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

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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  
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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

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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,

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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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