

# How Arnold Schwarzenegger, Ronnie Coleman, Reg Park, Johnnie Jackson and Franco Columbo *REALLY* Built Their Massive Size and Strength...

... And How You Can Copy Their Hardcore Muscle Building Secrets to Gain 10, 15, even 27 Pounds of *ripped* muscle in 90 Days or Less!



**This is The Inside Information Muscle Magazines and Supplement Manufacturers Are Hoping You Never Discover!**

***In This Short Ebook You'll Discover...***

- **The never-before-revealed methods they used to go from skinny teenagers to huge, ripped and respected bodybuilders** (the difference between what they say they did, and what they REALLY did is shocking!)
- **A simple muscle building routine you can use today**, invented by the man who was Arnold Schwarzenegger's boy-hood idol guaranteed to help you gain 10lbs of lean muscle in just *weeks*...
- **Why some people never seem to grow even if they do all the "right" exercises...** and more importantly... how you can avoid this fate yourself!
- **How to get better muscle building and fat burning results by only eating *one to three* satisfying, full, BIG meals per day...** instead of the 4 to 6 meals of rabbit food (or trying to eat every 3 hours!) you try to do now!
- **How to get personal training from seven of the world's top muscle building and fat burning experts completely and totally risk-free...**



By Caleb Lee  
**Publisher and editor of  
*The Real Muscle Report***

**I**f you want to gain a lot of weight quickly... and not just weight... but solid dense, *rock-hard* muscle with hardly any fat gain (1% or less is common)... then the information in this report is going to be invaluable to you.

***Here's the story:*** the year was 1968 and Arnold Schwarzenegger was only 21 years old...

At this time, Arnold was NOT the Governor of California... nor was he even acting...

And while he was working out... he certainly wasn't getting "the pump" that he would later describe in his 1977 bodybuilding documentary Pumping Iron as feeling... "*like cumming!*"

In fact, Arnold was using a workout routine totally and completely different than any routine you or I have heard about...

He wasn't following a popular split routine like the ones shown in Arnold's Encyclopedia of Bodybuilding...

Nor was he doing any of the routines he would later popularize in Gold's Gym in Venice Beach, California...

The truth is: Arnold was doing something completely different...

### **And This Is The Hidden Reason Arnold Was Able To Build So Much Muscle So Quickly!**

Although he began lifting weights at 16 years old (5 short years before) he had already built a very impressive level of strength and size for someone his age.

In fact, Arnold revealed in his 1993 book "*Education of a Bodybuilder*" that he was at this time competing in his 7th competition.

But this was not a bodybuilding competition...

No, Arnold was competing in a Powerlifting competition!

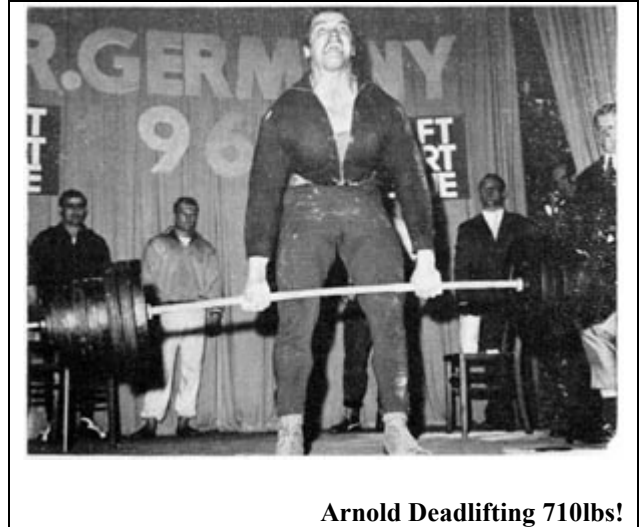
And he was doing very, VERY well.

In fact, in 1968 he was winning first place in this powerlifting competition. The picture to the side is Arnold performing a 710lb deadlift in his final powerlifting competition.

Now remember, how I said Arnold had already competed in 6 other tournaments before that? That's true... but some of them were actually Olympic Weightlifting competitions.

The difference is: in Olympic weightlifting there are only two competitive lifts – the Clean & Jerk and The Snatch... and... in Powerlifting competitions there are three competitive lifts—the Squat, The Bench Press, and The Deadlift.

(He won first or second place in all but one of them if you're interested)



**Arnold Deadlifting 710lbs!**

Do you notice something about those lists of exercises?

I want you to look carefully... can you see it?

Actually, it's not what you see...

### **It's What You Don't See That Makes These Exercise So Effective!**

**No** Tricep pushdowns

**No** Barbell curls

**No** Lat Pulldowns

**No** Leg Extensions

**No** Leg Curls

**No** Smith Machine Exercises (or ANY machine exercises)

**No** Cable Presses

In short, there are NO isolation exercises of any kind.

To make sure we're on the same page: an isolation exercise is an exercise that only utilizes one joint (it's isolated)... and... the powerlifting and Olympic Weightlifting exercises are compound exercises (which require the use of more than one joint)

These compound moves are the basic exercises that form a good strength training program.

You see...

## **Arnold Schwarzenegger Built Over 200lbs of Solid Muscle With Only Basic Strength Exercises!**

Was Arnold just smarter than everyone else when it came to building muscle?

Maybe...

One thing is certain: Arnold discovered his powerful muscle building routine by studying another, earlier bodybuilder (I'll tell you who he is in a moment).

For now, I want you to ask honestly ask yourself "*How much time do I spend doing Squats, Deadlifts, or Bench Presses in the gym?*"

If you're like most guys you can probably answer very honestly "*I do Bench Presses all the time!*" **and you're probably still skinny like most guys!**

The *secret* is to make sure you're working extra hard at your squats and your deadlifts... even harder than at your bench press!

Because squats and deadlifts have been proven in many published studies, like the one in *Int. J Sports Med. 1991 Apr;12(2):228-35*, (done on both men and women) to increase both Growth Hormone and the almighty Testosterone hormone, more than ANY other exercise!

### ***"But Arnold Just Had Good Muscle Building Genetics!"***

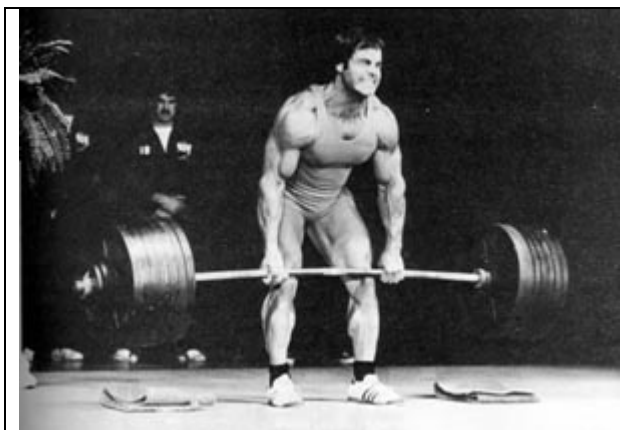
Yes, Arnold most certainly did have good genetics. He was born with a large frame, however he had to work *VERY* hard (just like anyone else) in order to gain muscle mass.

He recounts in his biography "*I was 6 feet tall and slender, weighing only 150 pounds*"... and in 5 years of hard work he had gained nearly 100 pounds of pure muscle!

In case you're wondering, Arnold was not the only bodybuilder who developed his spectacular physique by using strength training techniques.

### **Franco Columbo -- The Sardinian Strongman Built His Physique With This Same Secret!**

Franco met Arnold Schwarzenegger in 1965, and they were training partners ever since (except when they were competing for the Mr. Olympia title!)



**Franco Columbo Deadlifting 100's of pounds!**

In case you hadn't guessed already, Franco was also an Olympic Weightlifting and Powerlifting champion before he became a professional bodybuilder.

In fact, he was even stronger in some of his lifts than Arnold (who outweighed him by a good 50-60 pounds!)

Franco could Bench Press 525 lbs., Squat 655 lbs., and Dead Lift 750 lbs. He is even in the *Guinness Book of World Records* for blowing up a hot water bottle to bursting using only sheer lung power!

And he set Olympic Weightlifting records too, with his 270 lb Snatch and 400lb Clean and Jerk.

### ***What about today's top bodybuilders?***

This was over 45 years ago... surely the muscle building techniques and split routines popular now are more effective for gaining a muscular physique?

Ronnie Coleman, 7 time Mr. Olympia (the highest achievement in bodybuilding) also built his monstrous 287 pound frame... 60" Chest... and 24" arms... with primarily full body workout routines.

And guess what one of Ronnie's favorite mass building exercises is?

That's right, the Deadlift!

In his training video "*The Unbelievable!*" Ronnie seen working up to two heavy singles of 805 pounds! Ronnie is often quoted as saying...

