



***8 THINGS*** *By Sean Nalewanyj*  
***You MUST Do To Build***  
**MAXIMUM Muscle**



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# **8 THINGS** YOU **MUST** DO TO BUILD ***MAXIMUM*** MUSCLE!

By Sean Nalewanyj  
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## ABOUT THE AUTHOR

**Sean Nalewanyj**

[www.MuscleGainTruth.com](http://www.MuscleGainTruth.com)



Once an awkward, 125-pound, "geeky" social outcast, Sean Nalewanyj is now a renowned muscle building and fat loss expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural bodybuilding and fat loss techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle, burning fat and gaining strength fast.

Through his highly successful website, [www.MuscleGainTruth.com](http://www.MuscleGainTruth.com), and his free information-packed online email course (visit his website using the link above for signup details), Sean has helped *thousands* of average, everyday people from all over the world overcome a lifetime of insecurity and get into the best shape of their lives.

In less than one year of existence, his widely acclaimed online muscle building program, "[The Muscle Gain Truth No-Fail System](#)" shot up to #1 like a bullet and was immediately endorsed by many of the top experts in the field.

His system garnered so much attention from the public that it was even mentioned in the most prestigious publication in North America, **The New York Times**.



In a bodybuilding world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that achieving a standout body is not a "walk in the park" like most promoters make it out to be, but believes without a doubt that he can help **anyone** achieve their fitness goals as long as they are willing to put forth the effort...

You can read more about Sean and his full-blown muscle building success system by [clicking here](#) to visit his website.



Sean is also the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only bodybuilding and fat loss community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

Lastly, Sean is the author and creator of a best-selling fat loss program known as "[The Real Deal Body Transformation System](#)". If your primary focus is to burn fat, carve out 6-pack abs and increase your health and energy levels naturally and safely, this is the program for you.

This explosive fat loss package contains every single tip, trick and strategy you need to achieve a lean and impressive physique without fad diets, bogus supplements or fancy equipment of any kind.



## Introduction

There's an age-old saying that has been around for many years and that can be applied to almost any area of life. The saying says...

**“Those Who Fail To Prepare Are Preparing To FAIL!”**

This wisdom-filled quote *directly* applies to the concepts of building muscle, burning fat and gaining strength.

You can have all of the inner drive and motivation in the world, but without an intelligently structured plan and a blueprint for success, you're most likely not going to get **anywhere**.

It continues to amaze me how many people I see entering the gym week in and week out, slaving away on the same old, ineffective techniques and never making any real progress with their physiques. There's just no logic or rationale behind what they're doing, and it's only a matter of time before they give up for good.

It's no surprise that over **95%** of people in the gym end up **failing miserably** and never reaching their goals.

It's not due to a lack of willpower or motivation... it's because they are simply **uneducated**. There's just no method to their madness.

They come to the gym, toss weights around aimlessly, neglect their diets and then



can't figure out why they aren't growing. Tired and frustrated with their lack of progress, they eventually give up for good.

**Luckily, you won't be one of those people!**

The fact that you are reading this report right now shows me that you realize the **critical importance** of proper planning, and because of that, your chances of successfully will be greatly increased.

In this report I'm going to get right down to the basics by outlining 8 of the most *crucial*, **powerful** steps that should be applied to **ANY** muscle-building program.

These steps are not highly complex and are not rocket-science, but I'm continually amazed at the overwhelming percentage of aspiring trainees who fail to implement them.

