



“Creating The Perfect Bodybuilder” In 3 Easy Steps...

Any form of muscular training **absolutely must** offer the fullest possible range of all rounded benefits to the trainee. Any good form of training should offer at least these benefits:

- **Mass building capacity**
- **Flexibility/Agility**
- **Strength**
- **Speed**
- **Fat loss**
- **Overall conditioning**

Problem is, when trainees begin to approach the 200+ lb mark, they get *bulky* and *slow*. They can't even bend to touch their toes.

But the truth is, massive size does not have to limit speed or flexibility...

And with correct bodyweight training protocols you can achieve (and pass) the 200lb mark while still maintaining the most crucial factors missing in 99% of most trainees:

- **Speed**
- **Flexibility**

Average trainees only have size and strength.

Proper bodyweight training techniques will give you **SIZE**, **strength**, PLUS **speed** and **flexibility**...

...All the components that would make The Perfect Bodybuilder.

An impressively muscular physique, plus:

- The **strength** of a gorilla
- The **speed** of a martial artist
- The **flexibility** of a gymnast

Now, looking at the 3 points above, what do these characters all have in common? They **all** apply bodyweight training protocols.

When gorillas are born, they are usually less than 5 lbs in total body mass. But as they grow and as they learn to use their limbs to move their bodyweight, they gradually develop into massive creatures weighing over 350 lbs and made up of solid muscle.

Their muscles are developed 100% by bodyweight training protocols!

Remember:

- They are **NOT** born with muscle. Remember, they weigh less than 5lbs at birth.
- Muscle can **NOT** develop on its own without some form of stimulation. That's why people on wheelchairs have very diminished legs. Lack of use of their legs leads to muscle wastage.

The answer is pretty simple: **They develop their massive muscles by moving their body using their limbs. An indirect form of bodyweight training.**

A Gorilla's physical capabilities are produced **purely** by use of bodyweight training mechanisms. Its massive sized arms and chest are produced by the constant use of its upper body to help it move from one place to another.

There's something I noticed several years ago which I'd like to point out right now: I've seen quite a number of people whose legs are disabled from birth and depend on their arms to help them move. These guys generally have very large upper bodies. Sort of like 'mini gorillas'. Ever noticed that? Same concept.

Now if you read the [blogpost](#) about [Ronnie Coleman vs. a Gorilla](#) you'll remember that Gorillas have 3 distinct advantages over weightlifters.

A Gorilla is **Bigger** than the biggest weightlifter (*size*)

A Gorilla is **Faster** than the fastest weightlifter (*speed*)

A Gorilla is **Stronger** than than the strongest weightlifter (*strength*)

And with no doubt these are the 3 characteristics that would make up **The Perfect Bodybuilder...**

Even MORE Proof That Bodyweight Training Exercises Can Build Muscle.

Now, Gorillas DO NOT lift weights (you think?). They apply bodyweight techniques. And this is an **important fact**, so listen closely:

Size – The unit amount of muscle fibers available. It's been shown that exercises which move your body will fire more muscle fibers than exercises which move an external weight. That's why Gorillas have such massive arms. That's why I was able to pack on 39 lbs of muscle in just under 6 months using bodyweight training techniques.

Speed – How fast the muscle fibers contract. Bodyweight training exercises produce far more speed than any other form of training in existence. Look at the amazing speed of martial artists. They use bodyweight training.

Strength – How many muscle fibers contract together at the same time. Look at gymnasts. They perform amazing feats of strength with their arms. Look at acrobats, who are able to hold up a stack of 6 people on their shoulders. Look at Gorillas...they have been known to be able to lift up to one TON. That kind of power would put any strongman competitor to shame.

Conclusion: Bodyweight training is THE secret to massive size & strength.

I can hear you now...

“If bodyweight training is so powerful, why aren't most bodyweight trainers very strong or muscular?”

You see, most bodyweight trainers fail because they lack **TARGET**. They don't know which exercises are best for size, which ones are best for strength or which ones are best for speed. They just randomly put together a bunch of exercises and start training.

- Gymnasts are very strong because they focus on exercises that produce strength. Rarely will you see a gymnast doing a bunch of burpees on the gym floor. They serve him no purpose.

- Martial artists are very fast because they focus on exercises that produce speed.

- In the same way, if you want to become HUGE you must focus on exercises that produce size.

You still with me? First figure out what you want, then select the exercise that will get you there. Guesswork will never help anyone achieve their goals. **Know your purpose.** First determine what functionality you want to develop (e.g speed, size, strength) and then use the correct bodyweight training protocols.

