

Sean Nalewanyj Presents...

8 THINGS

You MUST Do To Build...



MAXIMUM

Muscle Mass

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8 Things You MUST Do To Build *Maximum* Muscle Mass!

By Sean Nalewanyj

<http://www.MuscleGainTruth.com>

About The Author



Sean Nalewanyj

Always looked down on as the "skinny kid" growing up, Sean Nalewanyj has spent nearly the last decade of his life dedicating his time and effort to researching and promoting the most effective bodybuilding and fitness methods available. Through his highly successful website, www.musclegaintruth.com, and his information-packed online newsletter, Sean has helped *thousands* of everyday people from all over the world build more muscle, gain strength, burn body fat and get into the best shape of their lives.

Sean has written articles for dozens of the top bodybuilding websites across the Internet and is recognized as an expert authority on the subject. In less than one year of existence, his bodybuilding e-book, [The Truth About Building Muscle](#), established itself as the most popular muscle-building program available on the web today (as ranked by clickbank.com). His program has received a highly positive response and was even mentioned in a November issue of the New York Times.

He admits that achieving an impressive, muscular physique is no easy task, but believes without a doubt that he can help anyone build the powerful, muscular body they desire as long as they are willing to put forth the effort.



[Visit Sean's Website For More Details](#)

(You can download the first 2 chapters of his e-book at no cost, sign up for his free muscle-building email course and can also read success stories from real-life users of his program!)

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In fact, I encourage you to share this report!

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If you have a website, newsletter, blog, forum or e-zine of your own, feel free to feature this report to your visitors. I can even code it with a special link so that you earn commissions for any sales that are generated as a result of people reading the report. If you're interested, visit my affiliate section for details: <http://www.musclegaintruth.com/affiliate.htm>

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Introduction

There's an age-old saying that's been around for years and that can be applied to almost any area of life. The saying says...

“Those Who Fail To Prepare Are Preparing To FAIL!”

This wisdom-filled quote *directly* applies to the concepts of building muscle, burning fat and gaining strength.

You see, if you don't have an intelligently structured plan and a blueprint for success, you're most likely not going to get **anywhere**.

It continues to amaze me how many people I see entering the gym week in and week out, slaving away on the same old, ineffective techniques and never making any progress with their physiques. There's just no logic or rationale behind what they're doing, and it's only a matter of time before they give up for good.

It's no surprise that **95%** of people in the gym end up **failing** and never reaching their goals.

It's not due to a lack of willpower or motivation... it's because they are simply **uneducated**. There's just no method to their madness.

They come to the gym, toss weights around aimlessly, neglect their diets and then can't figure out why they aren't growing.

Luckily, you won't be one of these people!

The fact that you are reading this report right now shows that you're smart enough to realize the importance of proper planning, and this is a very important step for you to take on your journey to increased muscle mass and strength.

In this report I'm going to get right down to the basics by outlining 8 of the most *crucial*, **powerful** steps that should be applied to **ANY** muscle-building program.

These steps are not highly complex and are not rocket-science, but I'm continually amazed at the overwhelming percentage of aspiring trainees who fail to implement them.

So let's get right down to business.

There are 8 points in total, and if you can implement all of them you'll be well on your way to that muscular, defined body you've been dreaming of.

Let's get started!

#1 - Provide your body with a surplus of calories by ensuring that your caloric intake exceeds your caloric expenditure.



Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 00%
Calcium 4%	Iron 4%

This is first and foremost on the list.

Beyond planning a proper workout schedule with all of the right exercises, sets, reps and rest periods lies this one simple rule of muscle growth...

In order to build muscle, you must consume more calories than you burn!

This is a basic biological **law** of muscle growth, and if you fail to consume an adequate number of calories per day you will **NOT** build muscle, plain and simple.

The work that you perform in the gym is simply the "spark" that sets the muscle growth process into motion. The **REAL** magic takes place when you are out of the gym, resting and eating. This is when your body will use the nutrients that you consume to begin repairing your damaged muscles and increasing their size and strength in preparation for your next workout.

If you don't provide your body with the raw materials needed to facilitate growth, this process simply *cannot take place*.

