Ebook Gaining Weight 101 With Plr

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You've purchased this product with Private Label Rights. You are free to sell it and keep 100 of the profits. Gaining Weight 101 Will teach you to work smarter, not harder... 1) Find out why long exhausting workouts may do more harm than good: Most of the body-building workout and diet regimens out there are designed for the guys that gain muscle and fat easily. They focus on eating less and working out more in order to cut the excess fat from their bodies while adding needed muscle tone. This type of a plan is an absolute disaster for the skinny guy or hardgainer because you already have really low bodyfat and as you eat less and workout more, your body will take the extra energy it needs to keep up from your muscles. So, you actually LOSE muscle on one of those plans! Gaining Weight 101! Will teach you how to maximize your workout plan to build huge muscles without burning up more calories than you are consuming so you will gain and not lose weight. 2) By working smarter instead of harder you can continue to have a life while building your body: The other benefit to working smarter instead of harder is that it allows you to have time to do the other things in life that are important to you. Most guys want to get huge so they can add more enjoyment to their lives and not because they want to spend their entire lives measuring food portions and lifting weights in a smelly gym with a bunch of muscle heads. Maximizing your workout in minimum time will get you the head-turning results you want and still give you time to enjoy your hard body once you achieve it. Having a healthy, strong body should be an important part of your life, not take over your life. By reading Gaining Weight 101 today you can immediately get started on the path to gaining more muscle right now. For a measly \$1.99 you can learn the secrets to getting huge muscles, secrets that only apply to the skinny guys aka hardgainers. Those muscle-head types dont understand you, they havent been there. What works for them WILL NOT WORK for you and you will spend 100s and 100s of dollars on useless pills, powders and energy bars trying to do it their way OR you can drop 17 bucks right now and be on your way to a stronger, sexier and just plain HUGE body right now. Think about it, you cant even take a date to a movie (if you can get one) for that price. You absolutely have nothing to lose and the body you have always dreamed about to gain. Its kind of a no-brainer really, isnt it? Why spend hours going over outdated information that will leave you as clueless

as when you started. Your time is money and it could be better spent reading just one informational source and gaining weight today. Tags: plr, mrr

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