

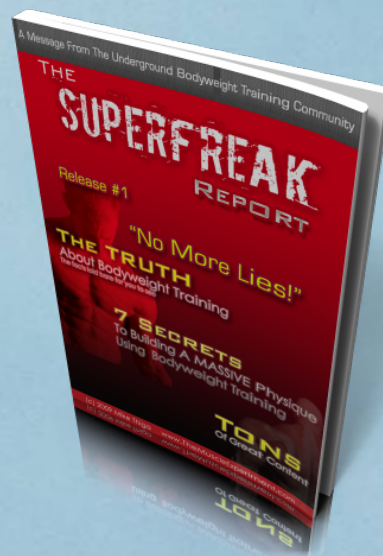
“Exclusive Report Uncovers The **Truth** on How YOU Can Pack On Pounds Of Solid Muscle Using *Bodyweight Training*”

## **STOP Reading This Report If You Think That Machines Are The Answer To Building A Massive Physique..**

You're About To Find Out What Most People Will *Never* Know About Building Muscle...And I'll Show You How To Turn The Tables And Exploit These **UNKOWN** Methods

### **Inside You'll Discover:**

- The **TRUTH** About Bodyweight Training
- The **7 Secrets** To Building a Massive Physique with Bodyweight Training Techniques
- Top **6 Exercises** that will **NOT** Build You Any Muscle
- Little Known Bodyweight Exercise To Slap Inches onto Your Frame
- Additional great content!



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Dear Friend,

We are entering a **dangerous** new era of marketing in the bodybuilding community.

Here's what's happening:

Each new day, Big Shot companies are coming up with all sorts of "advanced" muscle building workout machinery...in their continuous attempt to suppress the true forms of muscular training. Those who avoid these tricks will prevail. Those who fall for them will be Dead in The Water.

Here's why this is true, and how it will affect you:

Bigshot equipment manufacturing companies and supplement makers take advantage of innocent knowledge seekers like you and me to try and sell us their "breakthrough miraculous" potions and training gear at the start of each new year.

The end result is usually a frustrated skinny guy with a frustrated skinnier wallet. But the ultimate truth that very few people know is that you actually DON'T need all that baggage to build muscle. You can get AS BIG as you want...using nothing but bodyweight training exercises! Problem is, they don't want you knowing this "forbidden" information.

## The TRUTH About Bodyweight Training

An argument has been brewing for literally Centuries as to whether bodyweight training is any good or not. There are countless opinions. So many fallacies and misconceptions. Some are all for it while others aren't. Some think it's no good.

Others say it is THE best form of physical training. But most people base their beliefs on second hand information. They heard someone else say something about bodyweight training and they went with it. Behind all this lies some shocking FACTS which "they" don't want you to know. I'll get to who "they" are in a minute...but first let's get down and dirty with these TRUTHs that will simply blow your mind:

### **FACT #1: Bodyweight Exercises Produce a Level of Muscular Functionality That Is Second To None.**

Your body was designed to move in all dimensions. All forms of training should strive to improve one's natural ability to move in these dimensions in order to fully maximize growth potential. This cannot be done by being strapped to an exercise machine.

The *very nature* of bodyweight training exercises is such that they move the body along every plane of motion. By improving your body's natural lines of movement, you will achieve superior fitness levels in addition to the SIZE you'll pack on.

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### FACT #2: Bodyweight exercises produce the highest level of muscular stimulation!

Research has shown that exercises that move the body will fire more muscle fibers than exercises that move an external resistance. An example would be the Wide- Grip Pullups (bodyweight) vs. Lat Pulldowns (external resistance). Head for head, the Lat Pulldowns don't stand a chance.

**Here's What This Means To You:** More fiber stimulation equals more muscle to pack onto your frame.

I can go on and on with more solid facts. Here's the truth laid bare. You'll hardly hear anyone talk about these facts, firstly because very few people know them. And those who do know have kept them hidden from you. They don't want you to know these shocking facts for yourself...

- THEY are the Equipment Manufacturers who come up with new "breakthrough" machines every new year with the promise of taking muscle growth to new heights...
- THEY are the scammy trainers who don't have an ounce of muscle...but they want to keep you in the shackles so you can constantly pay them.
- THEY are the twisted gym owners who want you to pay unnecessarily expensive membership fees.

