

MUSCLE **OVERLOAD** TRAINING

THE SECRETS TO CREATING
AN ANABOLIC ENVIRONMENT...
SAFELY AND LEGALLY.



By
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Muscle Overload Training

By Rick Gray

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Introduction

If you would like to focus on maximum muscle mass gains, this routine (combined with a proper nutrition and supplement program) should work extremely well for you.

This program is not concerned with building strength or power... just pure size gains. Of course, *some* strength gains will come as a by-product of the program, but strength is not the goal... just pure muscle size gains.

So let's get started on transforming your physique!

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A Different Approach for Muscle Mass Gains

Before we get into the details of the program, let's review why it works so well for size gains.

Weight training has to be PROGRESSIVE if you want to continue gaining. You can make it progressive three different ways:

1. Use more weight.
2. Do More reps.
3. Do more work within a specific period.



Most bodybuilders usually only strive for #1 and to a lesser extent, #2. In order to lift big weights, long rest periods of two to five minutes between sets are required, so #3 usually gets ignored.

In this program we're going to focus on #3 of the above formula almost exclusively and not be concerned too much with the amount of weight we use. This requires using lighter weights but with little rest between sets.

Chapter 1:

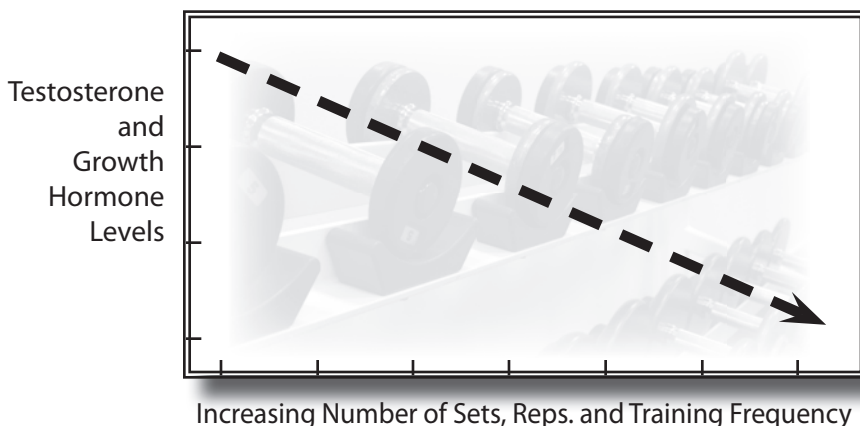
The Overload Principle

To increase muscle size, you must increase the intensity of work done within a given period of time. This means that it doesn't matter how much work you do, but how *fast* you do it. This is called the "overload principle."

The most significant steroids for sale experiment proving that were trained ~~this involved~~ at different speeds for varying lengths of time. The rats that ran at 6 meters per minute for 195 miles had smaller muscular development than rats that ran 26 meters per minute, but for only 58 miles.

This principle of overload also explains why sprinters have larger muscle size all over their bodies than long-distance runners. Although it's more work to run a mile than 100 yards, the sprinter is doing more work per second and as a result, his muscles will grow larger.

My 24 years of experience in training bodybuilders has convinced me that over-training (too many sets, reps and too frequent training) causes muscle loss and nervous system exhaustion. It also lowers testosterone and Growth Hormone levels.



So in this program, we are going to do a large volume of work as quickly as possible. This provides all the stimulation needed for muscular gains without the risk of overtraining.

We are striving for complete fatigue of the muscles and maximum pump... *not* lifting maximal weights. This not only builds muscle tissue but also stimulates new capillary growth to feed nutrients to the muscle cells.

For example, if I do regular strength/bodybuilding training, taking approximate two to three minutes rest between sets, I can do dumbbell curls with 50 lbs. But with *Muscle Overload Training*, I have to drop down to 25 lb. dumbbells to complete the sets like they are supposed to be done.

And believe it or not, I get a much bigger pump and my biceps get more fatigued using 25lb. dumbbells with *Muscle Overload Training*, as opposed to using 50 pounders and resting a lot between sets.



Build Muscle While Losing Body Fat

A faster workout tempo also helps body recomposition... in other words, more muscle and decreased body fat.

You can greatly increase fat loss if you follow the fat loss diet as recommended in a later section.



Since this program is not only taxing to the muscles but also the cardiovascular system, I recommend you do *not* do any aerobic training. Additional aerobics or cardio work will only slow or stop your muscular gains while following this program.

Chapter 2:

The Training Program

Weeks 1 - 4

To start this training program, you are going to use only one exercise per body part and you are going to do 6 sets of 6 reps, resting very little between each set. The exceptions are calves and forearms, which are to be trained with 6 sets of 20 reps.

Training Tempo

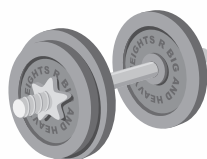
This is the most important part of the entire course. **You CANNOT improvise or change the rest periods or the effectiveness of the entire program will be compromised.**

Week 1: Rest 45 seconds between sets.

Week 2: Rest 35 seconds between sets.

Week 3: Rest 30 seconds between sets.

Week 4: Rest 25 seconds between sets.



I recommend you use a stop watch or a watch with a second hand to time your rest periods. You can't just guess at how long you've rested between sets... you have to keep the rest periods exact.

If you've never trained like this before, you can't imagine how fatigued your muscles will get... so proper weight selection is crucial. A good guideline is to use 50% to 60% of the weight you can normally use for a set of 6 reps while you are still fresh and not fatigued.

As I mentioned before, I can usually do a set of 6 reps in the standing dumbbell curl with 50 lb. dumbbells. But I have to drop down to 25 lb. dumbbells to do 6 sets of 6 properly executed reps with only 30 seconds rest between sets.

As you'll soon find out, the first couple sets will feel pretty easy but as you rest only 30 seconds or less between sets, the muscular fatigue will build up and it will get increasing difficult.

Each rep must be done in a smooth and controlled fashion. You must use the muscles to move the weight. Cheating and using momentum to lift the weight will only take the stress off the muscles being worked and will greatly lessen your gains.

It doesn't matter if you have to use what you think are "sissy weights"... we're bodybuilders trying to build and sculpt our muscles. We're not training for a power lifting competition. So use the proper amount of weight to complete each rep of each set perfectly, resting only the allotted amount of time between sets.

If you can easily complete all sets and reps within the allotted time without much fatigue, then you will need to add an additional 5 to 10 lbs. to the bar at the next training session. But don't expect to make big increases in your training weights. That is not the goal. The goal is to do a lot of intense work in a short period of time by gradually decreasing rest between sets.

After you have finished 6 sets of 6 reps for a body part, you can rest one to two minutes to catch your breath before you move on to the next body part.

The Training Schedule

I recommend you split your workouts like this:

Monday: Upper body

Tuesday: Lower body

Wednesday: Rest

Thursday: Upper body

Friday: Lower body

Saturday: Rest

Sunday: Rest



With this routine, each muscle group is getting worked twice in a 7-day period.

If you feel you're not recovering completely between workouts, you could try this split instead, which allows a little more recovery time between workouts:



Monday: Upper body

Tuesday: Rest

Wednesday: Lower body

Thursday: Rest

Friday: Upper body

Saturday: Rest

Sunday: Rest



Monday: Lower body

Tuesday: Rest

Wednesday: Upper body

Thursday: Rest

Friday: Lower body

Saturday: Rest

Sunday: Rest



This split allows each muscle group to get worked directly twice every 8 days. This is the schedule I personally follow when doing *Muscle Overload Training*. My body doesn't respond well training two days in a row, even though I'm working different body parts.

