

Forum:[Hack Forums](#)

Thread: [\[\\$6.99 NOW OR NEVER\] Fitness By: Yous | Spartan Shredding Guide| Get Fit!](#)

Yous - June 27, 2015, 4:32 pm

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

I WANT YOU TO HAVE AN AMAZING 2016! GET IT FOR ONLY \$4.99!

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

Reviews

(Jun 27, 2015 05:34 PM)ItsATumor Wrote: [\[CITE\]](#) I have to give my complete endorsement and thanks to Yous. He has helped me, along with several other members, for free. His knowledge and commitment to our self-improvement has been proven with massive results, and a overall improvement of our lives. In 3 months, I lost 28 pounds of fat using the information provided in these books. I enjoyed doing it, and was able to continue with ease. Yous currently has me on a bulking program, and I am sporting a cut and defined physique due to him. This is NOT a diet, or a temporary thing. It is a Lifestyle change

If anyone has any doubts about this, feel free to send me a PM and i'll happily show progress photos and tell my story in detail. Yous has been helping dozens of people for free in his spare time, and it's only fair and right for him to have some compensation for his dedication and time.

In March I was 186 pounds; technically obese for my height (5' 10.25"). I was carrying lots of fat, and felt like shit.

Now it's June, and i'm 157 pounds with visible abs, defined chest/pecs, and I overall feel much better. Do yourself a favor and change your life.

(Jun 28, 2015 02:03 PM)RYAN REYNOLDS Wrote: [\[CITE\]](#) I'm currently doing a personal online coaching with Yous. I've been bulking for about 3-4 months and I needed some knowledge when it came to cutting. He took the time to make me a personal workout and nutrition guide to follow. This guy knows what he's doing and the best part about it is that he actually CARES about his clients. I've messaged him daily for the past week with dozens and dozens of questions and he's always been happy to answer them. If you're fairly new to bodybuilding, or have no knowledge at all, this is your guy. Even if you've never lifted a single weight in your life. I can honestly tell you that he has plans for you that he'll adjust to personally just for you.

I'm going to be updating this thread every couple of weeks just so you guys can see the changes

his plan has been making to my body.

If you wanna get into this lifestyle, you've come to the right place. I've boughten workout routines from other online trainers (\$70-\$150) and so far his has been the best. And it's HALF THE PRICE! Don't hesitate to buy this people. Take advantage while he has spots left ?

ItsATumor - June 27, 2015, 5:34 pm

I have to give my complete endorsement and thanks to Yous. He has helped me, along with several other members, for free. His knowledge and commitment to our self-improvement has been proven with massive results, and a overall improvement of our lives In 3 months, I lost 28 pounds of fat using the information provided in these books. I enjoyed doing it, and was able to continue with ease. Yous currently has me on a bulking program, and I am sporting a cut and defined physique due to him. This is NOT a diet, or a temporary thing. It is a Lifestyle change

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Now it's June, and i'm 157 pounds with visible abs, defined chest/pecs, and I overall feel much better. Do yourself a favor and change your life.

Yous - June 27, 2015, 5:46 pm

Giving out a review copy ultra discounted for \$4 BTC. PM me for details

ItsATumor - June 27, 2015, 6:51 pm

(Jun 27, 2015 05:46 PM)Yous Wrote: [\[CITE\]](#) Giving out a review copy ultra discounted for \$4 BTC. PM me for details

that's a good deal, and i'm surprised that there hasn't been much interest for this yet. I guess everyone on HF has 6 packs then.

?XiS - June 28, 2015, 6:32 am

Would have picked up a review copy but have no BTC at the moment and my PP is perm limited.

Im willing to write a review if i get a vouch copy though, and ill probably start it on monday and post pictures and stuff.

Yous - June 28, 2015, 10:19 am

I've decided I will give out 2-3 review copies to highly reputable members. If you think you qualify please post a reply.

God of Thunder - June 28, 2015, 11:00 am

If you consider me HQ enough for a review copy, I'd love to have one.

The thread design is sexy AF. >.<

Yous - June 28, 2015, 11:22 am

(Jun 28, 2015 11:00 AM)Batman? Wrote: [\[CITE\]](#) If you consider me HQ enough for a review copy, I'd love to have one.

The thread design is sexy AF. >.<

PM'd

I made the thread design myself since all of the graphic designers were offline last night. I am

actually happy with how it turned out considering my noob graphics skills ?

?XiS - June 28, 2015, 1:51 pm

I'd love a review copy

PM me please.

funtela - June 28, 2015, 2:03 pm

I'm currently doing a personal online coaching with Yous. I've been bulking for about 3-4 months and I needed some knowledge when it came to cutting. He took the time to make me a personal workout and nutrition guide to follow. This guy knows what he's doing and the best part about it is that he actually CARES about his clients. I've messaged him daily for the past week with dozens and dozens of questions and he's always been happy to answer them. If you're fairly new to bodybuilding, or have no knowledge at all, this is your guy. Even if you've never lifted a single weight in your life. I can honestly tell you that he has plans for you that he'll adjust to personally just for you.

I'm going to be updating this thread every couple of weeks just so you guys can see the changes his plan has been making to my body.

If you wanna get into this lifestyle, you've come to the right place. I've boughten workout routines from other online trainers (\$70-\$150) and so far his has been the best. And it's HALF THE PRICE! Don't hesitate to buy this people. Take advantage while he has spots left ?