**So let's get right down to business...**

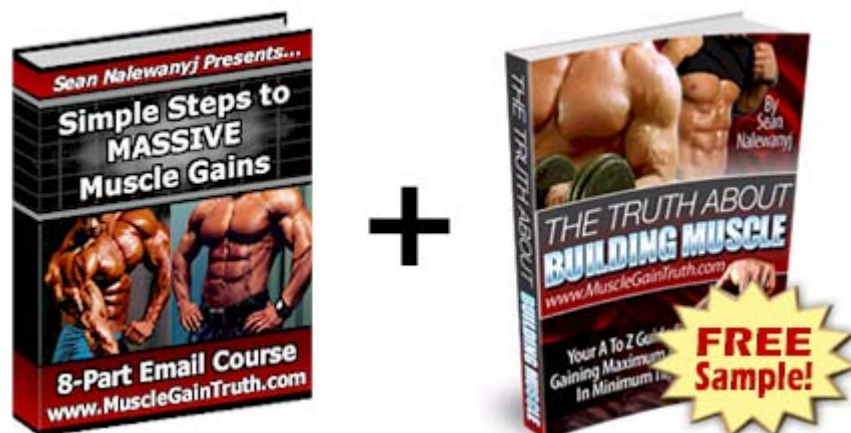


# WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 8-part muscle building email course.

It's called "**8 Simple Steps To Massive Muscle Gains**" and will teach all kinds of highly effective insider strategies for accelerating your muscle building progress.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Building Muscle**" at no cost.



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## Critical Muscle-Building Strategy #1

Provide your body with a surplus of calories by ensuring that your caloric intake exceeds your caloric expenditure.

| Nutrition Facts             |                      |
|-----------------------------|----------------------|
| Serving Size 1/2 cup (114g) |                      |
| Servings Per Container 4    |                      |
| Amount Per Serving          |                      |
| Calories 90                 | Calories from Fat 30 |
|                             | % Daily Value        |
| Total Fat 3g                | 5%                   |
| Saturated Fat 0g            | 0%                   |
| Cholesterol 0mg             | 0%                   |
| Sodium 300mg                | 13%                  |
| Total Carbohydrate 13g      | 4%                   |
| Dietary Fiber 3g            | 12%                  |
| Sugars 3g                   |                      |
| Protein 3g                  |                      |
| Vitamin A 80%               | Vitamin C 60%        |
| Calcium 4%                  | Iron 4%              |

This is first and foremost on the list.

Beyond planning a proper workout schedule with all of the right exercises, sets, reps and rest periods lies this one simple rule of muscle growth. A rule that absolutely **MUST** be followed if you ever want to see measureable muscle gains...

**In order to build muscle, you must consume more calories than you burn!**

This is a basic biological **law** of muscle growth, and if you fail to consume an adequate number of calories per day you will **NOT** build muscle, plain and simple.

The work that you perform in the gym is simply the “spark” that sets the muscle growth process into motion. However, the **REAL** magic takes place when you are **out** of the gym, resting and eating. This is when your body will use the nutrients that you consume to begin repairing your damaged muscles and increasing their size and strength in preparation for your next workout.

If you don't provide your body with the raw materials needed to facilitate growth, this process simply *cannot take place*.

In order to provide your body with the calories necessary to fuel muscle growth and to keep your body in an anabolic, muscle-building state at all times, you should be



consuming anywhere from **17-20** calories per pound of overall bodyweight every single day. So, if you weigh 150 pounds...

$$150 \times 17 = 2550$$

$$150 \times 20 = 3000$$

...Then you should be consuming anywhere from **2550-3000** daily in order to build muscle.

You should adjust this number based on...

**a) Your Metabolic Rate** – Are you naturally thin and have a hard time gaining weight? Or do you seem to put on body fat just by *looking* at food? Depending on your overall body type you can adjust the number higher or lower.

**b) Your Activity Level** – Do you play sports or work a physically strenuous job? If so, you'll need to consume more calories in order to compensate. If you're fairly sedentary and aren't very physically active (besides your weight workouts of course), then you probably won't need as many calories as someone who is more active.

**c) Your Goals** – Are you aiming to bulk up and build as much overall body mass as you possibly can? If so, you'll obviously want to consume as many calories as you reasonably can. Are you simply trying to build a little bit of extra muscle and look better overall? If so, then a *slight* caloric increase is all you'll need.