If you're a hard gainer and don't have good recuperative abilities, I recommend you follow the second training split.

The Training Program

Weeks 5 – 9

Week 5

After 4 weeks of *Muscle Overload Training* you need to take a layoff from all training for the entire week 5. This is crucial for recovery and further muscle gains.

Muscle Overload Training is intense and your muscles and nervous system need an entire week's rest for recovery and super-compensation (building up).

But don't worry... you won't lose size during this week layoff. Quite the contrary. If you stay on your nutrition and supplement program, you should actually GAIN size during this layoff.

So don't skip this 7-day layoff. It is a very important part of the program and necessary for further gains.

Weeks 6 – 9

Weeks 6 through 9 will be similar to weeks 1 through 4 but you will perform 8 sets of 8 reps of each exercise using only one exercise per body part.

Training Tempo Weeks 6 – 9

This is the most important part of the entire course. You CANNOT improvise or change the rest periods or the effectiveness of the entire program will be compromised.

Week 6: Rest 35 seconds between sets.

Week 7: Rest 30 seconds between sets.

Week 8: Rest 25 seconds between sets.

Week 9: Rest 20 seconds between sets.



As explained earlier, we are making this program progressively more difficult by doing more work within a specific time period. It's unlikely you will be able to make big increases in training weights while simultaneously shortening rest periods between sets. That's OK. The most important thing is to properly complete all the sets with the rest periods as stated.

After you have finished 8 sets of 8 reps for a body part, you can rest one to two minutes to catch your breath before you move on to the next body part.

After completing weeks 5 through 9 of Muscle Overload Training, it is important to take another 7-day layoff from all training. Keep following your nutrition and supplement program, but do NO weight training or cardio training. This will allow a much needed rest period to help your muscles and nervous system recuperate and grow.

How to Train Between Cycles of Muscle Overload Training

After completing weeks 5 through 9 and your 7-day layoff, I recommend you follow a 3-day a week full-body training routine using basic exercises like squats, deadlifts, bench press, chins, rows, etc. Do 3 to 5 sets per body part, 6 to 8 reps each set.

During this routine, you can focus on lifting big weights and building strength. You should rest one to three minutes between sets to allow you to use maximal weights. Follow this routine for four to eight weeks before repeating the 9-week cycle of Muscle Overload Training again.



Chapter 3:

The Exercises

Since *Muscle Overload Training* with its minimal rest between sets is quite brutal, I recommend you use more isolation exercises rather than big compound exercises like squats or deadlifts.

A set of squats done *Muscle Overload Training*-style (if you could even make it through all the sets) would probably leave you gasping for breath on the floor and puking your guts out. The big compound exercises are so taxing that longer rest periods are necessary. They don't really lend themselves well to this type of training.

I think it's best to train your muscle groups in the order listed. You start with the biggest muscle groups and work down to the smallest.

If you worked arms first, before chest and back, your arms would be too fatigued to allow you to properly work your chest, back and deltoids since arms are secondary muscles involved in chest, back and deltoid exercises. That's why I recommend you do your exercises in the order listed.

Here are the exercises I recommend, but feel free to substitute other similar exercises you may like better.

Upper Body



Back: Pulldowns

Chest: Flat Dumbbell Presses (palms facing each other)

Deltoids: Dumbbell Side Laterals

Biceps: Standing Dumbbell Curls or Barbell Curls

Triceps: Overhead Cable Pushdowns

Forearms: Seated Barbell Forearm Curls (Use a “thumbs under bar” grip and keep a very tight grip on the bar. Do NOT let the bar roll down to your fingertips. Forearms should be trained with 20 reps per set.)

Lower Body



Thighs: Hack Squats:

(Feet low on the platform with feet less than shoulder width apart, toes pointing slightly outwards.)

Leg Biceps: Lying Leg Curls

Calves: Standing or Donkey Calf Raises (Calves should be trained with 20 reps per set.)

Chapter 4:

Nutrition for Muscle Gain and Maximum Fat Loss

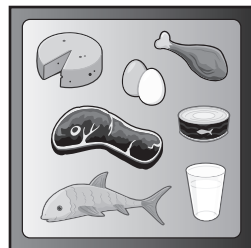
Many well-respected champion bodybuilders have said that 80% to 90% of bodybuilding success is related to your nutritional program. This is definitely true if you're a hard gainer. You can't ignore proper nutrition and think you'll grow bigger and stronger just from training. If you want to get big, you've got to eat big.

(If you need to lose body fat, DO NOT follow this dietary advice for hard gainers. Later you will discover some very effective dietary advice for losing body fat on page 18.)

To gain muscular body weight, you will need to eat at least five to six meals every day. Your body can assimilate food better when it is spread throughout the day, rather than gorging yourself on two to three large meals each day.

The main component required in a muscle building/weight gaining diet is protein so you will need to eat a lot of high quality complete protein foods.

What is a "complete" protein? It's a protein source that contains all the essential amino acids (protein is composed of amino acids) required by your body to support growth. These sources are: red meat, chicken, fish, eggs, and dairy products. Other foods like beans and nuts have protein, but it is an incomplete protein. They do not contain all the essential amino acids to support growth, so don't depend on those to supply your protein needs.



Sample Weight Gaining Diet

The following is an example of the type of diet you should follow to gain muscular body weight. Many bodybuilders I have trained didn't start gaining until they started eating a very large amount of protein and high quality foods.

Don't expect to dive in and start eating all this food the first day. I want you to eat progressively (just like you will train progressively) and try to eat a bit more each week.

You don't have to use protein powder, but it sure makes it easier to ingest a lot of high quality protein and calories if you use a protein powder with your meals.

You can make your own high-protein weight gaining drink at home. I'll give you the recipe for I like to call "The Growth Drink" in the next section.

Sample Weight Gaining Diet

Breakfast

- Meat 1/4 lb
- 3 eggs
- 2 slices whole grain toast (like Ezekial bread, available in many health food stores) with butter or peanut butter
- Protein drink

Snack #1

- Cottage cheese 1/4 lb
- Fruit
- Protein drink

Lunch

- Tuna Sandwich
- Cottage cheese 1/4 lb
- Salad
- Protein drink

Snack #2

- Cheese sandwich
- Protein drink

Dinner

- Chicken 8 oz
- Baked potato
- Cooked or steamed vegetables
- Salad
- Protein drink

Snack #3

- 2 eggs (any style)
- Fruit
- Protein drink

This is also very convenient because most of this food can be prepared and taken to work or school in a large lunchbox or “Playmate” type of cooler.

The Growth Drink

Over the years I've spent a small fortune on all the latest powders and blender drinks that have been hyped in the magazines. Save your money. I will give you the recipe to an inexpensive blender drink that supplies around 100 grams of protein per quart and tastes like a milk shake.

The Growth Drink

2 quarts of whole milk

2 cups of skim milk powder

1 banana

4 tablespoons peanut butter

6 raw eggs

2 to 4 scoops of chocolate or vanilla ice cream



If you are worried about the raw eggs and salmonella, then drop them in boiling water for 30 seconds before putting them in the blender. This should kill any bacteria.

Some people have been brainwashed by the low fat diet fad and are concerned about fat and cholesterol in their diet. The only way a bodybuilder can make a low fat diet work is to eat outrageous amounts of food and take anabolic steroids. It is *extremely* difficult to build muscle size and gain weight on a low fat diet.

Low fat diets have also been shown to lower your testosterone levels.