The Mafia - June 28, 2015, 2:07 pm

Which program should I chose? I'm 16, weight normally, metabolism high, but still have natural belly fat. I can see 2 packs when I'm laying down trying to stand up

Adium - June 28, 2015, 2:09 pm

I'm more than happy to provide a vouch for you. I won't be using the product myself.

Look through my posts, I'm a bodybuilder, steroid user and nutritionist. I will confirm if the information you're providing will get your customers the results they expect.

Yous - June 28, 2015, 2:20 pm

(Jun 28, 2015 02:07 PM)Sedar Wrote: [\[CITE\]](#) Which program should I chose? I'm 16, weight normally, metabolism high, but still have natural belly fat. I can see 2 packs when I'm laying down trying to stand up

Cut down first with the Spartan Shredding Program and it will help you get a base of muscle. Then you can bulk up with the Zeus bulking program as it will help you pack on 7-10 pounds of muscle while maintaining visible abs the entire time.

The Mafia - June 28, 2015, 2:48 pm

(Jun 28, 2015 02:20 PM)Yous Wrote: [\[CITE\]](#) Cut down first with the Spartan Shredding Program and it will help you get a base of muscle. Then you can bulk up with the Zeus bulking program as it will help you pack on 7-10 pounds of muscle while maintaining visible abs the entire time.

Does this book tell you what to eat daily and when to work out etc?

Yous - June 28, 2015, 2:54 pm

(Jun 28, 2015 02:48 PM)Sedar Wrote: [\[CITE\]](#) Does this book tell you what to eat daily and when to work out etc?

The book will give you a complete workout program and it will teach you how to make edits to your liking.

As for eating daily I show you exactly how to make it super easy and how to track it. Trust me this is the best part of the whole process.

You also get a bonus book called the "Tactical Snacking Guide" and it has a bunch of snack recommendations in there with nutrition labels and everything.

Mega Muffin - June 29, 2015, 9:24 am

I received a vouch copy of this ebook for a cheap price, after reading it i have to say I'm totally impressed. This is a very detailed ebook supported with scientific/experimental facts, it unwraps lots of myths we had about how to build a healthy lifestyle. Not only this, author also suggests a possible daily training/nutrition plan to help you get started. Overall this is definitely worth the money and help you build a healthy lifestyle, if you are looking to improve your lifestyle this is definitely a must-buy book for you!

Adium - June 29, 2015, 10:58 am

OP should get someone known from the health and fitness section to do a vouch copy, he's got a load of vouches from people who probably don't even know their own TDEE.

Getting random Ub3r/L33T members to review a ebook on fitness and nutrition means absolutely nothing.

csgo_player - June 29, 2015, 11:10 am

Cool, I'd like to get into shape but very lazy :(

Yous - June 29, 2015, 11:11 am

(Jun 29, 2015 10:58 AM)BrokenGlass Wrote: [\[CITE\]](#) OP should get someone known from the health and fitness section to do a vouch copy, he's got a load of vouches from people who probably don't even know their own TDEE.

Getting random Ub3r/L33T members to review a ebook on fitness and nutrition means absolutely nothing.

I spend a lot of time in the Health Wise section, go check out my posts there ?

If there was one absolute dominant authority from that section i'd be the first to ask them to review it. But nobody comes to mind, you can see for yourself I spend a lot of time in that section.

100/100 - June 29, 2015, 11:30 am

Any more vouch copies left? I don't have any muscle and abit of fat, It'd do me the worlds favour, I need to change for summer, thanks.

Yous - June 29, 2015, 11:45 am

(Jun 29, 2015 11:30 AM)Queen™ Wrote: [\[CITE\]](#) Any more vouch copies left? I don't have any muscle and abit of fat, It'd do me the worlds favour, I need to change for summer, thanks.

Vouch copies pretty much all given out, still waiting for the recipiets to write their reviews.

Since you're in early I can hook you up with a \$4.99 discounted copy ? , let me know if you're interested.

Durham - June 29, 2015, 12:17 pm

I'm currently doing a personal online coaching with Yous and he setup a personal plan with me and follow me through it and help me if I have any questions about it and I got a vouch copy of the Spartan Shredding Guide.

It has very good grammar, I could not find anything wrong (English is not my main language). It is divided into different chapters so that makes it very easy to follow. He even goes through different training concepts and myths and more.

I see immediately that this is not something crap he wrote in one hour.

I give this ebook 10/10 Because the training program is very nice and if you follow That and the information in the ebook, I can guarantee you 6 pack.

And here is a short review of the Zeus Bulking program that I got to, this ebook is same with the Spartan guide, it's good grammar and it is divided into different chapters so that makes it very easy to follow. He starts with some basic information that is important if you going to bulk. He is also providing a good way to count your calories and see everything you eat. And also with this ebook he give you a traning plan.

Both ebooks are really HQ in my eyes and both are more then 20 pages with good information. Don't hesitate to buy them, both are really good in general.

/ Durham

ItsATumor - June 29, 2015, 12:17 pm

I'm looking forward to hearing from other users about their success from these books. It's been proven to work, as it worked very well for me, and hopefully it will be taken full advantage of.

Really - June 29, 2015, 2:22 pm

This is my first ever ebook purchase and review. This is my honest review and I'm in no way affiliated with Yous in case people may think I'm being biased.

