



Beyond Brawn, 3rd Ed

Stuart McRobert

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BEYOND BRAWN is 512 pages and 23 chapters of information about every facet of bodybuilding, and strength training in general. This book is not just for novices. It can save you years of wasted toil regardless of your level of training experience. It will propel you into the detailed, practical know-how needed to turn you into an expertly informed bodybuilder or strength trainee. *BEYOND BRAWN* will take you right inside weight training, to study the practical reality of applying knowledge. It is not a theoretical treatise, or a pack of pseudo-scientific hokum.

By acknowledging the individuality of each person, this book teaches people precisely how to become their own expert personal trainers. Whether readers are male or female, beginners or very advanced, young or not-so-young, want to train at home or in a public gym, this book offers outstanding guidance.

The famous deadlift cycle that Stuart did, which culminated in 400 pounds for 20 reps, is detailed in Chapter 17.

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