Bottom line... if you want to get big, you have to include a good amount of healthy fats in your diet.

Nutrition for Maximum Body Fat Loss

You may have a hard time believing some of the concepts presented because they will probably be contrary to what you have heard or read in the past. But the truth is... this diet works!

There are many physiological reasons why this diet produces fat loss without an accompanying loss of muscle tissue. It is beyond the scope of this book to go into depth on that. Just realize that this diet produces results and do some research on your own if you want to know *why* it works.

Some facts about the frequently advocated low fat diet:

- High carb diets increase water retention (3 grams water/ H_2O to every gram of glycogen – stored muscle sugar) making you look soft and puffy as well as stopping your body's ability to burn fat.
- 70% of your body's energy, when at rest (not exercising), comes from fat, not carbohydrates... but high carb diets stop you from accessing the fats.
- High insulin levels in your body from eating lots of carbs lower your body's anabolic response, growth hormone secretion, immune response, and boost fat storing enzymes at the same time.
- Obesity in America has risen more than 33% over the last ten years despite a decrease in overall fat consumption.
- 75% of the American population is physiologically unable to benefit from a high carb diet.
- Certain fats stop fat storage and stop muscle breakdown while increasing fat-burning and metabolic rate.
- Working out with weights for more than 60-75 minutes can cause your body to burn muscle, sugar, and protein, but NOT fat.

So if a low fat diet is totally ineffective for fat loss, what is the best diet to follow to lose fat while building muscle? A high fat/high protein/low carb diet is the magic diet if you want to lose bodyfat and maintain or build muscle.

Greg Ellis, PhD., inventor of the Somatech ultrasound body composition technology and Dr. Mauro Di Pasquale, M.D., one of the leading sports medicine experts on drugs, food supplements and nutrition, both recommend this diet as the best method for reducing bodyfat while increasing muscle size.

But don't just take my word on it. Try the diet yourself for six to eight weeks. The results will speak for themselves.

This diet is for the bodybuilder who wants to lose body fat without losing precious muscle size. But it's also possible to *gain* lean muscle while on this diet. A 10% to 15% increase in lean muscle mass with an accompanying decrease in body fat in only 12 weeks is quite common.



If you're a hard gainer and have followed my previous dietary advice for bulking up, you might also want to try this diet for a period of 6 to 8 weeks. In the process of bulking up you probably put on a little body fat. That's OK, this diet will strip away that body fat almost like magic.

The high fat diet works because by increasing fat intake and reducing carbohydrate consumption, you manipulate hormone

levels in the body... primarily levels of natural growth hormone, insulin, and glucagon. You end up increasing growth hormone and glucagon, and you suppress insulin, which creates a natural anabolic effect.

The basics of the diet are as follows:

For five days (I recommend Monday through Friday) you follow a high fat/high protein diet, with less than 45 grams of carbs a day.

Then on the weekend you eat high protein/high carb, including even simple carbs in moderation (junk food like Twinkies, ice cream, etc.)

What kind of foods and fats should you eat? All kinds of meat, whole eggs, butter, and heavy cream...as much of these foods as you want...no limit. This includes the following foods:

- | | |
|----------------------------------|-----------------------------|
| • Butter | • Bacon |
| • Whole eggs | • Baloney |
| • Red meat | • Sausage |
| • Pork | • 4% milkfat cottage cheese |
| • Fowl | • Fish & Seafood |
| • Oils, especially flax seed oil | • Heavy cream |
| • Organ meats | • Cheese |

The most important thing is that you drop your carbohydrate intake to 45 grams a day or less. Ingesting more than 45 grams of carbs a day will counteract the whole system.

Just to give you an example of how few carbs that is... the average baked potato has approximately 30 to 40 grams of

carbohydrates. So if you eat one potato, you've had your limit of carbs for the day.

This diet will only be difficult for the first 3 to 5 days while your body adjusts to using fat for fuel. After that you should have no problems.

When you start craving pizza, ice cream, bread, or potatoes, just remember that you will be able to eat all those things on the weekends if you choose.

One thing that does not change on this program is that you will be eating more than three meals a day. You should be eating 5, 6, or 7 meals a day just like I suggested for underweight hard-gainers.



Buy a carbohydrate counter and select your carbohydrate foods like watercress and other vegetables that are low in carbs so you can eat more volume, yet still stay under your carb limit of 45 grams a day.

You need to be careful of hidden carbs, too, like ketchup and sauces, or breading on your deep-fried chicken or fish.

If you use a protein powder, check it for carb content per serving. And remember that you can't use milk, half & half, or fruit juice to mix with your protein powder. Use either water or heavy cream thinned out with water.

It's anabolic steroids for sale not absolutely necessary to carb-up on weekends. It sure gives your mind and taste buds a break if you do, though. Some guys stay on the diet seven days a week and get good results. I've found that loosening up the diet and eating high carb/high protein on the weekend somewhat mentally renews me and gives me an increased pump and energy when I train.

Vince Gironda always recommended a meal of just pasta and tomato sauce every five days when following a low carb diet. Gironda claimed that you will flatten out, lose vascularity and not get a very good pump in the gym if you do not get some carbs into your system every five days or so. This may require some experimentation on your part.

Try following the diet straight through on the weekends for about two weeks and then carb up on a weekend and evaluate it for yourself.

This is not a diet you can half-heartedly follow. There's no sense in doing that because it won't work. Like any other area of your life, it requires discipline and commitment if you want to achieve success. If you exceed 45 grams of carbs a day, you won't get the proper manipulation of hormones to create the anabolic/lypotropic (fat-burning) effect.

Sample Fat Loss Eating Plan

These ideas are intended as a guide. You should obtain a carbohydrate counter booklet and begin to plan your own meals, keeping your carbohydrate intake under the prescribed 45 grams a day.

Breakfast

- Scrambled eggs (no limit)
- Bacon (no limit)
- Cheese
- Coffee with Heavy Cream

Lunch

- Meat (All kinds, no limit)
- Eggs (Any style, no limit)
- Small green salad

Dinner

- Small dinner salad with any style dressing
- Meat (All kinds, no limit)
- Eggs (Any style, no limit)
- Dessert: Sugar-free Jello topped with low-carb whipped topping.
(To make the low-carb whipped topping, pour a little heavy cream in a blender along with a ripe banana for flavor and blend at medium speed until mixture thickens.)

You should nibble on meat, cheese and eggs in between each of your meals. For your in-between meal snacks you can also sip on the high fat/high protein/low carb blender drink described next.

Low Carb Protein Drink

- 2 to 4 raw eggs
- 2 to 3 tablespoons of flax seed oil
- 8 to 12 oz. water
- 4 to 6 oz. heavy cream
- 1 banana for flavor
- 1/3 to 2/3 cup of a low carb protein powder

Blend at low speed until thoroughly mixed. If you like your blender drinks very cold, then crush ice cubes in the blender before adding the other ingredients. For variety, you can add McCormick flavorings like vanilla extract, coconut, banana, strawberry, etc. These flavorings have little to no carbohydrate content in them.

If you are worried about using raw eggs because of the salmonella possibility, then put the eggs in boiling water for about one minute before cracking them open and putting them in your blender drink.

Chapter 5:

Suggested Supplements for Maximum Gains

I think the base of any good supplement program should be a multi-vitamin/mineral supplement and a high quality milk and egg protein powder. These two products should almost always be a part of every bodybuilder's diet.

There is one more supplement I think should be included in every bodybuilder's nutrition program.