Quote:Spartan Shredding Program:

Overall: 10/10

Yous provides you with all the tools and methods to lose weight and gain muscle in return, but at the end of the day the results you get are what you put into it. I love how this program is created in convenience to regular people and HF users and isn't extremely hard to follow as long as you have the willpower. The workout routine is included with videos so you know exactly what to do. Not only that but Yous provided 2 free ebooks for snacking and recovery that can be applied towards the program.

Grammar: 10/10

The grammar is very good in this ebook and there isn't any noticeable mistakes I've seen, if there's any they are probably minor.

Layout: 8/10

At first glance it's a nice layout which is easy to understand as it gives very clear details on what you have to do. The font is easy on the eyes and there's several pictures and links to videos throughout the book. Each chapter titles what the section is going to be about. It wouldn't hurt to have a table of contents so readers know what's in the book before having to read the whole thing so that's why I'm going to give it an 8.

Potential: 10/10

I'm no dietitian or fitness trainer, but the potential of this ebook to lose weight and get shredded is very high based on everything I read. This book caters to your lifestyle and you can make adjustments to the program. But at the end of the day the potential you seek is going to come from how badly you want it and the amount of effort you put into following the program. No good things come easily and you can't make excuses.

Judge Judy - June 30, 2015, 4:43 am

This is probably the best sales thread I've seen in a while.
Those package names really are great.

Good luck with sales.

Yous - June 30, 2015, 9:25 am

(Jun 30, 2015 04:43 AM)Judge Judy Wrote: [\[CITE\]](#) This is probably the best sales thread I've seen in a while.

Those package names really are great.

Good luck with sales.

I appreciate the feedback. All of the graphic designers were offline so I just did this myself in paint ?

ItsATumor - June 30, 2015, 2:16 pm

(Jun 30, 2015 09:25 AM)Yous Wrote: [\[CITE\]](#) I appreciate the feedback. All of the graphic designers were offline so I just did this myself in paint ?

If you want something done right, do it yourself lol. Some of the prices these guys charge are insane, and people (such as Yous) can do it better themselves. Again, if anyone needs further proof that this works PM me.

Stu-Pot - July 1, 2015, 4:31 am

I don't know if it is still possible, but i'd like a vouch copy!

Yous - July 1, 2015, 4:46 am

(Jul 1, 2015 04:35 AM)Autocorrect Wrote: [\[CITE\]](#) Why is my BB profile picture in the OP? ?
Huh, what do you mean? ?

Yous - July 2, 2015, 8:04 am

Online for questions and support ?

ItsATumor - July 3, 2015, 11:47 am

Do you need a gym membership to take full advantage of this?

Yous - July 4, 2015, 1:43 pm

(Jul 3, 2015 11:47 AM)ItsATumor Wrote: [\[CITE\]](#) Do you need a gym membership to take full advantage of this?

A gym membership is preferred. But to encourage early buyers i'll personally build you a workout if you don't have a gym membership

Yous - July 5, 2015, 2:14 pm

I changed the tag for this to [CHANGE YOUR LIFE]

This is not some crash diet with the intention of getting you to a destination. This teaches you a sustainable lifestyle that is more enjoyable than any out there in my full and honest opinion.

ItsATumor - July 6, 2015, 5:43 am

(Jul 5, 2015 02:14 PM)Yous Wrote: [\[CITE\]](#) I changed the tag for this to [CHANGE YOUR LIFE]

This is not some crash diet with the intention of getting you to a destination. This teaches you a sustainable lifestyle that is more enjoyable than any out there in my full and honest opinion.

I agree with the title change, as it changed my life. I really hope people take advantage of this and change themselves forever.

Yous - July 6, 2015, 2:48 pm

Online for questions. Also feel free to inquire about one on one training plans.

Yous - July 8, 2015, 7:41 am

Online for questions. Also feel free to inquire about one on one training plans.

Yous - July 10, 2015, 10:59 am

UB3R MEMBERS PM ME FOR A \$4.99 DISCOUNT COPY!

Yous - July 13, 2015, 11:05 am

Ub3r discount still up for grabs looking to get some feedback!

Yous - July 14, 2015, 12:05 pm

UB3R MEMBERS PM ME FOR A \$4.99 DISCOUNT COPY!

Yous - July 18, 2015, 2:01 pm

UB3R MEMBERS PM ME FOR A \$4.99 DISCOUNT COPY!

Yous - July 20, 2015, 10:02 am

Still looking to give out a few discounted copies to ub3r members!

Early buyers get personal support on Skype (not included for later buyers) and I can make you customized plans if you don't have gym access.

Yous - July 24, 2015, 10:41 am

BIRTHDAY SPECIAL =D

\$9.99 FOR THE BOSS PACKAGE!

ZEUS BULKING AND SPARTAN SHREDDING!

[Buy Now](#)

Yous - July 29, 2015, 11:10 am

JULY 29th TODAY ONLY LAST DAY TO GET BOTH EBOOKS IT FOR \$9.99. PRICE GOES BACK UP TO \$19.99 tomorrow

\$9.99 FOR THE BOSS PACKAGE!

ZEUS BULKING AND SPARTAN SHREDDING!

[Buy Now](#)

240sx - July 30, 2015, 4:39 pm

I bought Yous' ebook and I can tell you it's definitely worth buying. It's unique and very well written and there's no other ebook like Yous that's this amazing :). This has changed my life and I'm feeling

amazing ever since I started doing what he shares in his guides.

100% Vouch for Yous ?

Yous - August 5, 2015, 12:37 pm

Still for sale guys. Early buyers get Skype support only giving that out to the next 3-4 buyers.

