

Forum:[Hack Forums](#)

Thread: [FITNESS XTREME | YOUR PERSONAL TRAINER | 1 MONTH MEMBERSHIP FOR \\$39.99 | CUT & GAIN](#)

Strato - September 1, 2019, 7:29 am

I wouldn't have ever achieved my dream body (and all the benefits that come with it) without a deep understanding of everything required to take a physique to the next level. Now, I'm passing on this knowledge to you on your quest to get shredded. Whether you're a beginner or you already got some muscle to work with, it doesn't matter. This plan will be created just for you, based on your body type, age and budget.

WHAT YOU GET?

CUSTOMIZED WORKOUT ROUTINE Based on your unique profile, I will personally build you a workout routine that makes the most of your genetics, body type and goals to get you your best physique possible in just 8 weeks.

EXERCISES WITH AN EXAMPLE FROM YOUTUBE Each exercise you get, will be explained through a YouTube video. It's important to understand how to do a specific exercise because you don't want to get injured.

FAT LOSS DIET PLAN Want to achieve your dream body and still eat your favorite foods? I'll be using my expertise to design you a plan that produces weekly improvements without sacrificing the aesthetic lifestyle or flexibility.

24/7 CHAT SUPPORT I will be tracking your progress each day, but you can also get in touch with me anytime to ask anything.

Cutting plan is made for anyone that already got a decent amount of body mass but now want to lower their body fat and make those muscles visible. It's definitely harder than gaining muscle because it affects you both physically and mentally. It's not easy to say "NO" to tasty burger or pizza and that's why a lot of people can't achieve their goal. I'll create a diet that will fit your lifestyle as much as possible, and that included even a burger or pizza from time to time.

Disclaimer: I would not recommend cutting to anyone who's under the age of 16, because it may affect your natural growth and body development.

PRICE: \$39.99 \$69.99

This plan is usually for beginners or some of you that are skinny and have low body fat but looking to put on some muscle. It usually goes with heavy weights training plan because that works best when it comes to building muscle. Don't worry, you don't have to spend whole day eating, that's a huge mistake a lot of beginners do. Growing muscle is all about being in calorie surplus, and you can hit surplus by eating small amounts of food but high on calories. With this plan, you can expect to gain a decent amount of muscle that will definitely be visible to you and people around you.

PRICE: \$39.99 \$69.99

CONTACT INFO Skype: STRATO AGENCY Discord: strato#7369
[contract=tid]Start Contract[/contract]

You can check out my AMA thread about fitness and nutrition and some of my pictures [here](#). If you're not sure what's right for you, come have a chat with me and we can figure it out together. Also, if you just have some general questions about training, eating or anything fitness related, hit

me up on Discord.

Disclaimer: If you're not going to follow my instructions, eat as described and train on a regular basis, then it won't work for you. I don't want you to get back to me after a month and tell me that you didn't gain any muscle or cut any fat. If you're going to follow the instructions and take it seriously, you'll be more than happy with the results.

Strato - September 2, 2019, 12:10 pm

If anyone needs help with exercises or nutrition, don't hesitate to reach out!

Strato - September 5, 2019, 6:05 am

I can help one of you for free in return for a review. Send me a message.

ItzAdrestia - September 5, 2019, 9:03 am

Why do you say its possible to recieve the best physique in just 8 weeks when thats impossible?

SIM-964740 - September 5, 2019, 7:55 pm

(Sep 5, 2019 09:03 AM)ItzAdrestia Wrote: [\[CITE\]](#) Why do you say its possible to recieve the best physique in just 8 weeks when thats impossible?

You're impossible.

@OP, interested - been at gym and making progress, in good shape but still want to gain more, but likely need the most help with diet - it's tough getting in a calorie surplus. Hmu.