



Scrawny to Brawny: The Complete Guide to Building Muscle the Natural Way

By Michael Mejia, John Berardi

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Scrawny to Brawny: The Complete Guide to Building Muscle the Natural Way By Michael Mejia, John Berardi

A state-of-the-art weight-lifting and nutritional blueprint for "skinny" guys who want to pack on muscle

Let's face it, naturally skinny guys are at a distinct genetic disadvantage when it comes to building muscle mass. But with the proper advice, these "hardgainers" definitely can realize their fitness goals. In Scrawny to Brawny, the authors draw on their years of practical experience as private strength and nutrition coaches to provide hardgainers with:

- o A progressive, state-of-the-art program that optimizes results with shorter, less frequent workouts that maximize compound exercises
- o A unique, action-based perspective on nutrition that shows how to prepare quick muscle-building meals and snacks-and how to take advantage of several critical times in the day when muscle growth can be stimulated by food intake
- o Vital information on how to identify and fix any weak links in their physiques that may be precursors to injury

Designed not only for frustrated adult hardgainers but also-with its strong anti-steroid message-a terrific book for the large teen market, Scrawny to Brawny - by Michael Mejia and John Berardi - fills a significant gap in the weight-lifting arsenal.

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Editorial Review

About the Author

MICHAEL MEJIA, exercise advisor and contributing editor to Men's Health magazine, is a strength and conditioning coach who owns and operates his own training facility in Long Island, New York. Coauthor of The Home Workout Bible, he designed the workouts for the popular Testosterone Advantage Plan.

JOHN BERARDI is a strength and nutrition specialist whose company specializes in designing strength and nutrition plans for elite athletes and recreational fitness buffs. He currently resides in Toronto, Canada.

Users Review

From reader reviews:

Dennis Fleenor:

Have you spare time to get a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a wander, shopping, or went to the particular Mall. How about open or perhaps read a book eligible Scrawny to Brawny: The Complete Guide to Building Muscle the Natural Way? Maybe it is to get best activity for you. You know beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with the opinion or you have other opinion?

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