Blizzard - August 6, 2015, 3:49 am

Well I'm looking to gain weight and height, would that work?

lamgonenow - August 6, 2015, 7:14 am

By anychance do you accept bitcoin?

Yous - August 6, 2015, 9:33 am

(Aug 6, 2015 03:49 AM)Blizzard Wrote: [\[CITE\]](#) Well I'm looking to gain weight and height, would that work?

PM me so I can get some more details to help you out ?

(Aug 6, 2015 07:14 AM)Arcanian Wrote: [\[CITE\]](#) By anychance do you accept bitcoin?
I can't accept bitcoin currently sorry ?

Wyatt Garcia - August 6, 2015, 2:04 pm

I might buy this later, nice thread!

Yous - August 7, 2015, 2:06 pm

(Aug 6, 2015 02:04 PM)Aecy Wrote: [\[CITE\]](#) I might buy this later, nice thread!
Let me know if you have any questions ?

Yous - August 9, 2015, 7:54 am

Available on Skype for any questions!

Yous - August 11, 2015, 7:41 am

Only sold a few copies so far! Come HF invest in your health ?

I'm also offering early buyers support on Skype. So for the next 3 buyers you'll also receive support on Skype if you'd like!

Yous - August 13, 2015, 9:59 am

Still offering early buyer skype support for the next 3 buyers!

Yous - August 14, 2015, 10:38 am

Still 3 more copies left to be sold in which the buyers will receive Skype support/coaching/training ?

Yous - August 21, 2015, 4:53 am

Still 3 more copies left to be sold in which the buyers will receive Skype support/coaching/training

gamerdd - August 26, 2015, 2:17 pm

Is this method autopilot?

ModernMoney - August 26, 2015, 2:34 pm

Yous I added you on skype, im really interested in this :)

Yous - August 27, 2015, 3:54 am

(Aug 26, 2015 02:17 PM)gamerdd Wrote: [\[CITE\]](#) Is this method autopilot?
Haha if it was would you buy it? ?

Kidding of course. Good joke though

antiQuit - August 27, 2015, 3:09 pm

Posting here to come back later.

ZYZZ BRAHHH - August 28, 2015, 1:59 pm

Yous was a big help on my journey to losing fat big vouch!!

Yous - August 31, 2015, 7:51 pm

Still offering up 2 special copies in which the buyer will receive Skype support with purchase.

Yous - September 5, 2015, 2:05 pm

Only one more special copy to be sold with after purchase Skype support!

Yous - September 7, 2015, 2:30 pm

Still only one more special copy to be sold with after purchase Skype support!

Yous - September 10, 2015, 1:42 pm

Looking to help me HF members enrich their lives with better health!

PM me if you have questions ?

ModernMoney - September 10, 2015, 6:08 pm

Vouch for Yous, I bought this ebook a few weeks ago, and I love it. He's given me lots of help on skype, and overall this is definitely worth your money :)

Yous - September 12, 2015, 3:17 pm

(Sep 10, 2015 06:08 PM)Robanator1617 Wrote: [\[CITE\]](#) Vouch for Yous, I bought this ebook a few weeks ago, and I love it. He's given me lots of help on skype, and overall this is definitely worth your money :)

It's good to talk with you on Skype! ?

Looking to help other HF users look and feel great. Available for questions via PM.

Yous - September 18, 2015, 9:10 am

Due to the success of my Skype coaching/training I will continue to offer after purchase Skype support to the next batch of buyers!

Yous - September 19, 2015, 1:35 pm

I am looking to continue helping HF members completely change their lives. If you have any hesitation about the product please feel free to send me any questions you may have!

Yous - September 21, 2015, 8:30 pm

Skype support still being offered to buyers!

Karnaugh - September 23, 2015, 1:53 pm

I am actually curious to see what's your Zeus Bulking Program is. I won't buy it because I have my own that works well, but still, really curious about it.

Yous - September 24, 2015, 11:14 am

(Sep 23, 2015 01:53 PM)RD Kura Wrote: [\[CITE\]](#) I am actually curious to see what's your Zeus Bulking Program is. I won't buy it because I have my own that works well, but still, really curious about it.

It's not something you'd see often, I am fairly certain of that ?

Yous - September 25, 2015, 6:56 pm

Still looking to work with more great HF users trying to change their lives.

Please don't hesitate to PM/post any questions you may have.

Yous - September 29, 2015, 1:58 pm

Seeking more awesome HF members to work with! Who else on here is trying to get into the best shape of their life. Or better yet become the most fit person in your city!

Yous - October 2, 2015, 3:19 pm

Giving out 4 REVIEW COPIES TONIGHT TO MEMBERS WITH HIGH REP!

NOW IS YOUR GOLDEN OPPORTUNITY TO GET IN THE BEST SHAPE OF YOUR LIFE!

Yous - October 4, 2015, 6:16 am

Sold a Boss package last night!

Another person on this earth is about to get in the best shape of their life!

Are you next? ?

Yous - October 7, 2015, 2:18 pm

I will temporarily be offering custom workout plans for those without gym membership, completely free for buyers of any of my fitness packages!

Yous - October 11, 2015, 1:31 pm

(Oct 7, 2015 02:18 PM)Yous Wrote: [\[CITE\]](#) I will temporarily be offering custom workout plans for those without gym membership, completely free for buyers of any of my fitness packages!

Doing this for one more buyer!

Diclonius - October 11, 2015, 3:52 pm

(Oct 4, 2015 06:16 AM)Yous Wrote: [\[CITE\]](#) Sold a Boss package last night!