But before I reveal that, let me reveal a secret I learned from many successful bodybuilders to keep their bodies in a positive nitrogen state for growth. (A positive nitrogen state means that there is always complete protein available in the bloodstream for growth and repair.)

The secret is this:

Never let more than three hours go by without consuming some kind of quality complete protein.

And desiccated liver is one of the best ways to help you do that.

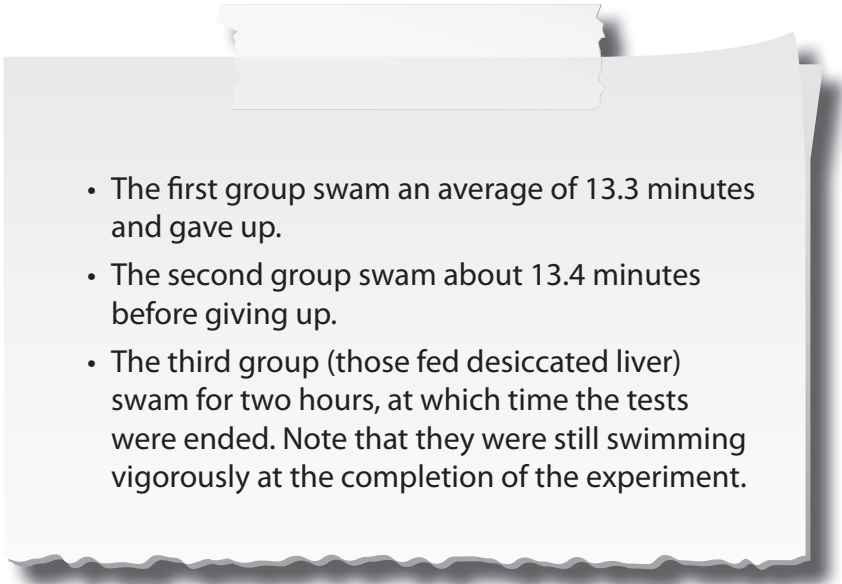
A few years ago in a laboratory test for an anti-fatigue diet, three groups of rats were tested, having been fed for short time on different diets.

The first group was fed the usual lab diet with the addition of nine synthetic and two natural vitamins.

The second group of rats was fed the same diet with the addition of all the known B vitamins.

The third group ate the original diet with 10% desiccated liver added instead of vitamins.

Each rat was then placed in a drum of water from which they could not climb out. The impressive results are as follows:

- 
- The first group swam an average of 13.3 minutes and gave up.
 - The second group swam about 13.4 minutes before giving up.
 - The third group (those fed desiccated liver) swam for two hours, at which time the tests were ended. Note that they were still swimming vigorously at the completion of the experiment.

Did you know that 4 ounces of liver or 30 liver tablets each contain the same amount of protein... 30 grams? So why not supplement your protein intake with desiccated liver tablets. This will aid in keeping your blood sugar level up, keeping your body in a positive nitrogen balance (*crucial* for muscle growth) and help prevent fatigue with as much as a 300% increase in endurance.

Desiccated liver is extracted from the liver of beef cattle. It is rich in B vitamins and is a natural source of iron and folic acid.

Desiccated liver helps to support a healthy red blood cell count and stimulate appetite. It is a natural source of iron. Supplementing with too much synthetic iron can result in an iron overdose. With natural sources of iron, overdose is almost never likely to occur, even in individuals who consume large quantities of red meat.

The Iron and B vitamins in desiccated liver tablets contribute to bone health, muscle building and immune functioning.

As you can see, it's no surprise that bodybuilding giants such as Dave Draper, Frank Zane and the first Mr. Olympia, Larry Scott are avid supporters of desiccated liver. They aren't clinging to some outdated "old school" belief... they are supporting a supplement that, while often overlooked or dismissed, can help a natural bodybuilder make better and faster gains.

One of the greatest benefits of using desiccated liver is the energy it provides. Anyone who has tried a low carbohydrate program knows that within the first few days you may experience fatigue, crash, and loss of strength.

With the addition of desiccated liver to the diet, energy levels are greatly increased. There is no problem with dragging throughout the day or losing strength in the gym. The combination of lower carbohydrate and desiccated liver is nothing short of miraculous. You can gain the fat-burning benefit of lower carbohydrate diet without losing energy... and possibly even gaining more muscle than you imagined possible!

Try taking 4 to 6 desiccated liver tablets with each of your meals and snacks.

Want a big anabolic boost? Try this old school bodybuilding trick:

Take 2 to 3 desiccated liver tablets every single waking hour for three days and watch your measurements grow.

Using this “old school” secret, Vince Gironda, the “Iron Guru” put 1 inch on his arm measurement without any extra workouts or changes in his diet.

I’ve included more supplement info in the bonus report you received with your book.

Chapter 6:

Recovery Enhancement Secrets

I'm going to share a secret I learned from world-class strength coach Charles Staley. It's called "post workout cryotherapy." Many people find it helpful for faster recovery.

Here's how it works:

Fill a small Styrofoam cup with water and put it in the freezer overnight. After your workout, use the ice cup to massage the muscle area you just worked.

As the ice melts tear off more and more of the styrofoam cup and keep massaging the muscle in circular motions. Many bodybuilders have found this helpful to speed up their post workout recovery.

For maximum recovery and gains, it is also very important to take Branched Chain Amino Acids (BCAA) before, during and after your training sessions. Take 5 grams of BCAA's immediately before your workout, another 5 grams in the middle of the workout, and another 5 to 10 grams immediately after the workout.

I recommend ***Nitrobol*** because it's a highly precise and effective proprietary blend of amino acids shown to support muscular growth. *Nitrobol* was originally formulated for starving children in third world countries to help them regain lean muscle mass and strength as quickly as possible.

Parting Thoughts

You now have a detailed plan that has been proven successful to help you make maximum muscle mass gains in minimum time.

The only variable in the formula is YOU.

Are you willing to do what it takes to reach your goals?

This program won't be easy... but nothing worthwhile ever comes easy.

I know if you give 100% to this program and constantly visualize the results you want... in only 9 weeks time we'll see a bigger, more muscular, leaner... and hopefully happier version of YOU!



Muscle Overload Training Bonus Report

SUPPLEMENT SECRETS

For Faster Muscle Gains



By Rick Gray
www.AnabolicSecrets.com

In this special report you're going to discover some secrets that can help you gain ten to fifteen pounds (and possibly more) of muscular body weight in only six to ten weeks.

How do I know this?

Because I've done it myself and have helped hundreds of other bodybuilders do it, too. You'll hear from some of them a little later in this report.

Training, diet, supplementation, proper rest and recuperation all work together for muscle mass and strength gains. If your diet is really dialed in well, it's possible to make gains without supplements, but a proper supplement program can definitely speed up your gains.

While you are following the *Muscle Overload Training* program you need to drastically ramp up your protein intake. 200 grams a day would be the absolute minimum, with 250 to 300 grams being even better.

In order to get in the amount of protein needed for maximum muscle gains you'll need to consume a complete protein food like eggs, meat or fowl or a high quality protein supplement every couple hours. Or better yet, every hour... along with some digestive enzymes.

In order to consume the amount of protein we're talking about, a protein supplement is absolutely necessary. It would take enormous amounts of food to get in that much protein. Your stomach would be full and stretched all the time.

To consume these big amounts of protein I recommend either trying the extreme protein program that Gable Boudreaux used to make his miraculous, almost overnight transformation (described in detail or consuming a protein supplement along with your whole food meals and also in between meals.