*"Everyone wants to be a bodybuilder... but nobody wants to lift no heavy weights!"*

And he maintains that heavy squatting, deadlifting and other compound exercises are the key to building the muscle mass guys like us desire.

Another modern day bodybuilding legend...



**Ronnie Coleman deadlifting over 800lbs!**

## Johnnie Jackson “The World’s Strongest Bodybuilder” Uses This Secret Too!

He’s only 5 foot 8 inches tall... but he weighs an astonishing 240 muscular pounds.

In fact, he’s known as the “World’s Strongest Bodybuilder” because he is not only a current day professional bodybuilding champion... but he also actively competes in powerlifting competitions!



**Johnnie Jackson Deadlifting over 800 pounds!**

He Bench Presses 545 lbs, Squats 825 lbs and has deadlifted 815lbs in competition... here’s what he has to say about the secret to building muscle:

*“Bodybuilders these days **think** there’s a way around hard work for getting big. They think that with just a few more reps and isolation exercises, everything will be fine. But **nothing can replace heavy lifts.**”*

When he captured the the light-heavyweight and overall titles at the NPC National Bodybuilding Championships, the judges and fans could not get over the amazing size and thickness of Johnnie’s back...

*“Deadlifts do that,” he says. “I’ve only been doing them routinely for the last couple of years, but, for high-school football, we always did power movements, such as power cleans*

*and deep squats. The moment I started deadlifting, it was natural, automatic, weird. It just clicked. I guess it was the fact that something is sitting on the floor, it’s heavy, and you want to see how strong you are, so you grab it and pull it up. What a feeling.*

*“Almost immediately, I noticed a difference in **my leg size, my quads, hamstrings** and, of course, **my back**; and the improvements were major, **all within three or four months**. My physique had more thickness, and the look was totally different. It was, like, cool.”*

### **“But What If I Just Want To Build Big Arms and a Big Chest?”**

It turns out, these same compound moves that build incredible strength are the best exercises for your “guns” and pecs too.

Johnnie's max Barbell Curl is 215 lbs... and his 21" arms prove it.

Arnold had 20+" arms...

And Ronnie Coleman's are an incredible 24" in size!

***"But Those Guys All Use Steroids!  
Can It Work For a 100% Natural and Average Build Guy Like Me?"***

Firstly, Arnold grew from a skinny 150lbs to well over 200 pounds of pure muscle and won a ton of weightlifting competitions in just his first 5 years of training naturally... **before** steroids.

Second, Franco built much of his early physique and set a lot of lifting records in Sardinia, **before** coming to America in the sixties (when anabolic steroids invaded the bodybuilding scene)...

Third, it is still *VERY* possible to gain massive amounts of muscle and strength without the use of steroids by using these same strength training techniques.

You see, I still haven't told you about...

**The Man Arnold Wanted To Be,  
His Boy-Hood Hero: The Legendary Reg Park!**

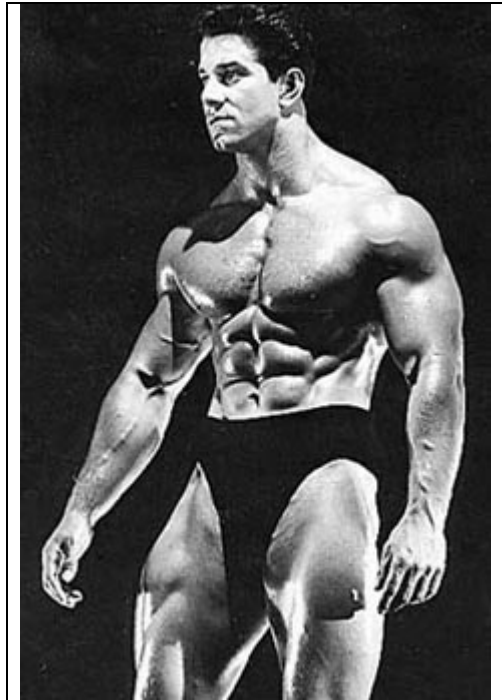
Reg Park was born in 1928 and starting lifting weights **WAY** before steroids were ever invented.

He stood 6 feet tall, weighed 250 lbs, and had 20” arms... and he built his entire physique naturally.

In fact, Reg is the man who inspired Arnold Schwarzenegger to start lifting weights!

He had pictures of Reg Park pinned up all over his room... and Arnold started training with compound exercises because that’s how Reg Park had built his body.

Arnold says in his biography, *“I found out everything I could about Reg Park. I bought all the magazines that published his programs. I learned how he started training, what he ate, how he lived, and how he did his workouts. I became obsessed with Reg Park; he was the image in front of me from the time I started training. The more I focused in on this image and worked and grew, the more I saw it was real and possible for me to be like him...”*



**Reg Park inspired Arnold to start lifting weights!**

*... **From the beginning, I was a believer in the basic movements, because that was Reg Park's preference. At the times Reg hadn't accelerated his workouts for some major competition, he would stay with the **basic exercises...*****

*...These were the movements that worked most directly on all the body parts. **I was following his example to the letter. And as it turned out, I could hardly have chosen more wisely.**”*

If you too would like to gain a monster physique like Reg Park, then here’s...

### **The Reg Park Routine For Serious Muscle Size and Strength!**

This was Reg Park's program circa 1950 (taken from an old Iron Man issue from around 1985). He would workout three times per week... with a day of rest between...on Monday, Wednesday and Friday he’d perform this routine:

- \* **Barbell Curl:** 4 sets x 6-8 reps
- \* **Seated Behind Neck Press:** 4 sets x 6-8 reps
- \* **Bench Press:** 5 sets x 5 reps
- \* **Barbell Row:** 4 sets x 6-8 reps



- \* **Barbell Squat:** 5 sets x 5 reps
- \* **Deadlift:** 5 sets x 5 reps

That's it!

No extensions, no tricep pushdowns, and absolutely no machines...

And he is also reported to have gained 25 lbs of muscle in just a few months on the above schedule. Sleeping 10 hours a night, and taking protein mixes of honey, milk and cream six times a day... and the only "juice" Reg Park took was Orange Juice! This is a record of the rest of his diet during that time:

- \* red meat
- \* orange juice
- \* milk
- \* eggs

It was that simple.

So why haven't you heard about the REAL muscle building routines these bodybuilding legends used?

Why do you read about other, ineffective routines in muscle building magazines and in interviews with these guys?

## **You've Been Lied To!**

And the truth might shock you...

Here's the cold, hard facts of why no one has told you how to *REALLY* build muscle yet:

- **Muscle magazines are almost all owned by supplement manufacturers...** and they make the majority of their revenue when other supplement manufacturers pay them to advertise in their magazines (this is why when you open one of these magazines, they are 80% full page, full color advertisements for supplements and only about 20% informative articles)

- **The split body part routines they write about in magazines won't work for you if you're a guy with average genetics...** or... **you're training 100% natural without steroids.** Those same routines WILL work for someone who has taken enough testosterone, growth hormone, and insulin shots to kill a horse because almost any routine will work when you're loaded up on that much anabolics.

- So the magazines give you, the honest and trainer, the routines of these steroid-enhanced bodybuilders... because **they know... you won't make any gains with them** (or you might make gains for a week or two... and then stagnate)

- **You know why right?** Because they want you to do one of two things:

**One**, they want you to keep going back and buying their magazines to find another routine once the one you read last month stops working.

**And two**, you think “maybe if I try this new supplement advertised here...” and then you buy another useless supplement that will never work for you.

### ***“Yeah Supplement! What About Supplements?”***

Let me say supplements are NOT all bad because there are some that do REALLY work.

In fact, I use multiple supplements myself...

But here’s the thing, and read this next part *closely*:

Supplements are designed to “*SUPPLEMENT*” your current muscle building and fat burning lifestyle... which means if you’re not already training the **right** way to gain muscle and melt away fat then you have no business trying supplements.

But those sleazy marketers don’t want you knowing that!

They want you to think you just need to pop a few pills, choke down some goo, or spray yourself with some hormone enhancing mist and you’ll gain weight over night.

It’s enough to make you sick because it just *doesn’t* work that way.

But here’s the good news.

### **You (Yes... Even YOU!) Can Build Muscle, Burn Fat, and Get The Body You Deserve In 90 Days Or Less!**

First, you know the secret is NOT to follow the split training routines you read about in all the muscle magazines.

You know your routine should include Squats and Deadlifts for sure... and Bench Presses, Overhead Presses, Pullups and Barbell Rows.

You know you should try to build your strength with heavy weights and that you should NOT go for “*The Pump!*” like Arnold suggested in “Pumping Iron” (because he used completely different methods to build his own impressive physique!)

