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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

By Stuart McRobert

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...



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