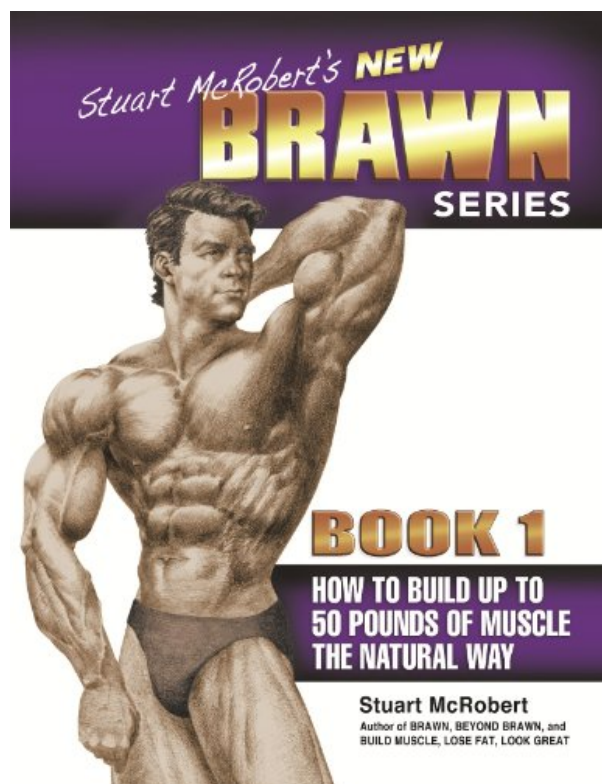
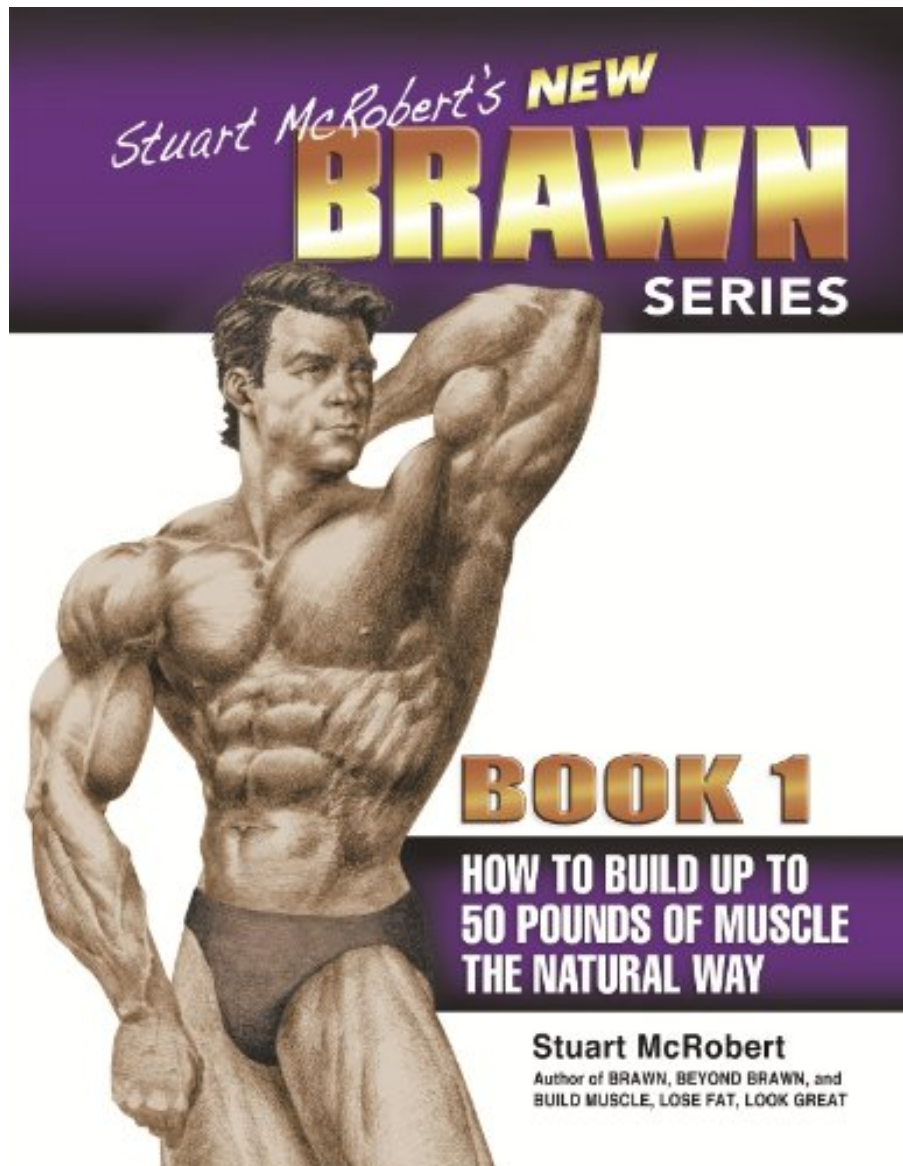


