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As a result, the Old School bodybuilding meant relying on the basic movements using primarily barbells and dumbbells to develop their physiques. This lack of variety turned out to be a blessing in

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disguise as the free weights helped to build greater muscle mass and strength compared to the more sophisticated equipment that was yet to come.

~~Old School Bodybuilding Workout | Old School Labs~~

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The low rep set (with a heavy weight) activates more muscle fibers so

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that when you do the higher rep set, you can lift more weight than you normally would. For example: After a proper warmup, perform 1 rep of squats at 225 pounds. Rest 2 to 3 minutes, and then lift 185 pounds 5 times.

~~Old School Muscle | Arnold Schwarzenegger~~

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Its weight capacities are as follows: 250 pounds for the user, 200 pounds on the uprights, and 100 pounds on the leg developer. The 2'5" backrest of the seat adjusts to 4 different inclines, allowing the user to vary his or her exercises.

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