



## Further Brawn

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## **Further Brawn** Stuart McRobert

The 320-page FURTHER BRAWN is Stuart McRobert's fifth book. Through his other books--all available from Amazon.com--he tried to provide all the information needed to achieve lifelong bodybuilding success. But over time he found there were questions that had slipped through unanswered. That's when he decided he had an obligation to address those questions, fill in the gaps, provide further information and wisdom, and in turn reinforce bodybuilders' and strength trainees' understanding of what it takes to hit the success target.

If you want to make the most of your training, even if you're a veteran bodybuilder, the answers to the 230+ questions in FURTHER BRAWN will show you how.

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