Another person on this earth is about to get in the best shape of their life!

Are you next? ?that was me ._.

(Oct 11, 2015 01:31 PM)Yous Wrote: [\[CITE\]](#) Doing this for one more buyer!would that offer be available to someone who has bought the boss package?

?

Yous - October 11, 2015, 4:24 pm

(Oct 11, 2015 03:52 PM)Diclonius Wrote: [\[CITE\]](#) that was me ._.

would that offer be available to someone who has bought the boss package?

?

Absolutely. I PM'd you my Skype ?

Quiver - October 11, 2015, 4:30 pm

Posting here to come back later ?

Yous - October 18, 2015, 6:51 pm

I also have online training spaces available for anyone interested ?

Ariaa - October 24, 2015, 3:36 pm

Purchased this and OP made me a personal routine. Very worth it with exceptional support. You can ask yous any question!

Wouldn't hesitate to buy if you want to get into the best shape of your life.

Yous - November 11, 2015, 11:14 am

For anyone looking to have everything set up and done for them and to have all their questions answered I am offering online training now.

Prices start at \$99/month

Yous - November 15, 2015, 7:04 pm

Anyone who wants this PM me in the next 48 hours to get The Boss Package for only \$9.99

Yous - December 16, 2015, 3:07 pm

Currently able to take 5 more personal clients. Packages are as low as \$39/month for private online coaching! PM me or post here for details!

Yous - December 17, 2015, 3:37 pm

Today is a special day!

GET THE BOSS PACKAGE BOTH OF THE EBOOKS FOR ONLY \$4.99

Yous - December 18, 2015, 7:58 pm

(Dec 17, 2015 04:37 PM)Yous Wrote: [\[CITE\]](#) Today is a special day!

GET THE BOSS PACKAGE BOTH OF THE EBOOKS FOR ONLY \$4.99

Last chance. BACK TO FULL PRICE TOMORROW

Ariaa - December 18, 2015, 8:44 pm

(Dec 18, 2015 08:58 PM)Yous Wrote: [\[CITE\]](#) Last chance. BACK TO FULL PRICE TOMORROW? and i payed full price for the boss package ?

Yous - December 31, 2015, 3:34 pm

NEW YEARS SALE

START THE YEAR OFF RIGHT AND GET THIS TONIGHT FOR ONLY \$4.99

Yous - January 1, 2016, 4:37 pm

HAPPY NEW YEAR EVERYONE! I WANT EVERYONE TO HAVE AN AMAZING 2016! GET BOTH EBOOKS FOR ONLY \$4.99 TODAY!

Yous - January 4, 2016, 11:33 am

START YOUR NEW YEARS RIGHT! THERE IS NO EXCUSE THIS IS PRICED LESS THAN WHAT YOU'D SPEND ON A COFFEE AND SNACK

Ariaa - January 5, 2016, 12:20 pm

(Jan 4, 2016 12:33 PM)Yous Wrote: [\[CITE\]](#) START YOUR NEW YEARS RIGHT! THERE IS NO EXCUSE THIS IS PRICED LESS THAN WHAT YOU'D SPEND ON A COFFEE AND SNACK
Has there been any updates to the book?

Yous - January 5, 2016, 12:41 pm

(Jan 5, 2016 01:20 PM)Ariaa Wrote: [\[CITE\]](#) Has there been any updates to the book?
Just one set of revisions made to the book.

It's the same principals i've followed to get me to where I am today.

In May I was around 12-13% bodyfat benching 225 for 2 reps

As of today 9% bodyfat benching 315 for 2 reps. The best part is that i've enjoyed the entire process and I truly believe it's something that works AND is enjoyable to follow.

Llama™ - January 5, 2016, 12:49 pm

Just bought the "Spartan shreading" program. Pretty excited.

Yous - January 5, 2016, 12:56 pm

(Jan 5, 2016 01:49 PM)Llama™ Wrote: [\[CITE\]](#) Just bought the "Spartan shreading" program. Pretty excited.

If you have questions ever don't hesitate to PM me ?

Yous - January 29, 2016, 11:05 am

\$4.99 SALE TODAY!

Get in shape before valentines day ?

Yous - January 30, 2016, 12:02 pm

Grab your copies while you can at the discounted price!

TheEntrepreneur - January 31, 2016, 11:01 am

this looks like a troll. but i am like sooooo close to buying it just for the banter

Yous - January 31, 2016, 12:12 pm

(Jan 31, 2016 12:01 PM)TheEntrepreneur Wrote: [\[CITE\]](#) this looks like a troll. but i am like sooooo close to buying it just for the banter

Please do order it and review it as I know you'll greatly enjoy it!

Yous - February 1, 2016, 12:58 pm

I'm surprised more people are not picking this up. Health is everything friends. And for \$4 ?

Yous - February 3, 2016, 10:38 am

Still only \$4.99

Also available for PM's and questions today

Yous - February 5, 2016, 3:56 pm

Still only \$4.99 I WANT YOU TO MAKE 2016 YOUR YEAR

Yous - February 14, 2016, 9:52 am

Keeping this at \$4.99 for now. Health is so important and pricing it this low gives you no excuse not

to take action today!

Yous - February 15, 2016, 11:54 am

Online for questions all of today! ?

Yous - February 16, 2016, 1:55 pm

Online for questions today! ?

