Download Big Man On Campus

Get ready for the best class of your life. Steve Cook will teach you to lift, eat, supplement, succeed and grow. Learn the muscle-building basics; become the Big Man on Campus. A big man is a highly influential individual in a tribe, especially in Melanesia and Polynesia. Such a person may not have formal tribal or other authority (through for instance material possessions, or inheritance of rights), but can maintain recognition through skilled persuasion and wisdom. Listen to Weis on the field and you'll hear expletives left and right. "Hey Brian, get the (expletive) off the field. You get off the field. You stay off the field," he yells. Of all the things Cale Makar has accomplished over the last two weeks, the 20-year-old Colorado Avalanche defenceman admits there's one thing he's let slip. His studies. - Big Man On Campus