

Metroflex Powerbuilding Basics

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tired of busting your butt in the gym without seeing the benefits of your hours of toil for less than half the price of a personal training session at a corporate box gym you can unlock the secrets of the two most successful metroflex gym trainers josh bryant and brian dobson have put their heads together to bring you there closely guarded training secrets in an easy to understand format metroflex gym in the heart of arlington texas is the breeding ground to scores of bodybuilding and strength champions including ronnie coleman and branch warren both of whom have trained under the tutelage of josh or brian not only does this book contain over 50 different routines and 170 exercises that josh and brian have used to build champions but it also gives you the tools necessary to build and execute your own program you will learn how to incorporate strongman training interval fat loss conditioning and assistance exercises into your workouts whether you are a novice bodybuilder elite powerlifter or just want to gain some muscle this 300 page book will benefit your training you will see how old school training methodologies can be combined with cutting edge techniques to create a bigger more powerful you

one of the world s greatest powerlifters offers a look at how to train and compete in the sport ten time world champion dan austin has packed powerlifting with technical advice for both men and women on nutrition warm up and recovery training for competition and mental health strategies

strength training has become a divided activity bodybuilding powerlifting cross fit olympic weightlifting you name it where there

is a category there are respective silos with entire communities industries and rules institutionalizing it somewhere along the way specific goals and agendas diluted the overall benefits of simple effective weight training and the end result is an array of imbalanced lifters bodybuilders with superhuman physiques who can't squat 2x their body weight powerlifters who can squat 4x body weight but can't tie their shoes cross fitters with functional strength but the maximal strength of a retired marathon runner and so on the powerbuilding blueprint takes a step back from this nonsense and outlines a training method a blueprint for using basic multi joint movements to build maximal strength and various assistance and accessory isolation lifts to stimulate hypertrophy together more basically it combines the most effective training strategies for powerlifting and bodybuilding in each workout to maximize muscle size and strength gains from your time spent in the gym it also produces incredibly well rounded strength athletes

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