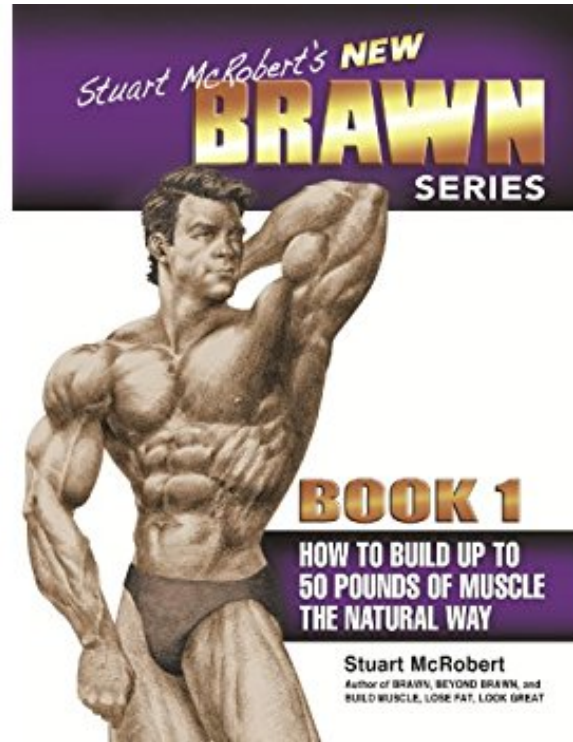


Download Stuart McRobert's New BRAWN Series, Book 1: How to Build up to 50 Pounds of Muscle the Natural Way Book Free



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Synopsis :

Review 'I've long believed that routines built around 20-rep squats are among the all-time best for bodybuilding, if not the best, especially for hardgainers. One of these routines gave me more muscle growth than all the other routines I ever used put together.' Stuart specializes in bodybuilding for hardgainers, and in his latest book he has gone to town on variations of the 20-rep squat program. But I hasten to add that the book isn't just about 20-rep squats, and it isn't just for building big thighs. The program includes other very specific exercises, and builds muscle mass over the whole body.' The foundation of the basic program is the 20-rep squat. Stuart refers to the 20-rep squat as the 'linchpin exercise.' Actually, he also provides two alternatives to the barbell squat, but the 20-rep format applies to all three of the foundation exercises. 'No other publication has ever covered the application of this legendary program with the thoroughness, care and affection that Stuart has here. His reverence for it is because of one simple reason -- the 20-rep squat routines can be super effective. BUT THEY MUST BE IMPLEMENTED CORRECTLY. Most people who think they know what this method is about, actually know very little about it.' Reading Stuart's book brought back memories of my youth, and my time very well spent on a long cycle built around 20-rep squats. I grew muscle everywhere, and built myself up from 168 pounds to 210 pounds. For example, I gained 8 to 10 inches on my chest, and my thighs grew to 30 inches when measured at their largest girth. This was the only routine that enabled me to build a lot of muscle. 'If you're unhappy with your current bodybuilding progress, why not apply Stuart's modernized version of the 20-rep squat program? Then you'll experience the muscle-building magic yourself, throughout your physique.' Although the book is thorough, and has over 200 large pages, it's an easy read because it's been written, organized and presented so well. From just a few hours study you'll become an expert in how to apply this wonderful program, and then you can quickly get on with building your own load of muscle. 'I unreservedly recommend this exceptional book.' -- Chris Lund, legendary physique photographer 'Stuart McRobert's new book is a tribute to the founder of this magazine, Peary Rader, even though it's really a solid size-building guide. If you're interested in packing on up to 50 pounds of muscle the natural way, The New BRAWN Series: Book 1 is a must-read.' While the training routine is not complicated, McRobert is very thorough in his explanation of every exercise, how to get the best from progressive resistance, warming up, mind-set, and program variations. It is a large-format book with more than 200 pages. Once you read it, you'll know how the routine works, why it works, and what to work to make it work for you. He includes plenty of exercise photographs and descriptions so you get it exactly right -- and grow like crazy! 'If you're looking for a proven muscle-building program, this will be your new go-to mass cookbook. Add it to your bodybuilding library today, and start growing.' -- Steve Holman, Editor-in-Chief, Iron Man magazine Read more About the Author For more than 30 years, Stuart McRobert has revealed how to achieve bodybuilding and strength training success. He has done this through his books, about 700 articles in newsstand muscle magazines, and 15 years as the editor of Hardgainer, a bodybuilding magazine. This blue-ribbon author is one of the most respected writers in the genre of weight training. Although Stuart has been extensively published in the mainstream bodybuilding world, his guidance is most definitely not

mainstream. Conventional training methods don't work well for most trainees. McRobert is not an armchair coach. Without drugs, and with just normal genetics, he built 45 pounds of muscle, transformed his physique, and deadlifted 400 pounds for a set of 20 reps. He still practices what he teaches, and as he approaches age 60 he continues to be strong, lean, flexible, and fit. Stuart has a degree in education, over 40 years experience of training himself, over 30 years experience of guiding others, and is the author of five books on physique transformation: Brawn, Beyond Brawn, The Insider's Tell-All Handbook on Weight-Training Technique, Build Muscle Lose Fat Look Great, and the first book of the New Brawn Series: How to Build up to 50 Pounds of Muscle the Natural Way. Read more Q&A: Are Side Bends Worthless? | Iron Man Magazine www.ironmanmagazine.com/qa-are-side-bends-worthless Q: Do you recommend side bends? I can't recall seeing a photo of a professional bodybuilder performing them. A: Just because you don't see a pro doing side bends ...

Reviews:

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