In order to provide your body with the calories necessary to fuel muscle growth and to keep your body in an anabolic, muscle-building state at all times, you should be consuming anywhere from **15-20x** your bodyweight in calories every single day. So if you weigh 150 pounds...

$$150 \times 15 = 2250$$

$$150 \times 20 = 3000$$

...Then you should be consuming anywhere from **2250-3000** calories every single day in order to build muscle.

You should adjust this number based on...

a) Your Metabolic Rate – Are you naturally thin and have a hard time gaining weight? Or do you seem to put on body fat just by *looking* at food? Depending on your overall body type you can adjust the number higher or lower.

b) Your Activity Level – Do you play sports or work a physically strenuous job? If so, you'll need to consume more calories in order to compensate. If you're fairly sedentary and aren't very physically active (besides your weight workouts of course), then you probably won't need as many calories as someone who is more active.

c) Your Goals – Are you aiming to bulk up and build as much overall body mass as you possibly can? If so, you'll obviously want to consume as many calories as you reasonably can. Are you simply trying to build a little of extra muscle and look better overall? If so, then a *slight* caloric increase is all you'll need.

Based on these 3 factors above you can decide where to place yourself on the caloric range.

Do **NOT** overlook this aspect of the muscle growth process!

Most trainees are so concerned with their workouts that they highly underestimate the importance of proper nutrition. If anything, nutrition is even **MORE** important than what you accomplish in the gym.

If you fail to eat properly by not providing your body with an adequate number of calories each day, building muscle will be *physically impossible*.

#2 - Consume the right types of calories from the proper food sources every 2-3 hours throughout the day.



We just established that in order to build muscle, you'll need to always ensure that your caloric intake exceeds your caloric expenditure. That's all fine and dandy, but it really only tells us *half* of the story.

You see, you could easily exceed your caloric expenditure by feasting on big macs, ice cream cones and potato chips, but do you think this would be an intelligent approach to building muscle?

Of course not.

You need to realize this...

All calories are NOT created equally!

The raw *number* of calories determines whether you'll *lose weight*, *maintain your weight* or *gain weight*, but it is the **type** of calories that will determine what *kind* of bodyweight is lost or gained (lean muscle mass, fat, water etc.)

Your goal is obviously to build lean muscle mass while keeping body fat gains at a minimum, and therefore you'll need to focus on consuming the **right** types of calories from the **proper** food sources.

The 3 main food groups you should be concerned with are...

1) High Quality Protein – Protein builds and repairs muscle tissue and is the most *important* nutrient for those trying to increase their lean mass. Stick to high quality, easily absorbed sources such as lean red meat, poultry, fish, eggs, skim milk, cottage cheese, peanuts/natural peanut butter and whey.

2) High Fiber, Low Glycemic Carbohydrates – Carbohydrates aid in the absorption of protein, provide your muscles and brain with energy throughout the day and also help to maintain an optimal hormonal environment within the body.

Stick to *slow-release, low-glycemic* sources that will provide you with a steady stream of sugars throughout the day such as oatmeal, yams, brown rice and whole wheat products.

3) Healthy, Unsaturated Fats – Not all fats will *make you fat*, and unsaturated essential fatty acids fit that profile. EFA's are highly beneficial to the muscle growth process by increasing testosterone levels, improving the metabolism and volumizing the muscle cells. Some good sources of EFA's include fatty fish, nuts, seeds, avocados and liquids like flaxseed and olive oil.

These 3 food groups should make up the bulk of your diet, and should be spread out over the course of **5-7 small meals daily**. That may sound like a lot of meals, but the reasons behind it are quite simple...

It all boils down to your body's natural, hard-wired mechanisms.

The body's primary goal is to keep you alive and healthy, and whenever you go without food for 2-3 hours your body begins to enter into a "starvation mode" as a natural survival response. Your body has no idea that you're sitting 10 feet away from a fridge full of food, and for all it knows you may have to endure a long period of time without any nutrients. It responds to this by slowing down the fat burning metabolism and entering into a "catabolic state", where lean muscle tissue begins wasting away so that the protein can be used for other survival functions within the body.

This is **NOT** a good thing!