***Don't get me wrong - Not all gym owners and trainers are lying sleazebags. Actually, most of them are pretty cool people.*** But those who are guilty know themselves...and I know them as well. But do you see my point? As long as everyone thinks "you can't build muscle without weights", then all the latest 'breakthrough' machines are the next thing people will naturally go for.

Think about it: The ancient warriors of Greece had superior massive physiques, and they developed them long before the coming of workout machinery. But in the 21 Century these Big-wigs are trying to deceive us that machines are superior to bodyweight training and free weights.

It's business, I guess... (yeah right)

**But Now YOU Know The Truth.**

**And It's THIS Kind Of Insider Knowledge That Will Separate You From The Rest Of The Pack ... And Can Ultimately Help You Attain A Muscular Physique While Others Continue to Battle With Their "Skinny Genes"**

This isn't some form of propaganda. I'm willing and ready to back every single statement I make here. In fact, **by the end of this report you'll know that I'm MORE than just a bunch of talk...** (but don't skip to the end..I've got some more juicy stuff for ya!).

## What are the 7 *secrets* to building a massive Physique with bodyweight training?

After training for a while a big realization finally hit me like a brick on the head...

**Muscle Building is Science, not a game of chance. So all You Need To Do is  
*Follow The Rules.***

It's that simple. Over the course of my training I've come to discover 7 basic rules which when followed will produce extraordinary muscle gains with bodyweight training routines:

- 1. Overload:** Overload is simply the process of **constantly exceeding your training capacity**. So if you perform 10 reps of an exercise today and by the next week you are able to do 20 reps, then you have achieved overload. People fail to progress because they keep doing the same number of reps week after week, month after month. Your muscles cannot afford to remain in their "comfort zone." Increasing overload will continually stimulate more and more muscle fibers for growth. **Remember:** If you don't give your muscles a reason to grow, *they won't*.
- 2. Full Range Workouts:** All your workouts must be done in full range. When performing any bodyweight exercise, make sure that you extend to the deepest point of muscular contraction for every single rep. Remember high school physics? **Work = Force x Distance**. So increasing the distance traveled will work your muscles more and fire more fibers, thereby boosting your workouts to a whole new level.
- 3. Time Under Tension:** Kudos to Charles Poliquin for figuring this one out. **Time Under Tension (TUT)** is the amount of time your muscles are under stress when performing a set of an exercise. For example, if it takes you 30 seconds to perform 20 pushups then your TUT is 30 seconds. His findings basically state the following:
  - If you are training to build strength, your Time-Under-Tension (TUT) should be 20 seconds or less..
  - If you are training to build muscle, your TUT should be 40 seconds or more.

You'll find that most people use "shortcuts" to get through their workouts. If let's say they're doing a set of 20 pushups, they will perform the reps at super high speeds so as to complete them before fatigue kicks in. This is **WRONG**. Speeding up their workouts keeps them under the 40 second range and hence they never build any muscle.

### **Here's How To Apply This Knowledge:**

Every time you perform a bodyweight exercise, just make sure you take **at least 40 seconds** to complete each set and you'll be within the anabolic hypertrophy range.

## Here's What This Means For You

As long as you're constantly within the hypertrophy (muscle building) range, new muscles will begin to grow where there never existed any before.

So you have a major advantage. Heck - you could start doing this right now and see results in no time. This little known concept is extremely powerful when you begin to use it. And here's the thing:

### **NOBODY OUT THERE REAL REALLY DOES THIS.**

Begin to apply this knowledge and get ready to be amazed.

**4. Supersets:** A superset is performed by doing two exercises in a row without resting in-between. An example would be doing one set of close grip pushups immediately followed by a set of bench dips (triceps superset).

Supersets are far more effective than doing two regular sets with rest in-between. For one, they help **raise Growth Hormone levels** in the body by buffering against increased lactic acid. They also increase workout intensity and help activate new muscle fibers by hitting the muscles at different points.