**STUART MCROBERT'S NEW BRAWN
SERIES, BOOK 1: HOW TO BUILD UP TO 50
POUNDS OF MUSCLE THE NATURAL WAY
BY STUART MCROBERT**



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Review

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"Stuart specializes in bodybuilding for hardgainers, and in his latest book he has gone to town on variations of the 20-rep squat program. But I hasten to add that the book isn't just about 20-rep squats, and it isn't just for building big thighs. The program includes other very specific exercises, and builds muscle mass over the whole body.

"The foundation of the basic program is the 20-rep squat. Stuart refers to the 20-rep squat as the "linchpin exercise." Actually, he also provides two alternatives to the barbell squat, but the 20-rep format applies to all three of the foundation exercises.

"No other publication has ever covered the application of this legendary program with the thoroughness, care and affection that Stuart has here. His reverence for it is because of one simple reason -- the 20-rep squat routines can be super effective. **BUT THEY MUST BE IMPLEMENTED CORRECTLY.** Most people who think they know what this method is about, actually know very little about it.

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Imagine being an expert on what's arguably the most famous routine for building muscle mass, and the fastest way to build the foundation for the bigger leaner body you crave.

Well now you can, with the 216-page book *How to Build up to 50 Pounds of Muscle the Natural Way*.

This natural bodybuilding book provides the most complete, up-to-date and personalized guidance on how to apply this fabulous weight training routine. It includes the routine's history in brief, the modernization of it, the essential foundation phase, the special training schedules, how to train (including exercise technique in great detail), the components of recuperation (including nutrition), and two inspiring illustrations of how to put the routine into practice.

It also provides a brief overview of all the training fundamentals you need to know, to bring you quickly up to speed even if you've not yet read any of Stuart's other books.

If you've already read one or more of Stuart's other works, this one will remind you of the most essential background information, pump you up to implement the legendary workout routine properly, and reinvigorate your bodybuilding progress.

Before anabolic steroids infested the bodybuilding world, variations of the legendary routine were famous, popular, and responsible for building tons of muscle. But in the 1960s, the popularity of the routine waned.

Today, when people try to apply the routine, they usually make a mess of it. It's essential that you apply it properly.

Whether you're just starting strength training, or you're a training veteran, if you want to build muscle quickly, and lots of it, this is the book for you.

Become your own expert personal trainer.

Buy this book now and become an expert on what's arguably the most famous routine for building lots of muscle mass quickly.

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- 216 pages

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Most helpful customer reviews

66 of 76 people found the following review helpful.

disappointening

By F. Zeidan

Stuart McRobert is well known for his Brawn series. Which are highly recommended for everyone to read. The new series however falls way short.

The Book:

The book is larger size than McRobert's other books. And so is the font. That is great because it is easier to read, and not so great because it has much less content from any of his previous books. Expect to read the book in a day or two.

