

Forum:[Hack Forums](#)

Thread: [? Ultimate Muscle Workout E-Book !! ? Build A Muscular Body |SixPackShortCuts\[FREE\]](#)

y try it y - December 2, 2012, 9:41 am

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Hello Hackfourm Users, Today im giving out a Ultimate Workout Plan designed to help you Build A Muscular Body, Burn Off Unwanted Fat Or Gain Weight To Change from being skinny to strong!! Contains methods/strategies used in sixpackshortcuts

This e-book is for beginners Or Experts!

L33T + U3BR GET BONUS IN-DEPTH PULL UP E-BOOKS

Fixing Link

Whats In The E-Book !! See Below

Spoiler ([Click to View](#))FAQ Within E-Book to answer all your questions

Simple & Readable, Good use of colors/spacing!

Visual In-depth images of workouts.

In-depth meal plan - what to eat and not to get big and strong!

What Workouts to preform + Images to help.

Includes amount of reps to do form each workout.

Includes Home + Gym Techniques!

Full Week Timetable on what to eat!

Workout Log!

12-Month Workout Plan To Boost Your Muscle!

188 Pages - Pictures On Every Page!

fenomm - December 2, 2012, 9:46 am

I would like to see what's in this e-Book. Thanks in advance.

NaKiMiJasi???????????? - December 2, 2012, 9:52 am

I would like to see what's in this e-Book. Thanks in advance.

THANKS

Wednes - December 2, 2012, 9:54 am

Could you please send it, and thanks in advanced!

Infinity. - December 2, 2012, 10:04 am

Hey I would love to try this shit out man , Need to work out! Thanks in advance..:)

Enzio - December 2, 2012, 6:09 pm

I would love to have this method please :)

Mord FustanG - December 2, 2012, 9:32 pm

Brother can u send me DL of ur book coz
due to sitting on desktop my tummy is becoming big i wanna rip it out
thnks in advance :D

mav747 - December 4, 2012, 3:06 am

Can I get this? Sounds interesting.
Thanks you
I really need this thanks bud!

dangerboss - December 4, 2012, 3:07 am

I would like to see what's in this e-Book. Thanks in advance.

Hatim - December 4, 2012, 3:08 am

Can you send me this please?
Thanks in advance.

rl fennec - December 4, 2012, 3:09 am

Yeah, I guess I would like to have this!
Thanks in advance OP. :)

Soxx - December 4, 2012, 4:18 am

Would love to get this and try it out!

thanks man

y try it y - December 5, 2012, 7:01 am

Sending to everyone now, sorry for the delay ! :)

Vodka and Balalaika - January 12, 2013, 6:11 pm

I would like to have it, Thanks in advance.

Tehking - January 14, 2013, 11:56 am

can i get this im new to bodybuilding and i need help
thanks alot :)

XmysteriousX - January 14, 2013, 12:02 pm

I would like to have this e-Book. Thanks in advance. i need some workout tips

xRobzaaR - January 14, 2013, 12:11 pm

could you send me this please, thanks in advance;)

DrGoon - January 14, 2013, 12:13 pm

Can you please send me this bro!

Thanks in advance

Prime - January 14, 2013, 12:13 pm

You can sent me a copy !
I'm going to the fitness atm, can use some new exercises.

Randy™ - January 14, 2013, 12:14 pm

Would you mind sending this to me? Thanks

mooki - January 14, 2013, 12:19 pm

Meh,

Why not? I'd love to try this out!

Thanks.

Egregious - January 14, 2013, 5:23 pm

I'd like this free eBook please. Thanks in advance!

thesaltydalty - January 14, 2013, 5:29 pm

Please send me this, thanks in advance.

Hunter9873x - January 14, 2013, 5:31 pm

Can i have this ebook please? Thanks in advance! :)

Pablo - January 29, 2013, 9:41 am

Looks awesome, need it! - Thanks for sharing =D