You know you should eat healthy, natural foods like Reg Park did and *plenty* of them...

But here’s the thing...

## What You Don't Know CAN Hurt You!

First off, there's the exercises themselves...

You do **NOT** want to perform deadlifts, squats, or any other mass building exercise without knowing what you're doing...

And you can forget about asking your local "gym rat" to give you advice on how to do it... **because he is almost certainly doing these exercises wrong to!**

(You can tell because most of the older guys who want to give you advice in the gym are wrapped up like mummies with protective belts, knee braces, elbow braces, and everything else because of the years they spent training with incorrect technique, developing muscle imbalances and everything else!)

So you need to get some proper instruction in these lifts to make sure you're performing them correctly for both the *maximum strength benefits*... and the *maximum size benefits*!

**And for the record:** Reg Park's routine above is NOT a beginner's routine... and if you haven't been training (correctly) for a year or more... I don't recommend it because you'll probably end up overtraining way too quickly.

Which brings us to this...

### If You Don't Know What You're Doing You Won't Gain ANY Weight!



**Dr. Judd has squatted 603 pounds even though he only weighed 130 pounds himself!**

Just because these exercises work great at developing strength, does **NOT** mean you'll automatically gain muscle by using them.

In fact, Dr. Judd Biasiotto is quite arguably **one of the strongest men who ever lived**. He has set 101 state records, 47 region records, 32 American records, 16 national records, and 14 world records.

In 1987, *Powerlifting USA* ranked Dr. Biasiotto as the fourth best powerlifter of all time because his best lifts are: Bench Press 331 pounds, Deadlift of 551 pounds and Squat 603 pounds.

But here's the thing...

**Dr. Judd Was Only a Scrawny 130 Pounds!**

Even though he could lift enormous amounts of weight... and he was using the absolute best exercises for gaining weight possible... Dr. Judd never broke 130 pounds of bodyweight during his powerlifting career.

He has said, *“My ex-girlfriend would say that my legs looked like Schwarzenegger’s... Maria (his wife) not Arnold’s. She would also say that my legs were so skinny that I looked like a pair of pliers in shorts?”*

So why did Arnold, Franco, Ronnie, Johnnie, and Reg Park all pack on serious amounts of muscle and size using the exact same training methods and Dr. Judd did not?

### **You Need An Expert To Show You How To Get The Max Results Out Of These Routines!**

And until now, that was virtually impossible.

You see, the internet is filled with “experts” and all of them have conflicting opinions.

There’s tons of advice on everything related to gaining muscle (and most of it is bad):

- How often should you workout?
- How heavy should the weights be?
- How many reps per exercise... per bodypart... per set... and per day?
- How fast or how slow should you lift?
- How much rest should you take between exercises?
- How should you eat for maximum muscle growth?

And the things is...

### **You Need Each Of These Factors To Be Fine Tuned, In The Right Order, To Create The Precise Combination Needed For Maximum Muscle Growth!**

Yup, if you don’t get each of these factors just right... you’re in for some serious trouble.

**If you do the exercises wrong you could get seriously injured...** which means you’d have to wait months before you could train again and gain anymore.

**If you don’t know exactly how much to do or the precise rep and set routines (or you do too much)...** you could end up overtraining and actually shrinking in size.

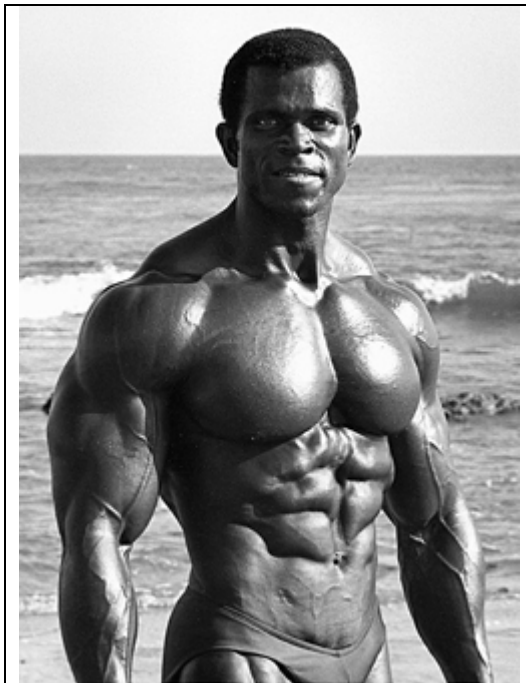
**Or you could just keep getting stronger, but never put on any appreciable muscle mass like Dr. Judd.**

Oh, and that last part about what to eat?

**If You Don't Know How To Eat Properly...  
You'll Never Grow OR  
You'll Gain Just As Much Fat As You Do Muscle!**

If you don't know how to eat, you'll never grow.

In fact, the biggest lie you've been led to believe is that you need to eat 4-6 meals per day in order to rev up your metabolism... burn more body fat... fuel your muscle growth... and "eat healthy".



**Bodybuilder Serge Nubret discovered that eating just one time per day (in a very specific manner and combined with the correct training) allowed him to build slabs of thick, ripped muscle... without... gaining fat.**

This is simply not true.

I don't have the space to go into the scientific explanation for this here, but the simple fact of the matter is that you can eat anywhere from just one to three big meals per day and still build muscle and burn fat at an incredible rate.

The great bodybuilder Serge Nubret (pictured at left) only ate one time per day, often consuming over 5,000 calories in one sitting... yet he was one of the most well developed bodybuilders who ever competed (and even today at 70 years old he is still very lean and muscular.)

Of course, just deciding to eat one time per day is not going to work if you don't know how to do it because there's a specific process you must follow to ensure you gain lean muscle and very little fat.

The truth is: you have to eat a LOT... but just knowing to eat a "lot" isn't going to help you because following that advice will make you bigger yes, but a LOT fatter too.

I'm sure you've seen the strongman competitions on T.V. with the big guys who are incredibly strong... but have layers upon layers of fat covering their muscles.

If you don't know how to eat correctly then you'll just end up doing what 99% of the guys at the gym do. They don't know how to eat to gain lean muscle and not fat, so they just eat a ton of food, get fat, and tell everyone they're "bulking"... even though they NEVER lose the fat or get those elusive six pack abs.

I don't know about you, but the last thing I want to do is take off my shirt and have people think...

### **"Do You Even Work Out?"**

Because like it or not, no matter how strong you are, that's what people think when they see your body covered in fat.

That goes for being really strong and skinny too... they might raise an eyebrow when you tell them how much you bench... but the type of physique that gets women to pay attention and demands men's respect is a hard, lean muscular body.

And just so you know...

### **It's Entirely Possible To Gain 15 Pounds Or More Of Muscle Without Gaining Hardly Any Fat (1% Fat Gain Or Less!)**

But you need the right information.

The problem is: nobody has told you exactly what to do to stimulate maximum muscle growth in the weight room...

... Nobody has ever told you exactly how to eat to so you gain lean muscle without gaining hardly any fat.

In fact, I can assure you that the information you're using right now to train is pointing you in the wrong direction.

But all that changes now...

**If you're finally fed up with not being able to gain weight...**

**If you're sick and tired of being skinny, overweight, or "skinny fat"...**

**If you've had it with ineffective muscle building routines that simply don't work for guys like us who refuse to use illegal steroids...**

**If you really want to know the exact, step-by-step process that guarantees you gain pounds of lean muscle *without* fat...**

... Then I'm going to pull out all the stops today to make sure you take the first step towards getting the physique you want.

I'm committed to helping you in whatever way I can, I've already proved it by revealing insider secrets about top bodybuilders most people will NEVER know.

So what does this mean to you today?

### **Your New Life Can Start Now...**

Picture This...

It's only a few short weeks from today, 6 weeks to be exact...

You're already feeling great because you have more energy, you're sleeping better, you have more confidence, and *you can start to feel your body changing day-by-day.*

You get up in the morning and as you go to the bathroom it hits you for the very first time when you look in the mirror -- you're not looking at the "old you" anymore...

No, you look completely different... Your shoulders are getting bigger and more broad... your chest is square and getting chiseled... your waist is smaller... and *you're getting that "V-shaped" upper body!*

After your shower, you step on the scale and you're almost in disbelief because you're 11 pounds heavier... but you're leaner than you've ever been in your entire life.

You go back to your room and finish dressing for the day, you throw on some jeans and notice your thighs are really filling out the pant legs... something that never happened before...

And the t-shirt you pull down over your head fits snug around your shoulders and chest, you fill it out completely and you wonder if you're going to have to buy a whole new wardrobe soon.

You're off to a great start for the day and you can't help but smile and walk out of your house, your back straight and chin up because you're proud of your new found strength, increased masculinity and feelings of power.

