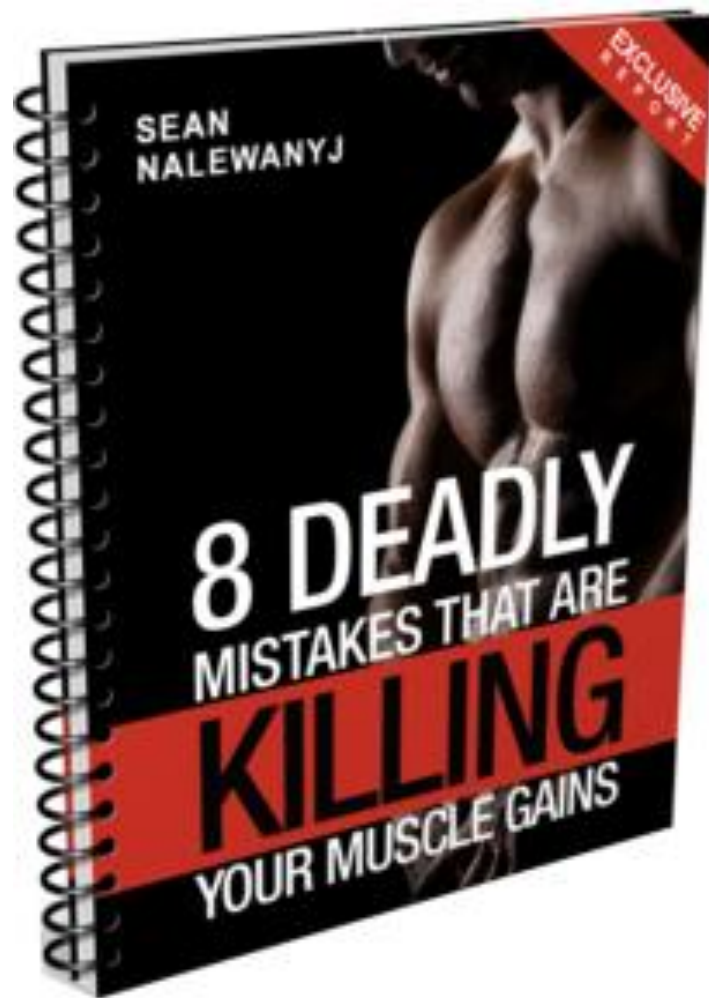


8 Deadly Mistakes That Are KILLING Your Muscle Gains!



**Exclusive Muscle Building
Report From Sean Nalewanyj**

www.BodyTransformationTruth.com

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About Sean Nalewanyj



Sean Nalewanyj is a best-selling author, fitness coach and writer who has been researching and promoting natural muscle building and fat loss techniques online since 2005.

Through his complete [Body Transformation Blueprint System](#), as well as his [Blog](#), [YouTube Channel](#), [Facebook Page](#) and online newsletters, Sean has helped hundreds of thousands of average, everyday people from all over the world build muscle, lose fat and completely transform their bodies and lives.

In a fitness industry that has become completely overrun with gimmicks, false information and outright scams, Sean's advice remains as an honest, no nonsense, science-based resource to help you reach your fitness goals as effectively and efficiently as possible.

Introduction



As the old saying goes...

“Those Who Fail To Prepare Are Preparing To FAIL”

It’s true. You can have all the inner drive and motivation in the world, but it isn’t going to get you *anywhere* without an intelligent, properly structured plan to go with it.

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.

It’s no surprise that over 95% of people in the gym end up failing in the long run and never reaching their goals.

In most cases, it’s not due to a lack of willpower or motivation... it’s simply due to a lack of proper guidance.

Luckily, you won’t be one of those people.

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

In this report I’m going to get right down to the basics by outlining the 8 biggest mistakes most guys are making that completely prevent them from gaining noticeable muscle and transforming their physique in any significant way.

Avoid these 8 mistakes, and you'll already be light-years ahead of the game.

They're certainly not complex and are far from rocket-science, but I'm continually amazed at the overwhelming percentage of aspiring trainees who make these mistakes and totally short-circuit their gains as a result.

So, let's get right down to it...

WAIT! Do This Before You Go Any Further...