One of the biggest mistakes I see people making is that they train without purpose. They put together a bunch of exercises from the internet and start using them WITHOUT first determining whether those exercises are fit for their particular goal. Most bodyweight trainers who are unable to build muscle are usually guilty of picking the wrong exercises. Therefore you can't just train randomly like most people do.

Now if you REALLY want to push the envelope, you should combine all of the major training protocols, i.e. training for mass, size, strength, speed and flexibility. In [The Muscle Experiment](#) I'll show you exactly how to apply these protocols and become The Perfect Bodybuilder.

Muscle Building Exercises...

Forget "Sexy"

The best results are produced working the major muscle groups.

Want to pack on muscle? Then quit being Mr. Smarty Pants and stick to what works.

Working small muscle groups will produce 'small' results. Working large muscle groups will produce GREAT results. Look at it this way: if you throw a pebble into a pond, you get only a little splash. But if you throw a freakin' boulder into the pond, you get a mini tsunami. *So why focus all your energy on working your biceps all day? If you want to pack on 30lbs of muscle, do you honestly think your biceps should get most priority?*

Why should you focus all day on your biceps if you're trying to pack on 30lbs+ of muscle?

Ask yourself this: **How much muscle do your biceps hold as compared to your back or your legs?**

Learn to put more focus on the major muscle groups. Do this and you WILL gain muscle.

Don't try to get all creative and "cute" with your exercises. Stick to what works, even if it might be "boring" to do. **Simple works.**

If you wanted to hit on an attractive woman, which of these 2 lines do you think would be the best conversation starter? (Hint: one of them would get you slapped in the face)

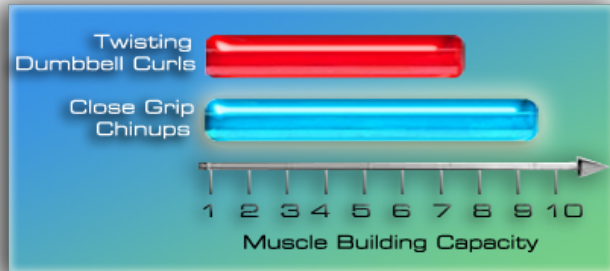
- a) Hey.
- b) Hi baby. Come over here and get some sugar from yo' pimp daddy!

My point exactly.

It's not your fault that you haven't been able to build muscle without weights. There's so much conflicting and useless information being passed around that it's hard to figure out what works and what doesn't. Most of the information you've read is simply wrong. But we're in this together, right? Don't worry... I'll help you out ;-)

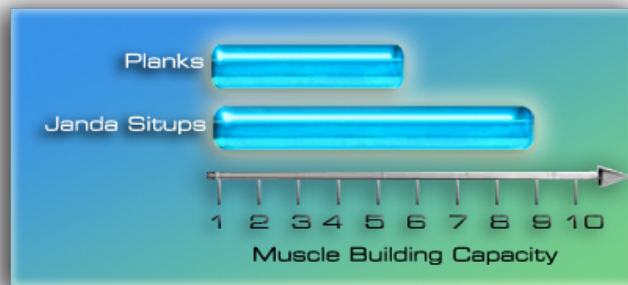
Comparison Graphs

Biceps



If you want big biceps, don't try to get all creative with your workouts. Close grip chinups work. They have worked for hundreds of years, and they'll continue to work. In this case I've compared a bodyweight exercise to a weightlifting exercise.

Abs



FORGET PLANKS. Yep! I said it. You want a flat stomach? You want six pack abs? Then start doing janda situps. They're not very "sexy" and exciting, but they work.

But that's simply a *taste* of things. I have a list of [30 bodyweight exercises](#) specifically developed to build large amounts of muscle. Many of them you've never even heard of before.

Unfortunately, I can't put them all in this report. But you can grab them for free when you get your hands on [The SuperFreak System](#). But let's get back to the topic at hand...

“Maximum Mass: The Anabolic Window”

People think that intensity means training for 2-3 hours sweating and grunting. Dead on, right? No. Dead wrong.

With high intensity muscular training, there is something called an *anabolic window*. This is period of training during which your testosterone production hits its maximum **peak** at around the 45 minute mark. And if you continue training after this, your body shifts into catabolic (muscle destroying) mode. What does this mean? This means that your training session must NEVER go beyond 45 minutes. I don't care whether you still have 2 more sets to go or even 2 full exercises. The moment you hit the 45 minute mark, end your training for the day.

So to keep away the evil cortisol, keep your training period within 45 minutes. And train HARD for each 45 minute session.

“ANABOLIC PEAK TIMES: WHO SAID CHEATERS NEVER PROSPER?”

Testosterone Surge

On average, your testosterone levels are at their highest at **7:30 am** and at **1:00 pm**. And of course you know that testosterone is the primary muscle building hormone. So if possible, train around one of these two periods in order to blast your muscle gains through the roof.