And when you get to work, you realize there's even more going on...

Guys who used to ignore you, now seem to want to be around you more... *you feel confident* when you're meeting new people because you can give them a good firm handshake...

Not only that, but *the women definitely notice*. Maybe they're not just looking at you because you're getting bigger, more muscular... but they definitely respond to *your new confident posture*.

They can tell you exude a quiet, masculine confidence... the type of confidence that only a man who has earned it can display...

And because you can now smile and look even the most attractive "9 or 10" dead in the eye without flinching they're almost tripping over themselves to get at you now, desperately wanting to find out who you are.

That's when you realize...

### **Your Old Body Is Gone And You Now Have The Rugged, Strong Physique You've Always Desired!**

And what I'm about to show you can make this all happen for you... and the way I've arranged it, it's totally and completely risk-free for you...

So keep reading to see how...

- **A 45 year old man experienced a “growth spurt” and gained close to 10 pounds in just a single month...**
- **A U.S. Air Force Soldier who thought he was a “hard gainer” went from a scrawny 156 pounds to a chiseled, hard-bodied 176 pounds in only 8 weeks...**
- **A guy so frustrated with his current results he was about to try steroids, tried something completely different and gained 27 pounds in just 90 days—completely drug free...**

### **You Too Can Discover How To Gain 10, 15, even 20 Pounds Or More Of *Rock-Solid Muscle* In 90 Days Or Less! (This is Guaranteed and proof is provided below)**

And we're talking *ripped* muscle here!

With the "Lean Gains" approach to eating I'll show you in a moment... combined with the most *effective* and *intense* (yet short!) workouts ever designed... you'll gain pound after pound of *thick muscle mass*... while at the same time... *forcing* your body to *burn up every last ounce of ugly fat* and super-charging your natural anabolic hormones!

And I'm so convinced this will work for you, (Even if everything else has failed you) I'll let **you see everything for FREE if you choose!**



The fact is you've stumbled on the most incredible muscle building resource available today.

Because I've managed to convince six of the current top fitness experts in the world to reveal every juicy detail of their muscle building and fat burning regimens.

Together they've published over 15 books, written *hundreds* of articles, been quoted on *thousands* of web pages and now you can have complete access to all their very best information! This is truly the...

**Muscle Building Secrets Of  
The World's Top Natural Bodybuilding, Strength, and  
Diet Experts Finally Revealed...  
For The First Time!**

The Best Part? These strategies and techniques are NOT just for bodybuilders or “hardcore” fitness enthusiasts who have the luxury of spending hours in the gym every day.

I'm living proof – I don't spend hours in the gym (I'm lucky if I break 45 minutes at a time) and I've still built an impressive physique... all by following the simple steps these experts will outline for you.

And here's something even better...

**It Doesn't Matter Who You Are  
Young, Old, Skinny, Skinny-fat, Flabby...  
These Secrets Are GUARANTEED To Work For You Too!**

How do I know?

Because these experts have helped *EVERYONE*... from stay-at-home moms to elite athletes (like NFL and other professional superstars) to get the fitness results they want.

- **You do NOT** need "muscle building genetics"...
- **You do NOT** need to spend 6 days a week at the gym...
- **You do NOT** need to waste hundreds of dollars on pills and powders (most don't work... and the good ones aren't even that expensive!)
- **You do NOT** need to follow some crazy "*Black Balled, Soviet, Bulgarian Double-Backward, Elite Special Forces*" training routine to see results (you know, those programs that are so complicated -- you can barely figure out what to do first?)

The truth is, there's only a few simple, basic "do this, do that" things you need to understand in order to start seeing the muscle building results you want...

So if you're tired of watching OTHER guys get big and strong... and you finally want to do it too (and in 99% of cases by spending LESS time in the gym than you are now)... here's something that's going to change your life:

***MUSCLE BUILDING MASTERMIND:***  
**Everything You Need To Build Serious Size and Strength**  
**In the Minimum Time Possible!**

I've put together a "Who's Who" of muscle building superstars – from every level of the game– your personal panel of experts to show you how to get the maximum muscle building results you're looking for... in the shortest time possible.

I call it the the *MUSCLE BUILDING MASTERMIND* – a series of six recorded phone interviews (and one with yours truly) where you'll meet some of the greatest legends in the muscle-building field and pick up their best strategies and tactics for building the physique you want!


I'm talking about muscle building secrets you can put to work right now, the very next time you put your hands on a weight, to get started building the body you want (the body women lust after... and "regular" guys wish they had!)

Or to light a fire under your existing workout routine – and take your strength, size and physique to new levels!

You'll get tons of practical, nitty-gritty tips, tricks and techniques for getting the results you want in and out of the gym.

You'll discover...

- **The biggest mistakes most trainees make that keep them small, weak and puny and NEVER seeing any real gains...**
- What the best muscle building exercises are and how they're guaranteed to ramp up your body's supply of strength and size hormones...
- **How to eat, how much to eat, and what to eat... if you want to pack on serious muscle mass and support all your hard work in the weightroom (without having to**



**You get 7 no-holds barred .mp3 audio interviews of the world's top fitness experts giving you their absolute BEST tips on how to get the body you want... PLUS, you get completely searchable typed .pdf transcripts of every interview to print out and read at your leisure!**

**resort to getting fat and "bulking" all winter... only to never lose those stubborn pounds again!)**

- What muscle building supplements actually work... which ones are complete garbage... and how to tell the difference (information you absolutely **MUST** know before you ever spend a penny on supplements!)
- **How you avoid getting injured in the weight room... the stupid stuff we did that got us injuries... and how you can lift pain and injury free for the rest of your life (so you can continue making gains year after year!)**

And that's just scratching the surface!

In individual sessions each of these highly accomplished muscle building "masters" reveal in detail their insights, strategies and techniques for building serious strength and size... whether you're a wet-behind-the-ears "raw rookie" or experienced pro...

So who are these muscle building-geniuses standing by to help you?

Just take a look!



**Muscle Building Genius #1: Nick Nilsson, started training at the age of 17 when he was a cross-country runner weighing 150 lbs soaking wet. After just his first year of college, he had put on 70 pounds in eight months!**

Not all of that weight gain was muscle, but Nick has since refined his "muscle explosion" training systems... and gone on to become the mountain of ripped muscle he is today.

You're sure to pick up a truckload of "gold nuggets" from Nick, stuff like...

- **The number one mistake most people make when it comes to training (and especially the bench press!)** that keeps them from making gains in months, instead of years!
- **The one nutrient most people try to eat less of... even though it's the one thing you absolutely **MUST** eat... if you want to increase your testosterone naturally and put on muscle mass fast!**
- **What Nick discovered after gaining over 70lbs of weight in his first year of college and weight training... and why it's the "secret key" that unlocked the door to the heavily muscled (and RIPPED!) physique he now has!**

- **Want to gain a lot of weight, FAST?** Nick will share with you how to optimize the amount of weight you gain so you're putting on quality, LEAN muscle... and not just fat (recent scientific studies have revealed it's twice as hard to get rid of extra fat than to prevent gaining fat in the first place!)
- **The number one mistake guys make when it comes to training their arms** and how it completely MURDERS any and all chances they have at building bigger biceps (chances are, if you're like 99.9% of trainees you're committing this muscle building "sin" too!)
- **Plus much, MUCH MORE!**

*Praise For Nick Nilsson's Methods...*

### **"Gained Close To 10 Pounds During The Month!"**

"I finished the last workout of 'Muscle Explosion' yesterday. **I've gained close to ten pounds during the month of workouts.** *Not bad at 45 years old!* I had the feeling this was going to be a tough system, and I was more than a little afraid of the five-days-in-a-row of heavy deadlifts. But I stuck with the plan, endured the feelings of physical shock during the workouts, and the soreness afterward.

Nick, you're really on to something here. I don't think I could personally continue at this intensity week after week, but what a *fantastic growth spurt method.*

I love the way you're 'pushing the envelope' and refining and advancing the art and science of natural bodybuilding. You don't just rehash the great ideas, you turbo-charge them!

*- Tim Lauber*



### **Muscle Building Genius #2: The "Muscle Nerd" Jeff Anderson reveals his best muscle building secrets for hardgainers and experienced fitness pros alike.**


Jeff is living proof you can beat the "hardgainer" label. He started out a scrawny 6' 2", 148 lb. weakling but not anymore... and even better... he'll show you how to pack on pounds of muscle in MUCH less time than it took him.

