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**By Robert Kennedy**

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RIP Bob Kennedy (MuscleMag) 1. the staff of Robert Kennedy Publications, And Bodybuilding Basics was one of the first training books I ever bought.

The author, Robert Kennedy - body building and nutritional publisher, died in 2012 at the age of 73. He is credited with kick-starting the careers of physique

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Robert Kennedy was a Canadian publisher of fitness and bodybuilding magazines. He founded Robert Kennedy Publishing, one of the largest North American publishers of

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As the title suggests, I was wondering if anyone here has tried the M.A.S.S. program from Robert Kennedy's Encyclopedia of Bodybuilding and if they had any success.