This 8-Step report contains many valuable muscle building tips that will have a significant, immediate impact on your results. However, the information you find here is just a small sample of the *massive* wealth of highly effective, science-based fitness advice I put out on a daily basis through my [YouTube Channel](#), [Blog](#) and [Facebook Page](#).

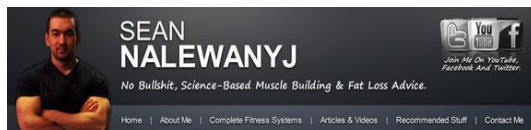
To stay in the loop on all of my newest content that will help you build muscle, lose fat and gain strength at your maximum potential, make sure to follow these 3 simple steps before diving into the report...

1) Subscribe To My [YouTube Channel](#).



I post brand new high quality video lessons on my channel several days a week covering all kinds of valuable training, nutrition and supplementation topics that you won't want to miss.

2) Bookmark [My Official Website](#).



WELCOME.

Hey, Sean Nalewanyj here. I'm a fitness coach, writer and entrepreneur, among other things. I give out science-based, no bullshit training, nutrition and supplementation advice for both fat loss and natural muscle gain. I also write about self development and mindset strategies that can be applied to other areas of your life beyond fitness. My approach is honest, real, to the point and is focused on helping you reach your physique and life goals in the most productive yet practical way possible.

I provide huge amounts of free, valuable content through the articles on this website, as well as on my YouTube Channel and Facebook Page. If you find my tips helpful, make sure to check out my fully structured, step-by-step muscle building and fat loss programs here. I look forward to connecting with you.



This site contains a ton of awesome muscle building and fat burning information and is updated frequently with new content. I can guarantee that it will be some of the highest quality and most beneficial material you'll find anywhere.

3) "Like" My Official [Facebook Page](#)...



This will keep you in the loop on all of my daily tips, updates and video lessons.

Okay, now that you're an official member of my fitness "inner circle", let's get started with muscle building mistake #1...

Deadly Muscle Building Mistake #1

You Aren't Training With A Sufficient Level Of Intensity.



When it all comes down to it, muscle growth is simply your body's way of adapting to stress.

When you train with weights, what you're essentially doing is *damaging* your muscle fibers by creating "micro-tears" within the tissue.

Once you leave the gym, your body will begin remodeling the fibers back to their original state, and then as a compensatory response will increase them even *larger* and *stronger* to protect itself against any further threat.

Your body has no idea that you're sitting in an air conditioned gym lifting dumbbells and cables. The *only* thing it experiences is the direct physical stress it is under, and it simply responds and adapts accordingly.

For that reason, your overall training intensity is at the very heart of your entire workout routine, since it is the underlying stimulus that sets the entire muscle growth process into motion.

If you don't cross an adequate intensity threshold on each set that you perform, your body has absolutely no incentive whatsoever to adapt and grow. Strolling into the gym and "going through the motions" is NOT going to get the job done, and you need to buckle down and get serious if you want to make some real progress.

Every single workout, set and rep should be thought of as a battle, and if the last few reps of each set are not highly challenging and downright uncomfortable to perform, you're simply not pushing yourself hard enough.

My basic recommendation here is to perform each set 1-2 reps short of the point of muscular failure.

Muscular failure is the point in any given set where you cannot complete an additional rep in proper form despite your very best efforts.

So, what this means is that you should continue your set to the point where, if you were to give an *all-out 100% effort*, you would only be physically capable of squeezing out 1-2 more reps in proper form.

This is a level of intensity that is high enough to maximally trigger the muscle building mechanism within your body, but low enough to prevent excessive central nervous system fatigue and joint stress.

If you're training with an intensity level much lower than this, it's highly unlikely that you're going to make any noticeable gains at all.

Deadly Muscle Building Mistake #2

You're Ignoring The Law Of Progressive Overload.



As we outlined in the previous step, muscle growth is simply your body's way of adapting to stress.

And what that means is that if you want to make *continual* gains on an ongoing basis and build your muscle mass up to higher and higher levels over time, you must focus on progressing in the gym from week to week in order to consistently increase the stress level.

The two main ways to do this are...