The book is broken into sections:

Chapter 1 Revelations:

There are 16 revelations. Each taking 1 to 2 pages. The revelations are basically marketing to sell you on the value of the book. There were no real revelations. Mainly, people in magazines use steroids, you must follow this routine because it worked for Peary Rader and McRoberts back in the 50s and 80s, and how awesome this new routine is so you should be excited about it (which I'll talk about in few).

The big thing that stood out in the Revelations section is that the promise of "up to 50lbs of muscle" on the cover is based on someone who is 5'10, 130lbs who will eat enough food over the next two to three years to gain 80 to 90lbs, third of it being fat. If you are more advanced, then you will not see the same gains. These are from the book, not my judgement of the book.

Revelations is a section you can completely skip as pure marketing and hyping a book you already purchased.

Chapter 2 Procedures:

There are 31 procedures. Some of them so trivial, not even sure why McRobert bothered including them other than fillers. Others are quick summary or rehash of what he stated in his older Brawn series. When I say summary, I do mean a quick summary. A page or two of high level mention of various topics.

He does offer reps, sets, and frequency procedure (1-2 pages) but not backed by any explanation as he did in his previous books.

Chapter 3 Recuperation:

12 pages about nutrition and sleep. Nothing specific, eat calories, eat protein fat and carbs, and get good night sleep. Another section you can skip if you read any other bodybuilding book or read about it online. The main point is eat more to gain weight, and sleep and rest to recuperate and gain size. No specifics.

Chapter 4 The Foundation Phase:

The title got me excited. I was finally getting to the meat of the book! oh wait... it is a short 12 page chapter about the need to stretch and gives you 12 stretching techniques. That was about it.

Chapter 5 The Exercise Technique:

McRoberts took sections from his book "Insider's Tell-All Handbook on Weight-Training Technique" and included them here. He mainly took the workouts he will recommend later on in his routine. If you own that

book, you can skip this chapter. If you do not own that book, this is a good read, but again it is subset of the other book so I would rather recommend his "Insider's Tell-All Handbook on Weight-Training Technique" book over this book for technique.

Chapter 6 The Growth Phase:

Now we get to the meat! this is the 14 pages I have been waiting for! As I suspected from the description of the book when I purchased it, it is based on the 20-rep breathing squats. Google it, you will find enough information on it, or get Super Squats book.

McRoberts recommends two alternatives to the breathing squats: The parallel grip deadlift using the hex bar, which you will not find at any gym. He does recommend trying to convince your gym into buying one or you buy it yourself and haggle with the gym for free membership in exchange. The second alternative is the hip belt squats. Both options are really not practical, so you will be performing the breathing squats.

The routine is either full body or two way split, up to you. You can do an extended long version of it, medium, or short. The routine is really just a normal full body workout routine that starts with one set of 20 reps squat followed by one 20-30 reps of pullover to "expand your rip cage" followed by a selection of workouts that you can rotate every week such as bench press, pull ups, pull downs, shoulder press, and some accessories. Pick one for each. Use free weights not machines and rotate them. But the staple is the 20 rep squats which must be done.

To summarize:

I was very disappointed in the book. Looks like McRobert is going the commercial route and wants to come up with new books to sell filled with fillers. There were no scientific backed facts, but then again he never gave enough details to need scientific backing. Except for the "expanding of the rip cage."

The book is collection of very short articles you may read in pamphlets, online, or his articles in Ironman mag. Some stretching techniques, extracts from his technique book (if you need proper technique then go for that book not this one), and a 20 rep squat full body routine done twice a week.

The book's claims for greatness assumes the readers are extremely skinny people who will eat a lot to gain 60+ lbs of weight over 2 to 3 years period, third of it will be fat (his words not mine). Otherwise, expect normal progress.

If the book is intended for absolute beginners, then the routine is terrible for them. His other books would never recommend it for absolute beginners. Yet the entire book written as if it was for beginners.

If the book is intended for experienced lifters, then the book falls way short as they will already know most if not all the content and can skip to the routine section.

4 of 5 people found the following review helpful.

well...

