



# 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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#### **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.

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