If your goal is to build and maintain as much lean muscle as possible, you must always keep your body in an *anabolic, muscle-building state* throughout the day. This can be accomplished by consuming a small meal containing high quality protein and carbohydrates every 2-3 hours.

It may seem like a lot of work at first, but over time you'll get used to it.

#3 - Increase your water intake.



Water is an absolutely **critical** component to the muscle-building process and to overall body health in general. Failing to keep yourself properly hydrated throughout the day will have a negative impact on literally *every single process* within your *entire* body!

Most people know that they should be drinking "plenty" of water throughout the day, but how many actually do?

If you really paid close attention to your water intake you'd probably be surprised at how little you actually consume.

What makes proper water intake so **amazingly** important?

Well for starters, it's the most abundant element in your body. It is ranked only 2nd to oxygen as being essential to life.

Your body can survive for weeks without food, but without water you'd be dead in about 3 days.

Roughly **80%** of your body is made up of water; the brain is **85%** water and lean muscle tissue is **70%** water.

Research has shown that being even *slightly* dehydrated can decrease strength and physical performance significantly. In fact, merely a **3-4%** drop in your body's water levels will lead to a **10-20%** decrease in muscle contractions.

Not only will water increase your strength, but it also plays a large role in preventing injuries in the gym. Highly intensive training over a long period of time can put unwanted stress on your joints and connective tissue, and water helps to fight against this stress by lubricating the joints and forming a protective "cushion" around them.

Along with protecting your joints, water is vital in the process of digestion. Anytime you consume a macromolecule, such as protein, your body must break this large molecule down into smaller pieces for absorption.

In the case of protein, you will be breaking it down into amino acids. Your body can only break down the protein into amino acids if water is present. So, in order to ensure that your body is utilizing all of the nutrients you consume, you must make sure that your water intake is high.

So, just how much water is enough?

To find out how many ounces of water you should be consuming every day, multiply your bodyweight by 0.6. So if you weigh 150 pounds, you should be consuming around 90 ounces of water every day.

$$150 \times 0.6 = 90$$

I know it sounds like a lot, but if you plan your day out properly it shouldn't be a problem. Keep a water bottle with you at all times and sip from it periodically. Keep water in the places where you spend most of your time: in your car, at work, on your nightstand.

Another good method to ensure that you drink enough water is to pre-fill a few 16 ounce bottles at the beginning of the day. This way you can have a visual representation of where your water consumption is at any point in the day.

For the first few days you'll probably find yourself running to the bathroom quite frequently, but your body will soon adapt to the increased water volume and this will no longer be a problem.

#4 - Keep a detailed record of every workout that you perform.

This muscle-building technique is absolutely *critical* to your success and forms the **underlying basis** for your **entire** workout plan. When it comes to structuring a proper approach in the gym, this is the most important overall factor, bar none.

Everyone is so obsessed with all of the specific principles in the gym (such as exercise selection, rep ranges, which days to spend in the gym, how many sets to perform etc.) that they fail to see the big picture.

Regardless of what type of approach you are taking in the gym, the underlying factor for success is **progression**.

You see, our bodies build muscle because of an adaptive response to the environment. When you go to the gym, you break down your muscle fibers by training with weights. Your body senses this as a potential threat to its survival and will react accordingly by rebuilding the damaged fibers *larger* and *stronger* in order to protect against any possible future threat.

Therefore, in order to make *continual* gains in muscle size and strength, you must focus on progressing in the gym from week to week.

Progression can take 2 main forms:

- a) Increasing the amount of weight lifted on a specific exercise.
- b) Increasing the number of reps performed with a given weight on a given exercise.

If you're able to improve on at least **one** of the above factors each week in the gym, your body will be given *continual incentive* to grow larger and stronger.

If you neglect these factors and enter the gym without a concrete plan in mind, you'll be *ignoring* the very foundation of the **entire** muscle growth process.

Your goal is to always be getting better from week to week!

Remove yourself from the typical crowd in the gym who aimlessly toss weights around and endlessly spin their wheels without any logic or rationale behind what they're doing. If you're continually using the same weights for the same number of reps, your physique will **NOT** improve.