Based on these 3 factors above you can decide where to place yourself on the caloric range.



Do **NOT** overlook this aspect of the muscle growth process!

Most trainees are so concerned with their workouts that they highly underestimate the importance of proper nutrition. If anything, nutrition is even **MORE** important than what you accomplish in the gym.

If you fail to eat properly by not providing your body with an adequate number of calories each day, building muscle will be *physically impossible*.

The caloric method I just outlined is known as "The Basic Multiplier". To get an even **more** accurate number that takes specific individual factors into account, such as age, sex, height, activity level, body composition etc... You'll definitely want to check out [The Muscle Gain Truth No-Fail System](#), where I outline 2 other calculation methods that will give you a **dead-on, precise** number to help you maximize your muscle gains while keeping your body fat increases to an absolute minimum.



## Critical Muscle-Building Strategy #2

Consume the right types of calories from the proper muscle building food sources.



We've just established that in order to build muscle, you'll need to always ensure that your caloric intake exceeds your caloric expenditure. That's all fine and dandy, but it really only tells us *half* of the story.

Sit down and feast on big macs, ice cream cones and potato chips and your caloric intake would easily exceed your caloric expenditure... but do you think this would be an intelligent approach to building muscle?

Of course not. You need to realize this...

### All calories are NOT created equally!

The raw *number* of calories that you consume determines whether you'll *lose weight*, *maintain your weight* or *gain weight*... but it is the **type** of calories that will determine what *kind* of bodyweight is lost or gained (lean muscle mass, fat, water etc.)

Your obvious goal is to build lean muscle mass while keeping body fat gains at a minimum, and therefore you'll need to focus on consuming the **right** types of calories from the **proper** food sources.



The 3 main food groups that you should be concerned with are...

**1) High Quality Protein** – Protein builds and repairs muscle tissue and is the most *important* nutrient for those trying to increase their lean mass. Stick to high quality, easily absorbed sources such as lean red meat, poultry, fish, eggs, skim milk, cottage cheese, peanuts/natural peanut butter and whey.

**2) Natural, High Fiber Carbohydrates** – Carbohydrates aid in the absorption of protein, provide your muscles and brain with energy throughout the day and also help to maintain an optimal hormonal environment within the body.

Stick to *unrefined, high fiber* sources that will provide you with a steady stream of sugars throughout the day such as oatmeal, yams, potatoes, fresh fruits, brown rice and whole grain products.

**3) Healthy, Unsaturated Fats** – Not all fats will *make you fat*, and essential fatty acids fit that profile. EFA's are highly beneficial to the muscle growth process by increasing testosterone levels, improving the metabolism and volumizing the muscle cells. Some good sources of EFA's include fatty fish, nuts, seeds, avocados and liquids like flaxseed and olive oil.

These 3 food groups should make up the bulk of your diet, and should be spread out over the course of about 5-7 small meals daily. It may seem like a lot of work at first, but over time you'll get used to it.

[The Muscle Gain Truth No-Fail System](#) includes nine 84-day meal plans to make this process as easy and painless for you as possible. The plans range from 2000-



6000 calories and outline **exactly** what you should eat each day, and when you should eat it.



You also get full grocery lists and meal preparation instructions, so there's absolutely no guesswork involved. Just find the appropriate caloric level and you'll be all set to go!



### Critical Muscle-Building Strategy #3

Increase your daily water intake significantly.



Water is an absolutely **critical** component to the muscle-building process and to overall body health in general. Failing to keep yourself properly hydrated throughout the day will have a negative impact on literally *every single process* within your *entire* body!

Most people know that they should be drinking "plenty" of water every day, but how many actually do?

If you really paid close attention to your water intake you'd probably be surprised at how little you actually consume.

#### What makes proper water intake so amazingly important?

Well for starters, it's the most abundant element in your body. It is ranked only 2nd to oxygen as being essential to life.

Your body can survive for weeks without food, but without water you'd be dead in just a few days.

