

# Massive Muscle Pumping

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Think it's impossible to gain 25lbs of muscle in just 21 days? Think again! Massive Muscle Pumping is guaranteed to help you destroy your own muscle mass barrier and gain Over 1 Pound of Muscle Density every day for 21 days. Massive Muscle Pumping contains the most dynamic, unorthodox, and advanced training principles available today. The revolutionary training techniques revealed within this eBook are beyond normal by 21st century training standards. But you're not looking for normal training results, are you? You want to get stronger and more massive than you ever dreamed! With Massive Muscle Pumping, your EXPLOSIVE MUSCLE GROWTH (EMG Index) will be so impressive that no one will believe that you are anabolic steroid free. In this NO BULL, 107 page, eBook, your pulse will race and you'll want to run to the gym to try out the all the plateau crashing intelligence found in this eBook.

Underground information like: \* The Japanese Counter-Split Body Blast System \* The 24 Hour Float Method \* The Juxtaposition Principle \* The 3 x 3 x 3 Exercise System \* The Shock Rebound Technique (SRT) \* The SECRET for 'Leg-Cuts' \* The Double-Oxygen Saturation Technique \* The Atomic Triceps Program \* The Regular Set Plus Fast Doubles Principle \* The 'EXTREME' CALF MACHINE \* An Anabolic Mega Vitamin/Mineral Regime \* Stealth Mega-Calorie Diet (designed to thicken muscle fiber) \* A Man's Breakfast \* The Egg and Red Wine concoction! (A potent appetite stimulant) \* Vince Grionda's Three Natural Anabolic Secrets! \* Pros and Cons of a Muscular Bulk Routine \* Evolutionary High-Volume Training \* Euro-Blast Weight Gaining Big Secret! \* Anabolic Pharmacology Factor (Tissue Drugs? Blessing or Curse?) Make a Remarkable Metamorphosis Gain 25 Pounds Of Muscular Bodyweight in Just 21 Days! Richard Simons says that it has been his experience that those individuals who dont find results with system (espoused in this Mega-gain e-report), are looking for a magic bullet to make them big and are not willing to go to the gym on a regular basis and put forth a valiant effort and determination that bodybuilding success demands. Fortunately, there are hundreds and thousands of you hard-core bodybuilders who are committed to improving their physique. You are the individuals for whom I developed this e-report. If you want and need the massive muscular physique of a (21st Century) True Iron Warrior then lock and load and lets rock and roll into your new massive future. Dont waste anymore

valuable time. This complete (Mega-Gain) 107 page e-report pays off big.

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