### **This works every time.**

So whenever you work out, make sure you use supersets for the following muscle groups: **chest, upper back, arms and legs**. Each muscle group should have 2 super-sets. Each super-set has two different exercises in it.

**5. Recovery:** Here's the bottom line - Recovery after training is just as important as the actual training itself. Contrary to what you might have heard, your muscles do not grow a single bit during training. As a matter of fact, training breaks down your muscles. And during your recovery phases the muscles get rebuilt and reinforced with new muscle. So if you're serious about building muscle, post-workout rest must be taken very seriously.

Make sure you get 7-8 hours of sleep every night. During sleep your body releases anabolic Growth Hormone which aids in the muscle building process.

**During your workouts, take a maximum of 30-40 seconds rest between sets. Brief rest periods like these will result in an increase of anabolic hormones during training.**

**6. Diet:** Yes, even we bodyweight trainers NEED to have a good diet that supports muscle building. You can use all the tricks and techniques there are, but if you neglect your diet then you're simply setting yourself up for failure. Your muscles need "building material" in order to grow. If you don't feed them with it, where do you think they'll get it from?

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Eat 4 solid meals a day with a protein-carb drink between each meal. Have a well balanced protein-carbohydrate-fat diet and make sure to consume more calories than you burn. The key is in the surplus. Use the calorie calculator I gave you for free to see how many calories you consume on a daily. Don't be shocked at the numbers. This is no joke. To get big you MUST eat big.

**7. Exercise type:** All the best techniques in the world are useless if you pick the wrong exercises to do them with. I'm going to reveal to you some amazing bodyweight exercises to pack on the mass, but before we get there we need to deal with an issue most people have. They always pick the wrong exercises.

## Top 6 Bodyweight Exercises that Will **NOT** Build You Any Muscle

Do you want to know the biggest reason why so many people fail to build muscle using bodyweight training? Here's why:

- John Doe *Googles* up a bunch of bodyweight exercises which have "cool" names. He doesn't check to see the nature of the bodyweight exercises (what their function is). He blindly assumes that "all bodyweight exercises do the same thing."
- He excitedly prints out his "cool" bodyweight exercise notes and begins to perform those exercises without any particular structure in mind. What he does is basically just flopping himself all over the place in the name of a bodyweight workout.
- Two months down the line Joe goes to the mirror with the expectation that he's "ripped" with a 10 pack of abs and 29 inch biceps. But to his utter shock, he looks pretty much the same. And in furor and rage he goes onto the forums to rebelliously tell the whole world "You can't build muscle without weights!"

## Not All Bodyweight Exercises Are Created Equal.

Different exercises perform different functions. When you're planning to buy a vehicle, you don't just go to the showroom and ask for a "car". Do you? I don't think so. What you do is you select a particular vehicle *according to the purpose it needs to serve*. So if you want to climb rocky terrains you'll probably choose a 4x4. If you need to carry large goods then you will select a pickup truck. If you just like speed, then a nice sports car will do. But the point is, each "car" serves a different purpose. *The same goes for bodyweight exercises*

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Some are good for fat loss; others good for muscle building. But you must KNOW which ones serve the purpose you have in mind. With that said, let's count down the **top 6 bodyweight exercises that will NOT build you any muscle:**

1. Burpees
2. Divebomber Pushups
3. Lunges
4. Prisoner Squats
5. Mountain Climbers
6. Step ups

Why did I put these particular exercises on the hot seat? Because most people tend to gravitate to them in their attempts to build muscle. Don't get me wrong; these exercises are great for overall conditioning, but when it comes to real muscle building, **they really don't do much.** *If you're serious about packing on the mass, you must play where the big boys play.*

## Little Known Muscle Building Plateau Blasting Bodyweight Exercises

When it comes to building muscle mass, we bodyweight trainers cannot be bound by the shackles of "normal exercises". "Normal" is boring. And to become a Super Freak, you cannot simply do what normal people do. Here are 2 largely underrated bodyweight exercises to slap on new slabs of ham on your frame:

### >> Close-Grip Towel Chins

This exercise reigns supreme if you want to build mass on your upper back and biceps.

