

The "Muscle Nerd's" Special Update...

***35 AMAZING NEW EXERCISES From NICK NILSSON,
World Renowned Fitness Expert And Author of...
"The Best Exercises You've NEVER Heard Of!"
To Make Your Optimum Anabolics Workouts
More **EXCITING** And **PRODUCTIVE** Than **EVER!*****

Dear Friend,

Welcome to your free download of my revised exercise tables for the **OPTIMUM ANABOLICS WORKOUT!**

In this follow up download, I incorporate my **HAND-PICKED** exercises taken directly from a cutting edge ebook by a good friend of mine, Nick Nilsson, entitled...



"THE BEST EXERCISES YOU'VE NEVER HEARD OF!"

Nick is a world renowned fitness expert and author of 4 diet and exercise books and he's compiled some of the most unusual, yet **INCREDIBLY EFFECTIVE** exercises I've **EVER** seen! And now, my 'clients' using the **OPTIMUM ANABOLICS PROGRAM** can add a little more spice to their workouts by selecting from several additions to my current list of prescribed exercises.

But before I go into the step-by-step instructions for adding these exercises to your **OPTIMUM ANABOLICS WORKOUT**, let's make sure you have all the right tools...

If you haven't yet ordered my ground-breaking **OPTIMUM ANABOLICS PROGRAM** (I shudder to think that this could **EVEN** be possible, but there may be a **FEW** of you who haven't yet realized the amazing gains available through my controversial muscle 'programming' technique) **CHECK IT OUT NOW** by going to the following link: www.optimum-anabolics.com

If you haven't yet discovered Nick's ebook and videos of **"THE BEST EXERCISES YOU'VE NEVER HEARD OF"**, well...what are you waiting for?! Check it out by going to www.natural-body-building-tips.com/best-exercises

Now...once you've accomplished both of these tasks, all you have to do is print out the next 2 pages and replace your **CURRENT** exercise tables located in **BONUS 1** of the **OPTIMUM ANABOLICS PROGRAM**...the **OPTIMUM ANABOLICS WORKOUT GUIDE**. (In the tables, I've placed an **(NN)** in front of those exercises you'll find in Nick's book so you know where to go when you need an explanation of how to perform the movement.)

Then simply follow the instructions for each day's workout by selecting **ANY** of the exercises from the prescribed tables for each of your sets in my step-by-step program...and **THAT'S IT!**

Well, enjoy this exciting new addition to the **OPTIMUM ANABOLICS PROGRAM**... and **LET THE GROWING BEGIN!**

EXERCISE TABLES

Table 1
Front Dumbbell Lateral Raise
Lying Cable Pullover
Internal Dumbbell Rotation
(NN) 3-In-1 Rotator Cuff Raises

Table 2
Rear Dumbbell Lateral Raise
Rear Cable Lateral Raise
Dip Bar Shrug
Dumbbell Shrug
(NN) Standing Rope Pullbacks
(NN) Hack Machine Shrugs
(NN) Low Lying Pulley Shrugs
(NN) Pulldown Shrugs
(NN) Ski Jump Shrugs

Table 3
Arnold Press
Twisting Dumbbell Military Press
Barbell Military Press
(NN) Hang Clean & Press

Table 4
Side Dumbbell Lateral Raise
Cross Cable Lateral Raise
(NN) Lateral-To-Overhead Press

Table 5
Dumbbell Concentration Curl
Dumbbell Preacher Curl
Reverse-Grip Dumbbell Curl
Reverse-Grip Barbell Curl
(NN) Facing Away Stretch Cable Curls
(NN) Zottman Curls

Table 6
Twisting Dumbbell Kickback
Overhead Cable Extension
Cable Press-Down
Reverse-Grip Cable Press-Down
(NN) Behind The Back Pushdowns
(NN) Bent-Over Kickbacks
(NN) Side-To-Side Pushdowns

Table 7
Assisted Close-Grip Chin Up
Twisting Dumbbell Curl
Barbell/EZ-Bar Curl
Hammer Curl
(NN) One-Arm Barbell Curl

Table 8
Weighted Dips
Weighted Close-Grip Push Up
Close-Grip Bench Press
Lying Dumbbell French Press
(NN) Swiss Ball Pushups
(NN) Bodyweight Tricep Extension

Table 9
Exer-Ball Dumbbell Crunch
Bent Leg Crunch
Twisting Crunch
Superman
(NN) Cross-Bench Crunches
(NN) Serratus Pulldowns
(NN) Bench End Leg Raise / Cable Crunches

Table 10
Full Rotation Knee Raise
Hanging Knee Raise
Hanging Leg Raise
Lying Leg Raise
(NN) Swiss Ball Leg Raises

Table 11
Forward Dumbbell Lunge
Leg Extension
(NN) Dumbbell Leg Extensions
(NN) Side Lunges

Table 12
Backward Dumbbell Lunge
Seated Leg Curl
Lying Leg Curl
(NN) Body Leg Curls
(NN) Cross-Bench Leg Curls

Table 13
Standing Calf Negatives
Donkey Calf Negatives
Seated Calf Negatives
(NN) Calf Rock-Ups
(NN) Full Range Calf Raises
(NN) Universal Bench Machine Calf Raises

Table 14
Barbell Squat
Deadlift
(NN) One-Legged Squats

Table 15
Hanging Row
Twisting Dumbbell Row
Jockey Row
Wide-Arm Cable Row
Close-Grip Cable Row
Straight-Arm Pull Down
Reverse Back Extension
(NN) Decline Dumbbell Rows

Table 16
Assisted Wide-Arm Chin Up
Wide-Arm Lat Pull Down
Assisted Chin Up
Close-Grip Lat Pull Down
High Pull
(NN) Two-Bar Pull-Ups
(NN) Full Range Pull Downs

Table 17
Incline Dumbbell Flye
Dumbbell Flye
Dumbbell Pullover
Dumbbell Front Lateral Raise (Palms Up)
Low Cross Cable Raise (Palms Up)
(NN) Lower Chest Cable Crossovers
(NN) Upper Chest Cable Crossovers
(NN) Side Lying Dumbbell Flyes

Table 18
Weighted Incline Push Up
Weighted Dips
Incline Dumbbell Press
Dumbbell Press
Smith/Dumbbell Press To Neck
Incline Bench Press
Bench Press
(NN) Alternating Dumbbell Bench Press
(NN) Bench End Dumbbell Presses

EXERCISE TABLES