Here's just a few of the great tips you'll pick up from Jeff:

- **Why it's almost a certainty you're NOT a "hard gainer" and the one thing Jeff Anderson has used on hundreds of guys to help them put on weight, even when everything else has failed** (it's an ingenious way to "activate" muscle fibers which normal training never does... and it works like crazy!)
- **The one thing most guys do (especially when training their chests!) that makes their workout virtually WORTHLESS when it comes to stimulating muscle growth and strength increases...** and how you can make sure you NEVER make this mistake again!
- **How Jeff answers the age old question "should I do high or low reps to build muscle?"** to help former hardgainers start seeing improvements almost overnight!
- **Why you should never worry about how much weight you're lifting and the one thing you should focus on instead...** if... you want to make continual, permanent muscle gains!
- **How you can tell, without a shadow of a doubt, if you're REALLY eating enough food to build muscle** (*best part: with this simple, yet ingenious technique, you'll NEVER have to count calories, or stress over how much food you're eating again because it's that simple and easy to use!*)
- **And much, MUCH MORE!**

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*Praise for Jeff Anderson's training methods...*

**"...you should just hear the compliments friends, family, and now even WOMEN saying about my 'NEW BODY'!"**

Hello Jeff...this is Daniel!

really want to **thank you** for your awesome program, your expert advice...and most of all these **amazing results!**

You should just hear the compliments friends, family, and even WOMEN are now saying about my "new body"!

Thanks to your program I have really opened my eyes to **what works** and **what doesn't**.

By focusing on your "8 Anabolic Factors", my training is now **more productive** in **less time**! Your program is **simple** to follow and delivers **powerful** information.

**Optimum Anabolics ROCKS!!!** Thanks so much Jeff!!

For everyone hesitating about getting this program, it should be a no brainer. If you're willing to put in the effort, the OA program will **PUMP UP YOUR MUSCLES!**"

Happy Muscle Building ,

~ Dan ~



**Muscle-Building Genius #3: Tony Schwartz gives you the elite training secrets he uses when NFL, NHL, and NCAA athletes come to him looking for results!**

Tony is the Director of Training for Momentum Athletics. He has a B.Sc. in Exercise Science from Indiana University, where he was a research assistant in the areas of biomechanics and exercise physiology. He has authored, edited, and contributed to many books and articles in the field of exercise science and presented to strength coaches across the country on a variety of topics including general and specific training, block periodization, and plyometrics.

In addition to his academic credentials he works hands-on with athletes of all levels, from youth to professional. Here's just a taste of what Tony will share with you:

- **The exercises you absolutely MUST do if you want to build muscle size and strength** (whether it's your first time in the gym, or your 1,000th -- these exercises will STILL be responsible for 90% of your gains, year in and year out!)

- **A completely different approach to lifting guaranteed to never leave you asking the question "what's the best exercise for XYZ bodypart?" ... and even better... when you design your workouts this way you'll never get bored with your routine again!**
- **How to tell, with pin-point accuracy, if you're REALLY overtraining... what you're probably doing instead that most guys mislabel "overtraining" ... and how to virtually guarantee you never approach that point in the first place so you can make gains every time you step in the weight room!**
- **The one personality trait that virtually all successful athletes (especially the pros') have that makes it easy for them to gain muscle at will... and how you can make just a few simple changes to YOUR attitude to get double the results from your training you're seeing now!**
- **Tony's no-fail, 3-step goal setting method to guarantee you not only achieve -- but TEAR THROUGH all your personal goals (this is the exact same system he teaches when he lectures to elite olympic coaches, NFL, NHL and NCAA trainers... and now you can use it too!)**
- **Plus much, MUCH MORE!**

*Praise For Tony Schwartz's Methods...*

### **"27 Pounds in 90 Days!"**

“Athletic Muscle Building is the holy grail. I struggled for so long to gain muscle. I was so tired of training hard and getting no results. I even seriously contemplated trying steroids. I’m glad that I didn’t because I didn’t need them. **I gained 27 pounds in 90 days, completely drug-free.** I can’t thank you enough for sharing this information with a regular guy like me.”

-- Will B.



**Muscle Building Genius #4: Mike Westerdal started working out at the tender age of 15... weighing only 115 pounds and he couldn't even bench 100lbs...**

**... Fast forward to today and Mike has benched 450 completely RAW (that means no bench shirt, no wraps and no belt, just Mike and a steel bending 450 pound bench press!)**



Mike is a deep, vast resource of training knowledge, and here's just a taste of what you'll get out of his session:

- **The three biggest keys to building muscle you MUST know in order to get results from your training** (most guys only get 1 or 2 of these things right... but the REAL muscle building magic happens when you combine all three synergistically for maximum results!)
- **The specific type of weight training exercises you should be doing... before you even THINK about lifting medium weights for higher reps** (like all the bodybuilding magazines tell you to do!)
- **The one thing almost all beginning bodybuilders do that severely hampers their gains right from the get go** (it's also the reason most guys think they're hardgainers, even though they're really not... and could easily make gains when they change this one thing!)
- **Why it's almost certain you shouldn't pay attention to protein, carb and fat ratios... and what to focus on instead...** if you want to build a big (and lean!) muscular physique!
- **The proper way to introduce bodybuilding supplements so they HELP your already effective training and nutrition regime...** not hurt it!
- **And much, MUCH MORE!**

*Praise For Mike Westerdal's Methods...*

### **"Increased My Max Bench From 380 to 420!"**

Hi Mike, "Being so tall and having such long arms the bench press has always been an exercise that has lagged behind in development for me. Football programs I had used in the past just weren't cutting it for me. I highly recommend the Critical Bench Program because I **increased my max from 380 to 420 during the off season.** It wasn't easy but nothing worth having ever is."



**-- Steve Konopka, Las Vegas Gladiators**



**Muscle Building Genius #5: Rick Gray** was a skinny, weak, "hard gainer" who couldn't put on muscle



to save his life no matter how many "bodybuilding champion routines" he tried or piles of pills and powders he ingested...

... But that all change when he discovered the "anabolic secrets" he now uses today to put on and keep massive amounts of muscle, all using completely natural means!

**In fact, Rick recently broke his back!**... and still figured out how to quickly recover and put muscle back on his frame (working out in HALF the time he used to!). Here's just a sample of what Rick will share with you...

- **How over 8 YEARS of struggling and trying to build muscle literally FORCED Rick to discover exactly what WORKS to build muscle...** and what is simply a waste of time... you'll shortcut YEARS off your progres when you see what he discovered!
- **The amazing secrets Rick discovered about how "less is more" when it comes to building muscle FAST... secrets he literally broke his back to discover (the L-5 vertebre and ruptured discs in his lower back)...** and how you can put his secrets to work for you right away (without having to break your back of course!)
- **How to virtually guarantee you're eating enough quality food to build pounds of lean muscle mass** (this is a simple trick Rick teaches hard gainers all the time to help them put on mass quickly!)
- **Two commonly overlooked, all natural, organic foods that are comparable to "nature's steroids" because of the anabolic state they put your body in after eating them** (plus, the exact types of these foods to look for and where to get them!)
- **The absolute MAXIMUM amount of time you should spend working out each week if you are a hardgainer** (most guys are doing DOUBLE this and it's the reason why they can't gain an ounce of muscle to save their life!)
- **Plus much, MUCH MORE!**

*Praise For Rick Gray's Methods...*

**"Gained 9lbs in 4 weeks!"**

"I gained approximately **9lbs in 4 weeks**, 1/2" on my arms and 2 inches on my chest. I also dropped 2% in bodyfat."

**-- Jaco Esterhuizen, South Africa**



**Muscle Building Genius #6:** Paul Becker got his first taste of muscle building madness in the late 1970's after watching "Pumping Iron"... and since then he's been at the forefront of providing effective natural bodybuilding information for anyone who will listen.

He started and still maintains one of the largest and most popular bodybuilding websites on the internet and his depth of knowledge is "truly huge"!

Here's just a taste of the great information you'll get from Paul...

- **How beginning bodybuilders can potentially make three times the progress in the same amount of time...** just by adjusting the frequency and volume of their workouts according to Paul's instructions...
- **What you should know about solid, real food V.S. meal replacement shakes and other "liquid nutrition" and how it can make a big difference in how much muscle you actually gain** (if you're a guy who eats and eats but isn't seeing gains, you'll absolutely LOVE this tip!)
- **Why you should never look to bodybuilding or fitness magazines (or even interviews with your favorite "athletic heroes"!) to determine how you should be training and eating** to get the results you want.
- **A simple technique to keep you from losing focus, getting "information overload" and being pulled in so many different training directions that you never make any gains** (best part: it's simple to do and can make planning your future workouts a piece of cake!)
- **How to not just deal with "dream stealers", negative critics, and people who don't support your goals... but actually USE them** to motivate and keep you on track to achieving your goals!
- **And much, MUCH MORE!**

*Praise For Paul Becker's Methods...*

### **"From 152 to 176 in Only 8 Weeks!"**

"The program in the book, "The Bio-Genetic Muscle Gain Program" is unreal. I **started the program weighing 152 and came out weighing 176 after only 8 weeks.** There was an increase in strength that I used to dream of! I also gained the size to go along with my increase in strength. The other guys in the gym would watch me in awe as I kept coming back to the gym

throwing more weight on the bar. All of the work in this program was worth doing. The gains I made showed me that! I recommend that all hard gainers, who want to get big, jump on this program as soon as possible."

