

# **\*hot!\* Packing On The Muscle Rights**

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\*HOT!\* Packing On The Muscle All of Our Product Package Comes with either MRR or PLR Rights How To Quickly Pack On Swelling Muscles and Explode Your Physique In a Matter of Minutes a Day Without The Use of Drugs or SURGERY! Learn the secrets in using your own body weight and the law of gravity to INCREASE your muscle mass as you strip away the unwanted fat.. From: [Your Name], Body Sculpting Master Date: Memo: Size is everything... Dear Future Exploding Body Builder, Size really is everything. If you look weak, youre seen as weak. If you look big and swoll as a house, well, people know better than to mess with you. Much like 33 of the American population, you have loose flabs everywhere thanks to a lot of fast food. Your pants are probably screaming to let it loose. If you listen hard enough, you can hear it sigh of relief. It may come off as a joke, but it really isnt. Being overweight is a very serious matter. Fortunately, there are many alternate ways to get that special body you want. But dont jump to conclusions, you cant surgically put a six pack in your body... well, at least not a real one. You probably didnt know this, but everyone has a six-pack (or more), its just hidden underneath a huge layer of fat... sometimes referred to as tires. Dont you hate it when others refer to it as that? Its embarassing and humiliating. If it bothers you, you have 2 choices: 1) Ignore them and pretend it doesnt hurt your feelings. 2) Do something about it and get rid of the excess weight. Theres really only one healthy method to actually build your muscles, lose weight, look good, feel great, and take on the world, but it will only come through perseverance and hard work. Youre probably thinking, Hard work? Lets just skip to lypo. You may as well get yourself a few hundred cans of Spray N Fit. Seriously, how much do you think surgery really cost? Probably much more than you can afford! If you want to start getting in shape, it all starts with... The PERFECT Routine Everyone has a routine; whether its getting up and going to work, or the way you get ready for bed. A body building routine has to be drafted and thoroughly planned out. Everything from eating habits to how many exercises are performed, and even resting time. Here are some tips... You have to make sure you adjust your protein-rich diet as well as your eating habit. Small light meals instead of 3 full-course meals a day would be a normal approach to building your body. Not only is meal a factor in a body building routine, but the exercise is also a factor. You need strength

training exercises that involve both compound and isolated movements. Nutrition provides a great role in your routine because of the calorie intake. You require more calories than an average person with the same weight due to the protein and energy it takes to exercise. Your muscle growth occurs only after the exercise, during rest. Without proper rest, your muscles cannot have the opportunity to heal or increase in size

2 things to remember... 1. Don't lose sight of your goal. 2. Keep and maintain your body building routines.

Look At That Rock Hard Body To whip your body into great shape, you have to first prioritize weight loss or in other words loss of fat before attempting to build your muscles. For example, I was at a weight of 185 (all fat), but to gain muscle mass I had to first lose weight. Everyone's human anatomy is similar. A way of building up your body is to take off the unwanted volumes of fat and get your body into a condition in which body building can be conducted through intense and specific exercises that produce growth and strength. You must lose to gain. Here are some of the exercise moves: Squat (compound) Leg extension (isolation) Bench press (compound) Press-up/Push-up (compound) Military press (compound) Handstand push-up (compound) Biceps curl (isolation) Sit-up (isolation) Leg raise (compound) Deadlift (compound) Pretty basic stuff, right? Yeah, that's basic stuff, that's why I don't care to mention it here. You're about to learn more than a bunch of boring exercises. You're going to learn how to pack on muscles as if you were growing with every pump.

Get Stronger Without the Gym Gym memberships could be really expensive. Even with all the right equipment it could still cost you an average of \$360 dollars a year at the rate of \$30 dollars a month. Some gyms don't even come equipped with the right equipments! Why would you have to pay to get the body you really want? You can get stronger by simply using the physics of your body's own weight and the great thing about it is that you can do this any place and any time you want. So if you're ready, let me introduce you to my body building manual... Packing On The Muscle: Body Building Manual. This is your quick guide to that summer beach body you've always wanted. This manual will cover: Body Building Diet Tips Body Building Routines Body Building Supplements Body Building Workouts Building Muscle the Natural Way Healthy Body Building Nutrition Tips How to Build Strength Losing Body Fat the Natural Way Weight Training Routines Weight Training Tips And Much Much MORE!!! I'll show you EXACTLY how to pack on more muscles than you ever have before (if any to begin with). You'll feel stronger and more confident when you are around girls or your buddies at the gym. Isn't it time that they envy YOU instead? Every woman loves a muscular man. Fulfill the need... or someone else will. Look, you don't have to decide now. Give my program a test drive

and see how it feels. In fact, heres my personal guarantee that my program will work for you: And if you order now, Ill also give you: [PLEASE INSERT BONUS #1] [PLEASE INSERT BONUS #2] [PLEASE INSERT BONUS #3] Build The Body That You Want YES, [your name], I want to gain instant access to your guide to achieve explosive results and build muscle like never before. I know that if I am not COMPLETELY satisfied with your program, I can have 100 of my money back. I also know I probably wont be asking for it back because I am willing to do what it takes to to finally have the body Ive always wanted. Last of all, I know if I dont take advantage of your offer RIGHT NOW, Ill probably never be happy with the way I look and feel. Retail Price \$197 Now Only \$37 - For Limited Time Only - I know how important it is to look good and feel good, but you cant get that if you dont order now. To Your Massive Muscle Gains, [your signature image] [your name] P.S. According to the Centers for Disease website, the percentage of noninstitutionalized adults of the age 20 years and over who are overweight or obese is 66. This is a scary thought knowing that so many people are heading that direction. Are you part of that statistics? Would you like to get out of it? P.P.S. Gaining muscle mass and losing fat is not difficult. You just have to know how. Your body can only do what you want it to do. If you allow it to become lathargic and fat, then it will. If you learn to train and control your body, then you will achieve the physique youve always dreamed of.

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