

The book cover features a muscular man in a red singlet performing a bicep curl with a barbell. The background is dark, and the man's skin is glistening with sweat. The title 'IRONMAN'S' is written vertically on the left in large, red, 3D block letters with white outlines. The subtitle 'ULTIMATE GUIDE TO' is in smaller, gold, sans-serif capital letters. The main title 'ARM TRAINING' is in large, gold, 3D block letters with white outlines. At the bottom, the authors 'IRONMAN MAGAZINE AND PETER SISCO' are listed in white, sans-serif capital letters.

IRONMAN'S

ULTIMATE GUIDE TO
ARM TRAINING

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Ironmans Ultimate Guide To Arm Training

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