Have a strong bar above you that can support your bodyweight. Have 2 strong towels hanging about 5 inches below the bar. The towels should be about 6 inches from each other. Grab each towel with one hand and perform the chinup routine. Instead of holding onto the bar, you'll be gripping the towels as you perform the chinups. Incorporate this killer exercise into your workout and you'll have F-26 size lats in no time!

### >> Tricep Blasters

Tricep blasters are THE best triceps exercise that exist. No question. If you want enormous horseshoe sized triceps, this is the exercise for you.

You need a raised surface for this one e.g. a chair. Get into position such that your feet are on the chair and your body is on the floor (assume you are doing decline pushups). Have both your palms and forearms flat on the ground (about 6 inches apart). Start by raising your arms until your elbows are locked straight (with your palms still flat on the floor). Then slowly lower yourself back to the start position.

Do this for 6-8 reps (or more if you can).

## Want More?

Start off by adding these 2 new exercises into your workout. I'll give you more amazing bodyweight exercises the next time we talk. Believe me when I tell you that they will make ALL the difference. Don't limit yourself just to the conventional exercises.

## Wait...What's that, Einstein?

Oh, you "know"?

You mean to tell me you already *knew* all this stuff? That's funny, thought you'd have actually *applied* it by now then.. ;-)

But anyway, I've got something special for you:

### ***Special Bonus: Look Great Without a Shirt on - KILLER Abs Routine***

Want a cool set of abs? Forget fat burning pills. Forget doing 6 million crunches a day. There's no point in playing guessing games. This workout will get you there. Drop the junk food and follow this routine consistently (4-5 times a week).

Exercise	Hanging Knee Raises	Decline Board Situps	Russian Twists
Sets	2	2	2
Reps	15	20	15

### Tips:

- Add this ab routine to your current workout.
- Rest for 30 seconds between each set.
- Have a 2 minute after completing each exercise.

## Why YOU Have NO Reason to Remain Skinny and Un-muscular

Now that you know for yourself the POWER of bodyweight training, you really have no reason to remain skinny and unfit anymore. No more excuses. These techniques can be done literally anywhere. The only limit in this life is yourself.

*In early 2008 I got tired of being the ultra skinny guy that I was. I wanted to build muscle badly. To make a long story short I took up bodyweight training in an attempt to defeat the odds.*

## Did It Work??



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Everyone was telling me I couldn't do it. Not just because they didn't believe in bodyweight training, but because of my *physical "limit"*. The thing is, **I was born with a deformity on my right arm**. My lower arm is very small and has only one finger.

If I had listened to what everyone was telling me, heck I'd still be the same skinny miserable guy who had people looking down on him. But I made a choice to change things. **And in the course of about 6 months I went from 148 lbs to 187 lbs of solid muscle!**

And get this:

- **With no gym**
- **With no equipment**
- **With a "bad" arm to top it all off ;-)**

I documented everything on how I did it in the soon to be released book "**The Muscle Experiment**".

**The Muscle Experiment** is a full training system that shows you *exactly how to put on serious amounts of muscle mass using little known bodyweight techniques*. No dumbbells. No gym racks...This is especially great if you don't have time for the gym or simply can't afford to pay for those pricy memberships.

**..You WILL Build Massive Pounds of Solid Muscle Without Stepping Into A Gym. Guaranteed.**

**So If You Really Want To Build Some Serious Muscle, You MUST Have The Unknown Techniques That I Used To Gain 39 lbs of Muscle in Such a Short Time.**

Unlike most people who just talk about bodyweight training, I built my physique ENTIRELY from performing bodyweight exercises. I'm not preaching hype or untested theory in this system. **This is the stuff I personally do every single day.**

**No One Has EVER Seen This Kind of Information Before.**

**The Muscle Experiment SuperFreak System** also contains 7 bonuses where you'll learn tons more extra information that you won't get anywhere else.

Plus, you'll get a bonus report where I explain the mystery of the infamous abdominal "8 pack", the science behind it and most importantly HOW to achieve it. If you're interested in getting your hands on this program, go now to:

<http://www.The-Muscle-Experiment.com>

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To your success and monstrous physique in 2010,



Mike Thiga

[www.The-Muscle-Experiment.com](http://www.The-Muscle-Experiment.com)