I'd suggest using a workout log to track your progress in detail from week to week. You should write down the date, all of the exercises that you performed, the weight that you lifted and the number of reps you were able to execute. The next time you enter the gym, sit down for a minute before your workout and review those numbers. Your goal is to now improve upon all of those figures by either using slightly more weight or performing an additional rep or two.

Don't try to improve by leaps and bounds every single time you workout, but rather focus on making *small, steady* increases. Over the course of a few months, those small increases will add up a lot more than you think, and your body will continually adapt and grow to the ever-increasing stress.

When I first started training, I was able to squat 85 pounds for about 6 reps. A very small amount of weight, yes, but by simply focusing on adding *slightly* more weight and reps from week to week, my squat is now closer to 400 pounds for 6 reps.

Don't worry about where you're starting off, because as long as you place your entire focus in the gym on **progression** those numbers will shoot up faster than you could imagine.

#5 - Be prepared to push your body to the limit.

If you think that building muscle is going to be a walk in the park and that you can simply enter the gym, “go through the motions” and then go home, you are sadly mistaken.

The reality is that if you want to experience any appreciable gains in muscle size and strength, you’re going to have to be prepared to **train hard**. This is one of the key factors separating those who make *modest* gains from those who make **outstanding** gains.

Most people just plain don’t train hard enough!

As soon as the exercise starts to get difficult their spotter jumps in and starts helping or they put the weight down altogether.

BIG mistake!

The gym is a war zone, and if you want to be victorious, you must be willing to endure the battle.

Your muscles grow because of an evolutionary, adaptive response to the environment. Intense weightlifting is perceived as a threat to your survival, and the body responds to this by increasing the size and strength of the muscles to battle against the threat. Therefore, in order to see the most **dramatic** response in size and strength, you must push your body *as hard as you safely can*.

This can be achieved by performing all sets in the gym to the point of concentric muscular failure...

Concentric Muscular Failure: The point at which no further positive repetitions can be performed despite your greatest efforts.

There are 2 main phases to every exercise that you perform: the **concentric** and the **eccentric**. The concentric is the “positive” portion of the exercise (such as the “pushing” movement of a bench press) and the eccentric is the “negative” portion of the exercise (the “lowering” movement of a bench press).

Your goal in the gym is to perform each exercise to the point where no further **concentric repetitions** can be executed using proper form despite your greatest efforts to do so.

This is **very** challenging and will require a lot of mental toughness on your part. I’m not going to sit here and feed you a pack of lies by saying that training for muscle size is an easy task. **It’s not!**



Anyone who tries to tell you that training to failure is easy is flat-out *lying*. But if you’re serious about changing your physique and seeing serious results, this is simply what needs to be done.

Training to concentric failure will place the greatest amount of stress on the musculature and will produce the most dramatic “artificial threat” possible.

Some argue that training to failure is not necessary in order for muscle growth to occur, and the truth is that they are absolutely correct. You could *never* train to failure and over time you would still see gains in muscle mass and strength. The only true requirement for muscle growth to occur is **progression**.

However, (and that’s a **big** however) if you’re like 99% of the population, then you want to experience those gains as **quickly** and **efficiently** as you possibly can. While training to failure isn’t necessary for growth to occur, it **IS** necessary if you want **maximum** growth to occur in the **shortest** period of time possible.

#6 - Avoid overtraining by limiting your overall workout volume and by providing your body with sufficient recovery time in between workouts.

This is one of the most common and most **deadly** mistakes that almost all beginners run into. They naturally assume that the more overall work they perform in the gym, the greater their results will be.

Heck, when I was a beginner myself I thought the same thing.

Who can blame us for thinking that?

In almost all aspects of life this basic logic holds true. If you want to perform well on a school test, you need to maximize your studying time. If you want to improve your skills in a specific sport, you need to practice as much as possible.

When it comes to training for muscular size and strength, you can take this basic logic and toss it **right out the window**, down the street and *around the corner!*

The key thing to realize is that your muscles will **NOT** grow larger and stronger if they are stressed beyond the point of recovery. Remember, training with weights is merely an activity that sets the wheels in motion; it “sparks” the muscle growth process and “tells” your body to start building new muscle tissue. But the actual growth process takes place **away** from the gym while you’re eating and resting.

If you disturb the recovery process, muscle growth will not be carried out.

