

SPECIAL REPORT:
**“How I Packed-On 16 Pounds of Drug-Free
Muscle In Just One Year”**

CONTENTS

- Overview 1
- 1. You absolutely **MUST** feed yourself properly5
- 2. Muscle needs high-quality protein to grow7
- 3. The muscles need to be stimulated with a heavier amount of weight13
- 4. Training with the utmost intensity is the key to stimulating the muscles to grow
..... 18
- 5. Less is more!20
- 6. You don't get huge in the gym 28
- 7. A good training partner is an absolute must 29
- 8. Don't concern yourself with the drug issues 30
- 9. Great workouts don't just happen by chance 32
- 10. Choosing a supplement company36
- Summary 42