Don't let this tie you down though. If you aren't able to workout during any of these times, pick your own best workout time of day and work with it. You'll still build muscle if you follow the correct training protocols.

Supplement's most effective periods

Any drug you take will have a period of time that it is "most effective." It is within this period that the drug provides the greatest results. When taking supplements, it is important to know exactly **when** to take them for their maximum effect. Taking them any time you feel like is the same thing as pouring them down the toilet.

Protein Powder: best taken first thing in the morning and after your workout.

Creatine: Best taken first thing in the morning with your protein powder.

Diet:

“The Secret Is In The Surplus”

Continuous growth **cannot** occur without proper nutrition. How do you expect to grow if you don't supply your body with the necessary building materials?

It's a simple equation really: if you want to gain mass, eat more calories than you burn. It can't get much simpler than that. The secret is in the surplus. The number of calories you're consuming right now are your basic **maintenance** calories.

“Creatine – Cycling vs. All Year Round”

There are a lot of different opinions about how to take creatine. Some say it should be cycled while others say it should be taken all throughout the year.

From my experience, the best, most effective way to take creatine is by consuming it in cycles. This basically means you have a loading phase of 6 days, followed by a maintenance phase of 2 weeks. After this take a full break off creatine for 3 weeks, and then begin the cycle again.

In [The Muscle Experiment](#) I'll show you a nifty technique that automatically increases your creatine muscle uptake by up to a whopping 60% more! That's right, 60% MORE creatine muscle uptake than it normally would.

Plus, I show you the best way to take it in order to achieve the highest possible results with the least effort on your part.

Staying Motivated:

“Keeping The Fire Burning...”

There is no doubt about it – building muscle requires dedication. Talk to anyone who you think has a great physique, and they'll tell you that they have very specific goals which they stick to. But in all honesty sometimes it's hard to stay motivated.

If you are finding that you are losing your motivation, stop and ask yourself, “What was my original intention for going on this muscle building journey?” Was it to become ripped? Was there someone I wanted to impress? Was it to compete or prove someone wrong?

Now, think again about your motivation. Is it still there? If not, is there something else that will motivate you to reach your goals? Look back at where you started, and how far you've come.

If your current training program hasn't produced any results for you, find another one that works. Take a break off training for 5-7 days before you start afresh.

The most important thing as you decide to build muscle is to **understand** that it isn't just some passing fancy. It's a lifestyle. It isn't something that you do today and forget about tomorrow. It's something that must become a part of you.

But hey, even the most dedicated trainer falls off track from time to time. **We're human.**

I know I've lacked motivation many times, especially when I first started training. I'd sometimes get negative thoughts when training because my right arm was weak and sometimes I felt like it was really slowing my progress. But I kept thinking about my end goal: a great muscular physique that would attract attention and command respect. And in due time, I got it.

The key is to constantly have your end goal in mind as you continue to train, so that if you ever feel discouraged you know that you have something worth hanging on to the very end.

So, if you've fallen off track and you don't have much motivation, first rediscover the real reason you got on this path in the first place, and then get yourself right back!

CONCLUSION:

What you've read right here is information you can put to work for you today and begin to see a change in your physique.

Now here's the deal:

If you like this kind of stuff (which you obviously do since you've read this far) then you'll totally dig [The Muscle Experiment](#). And even **more** good news: it's coming with some super cool bonuses. You're literally getting **an arsenal of muscle building weapons which will [destroy your skinny genes](#)** and make you the talk of the town.

Here's a taste of what you'll be getting in The Muscle Experiment:

- **SuperFreak Bodyweight Exercise Database:** You'll get a database of the most POWERFUL muscle building bodyweight exercises on the planet, and I'll show you exactly how to do them.
- **Anabolic Superstates:** how to cheat your body into putting more muscle than it wants to...and how to do it AGAIN and AGAIN and AGAIN.
- **Discover the special physiological advantages bodyweight trainers have,** and how you can use this to make EXPLOSIVE muscle gains!

- **Find out why many trainees only get stronger but never bigger** as time goes by, and how to avoid this pitfall and gain BOTH size and strength.
- **Anabolic hormone spikes:** We all know that anabolic hormones are a key element in muscle building...now you're going to discover how to release these anabolic hormones "on demand" so that you will constantly grow...
- **And a whole lot more information which you'll never get to see anywhere else!**

This course shows you the REAL way to build muscle super-fast. If you finally want a superior physique that'll turn heads wherever you go, click here to get your copy of [The Muscle Experiment](http://www.The-Muscle-Experiment.com): <http://www.The-Muscle-Experiment.com>

Talk soon,



Mike Thiga