Roughly **80%** of your body is made up of water; the brain is **85%** water and lean muscle tissue is **70%** water.

Research has shown that being even *slightly* dehydrated can decrease strength and physical performance significantly. In fact, merely a **3-4%** drop in your body's water levels will lead to a **10-20%** decrease in muscle contractions.



Not only will water increase your strength, but it also plays a large role in preventing injuries in the gym. Highly intensive training over a long period of time can put unwanted stress on your joints and connective tissue, and water helps to fight against this stress by lubricating the joints and forming a protective "cushion" around them.

### **So, just how much water is enough?**

To find out how many ounces of water you should be consuming every day, multiply your bodyweight in pounds by 0.6. So if you weigh 150 pounds, you should be consuming around 90 ounces of water every day.

$$150 \times 0.6 = 90$$

I know it sounds like a lot, but if you plan your day out properly it shouldn't be a problem. Keep a water bottle with you at all times and sip from it periodically. Keep water in the places where you spend most of your time: in your car, at work, on your nightstand etc.

Another good method to ensure that you drink enough water is to pre-fill a few 16 ounce bottles at the beginning of the day. This way you can have a visual representation of where your water consumption is at any point in the day.

For the first few days you'll probably find yourself running to the bathroom quite frequently, but your body will soon adapt to the increased water volume and this will no longer be a problem.



### Critical Muscle-Building Strategy #4

**Keep a detailed record of every single workout that you perform and strive for improvement every week.**

This muscle-building technique should form the **underlying basis** for your **entire** workout plan. When it comes to structuring a proper approach in the gym, this is the most important overall factor, bar none.

Everyone is so obsessed with all of the specific principles in the gym (such as exercise selection, rep ranges, which days to spend in the gym, how many sets to perform etc.) that they fail to see the big picture.

Regardless of what type of approach you are taking in the gym, the underlying factor for success is **progression**.

Our bodies build muscle because of an adaptive response to the environment. When you go to the gym, you break down your muscle fibers by training with weights. Your body senses this as a potential threat to its survival and will react accordingly by rebuilding the damaged fibers *larger* and *stronger* in order to protect against any possible future threat.

Therefore, in order to make *continual* gains in muscle size and strength, you must focus on progressing in the gym from week to week in order to consistently increase the stress level. Progression can take 2 main forms...

- a) Increasing the amount of weight lifted on a specific exercise.
- b) Increasing the number of reps performed with a given weight on a given exercise.



If you're able to improve on at least **one** of the above factors each week in the gym, your body will be given *continual incentive* to grow larger and stronger.

If you neglect these factors and enter the gym without a concrete plan in mind, you'll be *ignoring* the very foundation of the **entire** muscle growth process, and your gains will surely stagnate.

**Your goal is to always be getting better from week to week!**

In order to keep track of your progress and to make sure that you're seeing continued improvement, I'd highly suggest making use of a workout logbook.

You should write down the date, the muscles you're training, all of the exercises that you performed, the weight that you lifted and the number of reps you were able to execute.

The next time you enter the gym, sit down for a minute before your workout and review those numbers. Your goal is to now improve upon all of those figures by either using slightly more weight or performing an additional rep or two.



[The Muscle Gain Truth No-Fail System](#) includes a nifty little tool called "**The MGT Progress Tracker 6000**" which allows you to track not only your workouts, but virtually every other aspect of your muscle-building program as well including your body weight, muscle gains, body fat %, diet, strength increases, progress pictures and more.



Simply login to the password-protected member's area and you'll gain instant access to all of your personal workout information so that you can view your current status and set goals in order to progress further.



## Critical Muscle-Building Strategy #5

**Be prepared to train at a high level of intensity every single time you enter the gym.**

If you think that building muscle is going to be a walk in the park and that you can simply enter the gym, “go through the motions” and then go home, you are sadly mistaken.

