

Brawn 3rd



Ever wondered which book was the first to expose the bodybuilding lie train like a champion to become a champion yourself? Or which was the first book to explain thoroughly the best way for typical bodybuilders to build a bigger leaner body without steroids? Its Brawn, Stuarts first title, which is now in a 230-page, third edition. And its the classic guide that started a natural bodybuilding revolution. There are millions of people slaving away in gyms today who are living testimony to the utter futility of conventional bodybuilding methods. Many of these misguided trainees are walking encyclopedias on everything related to bodybuilding except that which will actually make them bigger and stronger. Dont be like them. Brawn is a wake-up call to the ailing, and a get real cue to all trainees who are wasting time and energy on mainstream weight training routines. Whether youre just starting strength training, or youre a training veteran, this book is for you. Become your own expert personal trainer. Heres an overview of what to expect: * The specifics on genetic variation, and how this relates to the design of your training programs. * How the bodybuilding masses have been deceived and cheated big time! * The why and how of intensity cycling, for year-to-year bodybuilding progress. * Proper and effective set and rep schemes. * Training routines for you to follow. * How to individualize your routines for continual improvement. * How to avoid the curse of overtraining. * How to specialize. * How to eat for training success, and why nutrition is not 80% of the formula. * Why most food supplements are a waste of money--and how to use supplements wisely. * The effort, motivation and dedication you need to build muscle in abundance. Buy this book now and get started on your own natural bodybuilding revolution.

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