



Brother Iron, Sister Steel: A Bodybuilder's Book

Dave Draper

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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. The delight in the iron work, the play of the steel and the redefined motivation will have you striving forward to reach your fitness and training goals.

Further your iron journey—or take your first steps—as you find yourself caught up in the style and rhythm that are Draper's alone. You'll see the lessons of Brother Iron, Sister Steel hit home as your training enthusiasm abounds. In your next match with the weights you'll see the work of your muscles with new clarity under the guidance of Dave's insight.

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