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Thread: [AlphaDestiny Naturally Enhanced](#)

CRaZZyMaNNiaCC - April 18, 2017, 8:29 am

Hi guys! ?

Are any of you familiar with AlphaDestiny / Alexander Leonidas from Youtube?

He has this program based on full-body concurrent periodisation training called Naturally Enhanced.

This is a pure Strength and Conditioning program that actually gets you yoked af.

I'm really interested in the science and the principle behind it since i'm into powerlifting and wanna study as a physiotherapist. I really wanna read this program of his and follow through with it. But i'm actually broke and not willing to spend 50 bucks on an e-book.

Does it happen for anyone to know where i can find a free copy?

Thank you guys in advance

shreder - April 18, 2017, 10:02 pm

lol "yoked" is his term he already tells you how to get "yoked" you just add a bit of cheating and lift heavy.

CRaZZyMaNNiaCC - April 18, 2017, 11:43 pm

(Apr 18, 2017 10:02 PM)shreder Wrote: [\[CITE\]](#) lol "yoked" is his term he already tells you how to get "yoked" you just add a bit of cheating and lift heavy.

the latter i already do. to cheat you need experience. those points i know. i was just interested in following his entire regime that he has in his ebook

Parks - April 19, 2017, 5:24 pm

Lmao I have his program don't think I'm gonna use it though as it's full body and I'm not ready to start doing some unorthodox movements and cheat reps.

CRaZZyMaNNiaCC - April 20, 2017, 11:45 am

(Apr 19, 2017 05:24 PM)ParKs Wrote: [\[CITE\]](#) Lmao I have his program don't think I'm gonna use it though as it's full body and I'm not ready to start doing some unorthodox movements and cheat reps.

did you buy it or did you acquire it by other means?

i am already doing full-body workouts. especially now that i'm cutting, i've cut out any specialization/isolation. Plus i do agree with him on MPS. like that you get it atleast twice a week if you go to the gym only 2 days and it's not as restrictive as splits.

bants53637 - February 17, 2019, 5:33 am

(Apr 19, 2017 05:24 PM)Parks Wrote: [\[CITE\]](#) Lmao I have his program don't think I'm gonna use it though as it's full body and I'm not ready to start doing some unorthodox movements and cheat reps.

hi mate do u think u can send me dis or atleast the 13 4 week programs at the end of book i would really appreciate it thanks! ?

30y old boomer - February 17, 2019, 6:08 am

If someone in fitness is claiming they 'reinvented the wheel' chances are they're selling you some bollocks. I have his book and the programs are decent but it's not worth the \$50, glad I didn't pay for it.

Gold? - *February 17, 2019, 5:08 pm*

AlphaDestiny means well for him fans. I know the price may seem a bit steep but beginners should invest in knowledge.