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By Nick Nilsson

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Please Note:

Any exercise program contains an element of risk. Be aware that the exercises and programs in the book are not familiar to you and, even though every attempt has been made to ensure safe instruction, how and if you decide to execute the exercises and programs is ultimately your responsibility.

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I welcome your comments and questions!

Feedback is extremely important to me. I want to make this book the most valuable resource possible to you and the best way for me to accomplish that is to find out what you think. Let me know what you like about this book, what you don't like, any suggestions you have for improvement or if you just want to vent about how sore you are, that's fine too! I greatly appreciate any comments or questions you have regarding this sample book!

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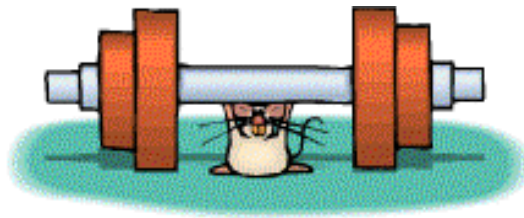
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The Best Exercises You've Never Heard Of



Introduction:

In this sample book you will find five fantastic exercises for several of the major muscle groups in your body. Remember, this is only a very small taste of the innovative exercises found in "**The Best Exercises You've Never Heard Of!**"

How To Do It:

Read through the exercise descriptions thoroughly so you know exactly what the exercise is going to accomplish, how to execute it properly and safely and how to best incorporate the exercise into your workouts.

Common Errors:

The "**Common Errors**" section of each exercise will let you know some of the typical ways the exercise is done improperly so you can take steps to correct yourself before they even happen!

Tricks:

Finally, be sure to read through all the "**Tricks**" for each exercise. There are tips that will help you get even more out of these already amazing exercises.



Nilsson Curls

Bench End Dumbbell Presses

Full Range Pulldowns

Rear Delt Rope Pullbacks

Bodyweight Tricep Extensions

Exercise #1 - Nilsson Curls

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

The Nilsson Curl, which can technically be described as a forearm-braced chin-up movement, is a unique biceps exercise. The reason: **it uses your total bodyweight for resistance!**

Most biceps exercises, such as barbell and dumbbell curls, require that you move the resistance around your body while your body remains anchored. While this is certainly effective, it has been established that exercises which require you to move your body around a fixed object (such as occurs during a chin-up) fire many more muscle fibers. This results in a much more effective exercise for the muscle! And if that wasn't enough to make this a killer exercise, have a look at this:

The majority of biceps exercises are isolation exercises. They work the biceps across only one joint (the elbow). This seriously limits the amount of weight you can use and hence limits your ultimate biceps development.

The Nilsson Curl is a compound exercise for the biceps that uses the lats only as secondary movers to assist your biceps during the exercise. Working the biceps at two joints rather than just one (such as in this chin-up movement), drastically increasing the amount of weight you can use on a biceps exercise. Now throw almost all of the resistance of the chin-up (your entire bodyweight) onto the biceps and you'll know the meaning of the word "pump!"

Combine these three features (moving your body around a fixed object for more muscle activation, using a two-joint movement, and having your entire bodyweight as resistance) into a biceps exercise and you have yourself **one incredibly powerful movement!**

How to Do It:

This exercise is best done using the safety rails of a power rack. There are other methods of setting up that you can use that are just as effective. I will detail these at the end of this section.

- The absolute easiest way is to use the two, bottom safety rails of the rack.
- They need to be the type that you can slide completely out of the rack for this method to work, as you'll be placing them on the same side of the rack uprights.
- Place one of the rails in the highest set of holes in the rack.
- Set the other rail in the set of holes approximately one foot down from that top one in the same side uprights.
- Your setup will look like two rungs in a ladder.

Now you're all set!

- Grip the top bar and brace your forearm against the bottom bar (you may want to use a pad or a towel wrapped around the bottom bar for your forearms).
-

Keeping your forearms pressed against the bottom bar throughout the entire exercise, curl yourself up.

- This is the most important point to remember about this exercise, as bracing your forearms is what sends all the tension to your biceps. It does this by reducing the involvement of the lats.
- Also, try to keep your shoulders back in a neutral position. Don't allow them to hunch forward during the exercise. This keeps them in a more stable position.
- Squeeze hard at the top. This instruction is kind of unnecessary to be honest. You won't really have a choice at that point - the tension on your biceps is just incredible!



How to incorporate this exercise into your workouts:

This exercise should be the first biceps exercise you do in your workout. It requires tremendous strength and therefore is best done with fresh biceps.

Common Errors:

1. Pulling Straight Up

For best results, pull yourself up in an arc. This will most strongly affect the biceps. Pulling straight up will still work, just not quite as strongly.

2. Using Momentum

Always do this exercise deliberately and under control to maintain maximum tension on the biceps. Moving quickly will only decrease the effectiveness of the exercise.

It is especially important not to use momentum as you come to the bottom of the exercise as your elbows are braced against a rail. You could injure your elbows if you slam down into the bottom of the rep.

3. Hunching the Shoulders Forward

Try to keep your shoulders back and in a neutral position. Do not allow them to hunch forward. This will help to maintain a more stable position for the shoulder joint.

Tricks:

1. Using Barbells To Set Up

If you don't have access to a rack that uses the removable bottom safety rails you can also use two barbells inside the rack.

