

How to make your arm muscle bigger, how to make women's arms smaller.

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Are you trying to build big arms... but you're frustrated because you're NOT getting the results you want? If so, I've got great news for you...

**Bodybuilding Historian Rediscovered  
Lost Secrets of Building Huge Arms Fast**

**These Amazing Old School Arm Building Secrets  
Can Add Up To 2 Inches To Your Arms In Only 8 Weeks!**

**By Paul Becker**  
**The Bodybuilding Historian**  
Written Monday, 11:44 am  
Hillsboro, Oregon  
**Re:** Building bigger arms...

Dear Friend,

When someone asks you to "make a muscle", you don't show them your chest or calves - you flex your arms.

Everyone wants and admires massive biceps and triceps, it's always been that way and it always will be.

My name is Paul Becker and people call me "The Bodybuilding Historian" because I have studied the history of bodybuilding for over 30 years now.

If you want to build huge arms fast, I want to tell you about how I "dug up" all the secret techniques bodybuilders of the past used to build God-like arms.

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