Overtraining is your number one enemy! Your goal in the gym is to perform the *minimum* amount of work necessary in order to yield an adaptive response from the body, and not a **THING** more.

You can avoid overtraining in the following ways...

1) Limiting the number of days you spend in the gym each week – I would recommend that you perform no more than 3 weight workouts in the same week.

2) Limiting the number of sets that you perform during each workout – You should perform a total of 5-7 sets for large muscle groups (chest, back and thighs) and 2-4 total sets for small muscle groups (shoulders, biceps, triceps, calves, abs). And remember, this is total sets per WORKOUT, not per exercise.

3) Limiting the amount of time spent in the gym – Each workout should not last for any more than 1 hour. This time frame comes into play beginning with your first muscle-building set and ends with your final muscle-building set.

4) Limiting your training frequency for each muscle group – Each specific muscle group should only be directly stimulated once per week in order to allow for full recovery time.

If you've been following the "more is better" mentality then you may find it hard to let go of, but believe me, as long as you train hard, you do **NOT** need to train often or with very many sets and exercises. In fact, performing too much work may actually cause your muscles to become *smaller* and *weaker*.

Perform **only** what is **absolutely necessary** and not a single exercise, set or rep more. Forget about all of the high volume routines that you see in the muscle magazines and posted all over the Internet.

Building muscle is about *intelligently* triggering your body's growth mechanism and then getting the heck out of the gym and growing.

Nothing more, nothing less!

#7 - Stop placing so much of your emphasis on dietary supplements.

If you really think that pills, powders and drink mixes are going to build your body for you, you're in for a huge disappointment! It continues to amaze me how much value and emphasis the majority of trainees place on "the latest breakthrough pill".

Everyone is always asking me...

"What's the best creatine out there?"

"How much weight can I gain from this whey protein supplement?"

"I have \$200 a month to spend on supplements... what should I buy?"

Stop the madness!

A supplement is just that... a *supplement*.

It is there to *supplement* your diet by filling in the missing gaps and by providing you with greater amounts of specific nutrients that will slightly speed up your progress. Supplements are **NOT** there to do the work for you and will *only* play a small role in your overall success in the gym.

Stop falling for the multi-million dollar ads that talk about the latest "revolutionary breakthrough" that will allow you to build 25 pounds of muscle while you lie on the couch.

As advanced as we've become as a society, the basic rules of hard work and dedication still apply. If you want to change your physique, then hard training in the gym and a consistent diet plan is the only true way to get there.

Now, this doesn't mean that I'm **AGAINST** the use of supplements; I'm merely against the **over-use** and **over-emphasis** of supplements. There are a few good, solid, effective products out there that I do recommend, but only as a small part of your overall approach.

My 5 “recommended” supplements include...

- 1) Protein supplements (whey protein, meal replacements, weight gainers and the occasional protein bar)
- 2) Creatine
- 3) Glutamine
- 4) Multivitamins
- 5) Essential Fatty Acids



I’m not going to talk about all of the specific benefits of each product in this report, but if you’re looking to accelerate your progress in the gym and achieve the best results possible, then those are the only 5 products that I would truly recommend.

I’m a big believer in the basics, and the plain fact is that most trainees are way more concerned with their supplement programs than they really need to be. It’s only natural, I mean, who wouldn’t want to pound back a couple of “orange-flavoured creatine cocktails” and watch their biceps explode through their sleeves?

Unfortunately it just doesn’t work this way. If something sounds too good to be true, then it usually is.

Hard training and a consistent diet is your only ticket to long-term success!

#8 - Understand that application and consistency is EVERYTHING!

You can have the most effective workout schedule possible, the most intelligent diet approach available and the most intimate understanding of muscle growth from every possible angle, but without the **inner drive** and **motivation** to succeed you will get **nowhere**, and very fast.

Just as the famous saying goes...

“Knowing is NOT enough. You must APPLY!”

Those who make the greatest gains in muscular size and strength are the ones who are able to continually and systematically implement the proper techniques on a *highly consistent* basis.

The people who see serious results and end up with standout physiques are the ones who can consistently execute all of the little daily tasks that must be completed in order for success to be had.

Building muscle is a result of the cumulative effect of small steps.