The reality is that if you want to experience any appreciable gains in muscle size and strength, you’re going to have to be prepared to **train hard**. This is one of the key factors separating those who make *modest* gains from those who make **outstanding** gains.

**Most people just plain don’t train hard enough!**

As soon as the exercise starts to get difficult their spotter jumps in and begins needlessly assisting them, or they simply put the weight down altogether.

**BIG** mistake!

The gym is a war zone, and if you want to be victorious, you must be willing to endure the battle.

Intense weightlifting is perceived as a threat to your survival, and the body responds to this by increasing the size and strength of the muscles to battle against the threat. Therefore, in order to see the most **dramatic** response in size and strength, you must push your body *as hard as you safely can*.



This can be achieved by performing all sets in the gym to the point of concentric muscular failure...

**Concentric Muscular Failure:** The point at which no further positive repetitions can be performed using proper form despite your greatest efforts.

This is very challenging and will require a lot of mental toughness on your part. I'm not going to sit here and feed you a pack of lies by saying that training for muscle size is an easy task. **It's not!**

Some argue that training to failure is not necessary in order for muscle growth to occur, and the truth is that they are absolutely correct.



You could *never* train to failure and over time you would still see gains in muscle mass and strength. The only **true** requirement for muscle growth to occur is **progression**.

However, (and that's a **big** however) if you're like 99% of the population, then you want to experience those gains as **quickly** and **efficiently** as you possibly can. While training to failure isn't necessary for growth to occur, it **IS** necessary if you want **maximum** growth to occur in the **shortest** period of time possible.

Even if you are not able to train to muscular failure (perhaps due to injuries or other limiting factors), one thing remains absolutely **certain**: if the last 1-2 reps of a set don't force you to dig down deep and don't place your body under a reasonable amount of discomfort, you quite simply are **NOT** training hard enough!



## Critical Muscle-Building Strategy #6

**Avoid overtraining by limiting your overall workout volume and by providing your body with sufficient recovery time in between workouts.**

This is one of the most common and most **deadly** mistakes that almost all beginners run into. They naturally assume that the more overall work they perform in the gym, the greater their results will be.

Heck, when I was a beginner myself I thought the same thing.

Who can blame us for thinking that?

In almost all aspects of life this basic logic holds true. If you want to perform well on a school test, you need to maximize your studying time. If you want to improve your skills in a specific sport, you need to practice as much as possible.

When it comes to training for muscular size and strength, you can take this basic logic and toss it **right out the window**, down the street and *around the corner!*

The key thing to realize is that your muscles will **NOT** grow larger and stronger if they are stressed beyond the point of recovery. Remember, training with weights is merely an activity that sets the wheels in motion; it “sparks” the muscle growth process and “tells” your body to start building new muscle tissue... But the actual growth process takes place **away** from the gym while you’re eating and resting.

If you disturb the recovery process, your muscles cannot rebuild themselves.



Overtraining is your **number one enemy!** Your goal in the gym is to perform the *minimum* amount of work necessary in order to yield an adaptive response from the body, and not a **THING** more.

You can avoid overtraining in the following ways...

### **1) Limit the number of sets that you perform during each**

**workout** – You should perform a total of 5-7 sets for large muscle groups (chest, back and thighs) and 2-4 total sets for small muscle groups (shoulders, biceps, triceps, calves and abs). And remember, this is total sets per **WORKOUT**, not per exercise.

**2) Limit the amount of time spent in the gym** – Each workout should not last for any more than 1 hour. This time frame comes into play beginning with your first muscle-building set and ends with your final muscle-building set.

**3) Limit your training frequency for each muscle group** – Each specific muscle group should only be directly stimulated once per week in order to allow for full recovery time.

If you've been following the "more is better" mentality then you may find it hard to let go of, but believe me, as long as you train hard, you do **NOT** need to train often or with very many sets and exercises.

In fact, performing too much work in the gym may actually cause your muscles to become *smaller* and *weaker*.