- 1) Increase the amount of weight lifted on a specific exercise.
- 2) Increase 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 on a consistent basis.

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 inevitably 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 strongly suggest making use of a workout logbook. In fact, I would

consider this absolutely mandatory for anyone who is even remotely serious about their results.

You should write down the date, the muscles you trained, all of the exercises you performed, the weight 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 entire goal from there is to “beat the logbook” and improve upon all of those figures by either using slightly more weight (5-10 pounds on bigger compound exercises and 2.5-5 pounds on smaller isolation lifts is a good guideline) or performing an additional rep or two on each lift.

In order to ensure that you progress at the fastest rate possible, make sure to center your workouts around the big, basic compound exercises that train multiple muscle groups at the same time.

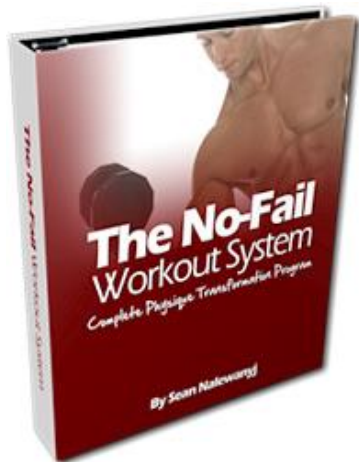
These lifts will have the greatest overall anabolic effect on your body and will allow you to gain size and strength in the most efficient way.

This includes exercises such as squats, deadlifts, stiff-legged-deadlifts, lunges, leg presses, bench presses, rows, overhead presses, chin ups and pulldowns.

In addition to this, stick to a low to moderate rep range of about 5-8 reps per set for the majority of your lifts.

If you go lower than this, you’ll primarily build strength rather than size. Go higher, and the emphasis will shift onto muscular endurance and cardiovascular efficiency.

5-8 reps is a good sweet spot that allows for the best mix of size and strength gains, while at the same time producing maximum increases in solid, dense muscle mass (*known as “myofibrillar hypertrophy”*) rather than simply increasing the fluid retention of the muscle cells (*known as “sarcoplasmic hypertrophy”*).



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 Body Transformation Blueprint](#) in order to access my complete "No Fail Muscle Building Workout Plan".

This is a full, detailed workout system 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 you need for optimal gains.

Deadly Muscle Building Mistake #3

You're Overlooking The Law Of Energy Balance.



Apply this law in combination with proper training and you'll experience consistent, continual gains in muscle size and strength week after week. Ignore it, and your results will be totally dead in the water, no matter how great your workout plan is.

There are many smaller details that go into planning out a complete bodybuilding diet, but at the heart of it all is one key foundational principle: calorie intake.

To put it simply, calories are energy. Every day your body requires a certain amount of energy both to fuel its natural processes (breathing, digestion, circulation etc.) as well as all of your daily activities.

In order to gain new muscle tissue, you must provide your body with a surplus of calories.

In other words, you must be consistently consuming more calories than you burn each day. This provides your body with the extra energy that is needed to synthesize new muscle tissue.

Consume fewer calories than you burn, and you'll lose weight. Consume the same number of calories as you burn, and your body weight will stay the same. In order to add muscular body weight, your caloric intake **MUST** consistently exceed your caloric expenditure. There's really no way around it.

You can train until you're blue in the face, focus on eating the best muscle building foods possible and nail down your macronutrient ratios with precise detail... but

without an adequate calories surplus, you aren't going to gain an ounce of muscle, period.

How large should your calorie surplus be?

To maximize your lean muscle gains while keeping your body fat levels minimized, go with a calorie surplus of 15-20% above your calorie maintenance level.

Your calorie maintenance level is the number of calories you require each day in order to maintain your current weight.

For a fast and easy way to calculate this, check out my [Free Bodybuilding Diet Calculator](#) over on my website.

This caloric surplus will be large enough to help you gain lean muscle at your maximum potential, but small enough that excess fat gains will be kept to an absolute minimum.

Deadly Muscle Building Mistake #4

You're "Winging" Your Diet.



Always remember: muscle growth does not occur IN the gym. The work you perform in the gym is simply the "spark" that sets the muscle building process into motion.