By Carolyn W.

This book.. I'm not sure where to start. There is a review I believe it's the one that's most critical towards the book, which gives a great summary of the book. Seriously. He has about a paragraph or two for each chapter and that's perfect. The book has a lot of filler in it. It's almost as if it's a different Stuart McRobert writing this thing.. He recommends things that he never did in his previous books (brawn, beyond brawn, further brawn) and it's just not the same. After reading the first two chapter I realized that first off, it's basically taking certain bits and pieces from his previous books and GREATLY summarizing them. Second, as

mentioned earlier, he recommends things that he would never recommend especially for beginners.

The take away from this review, purchase his other books. Brawn, beyond brawn, and further brawn, they are great and in my opinion just better written.

8 of 10 people found the following review helpful.

A Great Foundation to Your Training Library

By Scout Penn

You can judge what a person teaches by how it stands the test of time. By this standard, Stuart McRobert has come up with another winner. In the 1980s, he brought intensity cycling back into focus. In the 1990s, he encouraged us to take another look at abbreviated training. And now, after a life of being in the trenches of lifting, watching trends come and go, he remains a champion of safe, progressive lifting as a key part of a healthy, strength-oriented lifestyle.

Stuart has stood on the shoulders of giants - especially the lifters of the first half of the 20th century, when lifting, eating well, and resting were the basic prescription of strength-building progress (without a bottle or vial in sight) - and I think he's going to be seen as one of those giants when bodybuilding and lifting lovers re-evaluate the best material ever written on the subject.

That's Stuart's great skill: mining the gold, separating true training wisdom from the gravel of nonsense or information that's unusable by the typical person. He goes several steps further by refining that gold into systems and routines that simply work.

I've been following Stuart's writing since the days of the old IRON MAN, when Peary Rader was publishing it. Back then, Stuart had the guts to buck both the high-volume school of training and the version of high intensity training (HIT) that Arthur Jones was teaching. His was possibly the first HIT voice that publicly emphasized that a bodybuilder actually can train too hard, especially over time; this was a major break from Jones's writing. That courage got my attention, especially since I, like Stuart, had once been Jones disciples.

As time went on, and he began publishing HARDGAINER magazine, he further redefined high intensity training, especially by using the cycling methods I've mentioned.

With this latest book, McRobert applies his critical thinking to one of the great training approaches in weight lifting's history. It's not a rehash; it's a refinement and one well worth studying and applying. From the perspective of a man who's suffered almost debilitating injury in the gym, he writes with the care of a good teacher: holding the reader's feet to the fire regarding hard work, while emphasizing safe exercise performance. Young readers tend to gloss over safety issues, not realizing that the urge to build and maintain lots of muscle might be just as strong when they're 50 as it is when they're 15. But if their years of lifting create lasting damage, there's going to be a lot of lifts they won't be able to do later on. Why not avoid such regrets by learning this great routine the right way?

If I were to live my lifting life over again, I'd lay the foundation of my training library with Stuart McRobert's material. I'd start off with the routine he wrote in the very first issue of HARDGAINER, and I'd progress to the one in this NEW BRAWN SERIES, BOOK 1.

Along the way, I'd keep in mind that one important part of the subtitle are the words "up to." If I'd been able to put 50 pounds of muscle on my frame, I'd have looked like Larry Scott. But I didn't have those genetics (especially the long muscle bellies), nor did I ever want to use "Vitamin D," Dianabol. The point is, Stuart isn't going to tell you you're necessarily going to achieve something specific in terms of gains; he's basing

possibility on history. Of the men who have followed this routine, many have gained in ways they would never have believed before, including those who've put on less than 50 pounds of muscle and some who have gained more. He's managed to be both careful and motivating at the same time, something he does throughout this book.

Work very hard for specific periods of time and follow the rest of Stuart's advice. There's some bad teaching out there in bookstores and the Internet, and a whole lot of mediocre teaching.

What Stuart writes is golden. And buying this book is money very well spent.

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