Core Supplement Program For Muscle Gains

1. **Ultimate Protein Complex** (Go to [this link](#) for more info)

2. **F.S.D.S.** (Go to [this link](#) for more info)

3. **Athletic Multi-Vite** (Go to [this link](#) for more info)

4. **Dessicated Liver** (Explained in detail in *Muscle Overload Training*.)

5. **Hyper Gain**, a muscle volumizer/mass builder with testosterone boosters. (See next page for detailed info.)

Protein is absolutely necessary for muscle repair and growth. You'll be cheating yourself out of potential muscle gains if you're not consuming protein like I described earlier.

The F.S.D.S. digestive enzyme supplement will help your body better digest and utilize all the extra protein you'll be consuming... and THAT can DOUBLE your muscular gains within a very short time.

And I always recommend a good multi vitamin-mineral supplement like **Athletic Multi-Vite** to make sure you're not deficient in anything. A vitamin and/or mineral deficiency will not only hurt your muscle gains, but will cause health problems, too. It's pretty darn hard (if not impossible) to gain muscle and strength if you don't have good health.

Over the next few pages, you're going to discover exactly how you can gain more muscle faster. Tens of thousands of "in the know" bodybuilders agree... and you'll hear about some of their results on the next few pages.

How To Have 124% Bigger Muscles For The Same Time Spent Lifting

New Breakthrough In Nutrient Absorption And Dosing Proven To More Than DOUBLE Muscle Gains For All Bodybuilders.

**1 Month Bonus Supply Offered
ABSOLUTELY FREE**

By Rick Gray

(Orlando, FL) - What if you could DOUBLE your muscle-building results? Imagine you and another guy both do the same lifting routine, but you gain twice as much new muscle as he does.

Before this new breakthrough, I would have said it's impossible. But now, after reading all the research study results and speaking to bodybuilders, I have concluded that doubling your bodybuilding results for no additional training time is finally a reality. Here's what guys like you say about this new breakthrough:

"I was skeptical. I'm a 'hard gainer'. Since taking HYPER GAIN I have gained 31 lbs of muscle, dropped 2% body fat and increased my bi/tricep from 33cm to 37cm." -Mark Throche

"My bench press has gone from 225lb to 300lb in 6 weeks

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from taking HYPER GAIN. I haven't seen results from any other supplement like I have from this. It's for the BIG BOYS." - Mike Kindel, Rootstown, WA

"I've gained 26 pounds of muscle in just over 10 weeks!"
Rick Smutan, Akron, OH

"In 6 weeks my one rep max for bench went from 230 to 270 and for squat from 340 to 410. My body fat also decreased from 16% to 11%. Incredible!" - Damon Trout, Grand Prairie, TX

How "Beer Belly Larry" Went From Embarrassed To 207 lbs Of Eye-Popping Muscles And A New Life

Larry DeGeorge from Chicago struggled to build muscle no matter how much iron he pumped. Larry was a UPS driver who stood at 5'7 and 198 pounds. His friends jokingly called him... "Beer Belly Larry". He felt embarrassed by this. In his own words, Larry was **"a frustrated and depressed bodybuilder"**.

He tried all the supplements and powders, trainers and lifting "secrets". Most of them worked a little, but after 9 years on this frustrating treadmill, his muscles were barely any bigger, and he had also gained body fat.

He finally caught a lucky break.

Larry ran into an old wrestling buddy from high school. Over a few drinks, they got talking about staying in shape, and the friend told Larry about a muscle-building supplement that got him big and hard with no side effects.

Larry began taking it. On the 8th day he noticed feeling stronger, and adding weight to his lifting sets without struggle. Within just a few weeks, he saw bigger muscles when he looked in the mirror.

Today, less than a year later, Larry is his own version of “The Incredible Hulk”. He’s damn proud of his new 207 pound muscle-bulging physique with very low body fat!

In Larry’s own words ...

“I’m a new man. I look great, feel great, and I have my choice of at least 5 hot women to date whenever I want pretty much. With my new improved build, my self-confidence has increased. What made this possible was the product HYPER GAIN.”

How This New “Creatine Multiplier” Eliminates Dosage, Absorption and Side Effect Problems To Give You Monster Size Muscles Faster And Easier Than Any Other Product Available

Everyone knows Creatine is the most effective muscle-building nutrient available. Heck, it has 277 scientific studies proving it works. Bodybuilders literally “screamed in the streets” when they first started taking it.

Just ask Jay Cutler, Melvin Anthony, Chris Cormier, Ronnie Coleman and Lee Haney to name a few legends who swear by it for drug-free natural muscle-building.

But creatine doesn’t work in “the real world” for a lot of non-professional bodybuilders. This is because, until now, even with millions of dollars being spent, researchers and scientists have NOT been able to overcome 2 problems with creatine: absorption and dosage.

You see, before now, in order to make large gains with creatine, you had to take it many times throughout the day... with dosages of 15 to 20 grams or more per day. And you needed to start with a “loading phase” of *30 or 40 grams per day* for the first five to

seven days.

Some people make gains with that protocol but the stomach discomfort, diarrhea and other side effects make it almost unbearable.

And what about all these “improved” creatine formulations that claim they get more creatine to the muscle cells... and faster, too?

In most cases there is *still* the problem of stomach discomfort, diarrhea and other side effects. And some people get FATTER while taking them. Why is that?

See, these “new and improved” creatine formulas are nothing more than creatine mixed with simple sugars. They don't get more creatine to the muscle cells any faster than plain creatine. But they DO cause massive insulin spikes due to the simple sugars... and that causes fat gain!

When creatine monohydrate supplements were tested after mixing with ANY liquid, most of it rapidly converts to the by-product *creatinine*. That means there is very little pure creatine left to get to your muscle cells where it's needed.

And there's another problem with regular creatine monohydrate... It's almost always absorbed poorly by the body - and its effectiveness depends on the cells ability to absorb it. The poor absorption rate requires you to ingest large dosages to achieve the desired effect.

And because it draws water to the cell, and since most of it is not absorbed... unabsorbed creatine will sit outside of the target cell with the water, causing the infamous “creatine bloat.” It makes you look soft, smooth and “puffy.”

No wonder so many people don't make gains with creatine monohydrate! Due to the inefficient absorption, it's almost

impossible for non-professional bodybuilders to get enough creatine to the muscle cells.

And when you consume the big quantities necessary to make gains... **the side effects are practically unbearable!**

But Now There's *Hyper Gain*...
The First 100% Bioavailable Creatine Compound
With 100% Stable Uptake... That Lives Up To Its
Claims Of 124% Bigger Gains In Muscle Mass

I'm talking about PERMANENT muscle mass gains... not the temporary bloated gains that old outdated creatine monohydrate supplements give you. You will gain quality new muscle and remain lean. You will NOT just bulk up and get fatter.

Hyper Gain is a highly effective product for the bodybuilder who wants maximum hard-core gains. It takes the legendary power of creatine, multiplies the advantages of it, and eliminates the problems.

Results Men Like You Are Getting Now...

"I've gotten huge, blowing away guys in the gym, but many people just don't believe I am getting these results from a legal (creatine) product." - Theodore Newmann

"On HYPER GAIN I've added 105lbs to my bench in 14 weeks." - Zak Greenberg

"It works like roids without the side effects. My bench is at 400 up from 350." - Eric Brown

"I'm 44 and tried mixing supplements with powders but was not thrilled with any of them. Now with HYPER GAIN I'm really gaining muscles and strength fast. I

like the ease of taking it and I have had no side effects.”