TheEntrepreneur - February 17, 2016, 6:10 pm

i would buy but i hate exersize i dont mind dieting but ehh getting up

Yous - February 18, 2016, 4:32 pm

(Feb 17, 2016 07:10 PM)TheEntrepreneur Wrote: [\[CITE\]](#) i would buy but i hate exersize i dont mind dieting but ehh getting up
I'm so confused lol ?

TheEntrepreneur - February 18, 2016, 4:41 pm

(Feb 18, 2016 05:32 PM)Yous Wrote: [\[CITE\]](#) I'm so confused lol ?
id buy this if it works and i dont have to leave my bed

James Burnham - February 18, 2016, 5:15 pm

Do you offer counseling on this or any kind of support? I am more interested in that, than the actual ebook.

Yous - February 18, 2016, 5:22 pm

(Feb 18, 2016 06:15 PM)Darth Burnham Wrote: [\[CITE\]](#) Do you offer counseling on this or any kind of support? I am more interested in that, than the actual ebook.
I do offer online training starting at \$39/month. In which i'll add you on my Skype/kik for questions, my personal tips on what works for me, and a custom workout plan.

Gnavling - February 19, 2016, 11:04 am

Could you add me on skype: Gnavling

Yous - February 19, 2016, 12:24 pm

(Feb 19, 2016 12:04 PM)Gnavling Wrote: [\[CITE\]](#) Could you add me on skype: Gnavling
Have not been on my Skype recently. A PM on here or a reply on this thread is the quickest way to get any questions answered ?

Yous - February 21, 2016, 9:15 am

Who else is looking to capitalize on this insane deal?

Yous - February 23, 2016, 2:16 pm

Online for questions tonight!

Yous - February 25, 2016, 12:37 pm

The number one HF fitness ebook?

Maybe. Idk... Need more reviews come on out guys don't be shy lol

Yous - February 26, 2016, 12:47 pm

Online for questions all of today!

Yous - February 29, 2016, 8:31 am

Online for questions for the next 4 hours ?

Yous - March 3, 2016, 2:36 pm

Who else is looking to get in their best shape!

I will post pictures of myself with just one request.

Yous - March 7, 2016, 7:25 am

\$4.99 deal is still on! Boss Package included!

Yous - March 8, 2016, 11:45 am

Yay! 2 more sales. Which means two more people about to get in incredible shape!

If you have any doubts please PM me I love talking with you guys

Yous - March 9, 2016, 11:57 am

Another one sold last night!

So happy to say this is turning into one of my best sellers. I take so much pride in helping people improve their lives.

If enough people are interested i'll do a live Skype Q&A

Yous - March 10, 2016, 1:35 pm

Sold 3 more copies last night. It's awesome seeing people take action and making an effort to get this aspect of their lives handled.

Yous - March 12, 2016, 6:59 am

I'm so happy that this is turning into my HF best seller. It's awesome being able to help people get this aspect of their lives sorted out. It translates into everything you do, health is really everything.

Yous - March 17, 2016, 11:42 am

Will be online for questions later tonight!

Feel free to slide into the PM's ?

Yous - March 18, 2016, 12:22 pm

Will be on at a later time tonight for questions!

?

Yous - March 21, 2016, 10:09 am

Online for questions. So happy this is currently selling best for me on HF

Yous - March 24, 2016, 5:39 am

Had fun talking with some of you guys on Skype recently. Let's keep getting HF fit AF in 2016.

Yous - March 25, 2016, 11:07 am

Sold another copy last night!

You all need to come out of hiding and review haha ?

Yous - March 27, 2016, 9:03 am

Don't use easter as an excuse.

My guide shows you how to eat food you love and still stay shredded. Just had a ton of chocolate haha

Yous - March 28, 2016, 11:53 am

This is still selling better than a lot of my other HF products.

It must be the price. Is it time to raise it?

Yous - March 30, 2016, 3:47 pm

Online for questions tonight!

Yous - April 3, 2016, 11:49 am

Online for questions all day today!

ModernMoney - April 3, 2016, 6:30 pm

(Apr 3, 2016 11:49 AM)Yous Wrote: [\[CITE\]](#) Online for questions all day today!
Is that why you've been ignoring my questions for many days now?

Yous - April 5, 2016, 1:34 pm

(Apr 3, 2016 06:30 PM)Rob H Wrote: [\[CITE\]](#) Is that why you've been ignoring my questions for many days now?

PM me your questions via HackForums. That is the best way to get an answer ?

Yous - April 9, 2016, 11:55 am

By keeping this at \$4.99 so many extra people are getting in on this!

Make 2016 your year, you still have plenty of time.

Yous - April 10, 2016, 12:00 pm

Online for questions for the next 3 hours!

Yous - April 11, 2016, 12:23 pm

If 5 people can agree on a time i'll do a live Skype Q&A that for any questions related to health and fitness.

I'll make it happen if enough of you are interested.

Yous - April 12, 2016, 1:30 pm

(Apr 11, 2016 12:23 PM)Yous Wrote: [\[CITE\]](#) If 5 people can agree on a time i'll do a live Skype Q&A that for any questions related to health and fitness.

I'll make it happen if enough of you are interested.

Still down to offer this for free. ?

Yous - April 13, 2016, 1:38 pm

Looks like there is no interest in the free group q&a ?

Yous - April 14, 2016, 1:41 pm

Will be online for questions (PMs) at 7:45 EST tonight

Yous - April 18, 2016, 12:06 pm

Will remain at \$4.99

Hoping to get more reviews from those who bought it.