If you want to learn the **precise** manner in which your training schedule should be structured in an organized, step-by-step format, you'll definitely want to check out

[The Muscle Gain Truth No-Fail System](#) in order to access

**The 26-Week Workout Plan & Logbook.**



This is a full, detailed workout plan that outlines the **exact** days to train on, which muscle groups to hit as well as the perfect sequence of exercises, sets, reps and rest periods. It also comes with a printable logbook that you can take to the gym with you to track your workouts. All you have to do is fill in the blanks!

You put a lot of time and effort into your workout plan, so you'd better be sure you're doing it all properly if you want to see the **best** gains possible.



### Critical Muscle-Building Strategy #7

**Stop placing so much of your emphasis on dietary supplements. There is no replacement for basic hard work!**

If you really think that pills, powders and drink mixes are going to build your body for you, you're in for a **huge** disappointment! It continues to amaze me how much value and emphasis the majority of trainees place on "the latest breakthrough pill".

Everyone is always asking me...

"What's the best creatine out there?"

"How much weight can I gain from this whey protein supplement?"

"I have \$200 a month to spend on supplements... what should I buy?"

**Stop the madness!**

A supplement is just that... a *supplement*.

It is there to *supplement* your diet by filling in the missing gaps and by providing you with greater amounts of specific nutrients that will slightly speed up your progress. Supplements are **NOT** there to do the work for you and will *only* play a small role in your overall success in the gym.

Stop falling for the multi-million dollar ads that talk about the latest "revolutionary discovery" that will allow you to build 25 pounds of muscle while you lie on the couch.

As advanced as we've become as a society, the basic rules of hard work and



dedication still apply. If you want to change your physique, then hard training in the gym and a consistent diet plan is the only true way to get there.

Now, this doesn't mean that I'm **AGAINST** the use of supplements; I'm merely against the **over-use** and **over-emphasis** of supplements. There are a few good, solid, effective products out there that I **do** recommend, but only as a small part of your overall approach.

My 4 "recommended" supplements include...

- 1) Protein supplements (whey protein, meal replacements, weight gainers and the occasional protein bar)
- 2) Creatine
- 3) Multivitamins
- 4) Essential Fatty Acids



I'm not going to talk about all of the specific benefits of each product in this report, but if you're looking to accelerate your progress in the gym and achieve the best results possible, then those are the only 4 products that I would truly recommend.

I'm a big believer in the basics, and the plain fact is that most trainees are **way** more concerned with their supplement programs than they really need to be. It's only natural, I mean, who wouldn't want to pound back a couple of "orange-flavored creatine cocktails" and watch their biceps explode through their sleeves?



Unfortunately it just doesn't work this way. If something sounds too good to be true, then it usually is.

Hard training and a consistent diet is your only ticket to long-term success!

If you do want to learn all of the details behind the supplements that I mentioned above, then you'll need to read through [The Muscle Gain Truth No-Fail System](#). In it, I provide a full rundown of the functions of each, as well as ideal dosage methods and even the best product brands.

I also dispel the myths by exposing the truth behind **25** of the most popular supplements on the market, so that you can get the inside scoop from a genuine expert with no hidden agenda.

This will allow you to save your hard-earned money and only spend it on products that will **truly** deliver results!



# Critical Muscle-Building Strategy #8

**Understand that application and consistency is EVERYTHING!**

You can have the most effective workout schedule possible, the most intelligent diet approach available and the most intimate understanding of muscle growth from every possible angle, but without the **inner drive** and **motivation** to succeed you will get **nowhere**, and very fast.

Just as the famous saying goes...

**“Knowing is NOT enough. You must APPLY!”**

Those who make the greatest gains in muscular size and strength are the ones who are able to continually and systematically implement the proper techniques on a *consistent* basis.

**Building muscle is a result of the cumulative effect of small steps.**

Sure, performing 1 extra rep on your bench press will not make a huge difference to your overall results, and neither will consuming a single meal. However, over the long haul, all of those extra reps you perform and all of those single meals you consume will decide your overall success.