- Dean Chamblin Jr., Miramar Beach, FL

“I’m currently deployed in Iraq in the Army, but my wife sends my supplements monthly. Each week I have been getting stronger, bigger and leaner. Others soldiers have begun to look to me for advice and mentorship based on the success I’m having with HYPER GAIN.” Lee Gerber, Iraq, A Co BSTB

The Scientific Breakthrough...

Scientists have finally successfully altered the creatine molecule to insure maximum absorption.

This means you can use significantly lower dosages but the absorption is *significantly* increased... and the “creatine bloat” is now totally eliminated!

In other words, Hyper Gain allows you to safely take creatine to its full and most potent effects, with only a *fraction* of previous dosages.

In fact...

A Mere Three Capsules Of Hyper Gain Is Equal To What Your Body Absorbs From A Whopping 15 Grams Of Creatine Monohydrate!

When used in conjunction with a proper bodybuilding training and nutrition program, Hyper Gain triggers a **highly anabolic effect known as “osmotic response.”**

An osmotic response is an increase in water and growth potentiating nutrients within the muscle cells. This has an effect similar to increasing the amount of air in a balloon.

More air in the balloon means a larger balloon. More water and growth nutrients means a larger cell.

This triggers a survival mechanism that tells the stretched cell wall to increase in thickness to accommodate the osmotic response. That is called “hypertrophy”... or in layman’s terms... **bigger muscles!**

According to scientists, HYPER GAIN is many times more effective for muscle building than old-fashioned creatine monohydrate or the so-called newer “advanced” creatine supplements that just add various types of sugars.

If that were the **ONLY** thing Hyper Gain did it would *still* be a totally kick-ass hardcore supplement...

But it also contains other compounds that support WHOPPING increases in natural testosterone levels.

In addition to this highly improved creatine component, they also added a synergistic formula of proven testosterone boosters. (*“Synergistic” means all the ingredients work together to enhance each others’ effectiveness.*)

Anecdotal evidence shows this **UNIQUE PROPRIETARY FORMULA** supports massive increases in testosterone levels... **WITHOUT** any illegal or banned substances.

And, unlike many supplements, Hyper Gain **does not suppress or shut down your body’s production of testosterone.**

You can see for yourself now with an **ABSOLUTELY FREE One Month Bonus Trial Supply** if you respond within the next **48 hours.**

You... A New Man... Enjoying The Lifestyle And Benefits You've Dreamt About

As HYPER GAIN loads you with bigger muscles, you will quickly feel like a new man, and you will start enjoying the life you've always wanted:

- >>> More attention from the opposite sex (more dates, opportunities, excitement, etc.)**
- >>> Admiration, envy and even jealousy from other bodybuilders**
- >>> A new life filled with more self-confidence and success**
- >>> More career achievement and income**

Imagine your new life, with bigger muscles, more women, increased income... and with the increased self-confidence and personal happiness it brings.

As you become a bigger winner in life, you will attract even more of the things you want. This is the law of attraction at work, where success attracts success.

Now you can spend less time in the gym if you want to – and spend it with the opposite sex (and get noticed by the woman of your dreams), or with your family and friends instead.

Listen ...

“In only 3 weeks I’ve gained an inch on the biceps, more definition on my shoulders and muscles where I never have before.” - Chay Kinslow, Langhorne, England

“In 6 weeks my bench press has gone from 225lb to 300lb. I can’t wait to go to the gym because I can lift weight I have never been able to lift.” - Marcus Anderson, USAF, San Diego, CA

“Incredible how my strength has increased after only a few weeks. My definition and muscle size has increased dramatically – gives me results that last, not just a temporary pump.” - Craig Eilers, Hilliard, OH

“I gained 9 lbs in 4 weeks, ½” on my arms and 2 inches on my chest.” - Jaco Esterhuizen, Cape Town, South Africa

“With HYPER GAIN I increased my biceps from 18” to 20”. I’ve went from 190 lbs to 208 lbs and look a lot better for it. I definitely turn heads now even with my shirt on” - Andrew Pillar, Manchester, England

“Man, this is unbelievable! How could something be this good and NOT be steroids! I have searched nearly my whole life for a product that can delivery results similar to roid’s without the bad side effects. My bench press soared 30 lbs in just 3 weeks.” - Tico Smith, Poplar Bluff, MO

“I gained about 15 lbs within the first 2-3 weeks. I’m more cut and stronger since taking HYPER GAIN. I have so much energy every rep feels like the first.” - Chris Mathhews, Strasburg, VA

“In 6 weeks I’ve seen some crazy results. I’ve gained 30 pounds of pure muscle and my bench went from 225 to 315. I didn’t think it was possible for me to get this big without taking the juice, but with HYPER GAIN it is.” - Mike VanBurter, Ft. Worth, TX

“I’ve used a lot of supplements, but never had anything work like HYPER GAIN does. In only 3 weeks I gained 8 lbs of muscles, arms increased 3/4”, and I gained a lot of strength. My bench press went up 35 pounds, my squats 55 lbs. By gaining all this pure muscle I’m losing a lot of fat too. This product is really amazing.” - Murat Spahic, Clinton Township, MI

Unless You Do *This*... You Will Continue To Be Frustrated And Unsatisfied With Your Bodybuilding Results

Aren’t you sick and tired of not having more muscles to show for all your time, hard effort and expense?

Don’t you hate it when guys who don’t bust ass as hard as you do get bigger than you buying oral steroids?

Doesn’t it make you angry when “the superstar’s supplement” don’t work as well for you? (C’mon. These superstars get paid a fortune to endorse supplements so you can’t always believe what you hear. Plus professional bodybuilders have “advantages” that you and I don’t.)

Well, I have good news for you. Now you can get off this frustrating roller-coaster you’ve been riding on.

Now you can stop getting only puny muscle gains for all your time, effort and money.

Now you can stop being confused about what supplement to take and what is best for you.

I say this, my fellow bodybuilder, because **I was in the exact same position you are now** and it was not that long ago. I’ve had the same feelings of frustration, anger and confusion you do. I know how it feels. **I’ve been in your shoes.**

And I can assure you, as I've taken almost all the bodybuilding supplements available today because I'm a reporter "in the business", that nothing else even comes close to the huge new muscles you will safely gain from taking HYPER GAIN.

I can safely say if you do NOT take this ...

>>> you will suffer from less self-confidence...

>>> you will become less attractive than others to the opposite sex...

>>> you will suffer from having less personal power than you should have...

**Other Supplements Are Made For Guys
Who EASILY Pack On Muscles
(No Matter How Much They Deny It)...
HYPER GAIN Is For Us "Hard Gainers"
Who Don't Have It So Easy!**

You know the guys – they can take any supplement and gain muscle. Heck, they can just sneeze and gain muscle it seems like!

I hate those guys, I really do! I mean I'm so jealous of them. I say "why can't that be ME?" Or YOU?

"Hard gainers" like you and me need a true revolutionary breakthrough in a supplement, and HYPER GAIN is exactly that!

Users report these benefits:

- ✓ **10 to 15 and even 20 lb. gains of pure muscle in just six to twelve weeks!**
- ✓ **Hyper Gain's proprietary formula WON'T suppress or shut down your body's natural testosterone**

production like many supplements and powders do.