**-- Bill Ergenbright - U.S. Air Force, Germany**



**Muscle Building Genius #7: Then there's me, Caleb Lee.**

I've been in martial arts virtually my whole life (since the age of 5)... and got heavy into strength training around the age of 12...

Because I previously competed in strict weight classes (for national and international olympic style Taekwondo competitions) I had to force myself NOT to gain weight... and only build strength and explosive power.

But not anymore! I'll share with you the techniques, strategies and workout styles I'm using RIGHT NOW to put on pounds of muscle quickly, safely -- and in MINIMUM time!

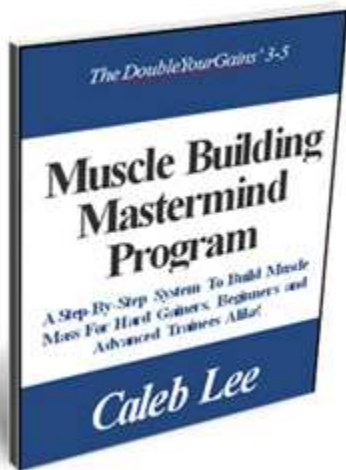
Here's a sample of what I'll share with you:

- **The 3 biggest mistakes I see guys making each and every time they step in the gym** (these mistakes SERIOUSLY hurt any chances of ever make appreciable strength and size gains... but once you know them you'll never fall victim to them again!)
- **The two best, no-fail, mass building exercises** that bodybuilders, muscle building masters and athletes have used for YEARS to build strength and size rapidly!
- **What you should know about bodyweight training**... that most guys completely overlook... and how it can help you gain more strength, more size, and even PROTECT you against injuries in the future!
- **How I'm eating now, to gain quality, lean muscle mass... without having to stuff my face over the course of 6-8 hours per day...** and the best part is: my abs are still staying "cut"!
- **The best type of cardio to do, because it actually HELPS your muscle building efforts...** and at the same time burns off pounds of ugly body fat!
- **Plus much, MUCH MORE!**

And don't worry...

**I Put It ALL Together For You...**

**In The Muscle Building Mastermind Ebook!**



With this much high quality muscle building information, it might take you a while to "put it all together" into a good muscle building program that's guaranteed to help you pack on quality muscle... that's why I wrote the DoubleYourGains' 3-5 Muscle Building Mastermind ebook just for you!

With this program in your hands you'll have...

- **How I gained 4 pounds of muscle in just 5 workouts** -- The muscle building program I'm using RIGHT NOW (it took me over 10 years of

reading and studying the muscle building masters... but I've finally got something that WORKS!)

- **How to "trick" your muscles into thinking they absolutely MUST grow each and every time you finish a workout** (it's a little known way to progressively overload your muscles I learned from the top American and Soviet strength coaches in the world!)
- **The absolute best set and rep protocols to stimulate muscle growth** (and the best part is you'll actually be able to do MORE quality reps in the gym because this method allows your muscles to rest while you're working out!)
- **Putting it ALL together** -- the workout routine you should do, how often you should do it, the best muscle building exercises, and how to eat enough to support massive muscle growth... it's all right here for you to plunder!

And that's just scratching the surface of what's in your copy of the Muscle Building Mastermind ebook!

*Praise For Caleb Lee's Methods...*

**"Just a Month and a Half To FINALLY Bench 225!"**

For the past two years, it's been my goal to bench 225. I've tried as hard as I could but could never get there. **In just a month and a half of taking your advice I'm already there! And, guys at the gym have told me that they can see a big difference.**

Seriously-THANK YOU!

-- Tom

**The Ultimate Anabolic Advantage:  
How To Eat 3 Big Meals a Day, Enjoy Your Ice Cream...  
and STILL turn your body into a shredded, lean,  
muscle-building machine with  
The *Lean Gains Approach To Eating!***

If you don't get your nutrition and eating right -- you'll NEVER gain any muscle... even if you're pumping your body full of anabolic steroids... it's THAT important.

That's why I'm so excited to introduce you to the Lean Gains Approach by Martin Berkhan!

*Imagine this scenario:* No more carrying around tupperware containers, mixing dozens of protein and meal-replacement shakes each week, or obsessing over preparing, cooking, and eating food every three hours like an addict (for fear of losing your gains)...

... You only need to eat 3 big, satisfying meals each day (and about 3 times per week you can actually eat ice cream, cheesecake or some other sugary dessert!)

And following this eating program which most experts would claim will NEVER get you results -- you gain over 20lbs of rock hard muscle with virtually NO fat gain (2% body fat increase or less are common-place!)

Sound impossible?

With the Lean Gains Approach it's TOTALLY possible and Martin has proved it on himself and with NUMEROUS clients! The photo below is Martin at around 200lbs and only 6% body fat... but what is most impressive is **he walks around at 6% (or lower!) body fat virtually ALL YEAR LONG...**

**The Lean Gains Approach Allows You To  
FINALLY Gain Pound After Pound of Rock Hard Muscle... Without... Gaining  
Hardly ANY Fat!**



(The author and developer of the Lean Gains Approach, Martin Berkhan's amazing transformation pictured above at around 200lbs and a little less than 6% body-fat.)

Here's what you'll experience with the Lean Gains Approach:

- **You'll "tweak" your metabolism so it uses fat FIRST for energy**, and burns it up like a raging furnace wherever it finds it!
- **You'll send your natural production of Growth Hormone and Testosterone through the roof...** by switching on your metabolism's "natural steroid" factory!
- **You'll save your precious lean muscle when you cut calories and drop weight** — because you'll burn energy from 80% fat, and ignite your natural anti-catabolic hormones! (Which means the fat will melt off your whole body like butter in a microwave, leaving solid, ripped and striated muscle behind!)
- **You'll stop storing fat when you add mass!** So you'll never have to "bulk up" and get fat for half the year because you'll be able to achieve and maintain single digit bodyfat levels (not to mention razor sharp abs!) year round...

Most bodybuilders can only cut down to single digit bodyfat levels for short periods of time -- a week or less -- so they can compete at competitions. And they're almost always weakened to the point of exhaustion from the extreme calorie restriction, dehydration and deprivation they put themselves through to reach such low bodyfat levels.

But Martin and his clients routinely increase their strength AND gain pounds of bulging muscle while burning away every last ounce of body fat using the Lean Gains Approach (Martin himself deadlifts well *over* 600lbs even at single digit bodyfat levels!)

... And when you combine the info in The Muscle Building Mastermind with the Lean Gains Approach... *YOU* can too!

Let me tell you, there has never been an eating strategy laid out like this for bodybuilders (or any other athletes) before... never! Martin, while not well-known (yet) in the states is a highly respected expert in Sweden (a magazine columnist, etc). He has taken heat from all sides for his highly controversial eating method, but because he spent years documenting his research — and has the real-life success stories to prove everything — he continues to convert people from skeptic to believer day after day (including ME!).

**Here's Just A Few Of The People  
Who Have Experienced "The Lean Gains Approach"**

**"Can You Turn Fat Into Muscle?"**



While you can't *actually* turn fat into muscle (because it's not scientifically possible)... this is as close as it gets! This client used the Lean Gains Approach while strength training and his bodyweight only changed by -1 lbs, but he lowered his bodyfat drastically (14% vs 8.5%) while gaining lean body mass... all in just 14 weeks!

**"Lost 40 pounds of Fat and  
Increased His Lean Muscle and Strength!"**





Johan (pictured above) dropped an amazing 40 lbs (18 kg) of body fat, making a complete body transformation, using the Lean Gains approach. Perhaps even more impressive is his radical improvement in strength/body weight ratio; even while dropping 20% of his initial body weight, he managed to increase his strength in several key lifts (deadlifts, front squats).

### **"James Gained 10 Pounds Of Lean Muscle!"**



James gained 10 pounds of lean muscle and now he's not only bigger, but extremely defined and "ripped"...

**Plus, You Get 5 MORE Instantly Downloadable Volumes  
To Rocket Your Muscle Gains and Fat Loss  
- A \$125 Value -- FREE!**



**Bonus Report #1: Nick Nilsson's 4-Book Preview Report** -- is a preview collection of Nick's 4 best-selling ebooks -- complete with step-by step sample exercises you can use RIGHT AWAY to build muscle, burn fat, and chisel out the body you've always wanted!