The *real* growth takes place while you're out of the gym eating and resting. That's when your body is actually repairing and rebuilding your damaged muscle tissue.

Nutrition is just as important as what you do in the gym, and without a properly structured plan that is consistently carried out each day, your results will either be severely short-circuited or totally non-existent.

Simply "winging" your diet and "eating healthy" is NOT enough. And following some "one-size-fits-all" meal plan you found on a random website or in a magazine is not going to cut it either.

If you truly want to gain muscle at your maximum potential while minimizing fat gains in the process, you must have a properly structured plan that hits your personal calorie surplus target (we covered this in the previous step) and that obtains those calories from a well-balanced combination of high quality protein, carbohydrates and fats.

In order to optimize your results, aim to get the bulk of your calories from the following sources...

Protein: Protein is the central nutrient involved in building and repairing muscle tissue and is the single most important substance in your weight gain diet.

The best protein sources for supporting lean body weight gains are those with a high bio-availability (meaning your body will absorb a high percentage of the total protein content) and a favorable amino acid profile (meaning they are high in the branched chain amino acids: L-leucine, L-valine and L-isoleucine).

Here's a list of top quality sources to get the majority of your protein from...

- * Chicken
- * Turkey
- * Lean Steak
- * Extra Lean Ground Beef
- * Lean Pork
- * Whole Eggs/Egg Whites
- * Cottage Cheese
- * Fish (salmon, tuna, tilapia, halibut, cod, bass, trout etc.)
- * Other seafood (shrimp, crab, lobster, scallops etc.)
- * Skim milk
- * Whey Protein

Fats: Both saturated and unsaturated fats play an important role as part of your total fat intake and help to optimize hormone levels, aid brain function, protect your joints and enhance your cardiovascular health.

You'll easily get enough saturated fat through your consumption of animal meats and other tagalong sources, and you can ensure that you're meeting your unsaturated fat needs by including a couple of these sources throughout the day...

- * Nuts/Natural Nut Butters (peanut, almond, walnut, cashew, pecan, macadamia, hazelnut)
- * Seeds (sunflower, sesame, flaxseed, pumpkin)
- * Oils (olive oil, flaxseed oil, sesame oil, peanut oil, sunflower oil, fish oil)
- * Fatty Fish (salmon, tuna, mackerel, herring, trout, sardines)
- * High Quality Fish Oil
- * Avocado

Carbohydrates: Carbohydrates deliver fuel to your brain and muscles during your training sessions and other daily activities.

To maximize your health and bottom line results, aim to get the bulk of your carb intake from foods that are minimally refined, high in fiber and rich in vitamins and minerals.

Basing your carb intake around the following foods will help you accomplish this...

- * Oatmeal
- * Rice
- * Quinoa
- * Potatoes
- * Sweet potatoes
- * Yams
- * Ezekiel bread
- * Whole grain cereals
- * Pita
- * Pasta
- * Fruits
- * Vegetables (Try to get in at least 2 servings of vegetables every day)



[The Body Transformation Blueprint](#) includes 15 customized meal plans in order to make laying out your diet plan as easy and painless for you as possible. The plans range from 1500 calories all the way up to 5000 and outline exactly what you should eat each day, how much to eat and when you should eat it.

You'll also get multiple options for each meal as well as a lengthy list of food substitutions, so you can always create a plan that's perfectly tailored for you. Just find the appropriate caloric level and you'll be all set to go.

Deadly Muscle Building Mistake #5

You're Wasting Your Time And Money On Unnecessary Supplements.



If you really think that pills, powders and drink mixes are going to build your body for you, you're in for a real 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?"

Remember, 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 in a truly significant way, then hard training in the gym and a consistent diet plan is the only real 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 solid, effective products out there that I do recommend and use myself, but only as a small part of your overall approach.

For most average beginners, here are my top 5 basic recommended supplements...

(Please note that unlike most "experts" out there constantly trying to shove different supplements down your throat, I have no specific affiliation with any of the brands I recommend below)

Supplement #1: Whey Protein Powder



Whey is an extremely high quality form of natural protein that can be used to make an endless variety of convenient shakes, snacks and food recipes. This will help to streamline your diet and make it far easier for you to hit your total daily protein and calorie needs, so you can recover in between workouts as effectively as possible.

