We claim:

1. A stable pharmaceutical formulation comprising

(i) at least 10 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;

(ii) a disaccharide at a concentration of at least 5%;

(iii) a histidine buffer at a concentration of between about 20 to about 60 mM; and

(iv) a pharmaceutically acceptable aqueous carrier,

wherein the formulation has a pH range of about 6.5 to about 7.8.

2. The formulation of claim 1, wherein the protein concentration of the anti-myostatin adnectin in the formulation is between about 10 mg/mL and 200 mg/mL, between about 10 mg/mL and 150 mg/mL, or between about 10 mg/mL and 85 mg/mL.

3. The formulation of any of the preceding claims, wherein the disaccharide is present at weight (w/w) ratio of at least 5:1 protein to sugar.

4. The formulation of any of the preceding claims, wherein the formulation comprises about 5% to about 30% of the disaccharide

5. The formulation of any of the preceding claims, wherein the concentration of the disaccharide is about 150 mM to about 800 mM, or about 300 to about 700 mM.

6. The formulation of any of the preceding claims, wherein the disaccharide is trehalose, and the formulation comprises about 5 to about 30% trehalose, about 15% to about 25% trehalose, or about 20% to about 25% trehalose.

7. The formulation of any one of the preceding claims, wherein the disaccharide is trehalose dehydrate, and the concentration of trehalose dihydrate in the formulation is about 150 mM to about 800 mM, about 300 to about 700 mM, about 150 mM, about 200 mM, about 250 mM, about 300 mM, about 350 mM, about 400 mM, about 450 mM, about 500 mM, about 550 mM, about 575 mM, about 600, about 625 mM, about 650 mM, about 675 mM or about 700 mM.

8. The formulation of any of the preceding claims, wherein the histidine is present at a concentration of at least 20 mM.

9. The formulation of any of the preceding claims, wherein the viscosity of the formulation is from about 5 to 20 cps, from about 5 to 15 cps, or from about 7 to 12 cps.

10. The formulation of any of the preceding claims, wherein the pH is about 6.6 to 7.6, about 6.8 to 7.4, or about 7.0 to 7.3.

11. The formulation of any of the preceding claims comprising a surfactant at a concentration of between about 0.01% and 0.5%.

12. The formulation of any of the preceding claims comprising a chelator, wherein the concentration of the chelator is between about 0.01 mM and about 0.5 mM or between about 0.05 mM and 0.2 mM, and wherein the chelator is selected from the group consisting of DPTA, EDTA and EGTA.

13. A stable pharmaceutical formulation comprising,

(a) about 10-140 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 5-25% trehalose dihydrate;
about 20-30 mM histidine; and
a pharmaceutically acceptable aqueous carrier,
wherein the pH of the formulation is about 6.8 to 7.3;

(b) about 10-140 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 5-25% trehalose dihydrate;
about 20-30 mM histidine;
about 0.02-0.06 mM DTPA;
about 0.01-0.05% polysorbate 80; and

a pharmaceutically acceptable aqueous carrier,

wherein the pH of the formulation is about 6.8 to 7.3;

(c) about 10-140 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 600 mM trehalose dihydrate;
25-30 mM histidine; and
a pharmaceutically acceptable aqueous carrier,

wherein the pH of the formulation is about 7.0 to 7.3;

(d) about 10-140 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 600 mM trehalose dihydrate;
25-30 mM histidine;
about 0.02-0.06 mM DTPA;
about 0.01-0.05% polysorbate 80; and
a pharmaceutically acceptable aqueous carrier,

wherein the pH of the formulation is about 7.0 to 7.3;

(e) about 10-75 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 5-25% trehalose dihydrate;
about 20-30 mM histidine; and
a pharmaceutically acceptable aqueous carrier,

wherein the pH of the formulation is about 6.8 to 7.3;

(f) about 10-75 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 5-25% trehalose dihydrate;
about 20-30 mM histidine;
about 0.02-0.06 mM DTPA;
about 0.01-0.05% polysorbate 80; and
a pharmaceutically acceptable aqueous carrier,

wherein the pH of the formulation is about 6.8 to 7.3;

(g) about 10-75 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
about 600 mM trehalose dihydrate;
about 30 mM histidine;
about 0.05 mM DTPA;
about 0.02% polysorbate 80;
a pharmaceutically acceptable aqueous carrier,
wherein the pH of the formulation is about 7.1.

14. A unit dosage form comprising about 1.0 mL or less of a formulation comprising,
(i) about 10-75 mg/mL of a polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin;
(ii) about 5-25% trehalose dihydrate;
(iii) about 20-30 mM histidine;
(iv) about 0.02-0.06 mM DTPA;
(v) about 0.01-0.05% polysorbate 80; and
(vi) a pharmaceutically acceptable aqueous carrier,
wherein the pH of the formulation is about 6.8 to 7.3.

15. The formulation of any one of the preceding claims, wherein at least one loop of the BC, DE, and FG loops of the ^{10}Fn3 domain has 0, 1, 2, or 3 amino acid substitutions relative to the respective BC, DE, and FG loops of SEQ ID NOs: 5, 6 and 7**,** respectively.

16. The formulation of any one of claims 1 to 15, wherein the ^{10}Fn3 domain comprises the amino acid sequence of SEQ ID NO: 8.

17. The formulation of any one of claims 1 to 16, wherein the polypeptide in the formulation comprises the amino acid sequence of SEQ ID NO: 78**.**

18. A pharmaceutical formulation of any one of the preceding claims for use in attenuating or inhibiting a myostatin-related disease or disorder in a subject, wherein the myostatin-related

disease or disorder is a Amyotrophic Lateral Sclerosis (ALS), Becker's Muscular Dystrophy (BMD), Spinal Muscular Atrophy, Duchenne Muscular Dystrophy (DMD), sarcopenia or type II diabetes.

19. The pharmaceutical formulation for use of claim 18, wherein the polypeptide comprising a fibronectin type III tenth (^{10}Fn3) domain which binds to myostatin is to be administered at a dosage of about 5 mg to 200 mg, a dosage of about 5 mg to about 50 mg, a dosage of about 7.5 mg, about 15 mg, about 35 mg, or about 50 mg.

20. The pharmaceutical formulation for use of claim 18 or 19, wherein the subject is a pediatric patient less than about 45 kg and the pharmaceutical formulation is to be administered in a dosage of about 7.5 mg to about 35 mg, or is more than about 45 kg and the pharmaceutical formulation is to be administered in a dosage of about 15 mg to about 50 mg.