You get a unique preview of 53 unique exercises to help you increase your muscle mass and strength quickly and overcome exercise monotony instantly with the excerpt from "*The Best Exercises You've Never Heard Of*"!



If you want six-pack abs, rock-solid core strength and a wasp-tight waist, your preview of the 77 extraordinary exercises in "*The Best Abdominal Exercises You've Never Heard Of*" are going to completely change the way you work your abs... you can get twice the results in half the time!



You'll discover exactly how to eat and train to lose maximum fat as quickly as possible while keeping and even GAINING muscle mass in the exclusive sneak peak into the "*Metabolic Surge - Rapid Fat Loss*" ebook...

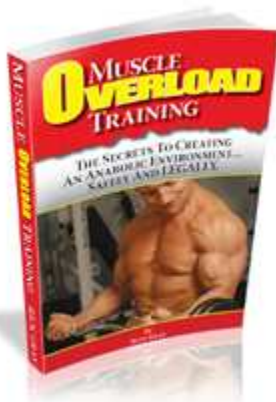
And if you want bigger, rounder, tighter glutes, you absolutely need the information revealed in the preview of "*Gluteus To The Maximus - Build a Bigger Butt NOW!*"

All together, the free exercises and sneak-previews into all of Nick's best selling books is an incredible value - the truth is Nick could easily sell JUST these previews by themselves for \$29 and it'd be totally worth it...

... but because you're getting Muscle Building Mastermind today, you can have this 4-part ebook preview bonus absolutely FREE!

**Bonus Report #2: You Get "Muscle Overload Training" by Rick Gray -- a \$29 value -- absolutely FREE!** It took former hardgainer Rick Gray over 25 years of experimentation to discover this deep "bag of tricks" for stimulating muscle growth... and now they can be yours too!

Here's just a taste of what you'll discover in Rick's book:



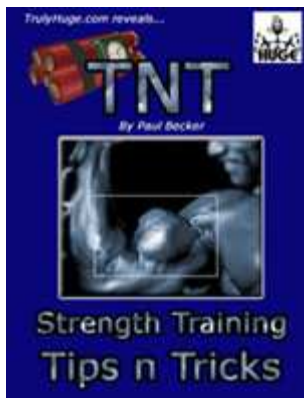
- The 3 muscle growth stimulus factors you need to manipulate to get **maximum results from your training**. Most routines (like the one you're probably using now) only pay attention to one or two of these "growth factors"... **but ignore the most important one for rapid growth.**

- How eating the wrong diet can literally **vaporize your precious muscle mass**. (You'd be amazed at how many guys think they're eating right... **but their diet is actually causing them to LOSE muscle mass**.)
- Why the amount of rest between sets can have an **ENORMOUS and long-lasting impact on your size**. (Almost no one knows this, but it's been a jealously guarded secret of top level bodybuilders for more than four decades.)
- How to combine volume and high intensity in the same workout - **giving you the most physiologically-effective "shortcut" to building quality muscle size quickly**. (Almost nobody knows this one!)
- If you're over 35, how you can get **ALL the gains of a younger man... without the risk of injury** like you'd have with a conventional routine.

And *Tons MORE* secrets to producing an anabolic environment in your body safely and legally! Rick is planning on selling this book in the future through traditional channels (like bookstores)... but his publisher says he needs more testimonials before that can happen.

Which is GREAT news for YOU because it means you're getting Rick's book Muscle Overload Training absolutely FREE when you pick up your copy of Muscle Building Mastermind today!

**Bonus Report #3: You Get "TNT - Strength Training Tips and Tricks" - a \$19 Value -- Totally FREE!**



In this exclusive report by Paul Becker you'll get...

- **Mike Mentzer's heavy duty bodybuilding secrets** -- that were taught to Paul Becker in personal, one-on-one training sessions with the legendary Mike Mentzer!
- **The Maximum Muscle Volumizing Course** -- the author developed from the "insider info" he learned from Mike Mentzer (this is the secret training routines and methodologies almost nobody learned about "Heavy Duty" training... except those people who trained with Mike personally!)
- **The Advanced Hardgainer Routine by Peary Rader, so effective it could add up to 3/4 of an inch to a trainees arms in just ONE day!**
- Plus much, *much MORE* is all yours free because you're getting Muscle Building Mastermind today!

**Bonus Report #4: You Get "The 1 Day Arm Blast - How To Add An Extra 5/8 of an Inch To Your Arms In Just One Workout" by Tony Schwartz -- a \$29 Value -- Absolutely FREE!**



You wanna' build bigger "guns"? How bout' adding an extra 5/8 of an inch to your arms in just 24 hours?

That's what you'll get in Tony's special report, where you'll discover...

- **The one critical factor you absolutely MUST have in place if you want to get maximum bicep and tricep growth in minimum time** (Get this wrong and you can kiss your gains goodbye!)
- **The critical importance of your exercises selection and the exact 14 techniques** you'll utilize (including how to do them properly for MAXIMUM arm growth stimulation) to get the sleeve ripping mass you want!
- **The EXACT protocol (with hour-by-hour examples of what to do, what to eat, and what to supplement with) that virtually guarantees you'll wake up with bigger arms the day after following it** (nothing is left to chance -- the only thing you need to add to this bicep-building program is your desire!)

And that's just scratching the surface of what you'll get in the 1 Day Arm Blast ebook -- if you want to build massive arms FAST then this guide is the only one you'll need -- and you're getting it absolutely FREE with your copy of Muscle Building Mastermind today!

**Bonus Report #5: You get "The Ultimate Anabolic Shake -- Gain up to 23lbs in only 90 days!" a \$19 value, yours FREE! What do elite powerlifters and cancer patients do when they need to gain weight fast?**



They make the "Ultimate Anabolic Shake" revealed in this report!

The powerlifter who showed Mike this secret recipe would easily move up powerlifting weight classes... often by 40lbs or more... while his team mates struggled to gain even 10lbs.

What's more, according to a study revealed in the British Journal of Cancer, 20 patients with pancreatic cancer (who were losing 6.38lbs of weight per month) were put on a shake almost identical to the "Ultimate Anabolic Shake" and after drinking these shakes for 7 weeks the patients gained an average of 6.6 pounds (which body fat examinations showed were mostly pure muscle gains!)

With this anabolic shake formula in your possession you'll never have a problem putting on mass again!

**This Mastermind  
of Muscle Building Experience  
guarantees your fast success**

Experience is everything when it comes to radically changing your physique and enhancing your performance, and you don't need me to remind you there are two ways to get it: Through long years of trial and error, with expensive mistakes as your guides – or by learning from the mistakes and successes of the winners who came before you.

And just look at the experience you're gaining by listening to these Superstars:

- You're getting over 25 years of natural bodybuilding experience and advice from Paul Becker...
- You're getting decades worth of athletic muscle building experience from Tony Schwartz (including advanced, insider's information he usually only shares with elite NFL, NHL, and NCAA athletes)...
- You're getting over 20 years experience from "the muscle nerd" Jeff Anderson about optimizing your training to build maximum muscle...
- You're getting over 3 decades of "in the trenches" natural bodybuilding advice, from the former hard-gainer Rick Gray...
- Mike Westerdal is giving you over 15 years worth of his best bodybuilding secrets (the same ones he used to go from not being able to bench 100lbs at age 15... to a 450lb RAW bench at age 30!)
- Nick Nilsson's sharing decades worth of his best muscle building experience for you to "steal" and put to work for yourself immediately (the same info he used to gain over 70lbs in his first year of weight lifting!)
- And Martin Berkhan is sharing his incredibly anabolic eating method with you, the Lean Gains Approach, developed over YEARS of precise testing to allow you to gain pound after pound of ripped muscle -- with virtually NO fat gain!

**With so many experienced pros willing  
to help you build the body you want–  
–there's no sane reason to go it alone!**

You're here reading this right now because you're searching for a way to change your body... to change your results... to build maximum muscle strength and size.

And I'm completely convinced the secrets revealed in this program will give you what you're looking for because it's already given me, and so many of my close friends, the results we wanted.

And I want YOU to use OUR experience to get those same results for yourself...

### **How much would you expect to pay for Decades of Experience from SEVEN top muscle building experts...**

... when the average "per hour" rate to hire a personal trainer is \$50-\$80?

Considering you're getting over 4.6 hours of solid audio training... plus the written materials... all the bonus ebooks and reports... and a lifetime of experience... **If you actually tried to get a panel of real muscle building experts like this to personally train you it could EASILY cost you \$300... \$500... or even more** (on the low end of only \$50 per hour!)

