

# **Metroflex Gym Powerbuilding Basics**



**By  
Josh Bryant, M.S.  
Brian Dobson**

# Metroflex Gym Powerbuilding Basics

**Story Ninjas, Polymath Power**



## **Metroflex Gym Powerbuilding Basics:**

Metroflex Powerbuilding Basics Josh M. Bryant, Brian Dobson, 2014-02-06 Tired of busting your butt in the gym without seeing the benefits of your hours of toil For less than half the price of a personal training session at a corporate box gym you can unlock the secrets of the two most successful Metroflex Gym trainers Josh Bryant and Brian Dobson have put their heads together to bring you there closely guarded training secrets in an easy to understand format Metroflex Gym in the heart of Arlington Texas is the breeding ground to scores of bodybuilding and strength champions including Ronnie Coleman and Branch Warren Both of whom have trained under the tutelage of Josh or Brian Not only does this book contain over 50 different routines and 170 exercises that Josh and Brian have used to build champions but it also gives you the tools necessary to build and execute your own program You will learn how to incorporate strongman training interval fat loss conditioning and assistance exercises into your workouts Whether you are a novice bodybuilder elite powerlifter or just want to gain some muscle this 300 page book will benefit your training You will see how old school training methodologies can be combined with cutting edge techniques to create a bigger more powerful you *The Powerbuilding Blueprint* Todd C. Henry, 2015-09-12 Strength training has become a divided activity Bodybuilding powerlifting cross fit Olympic weightlifting you name it Where there is a category there are respective silos with entire communities industries and rules institutionalizing it Somewhere along the way specific goals and agendas diluted the overall benefits of simple effective weight training and the end result is an array of imbalanced lifters Bodybuilders with superhuman physiques who can't squat 2x their body weight powerlifters who can squat 4x body weight but can't tie their shoes cross fitters with functional strength but the maximal strength of a retired marathon runner and so on The Powerbuilding Blueprint takes a step back from this nonsense and outlines a training method a blueprint for using basic multi joint movements to build maximal strength and various assistance and accessory isolation lifts to stimulate hypertrophy together More basically it combines the most effective training strategies for powerlifting and bodybuilding in each workout to maximize muscle size and strength gains from your time spent in the gym It also produces incredibly well rounded strength athletes *Hybrid Ability* Nam Thomas, 2018-03-30 The most advanced approach to PowerBuilding the perfect balance of aesthetic development and strength combines methods of training at the highest levels of both bodybuilding and powerlifting Implemented into phases to create the most efficient adaptive response to results Hybrid Ability is beneficial for any athlete gym goer or fitness enthusiast It lays out a 12 week program and goes in depth into multiple aspects of the mindset and approach that yields not only progress in the gym but what creates champions The program was created directly from the training journal of Nam Shartzer who is a top contender at the national level in bodybuilding and is currently the 1 ranked squatter and on the top 10 All Time Best World Ranking List in Powerlifting He goes in depth and uses personal references to explain small cues to apply in training physically and mentally that have contributed to his experiences as a multiple sport division 1 athlete and

his rise to the top in both powerlifting and bodybuilding      **The Powerbuilding Blueprint 2.0** Todd C Henry, 2020-02-22

Strength training has become a divided activity Bodybuilding powerlifting cross fit Olympic weightlifting you name it Where there is a category there are respective silos with entire communities industries and rules institutionalizing it Somewhere along the way specific goals and agendas diluted the overall benefits of simple effective weight training and the end result is an array of imbalanced lifters Bodybuilders with superhuman physiques who can't squat 2x their body weight powerlifters who can squat 4x body weight but can't tie their shoes cross fitters with functional strength but the maximal strength of a retired marathon runner and so on The Powerbuilding Blueprint takes a step back from this nonsense and outlines a training method a blueprint for using basic multi joint movements to build maximal strength and various assistance and accessory isolation lifts to stimulate hypertrophy together More basically it combines the most effective training strategies for powerlifting and bodybuilding in each workout to maximize muscle size and strength gains from your time spent in the gym It also produces incredibly well rounded strength athletes      **How to Powerlift** Story Ninjas, Polymath Power, 2019-02-03

**ATTENTION ASPIRING POWERLIFTERS** If you want to start powerlifting but don't know where to start When you buy this book you'll learn The problem with most programs The solution to get the biggest bang for your buck An introduction to the three main lifts Squat Bench and Deadlift The critical benefits of Powerlifting For many people getting into training is hard There are no two ways around this You might be someone who has never set foot in a gym before You may even be someone who has never considered how their current lifestyle can affect vital things such as posture metabolism and eating habits This lifestyle can result in low energy little patience and little motivation to then finish a 9 5 shift and drive across town on a rush hour and hit a gym for a difficult and draining session For the people who are in this situation they may find themselves in a position where they have the 9 5 job followed by a school run then a family meal so that they simply can not make the time to get themselves to the gym The people with lifestyles such as this who do manage to make it to a gym are then most in need of finding a way to make every minute count Without knowing how to best use your time you may find yourself unsure of what to do You want to get stronger and fitter but you end up spending the majority of the time on cardio machines or doing exercises for muscles in isolation rather than compound movements which could help your overall issues such as posture and strength You manage to stick with this routine for a year and enjoy the escape offered by the gym from everyday life is pleasant but you still don't see the changes you want you're still lateral raising the same weights as 8 months previously As a result you find yourself losing motivation to go even more so You may be the type of person who wants to get stronger but only knows how to train for looks You may result in looking better but not actually feeling or being stronger This is normally fine but if we go back to the example of the office worker who needs posture and lifestyle improvements you may need to add in some more specific strength work Focusing on the wrong things in the gym or not making it to the gym at all can result in simple everyday tasks becoming difficult Try to pick something up off of the floor and then assess how you did it

Did you pick it up like you were taught to in your health and safety seminars in work Or did you just bend down haphazardly with your heels raised and next to no balance involved If it was more like the latter then you may need to focus on the proper movements the squat the deadlift etc You may think this doesn't affect your everyday life but imagine picking your child up off of the floor getting yourself off the couch or toilet or even carrying your shopping home Better movements and strength will help with these everyday tasks Now that you've agreed that you can use a plan to get you stronger you decide to aim for your favorite strength athlete and follow their routine You try it you get a little stronger at first but then you find yourself fatigued and not enjoying it You may even find yourself struggling to fit it all in The fact is if you're a beginner you do not need fancy movements or workouts that push the gym's opening times to the limits What you need is to focus on the basics and get incredibly good at them However a bad training plan could result in you becoming demotivated and see you leaving it all behind The Solution Powerlifting Powerlifting focuses upon the increase of strength in the body but also in the mind In this book you'll learn to Improve your posture Get stronger Move better Feel better Build muscle Lose fat Develop better habits Increase focus Boost confidence

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