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Fitness and Bodybuilding Book
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and nutritional strategies form the book's foundation, but what glues this book together are Dave's personal experiences and insights, humor and candidness, all of which speak to the heart and soul.

~~Brother Iron, Sister Steel~~

Brother Iron, Sister Steel is a private journey into bodybuilding as only Dave Draper, former Mr. America, Mr. Universe and Mr. World, can tell it. Training techniques, exercise descriptions and nutritional strategies form the book's foundation, but what glues this book together are Dave's personal experiences and insights, humor and candidness, all of which speak to the heart and soul.

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~~Brother Iron Sister Steel Kindle
Edition~~

The book Brother Iron Sister Steel is a story by Dave Draper "The Blonde Bomber" and becoming a

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Professional bodybuilder; from his young years, first weight sets and make-shift bench all the way up to his professional career, stating how it felt to train with the idols of the industry (such as Lou Ferrigno and the notorious "Austrian Oak", Arnold Schwarzenegger).

~~Asbury~~

Brother Iron Sister Steel, Marbella, Spain. 52 likes. ACE certified fitness trainer

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Post: Brother Iron Sister Steel (Topic#36886) Armand Total Posts: 364: 09-08-19 10:03 AM - Post# 887474 . i've been re-reading this great book, one of my favorite passages-pg 135: "I

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want to be attracted to working out, not forced to enter the gym as part of day to day regimen. Anyone who trains should have something that builds the enthusiasm ...

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Brother Lead and Sister Steel. To
his blind power I make appeal; I
guard her beauty clean from rust.
He spins and burns and loves the
air, And splits a skull to win my
praise; But up the nobly marching
days She glitters naked, cold and
fair. Sweet Sister, grant your
soldier this; That in good fury he
may feel The body where he sets
his heel

~~The Kiss — Poem by Siegfried
Sassoon — Poetry~~

Brother iron, sister steel a
bodybuilder's book This edition
published in 2001 by On Target
Publications in Aptos, CA. Edition

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Notes Includes bibliographical references (p. 313-323) and index. Genre Biography.

Classifications Dewey Decimal Class 646.7/5 Library of Congress GV546.5 .D73 2001 ID Numbers Open Library ...

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Dave Draper is a body building legend and icon who happens to also be a very good writer. He has a very unique and poetic writing style. The book's content consists of information on routines and how to perform specific exercises, information on dieting and nutrition, as well as his personal recollections and stories about his life and his time during the golden age of body building.

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To these I turn, in these I trust;
Brother Lead and Sister Steel. To
his blind power I make appeal; I
guard her beauty clean from rust.
He spins and burns and loves the
air, And splits a skull to win my
praise; But up the nobly marching
days She glitters naked, cold and
fair. Sweet Sister, grant your
soldier this; That in good fury he
may feel The body where he sets
his heel Quail from your ...

~~Brother Lead and Sister Steel | To
these I turn, in these ...~~

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Steel Grenade Zoya The Five
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