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Metroflex Powerbuilding Basics: Josh Bryant, Brian Dobson

The answer is not pure bodybuilding methodology or powerlifting methodologyâ€™itâ€™s a hybrid I call powerbuilding. I feel so strongly about this I wrote a best-selling book, Metroflex Gym Powerbuilding Basics

on the subject.

Powerbuilding - Muscle & Performance

Metroflex Powerbuilding. Bodybuilding. ... Pretty standard, basic stuff that youâ€™ve seen around, but it is presented in a nice well planned layout. I was hoping to maybe glean some magic approach, or technique that I might not have heard about already, but alas, no.

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