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By Stuart McRobert



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Review

"A brilliant book! Follow the program developed by Stuart and you'll reach your potential for strength, muscle mass, fitness and health." -- *Richard Winett, Ph.D., Professor at Virginia Tech University and Publisher of Master Trainer.*

About the Author

Stuart McRobert has over 30 years of training experience, has had over 300 articles published, was the editor of a training magazine for 15 years and is the author of four other books on exercise and physique transformation.

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