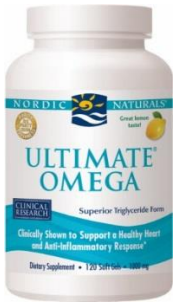
Go with a product that provides a balanced mix of whey protein concentrate and whey protein isolate, as this specific blend will taste good, mix easily, and still be very affordable.

Recommended Whey Protein Products:

- [Optimum Nutrition 100% Whey](#) (My Personal Favorite)
- [Cellucor COR-Performance Whey](#)

- [Elite Dymatize Whey](#)

Supplement #2: Triglyceride Form Fish Oil



Along with its positive effects on your cardiovascular system, brain function and joint health, high quality fish oil also has direct muscle building and fat burning effects as well.

Make sure to find a product that delivers the oil in its natural triglyceride form, as this form has a 70% higher absorption rate than the much more commonly sold ethyl ester form.

Recommended Fish Oil Product: [Nordic Naturals Ultimate Omega](#)

Supplement #3: High Potency Multivitamin



Hard training gym-goers have much higher vitamin and mineral requirements than the average Joe, and a high potency multivitamin will ensure that all of your daily micronutrient needs are being fully met to optimize your overall health, energy levels, mood and muscle building processes.

Make sure to find a product with a high potency level and that delivers the ingredients in their bio-available forms. Most standard “one a day” formulas are nearly useless because they’re severely under-dosed and use the cheapest versions of the various vitamins and minerals, many of which your body can’t even absorb.

Recommended Multivitamin Product: [Orange Triad Multivitamin](#)

Supplement #4 - Creatine Monohydrate

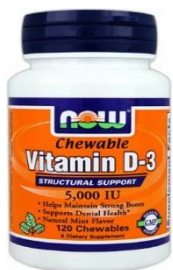


Creatine improves the efficiency of the body’s usage of ATP, which is the primary energy molecule involved in muscular contractions. This increases overall strength and power, allowing you to lift heavier weight for more reps.

Creatine also draws more water inside of the muscle cells, resulting in a slightly fuller and more defined appearance.

Recommended Product: [Optimum Nutrition Micronized Creatine Powder](#)

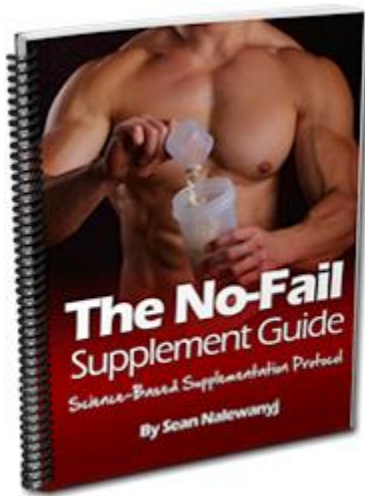
Supplement #5 - Vitamin D3



Unless you spend multiple hours a day outside in the sun, there's a very good chance that your body is not receiving optimal levels of this important vitamin. In fact, *most* people in today's modern society do not.

Vitamin D3 helps to increase your energy, improve your mood, and plays an important role in optimizing testosterone levels, which is the most critical muscle building hormone in your entire body.

Recommended Vitamin D3 Product: [NOW Vitamin D3](#)



If you found these tips useful and want to get some more no nonsense, unbiased information about which muscle building supplements to use and which ones to avoid – including my exact recommended brands, dosages, and other helpful tips – make sure to check out my “No Fail Supplement Guide” that comes with [The Body Transformation Blueprint](#).

This guide will ensure that you save your hard-earned money and only spend it on products that will truly deliver results.

Deadly Muscle Building Mistake #6

You Aren't Taking The Proper Measures To Prevent Injuries.



Training hard and heavy is without a doubt the most effective means of stimulating optimal muscle growth. Doing this will place your muscles under the highest amount of tension possible and will yield the greatest adaptive response in size and strength.

The only downside is that although your muscles are being heavily stressed, so are your joints and connective tissues.

Believe me, when you're training hard and making consistent progress, an injury is the absolute last thing you could ever hope for.

