

Gaining Weight And Muscle

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Tired of being the Skinny Guy? Discover The Secrets To Gain Weight And Muscle! Dear Friend, Ive heard your story a thousand times before. Youre the guy who cant gain weight no matter how hard you try. Youve bought the powders, the pills and the magazines and youre still as scrawny as ever. You tried going to the gym, but the looks people gave you made you want to get smaller small enough to fade away into the woodwork and disappear. You are tired of being shot down by the women you ask on a date (on the rare occasions you got up enough nerve to ask). Youre tired of being skinny. Youre tired of being weak. You are tired of sitting home alone on a Saturday night. Or maybe youre married and even though your wife never says so, you feel like shes not physically attracted to you. You know that your sex life isnt anywhere near as fulfilling as it should be for either of you. It is difficult to get romantic when you know your body isnt sexually attractive. You are embarrassed to take your shirt off at the beach because you dont want anyone to see your spaghetti arms and concave chest. You are tired of having the body of a little boy and want to start looking and feeling more like a man. You want women to notice you when you walk by; you want men to respect you and children to look up to you. Even if you didnt care what other people think of you (if that were possible) you would still have to deal with the fact that your body isnt as healthy as it should be. People begin to lose muscle as they get older and that is a scary prospect for your future. Your muscles protect your bones, so without enough muscle when you are older you will subject to broken bones anytime you fall and it will take a long time to heal. Imagine yourself in and out of the hospital and spending months at a time in casts. It Doesnt Have To Be That Way... You can add pound after pound of solid muscle to your arms, chest, shoulders, back, abs and legs. You can have the kind of body that turns heads and get a date with any woman you want, every single time. You will never be home alone on a Saturday night, ever again. You can be the guy at the gym that everyone else comes to for advice. You can be attractive, muscular and strong. For the married guy, you can have your wife fall in love with you in a whole new way. You can bring romance to your relationship that you never knew existed. Your sex life will reach new heights that you never even dreamed of. You can be the fantasy of every woman that sees you. Its My New eBook Called Gaining Weight 101... This eBook lays it all out for

you. There are no expensive high calorie meal replacement powders or supplement to buy or have to choke down. You wont have to spend countless hours at the gym (youll actually find out why that can defeat the whole purpose). This eBook will give you everything you need to know to add pound after pound of lean, sexy muscle to your arms, shoulders, chest, back and legs and lets not forget those highly coveted six-pack abs everyone is always talking about. And thats not even the best part... Gaining Weight 101 Will teach you to work smarter, not harder... 1) Find out why long exhausting workouts may do more harm than good: Most of the body-building workout and diet regimens out there are designed for the guys that gain muscle and fat easily. They focus on eating less and working out more in order to cut the excess fat from their bodies while adding needed muscle tone. This type of a plan is an absolute disaster for the skinny guy or hardgainer because you already have really low bodyfat and as you eat less and workout more, your body will take the extra energy it needs to keep up from your muscles. So, you actually LOSE muscle on one of those plans! Gaining Weight 101! Will teach you how to maximize your workout plan to build huge muscles without burning up more calories than you are consuming so you will gain and not lose weight. 2) By working smarter instead of harder you can continue to have a life while building your body: The other benefit to working smarter instead of harder is that it allows you to have time to do the other things in life that are important to you. Most guys want to get huge so they can add more enjoyment to their lives and not because they want to spend their entire lives measuring food portions and lifting weights in a smelly gym with a bunch of muscle heads. Maximizing your workout in minimum time will get you the head-turning results you want and still give you time to enjoy your hard body once you achieve it. Having a healthy, strong body should be an important part of your life, not take over your life. How Much Is That Worth To You? By reading Gaining Weight 101 today you can immediately get started on the path to gaining more muscle right now. For a measly \$0.99 you can learn the secrets to getting huge muscles, secrets that only apply to the skinny guys aka hardgainers. Those muscle-head types dont understand you, they havent been there. What works for them WILL NOT WORK for you and you will spend 100s and 100s of dollars on useless pills, powders and energy bars trying to do it their way OR you can drop 0.99 bucks right now and be on your way to a stronger, sexier and just plain HUGE body right now. Think about it, you cant even take a date to a movie (if you can get one) for that price. You absolutely have nothing to lose and the body you have always dreamed about to gain. Its kind of a no-brainer really, isnt it? Why spend hours going over outdated information that will leave you as clueless as when you started.

Your time is money and it could be better spent reading just one informational source and gaining weight today. Is that fair or what? Look at it this way - \$0.99 really is a drop in the bucket compared to the time and money you can save yourself by avoiding all the other books, expensive meal replacements, vitamin supplements and personal trainers, not to mention the countless hours every week that you will save on unnecessary exercises that wont get you the results you desire. This eBook will cost you less than one canister of that nasty tasting weight gainer meal replacement powder that doesnt even work. So, why spend hundreds of dollars over and over again learning how to gain and maintain muscle mass, when you can learn everything you need to know to gain as much muscle as you want for only \$0.99?

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