



Build Muscle, Lose Fat, Look Great 2nd Ed

Stuart McRobert

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What if, in just a few days, you could acquire the depth and breadth of understanding of bodybuilding and strength training that took Stuart McRobert 40 years to amass?

Imagine the power you would have to build a bigger leaner body.

But don't just imagine this. Make it a reality!

Build Muscle Lose Fat Look Great has 24 chapters and 640 pages crammed with practical, safe and highly effective instruction on just about everything to do with weight training and building a terrific physique.

It's one of the all-time finest, natural bodybuilding books, now in its second edition.

Discover all about the following:

- * Superlative training programs, and how to customize them to suit you.
- * How to master exercise technique--200 pages and hundreds of photographs.
- * How to optimize your recuperative powers.
- * How to deal with physical restrictions.
- * How to do cardio training.
- * How to avoid injuries.
- * How to optimize your exercise selection from the gang of eight.
- * What scientific studies really mean to you.
- * The burning issues that the bodybuilding world won't face up to.
- * A comprehensive lexicon of muscle building, and training in general.
- * How "hard gainers" can become really good gainers.

This guide has an extraordinary depth and breadth of valuable instruction and information, most of it additional to what's in *Beyond Brawn*.

This book isn't just for those who are starting strength training and bodybuilding. Its guidance is also for intermediate and advanced trainees.

The lessons in this book aren't based on just Stuart's journey. They are a fusion of the acquired wisdom of

generations of drug-free bodybuilders and strength trainees.

Become your own expert personal trainer.

Buy this book *now* to learn in just a few days what took Stuart 40 years to amass.

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