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Josh Bryant and Zach Even Esh
(discuss training and life) ~~A Quick
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Brian started Metroflex Gym in
1987 as an alternative to the
giant fitness centers that were

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rapidly taking over the market.
He decided to create a last
stronghold for the hardcore
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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 bodybuilding, powerlifting and strongman

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*Metroflex Powerbuilding Basics:
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This is my video review of Josh Bryant and Brian Dobson's Metroflex Powerbuilding Basics. Feel free to check out the blog about the book as well at:

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*Book Review: Metroflex
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bought the new Metroflex
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an advanced lifter that's been at
it for almost 15 years and am
gearing up to compete, his

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spa. We are a serious training facility that caters to competitive body builders. Year in and year out Metroflex Gym consistently produces more winners than all the fitness centers combined. You will receive free help with all aspects of contest preparation,

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including diet and posing
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What Is Powerbuilding?

Powerbuilding keeps heavy
multijoint exercises at the core of
the program and seeks to actively

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Increase strength in the "big lifts" without sacrificing technique. However, it also includes single-joint movements aimed at overloading individual muscles, working weaknesses, reducing the risk of injuries, and putting the polishing touches on a

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In this third installment of Video Inquisition, Josh Bryant (author of Metroflex Gym Powerbuilding Basics) answers a variety of questions from Steve Colescott. Among the topics: What is the

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