If you work hard and complete all of your muscle-building tasks in a consistent fashion, all of those individual steps will equate to **massive** gains in overall size and strength.



It is those who are willing to **persevere** that will succeed.

It is those who are willing to **rise above laziness** that will end up with the most impressive results.

I mean let's face it, everyone *wants* to be strong and muscular. If this is the case, why isn't *everyone* strong and muscular? It's because only certain people have the proper drive and motivation that it takes to get there.

**Do you have what it takes?**



## Are You Ready To Build Your Dream Body?



If you've got the drive and the motivation to get started **right away**... To begin blasting your body into an almost **uncontrollable** surge of lean muscle growth... To start adding **inches** of rock-hard, granite-like mass to your chest, back, arms, shoulders and legs... To develop an **impressive, powerful** new body that turns heads at the beach, the mall, at work, at school and **everywhere** else you go...

Then the **ONLY** thing left for you to do now is to formulate a proper plan to get there. And not only to *get there*... but to get there as **quickly, easily** and **painlessly** as you possibly can.

So before you even *set foot* in a gym, I would **strongly** urge you to make sure that your training and diet plan is properly structured, and that you're implementing the most **powerful** muscle-building and fat burning techniques available. Like I said earlier in this report, many people have the motivation to succeed, but they simply lack an effective training and nutrition plan to go along with it.

I would absolutely **hate** to see you put a bunch of time and effort into your program only to become frustrated and impatient when the results don't come like you had expected. And even worse, I'd **really hate** to see you end up like **95%** of the population who flat-out **quit** and **give up** due to a lack of progress.

This report has armed you with 8 very powerful steps towards achieving positive



results from your muscle-building program... But the truth is that there is **a lot more** to it than just this.

While these techniques will help you to lay the *foundation* for your program, there are **many** other factors to take into account if you want to experience **significant, mind-blowing** muscle size and strength gains...

### **That's What The "[Muscle Gain Truth No-Fail System](#)" Is All About!**

I wanted to provide eager lifters like yourself with the chance to experience **guaranteed success**, without all of the regular marketing hype and B.S that you see everywhere else.

There's so much bogus information circulating around in books and on the Internet that it can often be hard to know who to trust. And the dead-honest truth is that there are **many** people who you **cannot** and **should not** trust.

I'm talking about the billion dollar supplement companies... the salesman at your local supplement shop... the fitness equipment infomercial spokesperson... the "know-it-alls" on the online forums... and even some well-known "gurus" who *think* they know what they're talking about, but really don't have a clue.

[The Muscle Gain Truth No-Fail System](#) cuts straight through the hype and delivers a complete, in-depth, step-by-step success system that covers the muscle growth process from every possible angle.



Training, nutrition, supplementation, recovery, injury-prevention, motivation...

You'll literally learn **everything** you need to know to build that **rock-hard, head-turning** body you're after, and in a *fraction* of the time it would normally take you.

You'll receive my #1 best-selling e-book, "**The Truth About Building Muscle**" along with a complete collection of critical support modules and bonus items. This includes a full workout plan and printable logbook, audio and video courses, a video exercise database, step-by-step meal plans, progress tracking software, hardcore training footage, interview transcripts and much more.

It's the same system that I used to transform from a 125-pound, weak and underweight "nobody", into a **200-pound, lean and muscular** bodybuilding and fitness author...

And it's the same system that thousands of average, everyday people from all over the world have implemented with **wild** success...

People like...



## "Your Book Is The Concrete Slab & Foundation Of My Training..."



"I am just another satisfied customer... I know it's hard to believe, but I have just completed my second 8 week cycle and have put on another lean 19 lbs. Everyone I know is amazed... People always comment on my massive growth rate and insist there is no way I could have achieved it naturally. For the record, I have never touched or used any anabolic steroids... Everyone just calls me "Big Rick" now."