Here are some guidelines you can apply both in and out of the gym to keep your joints and connectives tissues strong and healthy and to ensure that your training stays as consistent as possible...

1) Warm Up.

A proper warm-up will help to lubricate and cushion your joints, move blood into the surrounding connective tissue, increase your muscle-nerve contractions and fully prepare your body and mind for the heavy weights to come.

Go with 5-10 minutes of light cardiovascular exercise prior to your workout, followed by 3-5 warm up sets for the first major compound exercise of your session. Start off very light (10 reps with around 50% of the weight you'll be using for your main sets) and work up by gradually increasing the weight and lowering the reps. Keep in mind that these sets should only serve as a warm up and should NOT fatigue you in any way.

2) Always Use Proper Form.

This should go without saying. Every single set you perform in the gym should be done using proper form and technique, and before you perform any exercise you should have a good understanding of how it is properly executed.

This rule is especially important for the big lifts, such as squats and deadlifts, since you'll be moving the greatest amount of weight and because these exercises are more complicated to execute properly.

My Complete Video Exercise Database (one module of the complete [Body Transformation Blueprint](#)) will give you detailed written descriptions along with full motion videos of me demonstrating over 100 of the most result-producing weightlifting exercises in existence.

3) Train Within Your Own Personal Limits.

When I talk about training heavy, I'm talking about training with weights that are heavy for you. Going to the gym is not a contest to see who can lift the most weight.

Building muscle and gaining strength should be a personal battle and if you begin concerning yourself too much with everyone around you your mental focus will surely get off track and your chances for injury will greatly increase.

4) Know When to Quit.

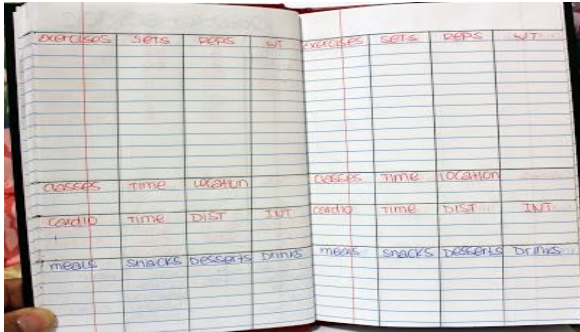
The absolute highest level of intensity that any set should be performed at is to the point of concentric muscular failure, though 1-2 reps short of this point is recommended.

You don't need to start performing slow negatives or forced reps, as these methods are just begging to get you hurt.

Simply take the set 1-2 reps short of concentric failure or to the point where you can no longer perform the exercise with proper form and then stop.

Deadly Muscle Building Mistake #7

You Aren't Properly Tracking Your Progress And Adjusting From Week To Week.



If you aren't carefully tracking your progress in detail each week, it's like shooting darts with a blindfold.

You won't know for sure if you're progressing at your maximum potential, and you won't be able to properly identify areas of your program that could use improvement.

If you really want to see the best muscle building results possible, tracking and tweaking your approach is a must.

Here are some key factors you need to take into account...

1) Strength Gains

If your muscle building program is being implemented properly, then you should be coming back to the gym stronger every single workout. If you are not increasing the weight and/or reps on every exercise from week to week, you quite simply will not be gaining any real muscle on a consistent basis.

2) Body Weight Gains

It should seem obvious, but if your goal is to increase your overall muscle size then the number on the scale should be consistently going up from week to week. If your raw body weight is not budging, you can be certain that you aren't gaining any additional muscle mass.

The numbers can vary from person to person depending on a whole host of factors, but as a rough guideline you should be expecting to gain somewhere between 0.5-1 pounds per week.

3) Before/After Pictures

This is a great way to get an objective look at how your body is changing over a set period of time.

Since you'll be seeing yourself in the mirror every day, it may be hard to notice the subtle changes that are taking place. With before/after pictures, you can objectively compare your appearance over longer periods of time.

I would recommend taking a picture of yourself once a week in order to track your appearance. Make sure to take your photos first thing in the morning and to keep all other conditions (such as lighting/distance) the same.

4) Body Measurements

In order to determine the progression for each individual muscle group, you can use a basic measuring tape once per week to check on all of your major body parts.