Yous - April 20, 2016, 1:27 pm

Online training is available for those interested.

Please PM to get a quote!

Yous - April 21, 2016, 2:24 pm

Online for questions all of tonight!

Yin Yang - April 22, 2016, 8:17 am

I have received the Boss package from OP and just say that this eBook is something that I haven't personally seen before. I wouldn't waste your \$ on a trainer and would highly recommend anyone who is looking to get back into shape and/or getting that sexy bod for Summer, to purchase this eBook. Many personal trainers fail to help you with your diet as most of them aren't nutritionists. OP also has a Recovery section to show you how to prevent injuries and further enhance muscle growth. This is key for everyone. OP also includes what to eat on rest days, which snacks you should eat, and when you should be eating. This is probably the best eBook I've read in years and I've been here since 2010. I give this eBook a 10/10. Thanks OP for this!

Yous - April 23, 2016, 10:52 am

(Apr 22, 2016 08:17 AM)LOL @ Your Swag Wrote: [\[CITE\]](#) I have received the Boss package from OP and just say that this eBook is something that I haven't personally seen before. I wouldn't waste your \$ on a trainer and would highly recommend anyone who is looking to get back into shape and/or getting that sexy bod for Summer, to purchase this eBook. Many personal trainers fail to help you with your diet as most of them aren't nutritionists. OP also has a Recovery section to show you how to prevent injuries and further enhance muscle growth. This is key for everyone. OP also includes what to eat on rest days, which snacks you should eat, and when you should be eating. This is probably the best eBook I've read in years and I've been here since 2010. I give this eBook a 10/10. Thanks OP for this!

Thanks for posting your review man! ?

Yous - April 25, 2016, 11:09 am

Will only be online for questions later tonight

Yous - April 27, 2016, 1:24 pm

Online late tonight for questions

Yous - April 28, 2016, 3:55 pm

Willing to do an online Q&A completely free. As long as 5 people show interest.

No purchase required. ?

Gnavling - April 29, 2016, 6:49 am

Is this bodyweight or do I need a gym membership?

Rolls Royce Cars - April 29, 2016, 6:56 am

Great to see an eBook about something healthy instead of making money or anything like that.

Yous - April 29, 2016, 8:06 am

(Apr 29, 2016 06:49 AM)Gnavling Wrote: [\[CITE\]](#) Is this bodyweight or do I need a gym membership?

A gym membership is recommended but there are a good amount of bodyweight movements involved.

Gnavling - April 29, 2016, 8:10 am

(Apr 29, 2016 08:06 AM)Memphis` Wrote: [\[CITE\]](#) A gym membership is recommended but there are a good amount of bodyweight movements involved.

So it wouldn't be impossible to do it at home?

Yous - April 29, 2016, 12:52 pm

(Apr 29, 2016 08:10 AM)Gnavling Wrote: [\[CITE\]](#) So it wouldn't be impossible to do it at home?

The book mostly focuses on diet. You can swap out my routine for working out with any decent one from online. Try YouTube for at home workouts.

I personally do a handful of YouTube leg workouts at home. Because I have naturally big legs from sports I don't often use weights on legs because I don't want size haha. But you can find great quality workouts on YouTube.

Yous - May 4, 2016, 11:59 am

Will be online late tonight for questions.

Yous - May 8, 2016, 8:46 am

Will be online late tonight for questions.

Only a few copies away from this being my best seller on HF =p

Yous - May 9, 2016, 10:49 am

So glad this is closing in on becoming my HF best seller ?

Health is everything!

Wespa - May 9, 2016, 11:02 am

Is it possible to do these workouts at home as I do not have a gym close to my place.

Thanks!

Yous - May 9, 2016, 6:28 pm

(May 9, 2016 11:02 AM)Wespa Wrote: [\[CITE\]](#) Is it possible to do these workouts at home as I do not have a gym close to my place.

Thanks!

This is mostly nutrition based and the workout that comes with it does require a gym. However due to the fact that nutrition is the focus any not terrible at home workout from online would do great. I can also help you find one if need be ?

Yous - May 11, 2016, 2:20 pm

Online for questions tonight!

Yous - May 16, 2016, 10:53 am

Will be online for questions late tonight!

This is officially my HF best seller ?

Yous - May 20, 2016, 2:30 pm

Online tonight for questions ?

Yous - May 22, 2016, 12:05 pm

Online tonight for questions!

New fitness product coming soon ?

Yous - May 23, 2016, 1:47 pm

Online for questions tonight!

Yous - May 25, 2016, 2:45 pm

Online for questions tonight ?

Yous - May 27, 2016, 1:26 pm

Online for questions tonight!

Yous - May 30, 2016, 1:47 pm

Online for questions ?

Ariaa - May 30, 2016, 3:21 pm

Can you offer advice/help on calisthenic workouts?

Yous - May 31, 2016, 1:59 pm

(May 30, 2016 03:21 PM)Ariaa Wrote: [\[CITE\]](#) Can you offer advice/help on calisthenic workouts?
Of course.

I am a certified personal trainer ?

Yous - June 3, 2016, 12:11 pm

Online all day for questions =D

Yous - June 6, 2016, 10:21 am

Back and online for questions late tonight ?

Ariaa - June 6, 2016, 6:04 pm

Just want to put another vouch on this.

Yous really knows what he is doing. Bought this about 6 months ago and he helped me with a workout plan and worked around my limitation. Started seeing results in a few weeks, and now, I feel extremely confident in my body, thanks to Yous. Wouldn't hesitate at all to ask him anything. He also offers great skype support.

