



Bodybuilding Gold Mine Vol 1

By Stuart McRobert

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Bodybuilding Gold Mine Vol 1 By Stuart McRobert

What if you had access to dozens of independent experts on strength training and bodybuilding, free of the lies, myths, drugs, rip-off food supplements, and irresponsible training instruction that has long blighted the world of weight training?

What if you had access to real-life role models and success stories that teach natural bodybuilders how to realize their own goals?

Imagine the power you would have to build a bigger leaner body.

But don't just imagine this. Make it a reality!

Bodybuilding Gold Mine is the digital version of *Hardgainer* magazine, and pure training gold. It focuses on instruction that really works for drug-free bodybuilders and strength trainees. And it's a great resource for coaches and personal trainers.

Apply what this natural bodybuilding book teaches, and you may no longer consider yourself a hardgainer.

Whether you're 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.

Each volume of *Bodybuilding Gold Mine* contains about 65 articles. The articles provide you with the information, inspiration and motivation to transform your physique. The volumes and articles can be read in any order.

Bodybuilding Gold Mine is unlike most other bodybuilding publications. It's free of anything to do with the genetically gifted, drug-assisted physique champions, and has none of their photographs, routines, stories or contests. And it has no advertorials for food supplements, or any ads whatsoever, so it's free of any vested interest with the food supplement industry.

Instead, it's jam-packed with practical training instruction that really works.

The authors who made the largest number of contributions are among the most experienced and knowledgeable men in the entire world of drug-free bodybuilding and strength training. Each of them has decades of real-world, face-to-face experience of coaching trainees who have ordinary genetics yet want extraordinary achievements.

Bill Starr contributed to *Bodybuilding Gold Mine*, as did John Christy, Dick Conner, Jan Dellinger, Brooks Kubik, Dr. Ken Leistner, Stuart McRobert, Chuck Miller, Mike Thompson, Bob Whelan, and many others.

Buy this book *now*, and get access to a wealth of independent experts on strength training and bodybuilding.

About Volume 1 of *Bodybuilding Gold Mine*

The wealth of training information and instruction in Volume 1 includes these standout articles: a two-part article on body-part specialization, a two-part article on the history behind hard-gainer training methods, five installments of questions and answers with Dr. Ken Leistner, a two-part article on bodybuilding competition for hard gainers, a two-part article on a memorable visit to the USA by Mike Thompson, five rousing and motivating editorials by Stuart, the first part of one of the all-time best articles on the deadlift, a multiple-author debate on super-slow training, and many valuable contributions from readers with their real-life training experiences and lessons. And all of that is just a small part of the deluge of information and instruction in Volume 1 to teach you how to build bigger and stronger muscles, and a better physique.

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Bodybuilding Gold Mine Vol 1 By Stuart McRobert Bibliography

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Editorial Review

Review

"Super magazine! One of the few training magazines that provides honest information for the average non-drug-using trainee." -- Bill Starr, the former strength and conditioning coach at Johns Hopkins University, MD, USA

"Hardgainer is the greatest physical culture magazine in history." -- Bob Whelan, Whelan Strength Training, Washington, DC (for 22 years), and now at Fort Pierce, FL, USA

"Hardgainer magazine provides serious training information for drug-free trainees -- no sugar coating, just honest information." -- Ted Lambrinides, Ph.D., former editor, *Hard Training* newsletter, Cincinnati, OH, USA

"For several decades, Stuart McRobert has been the most rational, articulate, and compassionate leader in the bodybuilding and strength-training field. Hardgainer offers an inspiring account of that story, told in a warm, friendly style. It includes the works of renowned trainers, who were influenced by Stuart, as were the rest of us. Hardgainer is about getting each of us better, safely, whether using basement gyms or modern palaces. Stuart's editorials alone are worth the price of the publication." -- Arty Conliffe, Bronx, New York, USA

"Your magazine is by far the greatest thing that has ever happened to my training. Words cannot express how important it has been to me. Hardgainer is the greatest training resource anywhere! When I go to most gyms, I am usually the strongest guy there. I have you to thank for that. The group of writers in Hardgainer is the best out there. If you want to get bigger and stronger, get this magazine." -- Jeff Myers, Nashport, Ohio, USA

About the Author

For more than 30 years, Stuart McRobert has revealed how to achieve bodybuilding and strength training success. He has done this through his books, about 700 articles in newsstand muscle magazines, and 15 years as the editor of *Hardgainer*, a bodybuilding magazine.

This blue-ribbon author is one of the most respected writers in the genre of weight training. Although Stuart has been extensively published in the mainstream bodybuilding world, his guidance is most definitely not mainstream. Conventional training methods don't work well for most trainees.

McRobert is not an armchair coach. Without drugs, and with just normal genetics, he built 45 pounds of muscle, transformed his physique, and deadlifted 400 pounds for a set of 20 reps. He still practices what he teaches, and as he approaches age 60 he continues to be strong, lean, flexible, and fit.

Stuart has a degree in education, over 40 years experience of training himself, over 30 years experience of guiding others, and is the author of five books on physique transformation: *Brawn*, *Beyond Brawn*, *The Insider's Tell-All Handbook on Weight-Training Technique*, *Build Muscle Lose Fat Look Great*, and the first book of the *New Brawn Series: How to Build up to 50 Pounds of Muscle the Natural Way*.

Users Review

From reader reviews:

Brian Crafton:

Book is to be different for every single grade. Book for children until finally adult are different content. As we know that book is very important for all of us. The book Bodybuilding Gold Mine Vol 1 has been making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The book Bodybuilding Gold Mine Vol 1 is not only giving you more new information but also to be your friend when you really feel bored. You can spend your own spend time to read your book. Try to make relationship with the book Bodybuilding Gold Mine Vol 1. You never experience lose out for everything in case you read some books.

Virginia Higgins:

Reading a e-book can be one of a lot of pastime that everyone in the world likes. Do you like reading book and so. There are a lot of reasons why people love it. First reading a publication will give you a lot of new information. When you read a reserve you will get new information since book is one of many ways to share the information or maybe their idea. Second, studying a book will make a person more imaginative. When you looking at a book especially fiction book the author will bring you to imagine the story how the characters do it anything. Third, you can share your knowledge to other people. When you read this Bodybuilding Gold Mine Vol 1, you could tells your family, friends and also soon about yours reserve. Your knowledge can inspire others, make them reading a e-book.

Marilyn Calhoun:

Spent a free time for you to be fun activity to try and do! A lot of people spent their free time with their family, or their friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to try look for book, may be the publication untitled Bodybuilding Gold Mine Vol 1 can be fine book to read. May be it can be best activity to you.

Peggy Dunn:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Bodybuilding Gold Mine Vol 1, you may enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its identified as reading friends.

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