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Thread: [\[FREE\] Bodybuilding and Nutrition E-Book](#)

Lelouch Vi Britannia - March 6, 2017, 8:58 am

Hi! I'm giving out a copy of a bodybuilding e-book I received quite some time ago.

To get this, Just PM me! Enjoy!

This e-book covers the three major topics that anyone concerned with adding mass and strength wants to know about: nutrition/diet, supplements, and training. Put together, this e-book is just about the most comprehensive and up-to-date manual for adding muscle available today - in print or online.

The chapters that follow cover the steps you need to take to realize your goal: adding muscle mass with a minimum of body fat. The reader will quickly learn this is not another "Gain 100 lb. of monster muscle with my never seen before secret nutrition plan passed down from generations of Eastern monks who developed this system over 2000 years ago," or some such nonsense.

This plan was not smuggled out of an Eastern Bloc country during the Cold War. Nor was it given to me by aliens, or even invented in a super secret lab in the bowels of the CIA designed to make super soldiers.

This e-book is planted solidly on modern science, combined with good old-fashioned common sense, real world experience and years of practice with hundreds of different bodybuilders and other athletes. Although it looks great in advertisements trying to sell you their "techno-functional ultra repartitioning sub-micron weight gain plan," the CIA is not needed to gain quality weight.

Gaining quality weight is a process of obtaining proper knowledge about the foods needed, following the right ratios for those foods, deciding on the calories required, and being methodical with your plan. Consistency, as much as anything, is why some people get the results they want while others fail. Of course, being consistent with a poor plan and a lack of knowledge regarding calories needed, macronutrient ratios, etc. is a sure route to failure.

In this book, you will be given the foundational knowledge you need to set up a highly effective plan for gaining quality weight, while leaving the bells and whistles of those over-hyped plans to the suckers... err, I mean people, looking for the easy way to success without doing any hard work. Success in any endeavor in life worth undertaking requires hard work.

Lelouch Vi Britannia - April 23, 2017, 9:06 pm

Still giving this out! PM me for a copy!

anmolpokhrel - April 25, 2017, 7:55 am

Ok I shall PM you Thank you By the way :)

silgro - April 25, 2017, 7:58 am

can you please send me, thanks in advance

Wespa - April 25, 2017, 8:03 am

Gonna send you a PM about this.

Thanks!

White Musk - April 26, 2017, 6:44 pm

Thanks a lot, I appreciate it