These are the body parts I would recommend measuring:

- Chest
- Abdomen
- Upper arm
- Forearm
- Thigh
- Calf
- Neck

Don't obsess about your measurements, but you can still include them as part of your overall progress tracking approach.

5) Body Fat Percentage

By measuring your body fat percentage you'll be able to see exactly how much of your weight gain is coming from lean body mass and how much is coming from fat.

In the case of a muscle building program, I typically only recommend this method if:

- Minimizing body fat gains is a primary concern.
- Strong attention to detail is important to you.
- You have an accurate way of obtaining a precise body fat reading.



To make the entire progress tracking process as simple and streamlined as possible, [The Body Transformation Blueprint](#) includes a variety of printable progress tracking booklets to ensure that you're staying organized and on-track towards your ultimate goals.

You'll be getting a Workout Logbook, Nutrition Planner, Supplement Organizer, 12 Week Progress Tracker, Goal Planner and Body Measurement Graph.

Deadly Muscle Building Mistake #8

You Aren't Being Consistent With Your Plan.



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, adding 2 reps to your bench press will not make much difference to your overall results, and neither will consuming one day's worth of proper nutrition. However, over the long haul, all of those extra reps you perform and all of those days of proper eating 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's absolutely inevitable.

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.

The question is, do you have what it takes?

Here's What To Do Next...



If you've got the inner drive and motivation to make this happen...

If you're *truly ready* to take a stand - right here, right now - and start adding solid inches of lean muscle to your chest, back, arms, shoulders and legs every week...

If you're *finally ready* to get that ripped, powerful new body you've always dreamed of that turns heads and gets noticed everywhere 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 and efficiently as possible.

This report has armed you with 8 very powerful steps that you can implement into your muscle building program right away... but the truth is that there is a lot more to it than just this.

While these techniques will help you lay out the basic foundation for your program, there are many other factors to take into account if you want to experience significant muscle size and strength gains at your maximum potential.

That's what [The Body Transformation Blueprint](#) is all about.

My goal in creating this system was 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 just so much bogus information circulating around in magazines and on the Internet that it can often be hard to know who to follow and who to trust.

I'm talking about the billion dollar supplement companies... the salesman at your local supplement shop... the under-educated personal trainer at the gym... the clueless "keyboard warriors" on the online forums... and even some well-known "gurus" who give out inaccurate advice without even realizing it.

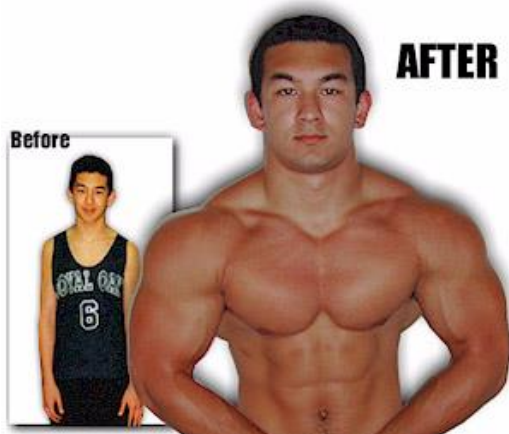
[The Body Transformation Blueprint](#) cuts straight through the hype and lies and delivers a complete, in-depth, step-by-step success system that covers the muscle growth process from every angle.

Training, nutrition, supplementation, recovery, injury-prevention, motivation... You'll literally learn everything you need to know to build that 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, "**Muscle Building & Fat Loss Decoded**" along with a complete collection of critical support modules and bonus items.

This includes a full workout and cardio system, customized meal plans, no-nonsense supplement advice, complete video exercise database, step-by-step recipes and smoothies, progress tracking tools, and even 12 weeks of personalized one-on-one coaching directly from me to guarantee your success.

It's the same system that I used to transform from a weak and out-of-shape 125-pound skinny guy into a strong, lean and muscular bodybuilding and fitness coach...



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



With the many years of careful effort and research that have gone into crafting this complete plan - and the personalized coaching support that comes along with it - I sincerely believe that this is one of the absolute best investments you could *possibly* make for your body, your health and your life in general.

So, 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 by getting your own copy of this system right now.

