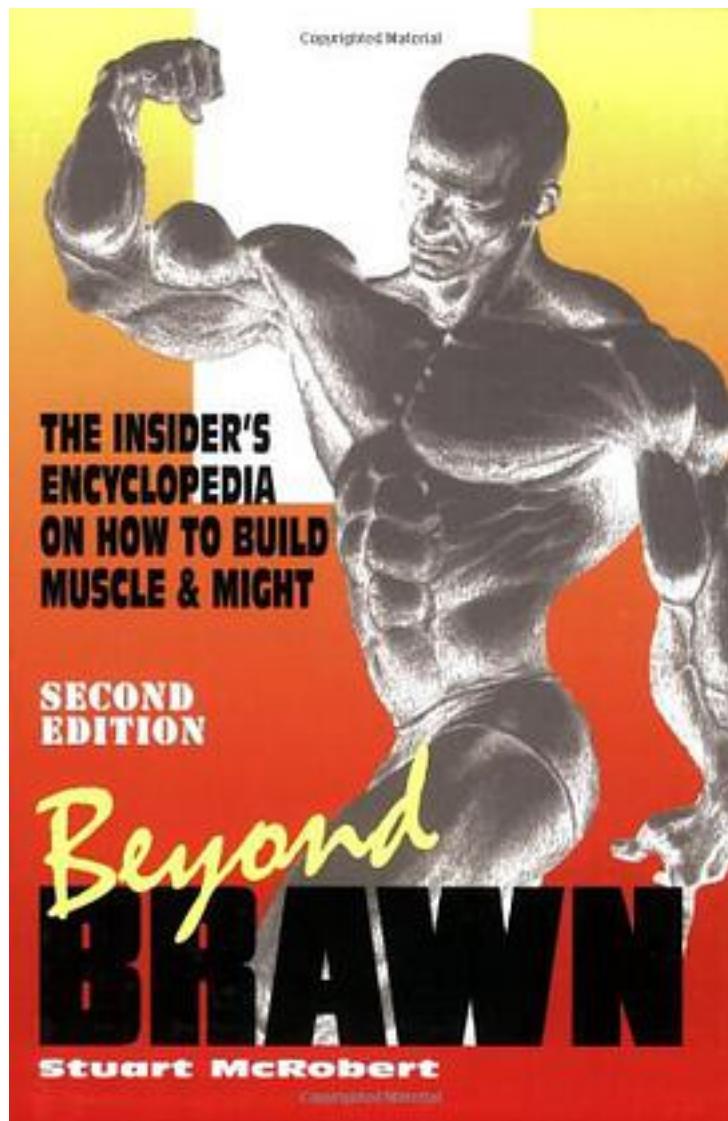


Beyond Brawn



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A 512-page encyclopaedia on how to build a terrific physique. This encyclopaedia offers the key to your training success. By acknowledging your individuality this book teaches you precisely how to train yourself. Become your own expert personal trainer! Whether you're male or female, a beginner or very advanced, young or not-so-young, want to train at home or in a public gym, this book is for you. Apply what you learn and success will follow! The 'how-to' guidance includes: why conventional training is fundamentally wrong and must be bypassed; how to overhaul your training philosophy so that you're destined for big gains; your ultimate size and strength potential, and the organisation to take you there; how to design and personalise your own training programs, step-by-step; how to conquer over training, maximise results, and never let age hold you back; how to eat in order to maximise your gains and improve your health; how to set up your own low-cost but super-productive home gym; and a real-life, step-by-step training cycle for you to learn from.

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