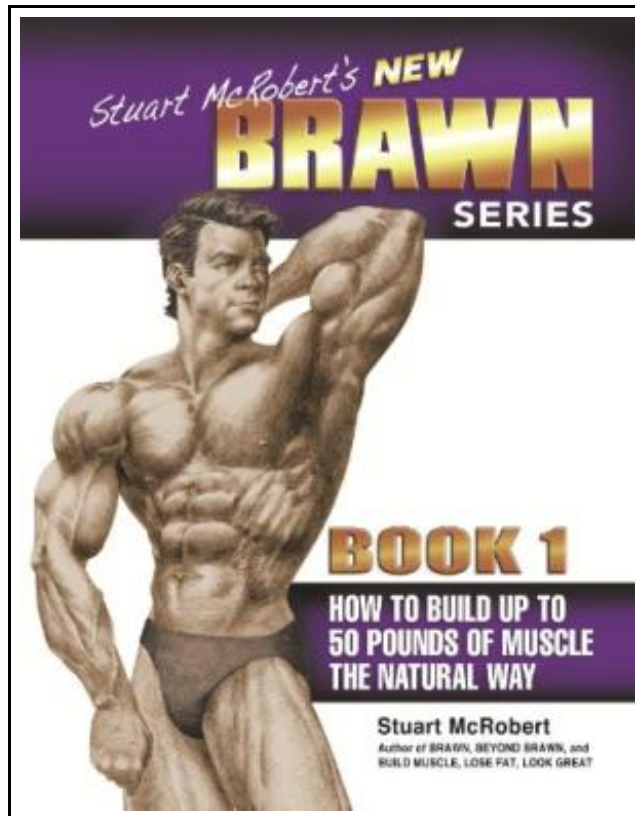


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CS Publishing. Paperback. Book Condition: new. BRAND NEW, Stuart McRobert's New Brawn Series: Book 1: How to Build Up to 50 Pounds of Muscle the Natural Way: Bk. 1: How to Build Up to 50 Pounds of Muscle the Natural Way, Stuart McRobert, The guidance in this book teaches Course #1. Before anabolic steroids started to infest the body-building world, variations of Course #1 were famous, popular, and responsible for building tons of muscle. But in the 1960s, when the use of steroids became popular among competitive body-builders, the popularity of Course #1 began to wane. Since then, the routines most commonly promoted in the body-building world have been those used by physique stars who were genetically gifted for body-building and on steroids. But those routines do not work well, if at all, for most other body-builders. The guidance in this book is founded on the amazing progress that Peary Rader made -- around 50 pounds of natural muscle growth following 12 years of failure on other routines. Here are the three primary characteristics of Course #1: 1) It is very effective. Its track record for producing lots of muscle growth is illustrious (even for hard gainers); 2) It is up to date. The routine that Peary used has been modernised in this book. The version you can apply is even better than the original one. (There are better training tools today, and knowledge of nutrition and the other components of recuperation is much greater nowadays.); 3) It is personalised. You will be taught how to modify the routine so that it suits you perfectly. When applied properly, this may be the #1 muscle-building routine for drug-free, genetically typical body-builders. And because this legendary routine does not require long or overly frequent workouts, it is suitable even for busy people...



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