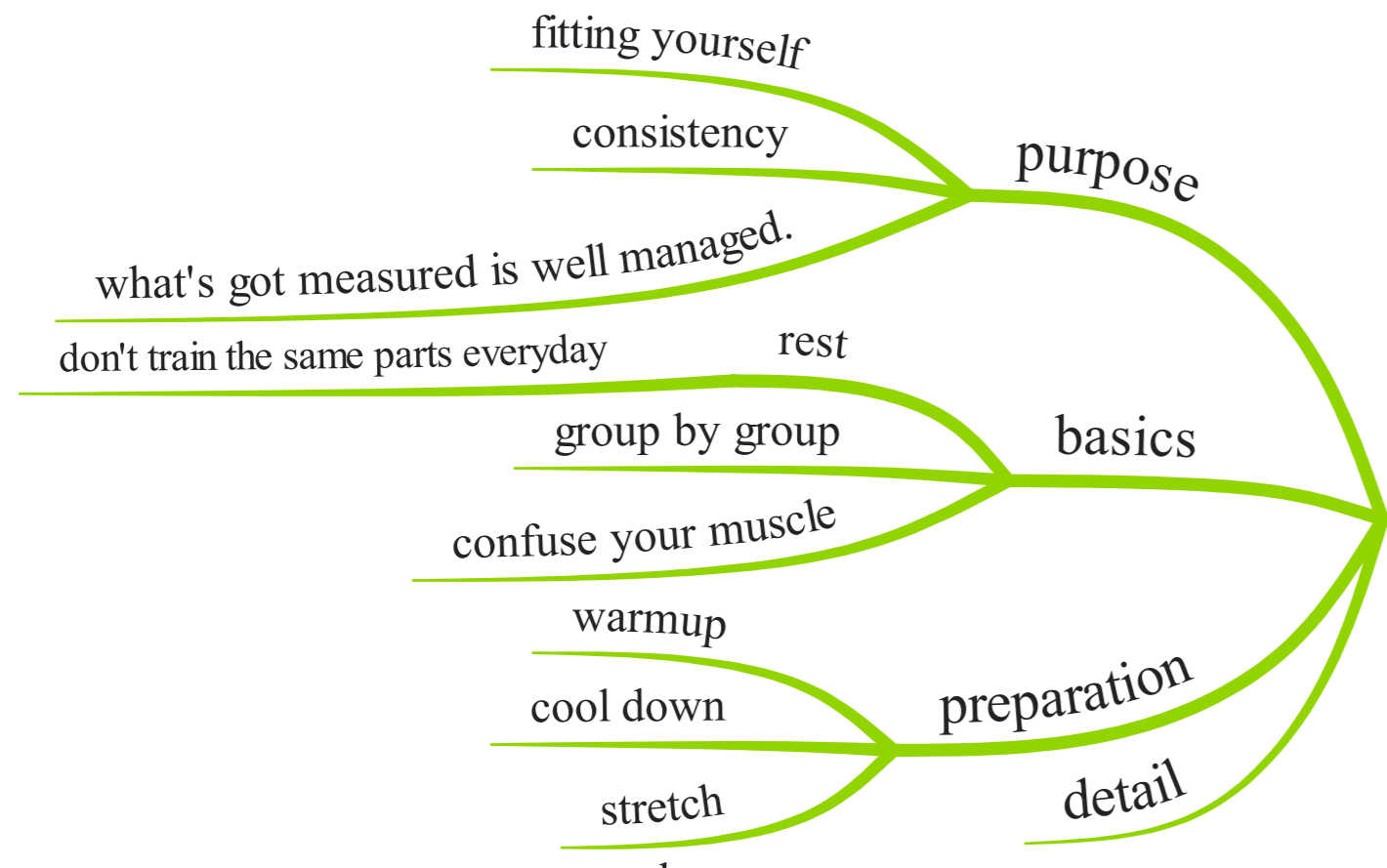


# 施瓦辛格健身全书

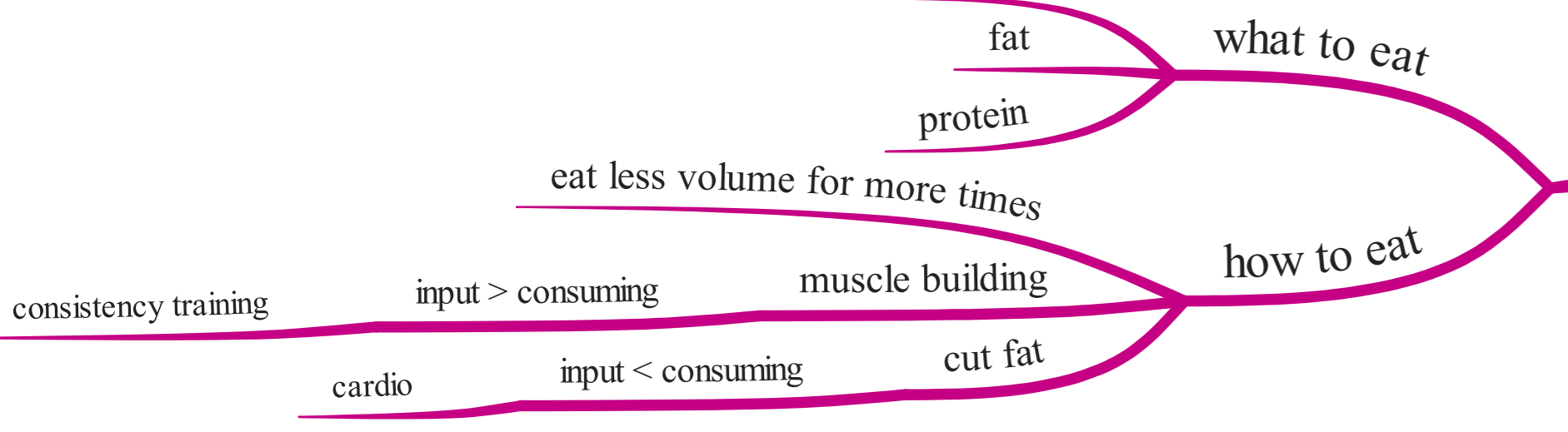
## 准备



## 训练计划



## 营养，饮食



## 身体部位练习