But we did this to help you – not soak you!

So we're giving you the secrets we've used to build serious muscle size and strength not for \$500... NOT \$300... and it's even...

### **Less Money Than An Hour With The "Wannabe" Personal Trainer At Your Local Gym!**

Before I reveal how much your investment in this system is... as a quick recap here's everything you're getting access to right now:

**First**, there's the full, no-holds barred audio interviews AND written transcriptions of all 7 interviews:

- The exclusive interview with Nick Nilsson -- a \$29 Value!
- Jeff Anderson's amazing interview -- a \$29 Value!
- Me interviewing Tony Schwartz for his best pro strength secrets -- a \$29 Value!
- Mike Westerdal's "critical" training secrets interview -- a \$29 Value!
- Rick Gray's anabolic secrets interview -- a \$29 Value!
- Paul Becker's truly huge bodybuilding interview -- a \$29 Value!
- And my own best muscle building, fat burning secrets -- a \$29 Value!

You can see **the core product alone is over \$203 worth of value!**

**But don't forget the massive pile of bonuses you're getting** because you're taking advantage of this offer today while it's still fresh on your mind...

- There's the Lean Gains' Report -- easily a \$39 Value!

- Then you get Nick's 4 book preview report -- a \$29 Value!
- Plus, Rick's Muscle Overload Training ebook - another \$29 Value!
- There's Paul Beckers TNT report -- a \$19 Value!
- Tony's 1 Day Arm Blast report -- another \$29 Value!
- And to top it all off you get the Ultimate Anabolic Shake report -- a \$19 Value! All together that's **over \$164 in Free Gifts and Bonuses!**

Add up the incredible value of the Muscle Building Mastermind Program (\$203) and all 6 bonuses (\$164) and you'll see **you're getting well over \$367 in value...** but I want to make this an absolute no brainer for you today...

## **Special Introductory Offer:** **YOU Save \$318!** **(Only \$1.63 per day!)**

Instead of the "retail price" of \$367, because my online system is still VERY new... and because you're one of the first people to see this page **today** (which entitles you to my special introductory offer)... you can get access to the entire Muscle Building Mastermind for a mere \$49!

If you break that down over the course of just one month, **it's barely \$1.63 per day**--you'd spend more than that on just one cup of coffee at the cheap gas station in town (it wouldn't even buy you ONE cup of coffee at someplace like Starbucks!)

That's all there is to it. Your *tiny* investment of \$49 will take you so far it isn't funny. If you used that money for a few pills of whatever supplement is now making the rounds, your cash would be gone as soon as you digested that goo.

Instead, by getting the Muscle Building Mastermind Package, you are arming yourself with the know-how and secrets of attaining real, rock-solid, sustained growth for the rest of your days. You'll be on a different level than everyone else you know... they'll be coming to you for advice (and staying out of your way in the gym)!

And it's all delivered to you in as comprehensive a way as I know how to do:

- **You get instantly downloadable MP3 recordings of all 6 calls with me interviewing the experts, holding them to the fire for their best physique transforming secrets (and an audio recording of my secrets)**-- so you can easily go back and listen to them either with your iPod or burn them to a CD...
- **You get full, unedited PDF transcripts of each and every call** so you can flip through and refer back to them.



- **You get FIVE MORE instantly downloadable volumes to rocket your success**– an additional \$125 value – FREE!

And I don't want you worrying about your money either. I know you work hard for it and you shouldn't have to risk it. That's why...

**You Can Test-Drive  
Muscle Building Mastermind  
for a 8 Weeks Risk-Free  
and make sure it delivers everything you need  
to build all the muscle you want  
or you don't pay one red-cent!**



With a teleseminar series this good, there's no reason NOT to offer the strongest guarantee possible!

So here's the deal: If after listening to and reading all the information in this course you're not 100% confident you have everything you need to start building the body you want – just let me know and you'll get a FULL REFUND.

You've got an entire 8 weeks so you can actually put what you discover to the test in the real-world to see how it delivers.

Do you understand what that *means*? You can order the package, train with it, treat it as your own, go through your own 2-month "trial run"... and if you aren't completely blown away with the results you get... simply let me know and you'll receive a **prompt refund of all your money**. No questions asked, and no hassles.

That means...

**You can see EVERYTHING for FREE, if you choose!**

I couldn't be more generous without actually coming over and training you personally for *free* every day.

Sure, I could get ripped off big-time this way... but I tend to trust fellow muscle builders like you. I was once out there, frustrated and looking for someone who would help me reach my goals. I know you'll make the right decision based on your experience. If I prove myself to you, you'll stay with me. If I don't, we part friends, and you haven't risked a penny.



**But Don't Pay Now...**  
**Try it First, Start Seeing Your Body Change, and THEN Decide**

I know you may still be wondering if this will work for you... and give you the strong, muscular body you've always wanted..

But I'm committed to your success, and like I said, I want to do everything in my power to help get this powerful information into your hands immediately. So I've come up with a way you can **"Try it first and decide later" ...**

**I put together a simple and easy 21-day Trial-Program for you. Here's how it works...**

1. Instantly download the Entire *Muscle Building Mastermind Program* today with this Trial-Offer.
2. Pay nothing today, except for a nominal \$4.95 processing fee.
3. Begin applying just a fraction of the unique Muscle Building and Fat Burning techniques... start eating the "Lean Gains" way and start enjoying your food again (while also optimizing your fat burning and muscle building hormones)... try out the extremely effective full body workout routines I'll show you... and watch as you start to notice measurable results in the first couple of weeks.
4. As long as you don't decide to cancel within 21 days, the remaining \$44.05 **investment in your body** (the initial \$4.95 processing fee is applied towards the discounted, special price of \$49.00 price) will be billed to you at 21 days from today.

You will NEVER be billed again after this remaining \$44.05 Of course, if you decide to cancel, it's as simple as emailing us any time within the 21-day trial period. It's that easy!

Plus, No matter what you decide, you get to keep my entire downloadable system (and the gigantic stack of bonuses) for the rest of your life (how could I make you "un download" it all even if I wanted to?)

On top of all that, the **60-day Money-Back Guarantee** still covers you if you decide at any time that the Program is not working for you... Although, the program WILL work for you if you apply the information in it as I'm sure you can see from all the testimonials you saw above from other people who have used this information to change their life.

[Click here to download the "Try it First, and Decide Later" Muscle Building Mastermind Trial](#)

OR

[Click here if you would prefer to Invest The Full \\$49 Today](#)

The above link will take you to our guaranteed secure server and you can instantly download the printable PDF format E-book package, the .mp3 audio files, and start reading and listening. Instead of waiting for a typical package in the mail, you can download this program immediately and get started on your new lean muscular body in just minutes from now!

You can choose to read the program on your computer, or print it out to read anytime, anywhere. And of course you can burn all the interviews to a CD and listen to them in your car, at work, or just copy them all onto your iPod or other mp3 advice (heck you could even listen to them all while you workout at the gym!)

Don't delay, because the **FREE bonus package valued at \$164** will only be available for a limited time during this special introductory offer. And this special "intro" price will NOT last long.

Get started today with your Trial of The Muscle Building Mastermind downloadable package, and receive this cutting edge program along with \$164 worth of FREE bonuses, click the following order button below to go to our secure processing page.

So just [CLICK HERE to order NOW](#) (or click the button below) to download your recordings and manuals immediately and the Muscle Building Mastermind is yours for just \$4.95 today!



[Just click here to claim your package now!!](#)

I urge you: If you're serious about getting serious muscle size and strength gains as quickly as possible – [order the Muscle Building Mastermind series now.](#)

Sincerely,

Caleb Lee

**P.S. SPECIAL FAST RESPONSE BONUS!** Claim your package immediately and you'll get another special bonus report, this one by the one and only Muscle Nerd, Jeff Anderson. It's called "Custom Supplement Program Design", a \$29 value, but you get it free when you claim your copy of Muscle Building Mastermind.



Here's just a sample of what's inside:

- **How to determine what supplements you should use...** and which ones are going to be a complete and total waste of your time AND money!
- **Jeff's complete 7-step process to developing your own custom supplementation Program...**
- **A complete list of supplements you should use for each phase of your muscle building journey** (adding muscle, cutting up, gaining strength, recovery, etc)
- **How to get the best supplements for next to NOTHING** (this is Jeff's ingenious solution to the high-cost of most supplements and you're going to love it!)
- Plus much, *MUCH MORE!*

Again, this is easily a \$29 value, but you're getting it completely and totally free with Muscle Building Mastermind as long as I hear from you right away. So don't wait, [let me hear from you now](#), while this offer is still available.



[Just click here to order now!](#)