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Metroflex Gym Powerbuilding Basics Metroflex Gym, in the heart of Arlington, Texas, is the most recognized "iron sport" facility in the history of the Lone Star State. The gym is home to Ronnie Coleman, Branch Warren, and a host of other b

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Give these power-building techniques 11 weeks and become the strongest person you've ever been. Successful powerlifters are part bodybuilder and successful bodybuilders are part powerlifters. But powerbuilding goes well beyond the "lift heavy, eat more" mantra of your father's offseason routine.

Be The Strongest Guy In Your Gym Powerbuilding Program

You certainly are strong enough for the routines outlined in the book, but they're generally basic bodybuilding shit you can find everywhere. There was one routine of Branch Warren there that really seemed great when I read it but can't recall it. You can probably find it online anyway.

Metroflex Powerbuilding - Bodybuilding - Forums - T Nation

I feel so strongly about this I wrote a best-selling book, Metroflex Gym Powerbuilding Basics on the subject. Strength is your base. Lifting heavy develops large, dense muscles. Keep in mind "pump" training is also important. Heavy weight and low reps develop myofibrillar hypertrophy, or the contractile component of muscle.

Powerbuilding - Muscle & Performance

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