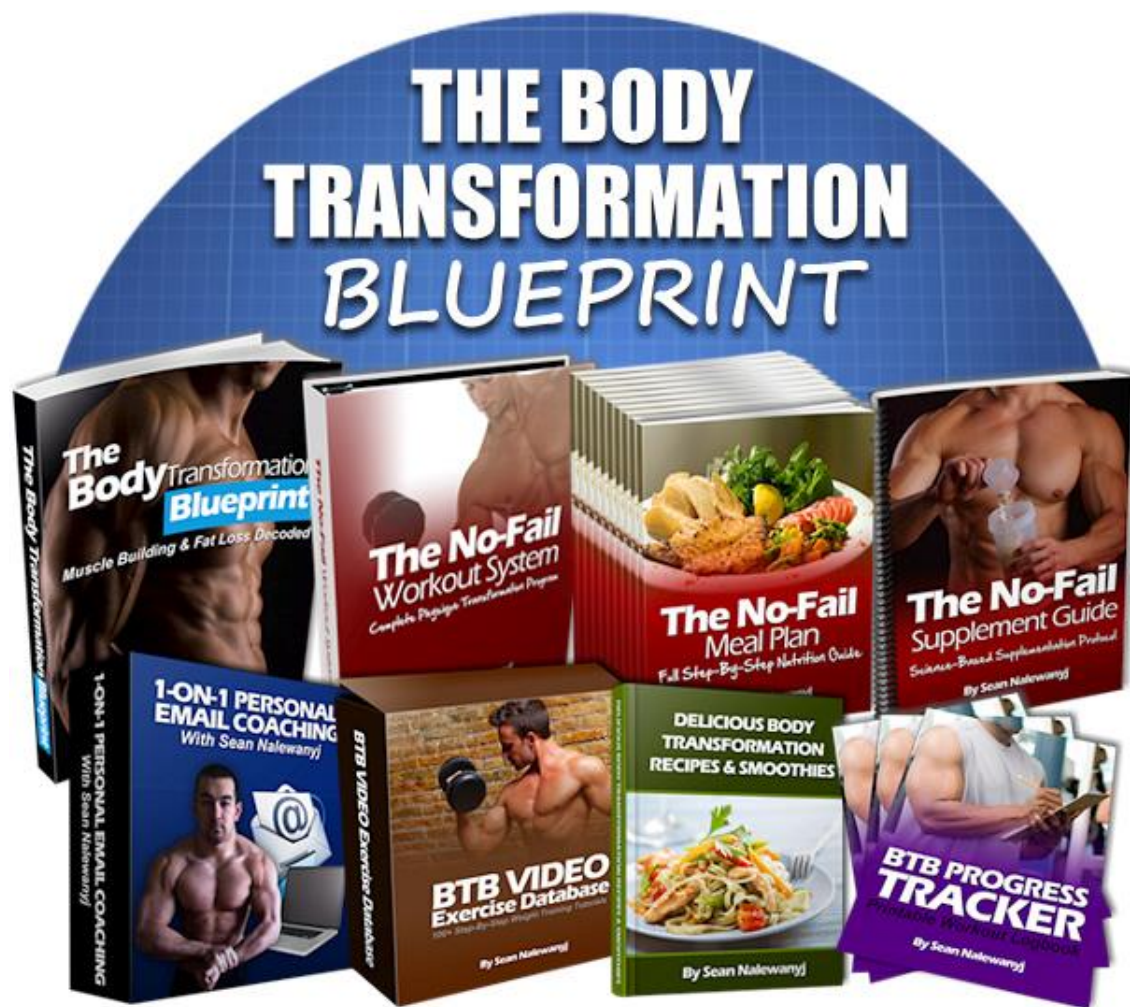
The entire program is also backed by a 60-Day 100% Money Back Guarantee, so you can try it out completely risk-free.

That's how confident I am that this best-selling system will work wonders for your body, your mind and your entire life once you put it into action.

You've got absolutely nothing to lose by giving this system a try, and a brand new muscular body to gain.

Click the link below to get started right now...

I look forward to hearing from you!



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Here's to your brand new body and your brand new life,

S. Nalewanyj