Sure, performing 1 extra rep on your bench press will not make a huge difference to your overall results, and neither will consuming a single meal. However, over the long haul, all of those extra reps you perform and all of those small meals you consume will decide your overall success.

If you work hard and complete all of your muscle-building tasks in a consistent fashion, all of those individual steps will equate to massive gains in overall size and strength.

It is those who are willing to persevere that will succeed.

It is those who are willing to rise above laziness that will end up with impressive results.

I mean let's face it, everyone *wants* to be strong and muscular. If this is the case, why isn't *everyone* strong and muscular? It's because only certain people have the proper drive and motivation that it takes to get there.

Do you have what it takes?

How much does a **powerful, defined, muscular physique** *really* mean to you? Are you willing to put forth the required effort in order to reach your goals?

If you answered "YES", then good for you! Digging down deep and finding the necessary motivation to take a stand and make a change is the most important step of all. I can't force this upon you, it's something that you'll need to create on your own.

This report has armed you with 8 very powerful, effective muscle-building principles that you can start applying to your program right away.

Here's a quick recap of the 8 points that we covered...

- (1) Provide your body with a surplus of calories by ensuring that your caloric intake exceeds your caloric expenditure.
- (2) Consume the right types of calories from the proper food sources every 2-3 hours throughout the day.
- (3) Increase your water intake.
- (4) Keep a detailed record of every workout that you perform.
- (5) Be prepared to push your body to the limit.
- (6) Avoid overtraining by limiting your overall workout volume and by providing your body with sufficient recovery time in between workouts.
- (7) Stop placing so much of your emphasis on dietary supplements.
- (8) Understand that consistency is EVERYTHING!

Wrapping It Up



I sincerely hope you've enjoyed this free report. These 8 basic steps will help to kick-start your progress and get you on the proper path toward muscle-building success. By implementing these 8 simple but powerful techniques I guarantee that you'll notice an *almost instant* improvement in your physique.

There's such an incredible amount of misleading muscle-building advice circling around and I hope that this report helped to clear up some of your confusion. With so many "get-big-quick" programs, supplement advertisements and conflicting articles written by unqualified "experts", sifting through all of the nonsense is often a difficult, if not **impossible** task to carry out.

While the report you've just read does contain some **very** valuable information for you to understand and apply to your program, if you're **TRULY** serious about developing a physique that turns heads and demands respect, there still remains much to be learned...



That's **exactly** why I spent a full year creating [The Truth About Building Muscle](#)... a 249-page, *instantly downloadable* e-book that explains the muscle growth process from all angles and outlines the most **effective** techniques available in a simple, step-by-step format that **anyone** can follow.

Once you've read through this e-book you can forget about all of the conflicting opinions you've read and can *get right down to business* by implementing the most **powerful** and **effective** muscle-building methods in existence...

This program has already been used with **incredible success** by thousands of average, everyday people from all over the world, **just like you**, who were fed up with their bodies and decided to make a change. (You can read about their success stories on my website)

Will you be next?

At least check it out – you've got **nothing** to lose and this may very well be the one program that allows you to *finally* start seeing results and achieve the **powerful, muscular** body you deserve.

In less than one year of existence, [The Truth About Building Muscle](#) has established itself as the **#1** most popular online muscle-building program available according to clickbank.com's marketplace rankings. There's a **good** reason for that!

The main e-book also comes with some incredibly valuable bonus items at no extra charge, including a full mp3 audio course, online video lessons, personal one-on-one email support, progress tracking software and more.

Go ahead and visit my website **right now** at www.MuscleGainTruth.com.



You can download the first 2 chapters of the e-book at **no cost**, and will also have the chance to sign up for my **free**, information-packed muscle-building email course where you can learn even *more* great tips.

In addition, you can read through the many unsolicited testimonials that I receive day after day from **real-life** users of the program who are absolutely **ecstatic** with the results they've achieved using my system.

You owe it to yourself to check this out!

You could be reading this best-selling guide in the next 5 minutes and be on your way to muscle-building success faster than you ever thought possible.

Here's to your brand new physique,

Sean Nalewanyj

A handwritten signature in black ink that reads 'S. Nalewanyj'.