- ✓ The special creatine formula in Hyper Gain is an ATP regenerating mechanism. (*ATP or “adenosine tri-phosphate” is the chemical energy you need for explosive strength*). This causes **increases in muscle strength** and replaces energy components within the muscle cell **323% faster during training.**
- ✓ Bodybuilders following a muscular weight gain training and diet program are experiencing **DRASTIC increases in lean body mass... in record time.**
- ✓ Hyper Gain supports increased endurance. You'll crank out set after set, **experiencing pumps like never before...** without “running out of gas” and leaving the gym feeling beat up.
- ✓ Increases total protein and glycogen content in your muscles. It fills up the muscle cells to maximal capacity for increased size and strength causing insane muscle pumps that feel like they last for days. **You'll actually feel your muscles getting fuller and fuller day-by-day.**
- ✓ Promotes a positive nitrogen balance and maintains a greater rate of protein synthesis to support the **maximum muscular hypertrophy (growth) possible.**

Your Search Is Over! This Is The Most Important Muscle-Building Supplement You Will Ever Buy!

I know how frustrating and confusing it is to jump from one so-called “hot” supplement to another all the time.

And if the frustration and confusion isn't bad enough, buying

all those supplements winds up costing you a small fortune!

Well, your search for the perfect supplement is over my fellow bodybuilder.

The company that makes HYPER GAIN will prove it by sending a bonus 1-Month Supply to you **ABSOLUTELY FREE** so you can take it, watch as your muscles grow bigger faster ... and then decide if you want to keep taking it or not ... based on the results you get.

If OTHER supplements and powders work so good, why don't they send you an extra full month supply for FREE like HYPER GAIN does?

There must be a reason why.

Talk is cheap. Only results count.

You Will Look Better, Feel Better About Yourself And Turn More Heads Very Soon!

I've had scores of bodybuilders tell me HYPER GAIN is "the missing ingredient" they needed to achieve their "Dream Body."

You will add up to 10, 15, 20, even 25 or more pounds of pure muscle to your body fast from this new 'Creatine Multiplier'.

With HYPER GAIN, your muscle-building challenges are over. Now the body --and lifestyle-- you dream about will soon be yours.

Yes, if you are anything like what many bodybuilders have told me... the life you dream about will soon be yours.

One guy told me he calls it "**The Hot Babe Magnet!**"

Another calls it "**Creatine On Crack!**"

You can see for yourself with a 1-Month bonus supply
ABSOLUTELY FREE!

This can be YOU soon ...

“I don’t do drugs of any kind. HYPER GAIN has helped me make all-natural gains I didn’t think were possible before and couldn’t achieve before. I have never experienced buy oral steroids anything like this. It’s a beautiful thing. I can feel major change in my body and I love what is happening.” - Michael Lallone, Levonia, MI

“The HYPER GAIN really works. I put 3 inches on my chest and 2 inches on my biceps. Thanks.” - Joseph Segovia, Santa Maria, CA

“In just over 3 weeks I have seen great improvement in all my lifts with bench from a 215 max to just over 250.”
- Nate Schroeder, University Of Iowa, Dubuque, IA

“Just wanted to say thanks for a great product. I have recommended it to a couple friends and they have actually tried it and they too have recommended it to others.” - David Suarez, Castroville, CA

“I was very skeptical at first. I’ve been taking it for 6 months now and my 1-rep bench max has gone from 365 to 430. My 315 bench rep max has gone from 5 reps to 12 reps. My muscle mass has increased and my recovery time has shortened. Unlike powder creatine, HYPER GAIN does not upset my stomach. Bottom line: It did everything you claimed it would do. I would highly recommend it to anyone.” - Kenneth A. Hacker, Barackville, WV

How I Almost Got Beat-Up and Embarrassed In Front Of My Hot New Girlfriend Pauline

I'll never forget the steamy July night when my "smokin' hot" new girlfriend Pauline and I were bar-hopping in historic downtown Charleston, South Carolina.

This smart-ass-punk was hitting on my girlfriend when I returned from the bathroom. When I sat down, Pauline looked at me and began talking, but this jerk kept hitting on her.

I looked at him and said "She's my girlfriend stop hitting on her". He shot back "Well she's not married and even if she was..."

Stunned I said "well just leave her alone". He said "I don't think so. I think she wants me, and she wants me bad."

Crunch time for me, right? I could man-up and get tough with him or just grab Pauline and walk away with her, but be HUMILIATED. The interesting thing is, before I started taking HYPER GAIN, I would NOT have had the muscles or courage to say what I did:

"Listen pal, either leave my girlfriend alone or step outside and I'll re-arrange your face for you!"

He backed down. He left the bar. I was Pauline's hero.

Builds Monster-Size Muscles So Much Faster And Easier

There's no free lunch.

But why pump iron any longer or harder than you have to? Why not gain DOUBLE the muscle size for the same time and effort you spend in the gym?

HYPER GAIN is like a secret weapon to shorten and ease the road to the body you want.

It's like adding rocket fuel to your car's gas tank.

The beauty is, it substantially cuts the time and effort you must spend to gain the muscles you want compared to people who don't take it, because it builds 124% bigger muscles (that's over TWICE AS BIG) for no additional time lifting.

You Will Experience The Most Intense “Pump Rushes” You’ve Ever Had

The “pump” you get after a big lift or session is a high so good it is only understood by other bodybuilders, right?

The intense “rush” and adrenaline surge is incredible. The feeling ranges from a 1 (very low) to a 10 (highest), and most (even experienced) bodybuilders never get higher than a 4 or 5. But when you take HYPER GAIN, the blood, adrenaline and hormones increase so darn much, your pump feeling will rise many, many levels up towards the ultimate 10.

This is the best “high” you'll ever feel, and you can have it soon with your bonus **30-Day Supply Absolutely FREE** when you respond today.

“I was rather skeptical at first, but I’ve already gained 16 lbs of rock-solid muscle. More impressive is I used to struggle to get 8 reps of 225 on the bench and just yesterday I maxed out at 415 and declined 225 for 35 reps. My arms have gotten HUGE. I never thought I’d ever see these kind of results. Thanks for the ultimate plateau buster.” - Ted Newman, Phoenix, AZ

“I’ve already put on 12 lbs of straight muscle and am lifting more and more. I live in the UK (England).

Let's just say I'd rather pay for international postage to get HYPER GAIN than pay for any of the products I can get here but don't deliver the results they claim. I rate this product 10/10 A+++." - Nigel McDougall, Tayside, England

"I wanted to tell you what a great product you have. I have been using HYPER GAIN since 2006. At age 55 I am leaner than I have ever been. I can see my abs for the first time since my 20s! My weight has gone from fat to muscle and I keep making progress and gains." - Dan Pierce, Chicago, IL

"I've tried every supplement. HYPER GAIN alone and hard training gave me huge gains, body fat reduction, etc. and one benefit I love is reduced down time between sets. 20 seconds now feels like I've waited 2 minutes and then I can blast through another full set of reps. Wow! What a product!" - Bill Robinson, Marlborough, MA

"I've been breaking my ass in the gym for years with minimal results. But after only 4 weeks on HYPER GAIN my gains are blowing my mind as well as everyone I know. I already have the results I only dreamt of. Thanks for a really amazing product." - John Bornkamp, Islip, NY

"My training is going great. I just benched 300 last night and all lifts have gone up. I added 25 lbs plus to my deadlift and 40 lbs to my bench and 50 lbs to my squat in the past 8 weeks." - Paul Stephen, Okonite, WY

"I can breeze through my workouts much easier and without struggle as they are much more efficient now. I have noticed my energy has increased and I like the

feeling of well-being that HYPER GAIN gives me too.”

