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Brad Schoenfeld Brad Schoenfeld, PhD, CSCS, CSPS, "M.A.X. Muscle Plan". Alan Aragon. Alan holds a master's degree in nutrition, and has

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Brad Schoenfeld, Ph.D, C.S.C.S., is The M.A.X. Muscle Plan Brad has been published or appeared in such consumer publications as Shape, Self, Fitness,

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## **About | max muscle plan**

I m Brad Schoenfeld, MSc, CSCS, best known as a fitness author, educator, speaker, and trainer. Fitness is my passion, and I ve devoted the better part of my life

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