Yous - June 9, 2016, 2:30 pm

(Jun 6, 2016 06:04 PM)Ariaa Wrote: [\[CITE\]](#) Just want to put another vouch on this.

Yous really knows what he is doing. Bought this about 6 months ago and he helped me with a workout plan and worked around my limitation. Started seeing results in a few weeks, and now, I feel extremely confident in my body, thanks to Yous. Wouldn't hesitate at all to ask him anything. He also offers great skype support.

Always happy to help!

So glad to hear you've been killing it ?

Yous - June 13, 2016, 12:19 pm

Coaching is available for an insanely affordable price!

I am a certified personal trainer and I live what I teach. Anyone looking to reach the next level let's chat!

Yous - June 14, 2016, 2:14 pm

Coaching packages for an insane price for anyone looking to get to the next level

Yous - June 15, 2016, 4:01 pm

Online for questions tonight ?

Yous - June 18, 2016, 2:57 pm

Online all of tonight for questions.

One on one online training spots available!

Yous - June 28, 2016, 1:10 pm

Online training spots available. Ridiculous discount for HF members! PM for details.

Yous - June 29, 2016, 3:15 pm

Online tonight for questions!

Yous - July 4, 2016, 9:20 am

Online this afternoon for questions.

Yous - July 5, 2016, 2:31 pm

Insane rates for online coaching and meal plans. Seriously for HF only 75% off what I charge online clients typically. PM for details.

Yous - July 11, 2016, 2:44 pm

For \$6.99 get what I charge \$60/hour for in person and \$249/month online.

Yeah it's kind of a big deal haha...

Yous - July 13, 2016, 3:04 pm

Online tonight for coaching and or questions. PM me =D

Yous - July 19, 2016, 4:07 pm

Live Support: Online

Yous - July 21, 2016, 3:01 pm

Live Support: Online

Yous - August 16, 2016, 8:19 am

Hello.

For those of you who don't know I am a certified personal trainer. I charge clients who work with me online \$249/month or \$47 for pre-made plans.

So for \$6.99.. it's pretty much just handing you a program for free.

VERSION 2.0 IS COMING OUT SOON! IT WILL CHANGE THE GAME!

Yous - August 19, 2016, 4:43 pm

Keeping this a low price because I want to see HF users killing it in life and getting in amazing shape.

Yous - August 27, 2016, 4:52 am

Live Support: Online

Yous - August 28, 2016, 2:49 pm

Live Support: Online

Yous - September 2, 2016, 7:15 pm

V2.0 Set to release this month

Yous - September 7, 2016, 12:50 pm

Live Support: Online

Yous - June 10, 2017, 9:15 am

New service for those who want someone to hold them accountable and check in with them frequently monthly training programs are being offered on a case by case basis. PM for details.

Yous - June 12, 2017, 12:12 pm

Awesome to see people taking advantage of this. Always feels good to help out.

Yous - June 13, 2017, 6:14 pm

Online tonight for questions ?

PM or Post

Yous - June 14, 2017, 6:45 pm

Online tonight for questions/coaching/and adjustments.

Yous - July 3, 2017, 8:04 am

Online for questions today! ?

sp?c?m?n - July 3, 2017, 9:30 am

Does this help if you to scared to start they Gym Imfao ?

Yous - July 3, 2017, 11:05 am

(Jul 3, 2017 09:30 AM)sp?c?m?n Wrote: [\[CITE\]](#) Does this help if you to scared to start they Gym Imfao ?

Possibly. It's good to get noticeable results pretty quick.

But it's not some sort of motivational manifesto lol

Yous - July 4, 2017, 1:55 pm

Happy 4th of July everyone. Enjoy the extend discount of \$6.99!

Ariaa - July 4, 2017, 7:34 pm

Still using what this guy taught me. He really knows what he's talking about and I haven't regretted this purchase at all. It's been over a year and results are great.

Yous - July 6, 2017, 11:50 am

(Jul 4, 2017 07:34 PM)Ariaa Wrote: [\[CITE\]](#) Still using what this guy taught me. He really knows what he's talking about and I haven't regretted this purchase at all. It's been over a year and results are

great.

Appreciate that ?

So happy to see you stuck with it.

Yous - July 11, 2017, 5:08 pm

Online tonight for questions and support! ?

Yous - July 15, 2017, 2:12 pm

Online all of today for questions and support ?

Yous - August 16, 2017, 3:00 pm

Private coaching is available. The closest thing there is to guaranteeing results.

Offering this for VERY cheap if interested message me =)

PabuHF - August 16, 2017, 3:16 pm

u spelled program wrong on the spartan one

Yous - August 18, 2017, 9:00 am

(Aug 16, 2017 03:16 PM)PabuHF Wrote: [\[CITE\]](#) u spelled program wrong on the spartan one
Thanks homie ?

Yous - September 5, 2017, 1:02 pm

Coaching options available guaranteed results.

Sounds crazy? Let's talk for 10 minutes and you'll see. ?

Fortune - October 14, 2017, 10:46 am

(Jun 27, 2015 04:32 PM)Yous Wrote: [\[CITE\]](#) \$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

I WANT YOU TO HAVE AN AMAZING 2016! GET IT FOR ONLY \$4.99!

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

\$6.99 TODAY!

Reviews

Bought The Boss Package work super great, good method and good grammar i recommend this vendor and this ebook ! ?