Rikki Dibeneddeto  
Sydney, Australia

## "You're A F\*\*\*\*\*, Genius!"



"Hey Sean... I downloaded your program a few months ago. I have to tell you, excuse my language, but you're a f\*\*\*\*\* genius.

I've never seen anybody who understands and explains muscle growth so well and so clearly. My gains have increased dramatically since using your principles. Thanks for all of your continued support."

Oscar Lizano  
Georgia, USA

## "A Much More Muscular And Defined Body..."



"I've been training for about 10 years and after reading through your material I realized that much of what I was doing before was a flat out waste of time. After following your advice, I trimmed my waist down from 34 to 31 inches and ended up with a much more muscular and defined body as a result. I wish I had this information when I first started out... I would have saved tons of money and effort!"

Adrian Pace  
Sliema, Malta

These are just *three* of the **thousands** of emails I've received from thrilled users of this program, eager to share their success with me...



## Will YOU Be Next?

If you're motivated and ready to start building that **shredded, muscular** physique you've been dreaming about, then do yourself a favor and **multiply your chances of success**.

Over a year and a half of solid work was put into [The Muscle Gain Truth No-Fail System](#), and I'm confident that this will be the **one** program that will help you to reach your muscle building goals in record speed and *finally* be happy with your reflection in the mirror.

In fact, I'm **so confident** that my best-selling system will work wonders for your **body**, your **mind** and your **entire life**, that I'm literally going to **GUARANTEE** that it will work for you.

How does this sound...

### - Try Out The Entire System FREE For A Full 21 Days! -



"Try [The Muscle Gain Truth No-Fail System](#) FREE for a full 21 days. If you aren't **completely** and **totally** *thrilled* with the results... If you don't look and feel better than you ever have in your **entire** life... If your friends, family and co-workers aren't **raving** about the amazing changes you've made... Simply email me. I'll cancel the trial in full, you will NOT be billed again, and we part as friends."

*S. Halewanyj*

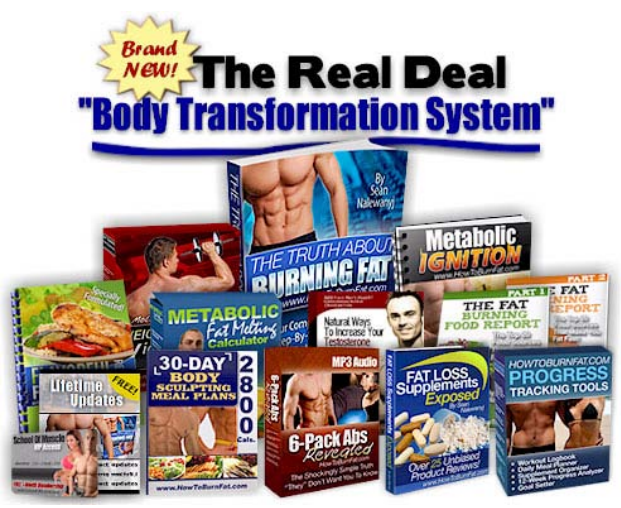




## Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

### "The Real Deal Body Transformation System" Complete Fat Burning Success Kit [www.HowToBurnFat.com](http://www.HowToBurnFat.com)



Learn the exact step-by-step strategies for burning off maximum amounts of body fat while increasing your health and energy levels quickly, safely and naturally.

Contains the best-selling e-book, "The Truth About Burning Fat" along with a comprehensive collection of support modules and bonus items.

[Click Here For More Information](#)

### "The Muscle Building & Fat Loss Inner Circle" Online Body Transformation Community [www.FitnessInnerCircle.com](http://www.FitnessInnerCircle.com)



A private, members-only bodybuilding and fat loss community that keeps you up to date on all of the most cutting edge fitness strategies available.

You'll also have the chance to meet, chat and make friends with other members from all over the world...

[Click Here For More Information](#)