- Joel King Jr., Oceanside, CA

It's Completely Safe, Legal And Has NO Side Effects

- ✓ No virilization (increased facial hair, lowered voice, hair loss, etc.)
- ✓ No conversion into estrogenic compounds ...
- ✓ No liver toxicity...
- ✓ No high blood pressure...
- ✓ **No testicular shrinkage...**
- ✓ No suppression or shut down of natural testosterone levels...
- ✓ **No negative side effects whatsoever on the hormonal system.**

It's cutting edge and hard core... but does not contain one single banned (*or even SCHEDULED to be banned*) substance.

Your Training Sessions Will Be Much More Productive Than Ever Before

Within just 3 days after you start taking HYPER GAIN, you will notice the following improves in each training session you do:

- *** Training Energy, Motivation and Intensity
- *** Mental Alertness and Focus
- *** Muscle Fullness, Vascularity and pumps

*** Strength, Power, Lift Capacity and Endurance

*** Blood Flow and Delivery Of Oxygen to Muscles

*** Resistance To Muscle Fatigue

*** Recovery Time

You will never train without this amazing supplement after you try it. That's how powerful it truly is. And now lack-luster and "average" training sessions will be a thing of the past. Now every training session will pack on the lean mean muscles you want!

I Comparison-Shopped The 20 Top-Selling Creatine-Based Supplements And Powders For You. Here's The Bottom Line:

When I told my girlfriend I was going to shop and compare all the creatine-based products on the market, she said I was "a perfectionist", and she's probably right. But that's because this product made me so excited, and I know how hard it is to cut-through all the "BS" out there and find a dynamite supplement that really works for real people and is safe to take.

Anyway, I studied the 20 leading products and found NO OTHER PRODUCT besides this one has the unique "altered creatine molecule formulation" with the synergistic testosterone boosters which is the secret that makes HYPER GAIN so many times more effective than others.

I can look you square in the eyeballs and say this is not only the most effective creatine supplement (by far), it is also the best value for your hard-earned supplement dollar due to the incredible deal being made now for a limited time only bonus 1-Month Supply ABSOLUTELY FREE!

Remember I've been in your shoes. I know what you need and want... and this is it.

How Do I Take It?

Most users take a dose of three capsules per day every single day. **This is equivalent to 15 GRAMS of creatine monohydrate...** and you also get all the synergistic testosterone-increasing factors.

HYPER GAIN is normally taken 45 to 60 minutes before a workout.

It's important to take three capsules on non-training days, too.

Simply take three capsules once a day on non-training days whenever it is convenient for you. Timing on non-training days is not important. You simply need to take Hyper Gain every single day to keep consistent levels in your system.

Since it is completely safe **you can use it for as long as you want... *without* the worry of side effects.**

Are You A Serious Bodybuilder? Or Just A "Wanna Be"?

I'm not trying to be a smart ass. I'm serious. Like I said, talk is cheap, and if you are NOT a serious bodybuilder, that's OK.

If you want to settle for average muscles, look like all the average men, watch as you let your body deteriorate from aging, and be less attractive to the opposite sex, **then HYPER GAIN is NOT for you.**

You see, your life will be much better when you have much bigger muscles and a leaner body from taking HYPER GAIN. But maybe you aren't ready for this yet ...

So please ... do NOT request your free bonus supply if you cannot physically and mentally handle a dramatic life-changing improvement in your physique fast.

If you are afraid of success, if building huge muscles would somehow be too much for you to handle, please ignore this report. Maybe you first need therapy or counseling so you can accept you are worthy of success and a better life.

I don't want you to have huge muscles, only to turn into a jerk, egomaniac or become depressed because you are not ready for it yet, or because you feel guilty about your success.

Fact is, this stuff works so friggin' good, so friggin' fast, so amazingly well... it is NOT for men who are not ready for a true muscle explosion. You must be able and willing to handle your new power and your more powerful life.

OK?

**I'm So Convinced You're Going To Love Taking
Hyper Gain... I'm Giving You A Bonus Bottle
ABSOLUTELY FREE!**

Here's the deal...

A 1-Month supply of Hyper Gain (90 capsules) normally retails for \$69.95.

But for a limited time you can get Hyper Gain exclusively from this promotion for only \$39.95... **that's a \$30.00 savings!**

And as part of this special promotion, **I'm giving you a second bottle absolutely FREE!**

Why am I giving you such a generous \$30.00 discount and a second bottle FREE?

Because I want you to have a full two month supply to **prove to yourself** that Hyper Gain is everything I've promised. And the truth is, I'm hoping to get you "hooked." Since 92.3% of my customers become loyal repeat customers, I'm confident you'll become one, too.

But that's not all I'm giving you.

You'll Also Get A Guaranteed Ongoing Discount When You Decide To Keep Receiving HYPER GAIN

To make sure you'll continue to get the maximum gains possible from Hyper Gain... you'll receive **FREE ENROLLMENT** into our exclusive *Hyper Gain Preferred Customer Club*.

As a member of our Hyper Gain Preferred Customer Club, you lock-in the special members-only price of \$39.95 on all your recurring orders of Hyper Gain. **That's an ongoing monthly savings of \$30.00!**

And as a Hyper Gain Preferred Customer Club member steroid cycle for sale, you don't have to worry about running out of Hyper Gain and the hassle of re-ordering every month.

You'll automatically receive a fresh bottle every 30-days and your credit card will be billed the special Preferred Club Member discounted price of just \$39.95 ... NOT the \$69.95 non-members have to pay.

And there's no obligation to stay a member. No minimum purchase required. You can cancel at any time... no hard feelings... no questions asked.

GUARANTEED Gains... Or Your Money Back

Here's my personal promise to you...

You can take Hyper Gain for 16 weeks entirely risk-free ...

...FEEL your arms growing...

...FEEL your strength increasing...

...and SEE more muscle size and definition...

But if for some strange reason you don't... simply send us the empty bottles for a **full no-hassle money back refund of your entire purchase price!**

I can offer such a no-risk guarantee because I know over 5,377 bodybuilders who are using this product every single month and experiencing **results that almost defy belief.**

It's easy to order...

Call us toll-free NOW at 1-866-869-5392

If calling from outside the US you can reach us at 706-854-4470.

**Or you can order online through
our 100% secure shopping cart system at:**

But you've got to hurry...

**I Can Only Extend This Special Bonus FREE
Offer To You For The Next 48 Hours!**

You need to **act NOW** to take advantage of this limited offer. If you delay even one day... you'll probably be too late and will miss out on the free bottle.

Call us toll-free NOW at 1-866-869-5392

Due to the *overwhelming* response to this deeply discounted and “second bottle FREE” offer... we can only offer one free bottle per household.

**Call us toll-free NOW at 1-866-869-5392
for your FREE bonus bottle of Hyper Gain**

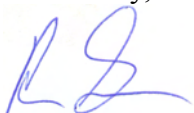
If calling from outside the US you can reach us at
706-854-4470.

**Or you can order online through
our 100% secure shopping cart system at:**

And don't forget... when you order now you'll get FREE membership into our Preferred Customer Club - usually reserved only for professional bodybuilders - **you'll save \$30.00 on all your recurring orders of Hyper Gain.**

As soon as you place your order, you'll be rushed the most effective cutting-edge bodybuilding supplement available today for adding muscle mass as quickly as possible... **and you'll get a second bottle absolutely FREE!**

Sincerely,



Rick Gray

P.S. When you respond NOW –within the next 48 hours only -- you'll also get a **FREE** one-year subscription to my **\$119.40 value *Anabolic Secrets Hardcore Journal.***

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