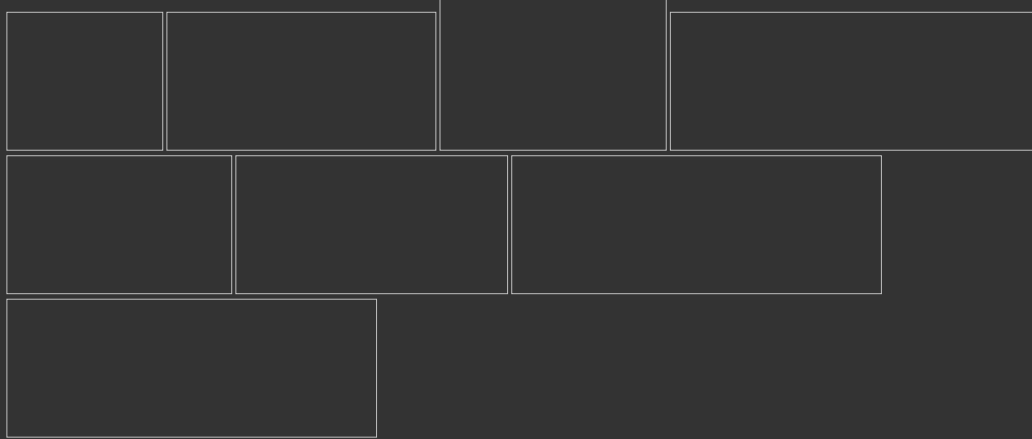


DIARY OF THE BLACK PRINCE

Mr. Lifestyle ROBBY ROBINSON, an icon and legend from the Golden Era of bodybuilding - "The Black Prince", your expert for longevity and health, shares his secrets about natural muscle building at any age, old school training, healthy foods and lifestyle habits



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BUILT by ROBBY ROBINSON

DIARY of the BLACK PRINCE

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WELCOME!

MY 40 YRS OF EXPERIENCE HAVE PROVEN TO ME THAT THE BEST MUSCULAR DEVELOPMENT IS ACHIEVED THROUGH NATURAL MEANS WITH A SOUND EATING PLAN, PROPER REST AND A VITAMIN AND HERBS

SUPPLEMENTATION PROGRAM TO AID IN THE STIMULATION OF THE TRAINEE'S BODY FUNCTIONS.

THIS ALONG WITH INTENSE FOCUS ON CONTROLLED MUSCLE CONTRACTIONS AND ENDURING THE PAIN IT TAKES TO STIMULATE NATURAL MUSCLE GROWTH AND STRENGTH DEVELOPMENT IS WHAT IT TAKES. BUT YOU HAVE TO HAVE THE WILLINGNESS TO LEARN AND GROW. ONE'S POSITIVE MINDSET TO ACHIEVE SUCCESS MUST TAKE ON THE HABIT OF VISUAL PERSISTENCE AND THE WILL TO CONQUER YOURSELF.

LET THIS BLOG HELP KEEP YOU FOCUSED AND ON TRACK.

PLEASE, FEEL FREE TO LEAVE COMMENTS. THE PHOTOS AND MY WORDS ON THE SITE ARE HERE TO INSPIRE AND MOTIVATE.

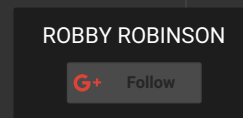
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INSTEAD WE ENCOURAGE YOU TO VISIT OFTEN AND CONSIDER THIS A POSITIVE PART OF YOUR GROWTH PLAN. PEACE AND ENJOY, ROBBY

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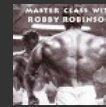
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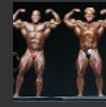
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THE MOST POTENT MUSCLE BUILDING HERBS

IT'S GREAT TO SEE YOURSELF AGING BUT IN A YOUTHFUL WAY ROBBY

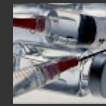
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STERIODS, STEROIDS, STEROIDS

THE USE OF THESE ILLEGAL SUBSTANCES IS A HEALTH RISK! IT IS HARD WORK NOT

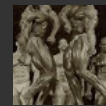
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SUCCESSFUL BODYBUILDING

I LOVE THE MAN / WOMAN THAT CAN SMILE IN TROUBLE, THAT CAN GATHER STRENGTH

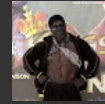
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