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Thread: [Bodybuilding & Fat Loss Plan.](#)

MrGreatAssasin - October 9, 2019, 10:30 am

Hi! I decided i would like to try something different. As i myself have been lifting for many years and trying to improve my physique i know its a real struggle for most of people to be consistent with their fat loss or and muscle gain diets & plans. It usually takes a lot of years of lifting & dedication aswell as hard dieting for people to actually be fit for stage. I myself have been lifting for 7 years before stepping on the stage for the first time. In the meantime as i progressed more and more people started asking me for advice when it comes to hormonal changes & what to eat and how to be consistent in the gym. So as im quite experianced on this topic after many years of actually trying to improve my physique i would actually like to help some of you guys get the body you always wanted. Im not sure if this is the best place for things like that as most of people here are mostly here due to their hobby or they are interested in selling & getting some money. And im going to be honest , i'd like to do the same by sharing my expiriance and by creating your personal bodybuilding and/or fat loss plan. I keep the food on a table by lifting & promoting brands and mostly by helping other people get the body they always wanted. With my plan u will recive whole body routine with all the exercises,sets & reps depending on what your goal is aswell as my recommendation when it comes to diet. Most people have 2 problems. They either are too skinny and they wanna bulk up and look like a man for the first time in their life or want to lose the fat and be able to look at themselves in the mirror and be proud of what they achieved. Im here to help with both cases. And even if you are in the middle "skinny fat" i can help you with that aswell as i've been skinny fat myself, as its very simple and once u get into fitness it won't take you long to learn how to keep yourself in shape all year long. I would like to share my progress with anyone who is interested in it aswell as create personal plan for anyone who wants it! As i said i will be focusing on each person individually and i will be taking this very seriously. After u contact me u can ask me anything u want to know about me or about my method. I would be online everyday 6AM-10AM GMT - 14:00-18:00 GMT and answer your questions & help you with your routine & diet. After u send me ur Height & Weight and tell me ur story i will immediately start working on ur plan. So to join my "group" and have me talk to you anytime u need me and recive e-book created just for you and your body u can contact me on HF & ask me about anything. Price for your personal plan would be 20USD. Inside of it u will recive all information needed for one to progress and u will start seeing progress within weeks. So at that price u will have me avalible & recive ur e-book for a whole month. So for example if you join 10/09/2019 u would be able to contact me at any time when im online & ask me about anything until 11/09/2019. U can keep the E-book with all the exercies & ur diet plan. The reason why u might wanna renew the membership would be changes in calories & progressive overload , but within a month u can learn about all of it so u might just need 1 month to get urself going and start getting that dream body. There is a lot i can talk about but im going to save all of that for Private. Be sure to contact me and we can start right away! Stay strong fellas ?

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