- Start by setting the racking hooks in the highest holes.
- Set an Olympic bar in those racks.
- Load some weight onto that bar to keep it from shifting during the exercise (I use a couple of 45 pound plates on either side but you may choose to use more or less weight).
- Now set the safety rails in the holes about one foot below the top bar that you've already set up.
- Set another Olympic bar across there and you're done.

Note: You will be doing this exercise from inside the rack so that your forearms are pushing the bottom bar against the rear uprights. If you work from the other side, your forearms will have nothing to push the bottom bar against and it may roll or slide away.

2. Weighted Nilsson Curls

This exercise can also be done weighted with a dumbbell between your feet or with weight hanging from your waist using a hip belt. The execution of the exercise is exactly the same. If you wish to do negatives with a dumbbell for extra weight, follow these steps:

- Set the dumbbell on a bench in front of you.
- Step up on the bench and get into the top position,
- Grasp the dumbbell between your feet then move it off the bench
- Lower yourself down.

As a bonus, using a dumbbell between your feet also gives you some really good isometric ab work.

3. Using A Reverse Grip

Doing the Nilsson Curl with a reverse grip will affect the *brachialis* muscle strongly. Be aware that your elbows will have a tendency to slide out to the sides as you pull yourself up, so you should consciously force them in.

Exercise #2 - Bench End Dumbbell Presses

Why Is This Exercise So Effective?

The flat dumbbell bench press is an excellent exercise building up the muscles of the chest. But did you know that the standard, laying-down-flat body position on the bench is not the most effective for maximal muscle stimulation? By changing how and where you set yourself on the bench, you can **dramatically increase the muscle fiber stimulation** you get from the flat dumbbell bench press.

I've also found, with the better leverage I can get on the chest in this position, that I am actually **stronger and can get more reps and use more weight**. At the same time, this position reduces the involvement of the anterior (front) deltoids in the pressing movement while increasing the involvement of the upper pec fibers.

The key to this exercise lies in opening up your rib cage. In the standard flat position, your chest is not expanded. Your pectoral muscle can fire most effectively when your shoulders are back, your lower back is arched and your chest is puffed out. While this can be done somewhat in the regular bench position, it does not feel natural and can actually put stress on the lower back. This exercise is done by placing yourself off the end of the flat bench, accomplishing the optimal position for the pectoral muscles to fire.

How To Do It:

- The basic position of the exercise is as follows: your upper back (from just below the shoulder blades on up) will be resting on the end of the bench with your upper torso essentially flat. Your hips will be down below the level of the bench, and your lower back will be arched so that your lower abdomen is angled down. Your knees should be very bent.
- You will look as though you are trying to wrap your back around the end of the bench. Practice this position once without any weight to get a feel for it.
- To get into position with weights, sit on the very end of the bench with the dumbbells on your upper thighs.



- Quickly move your butt forward off the bench, dropping into a squat, and allow your upper back to rest against the lead edge of the bench.
- Thrust your hips up and throw your upper body back onto the bench, kicking the dumbbells into the bottom position of a dumbbell bench press. Press up to the top position.
- If you are not completely in position with your entire lower back off the bench (the bottom of your rib cage should be in line with the end of the bench), weasel yourself down somewhat. Note: "Weasel" is the technical term for shifting back and forth as you slide yourself down the bench a little.
- Do the press from there and really try to expand the chest in the stretch position.
- When the exercise gets hard, fight the urge to lift your hips up. Consciously force them down. This is good practice for keeping your butt down on the regular flat bench press.

How to incorporate this exercise into your workouts:

You can place this exercise anywhere in your chest workouts. It doesn't require tremendous skill, balance or stability to execute properly.

Common Errors:

1. Too much of your back is on the bench

The end of the bench should be hitting you just below the shoulder blades. If you have much more of your back on the bench, you will lose the opening up of the rib cage, which is the major benefit of this position.

2. Thrusting your hips up and down during the exercise

Allowing your hips to come up also negates the benefits of the opening up of the rib cage. You will flatten your torso as though you are doing a regular flat bench. Keep your hips down!

3. Raising your head off the bench

Be sure to keep your head on the bench during the exercise. Raising it up and off can lead to neck strain.

Tricks:

1. Getting the weights into position

A good way to get heavy dumbbells up into position is to set them on your knees at the start of the exercise. After you drop into your initial squat, kick one knee up hard, throwing the dumbbell up into position, then kick the other dumbbell up and into position. Be sure to practice this movement with light weight before attempting with heavy dumbbells.

2. Taking the shoulders out of it

At the start of the rep when you are holding the dumbbells at arms-length above you, try to wriggle your shoulders together underneath you. This will reduce anterior deltoid involvement in the exercise by forcing your shoulders back. Imagine you are trying to touch your shoulder blades together behind your back.

3. Expand your rib cage

At the bottom of every rep, take in a huge breath and try to expand your rib cage as much as possible to maximize the stretch on the pecs. Your body position on the end of the bench will allow you to get a greater stretch than is possible in the regular position.

Exercise #3 - Full Range Pulldowns

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

Think of how your back feels after doing a good set of pulldowns. Nice and pumped up, right? Now think of how your back feels after doing a set of cable rows. Thick and wide, perhaps? Now imagine the incredible feeling you'll get by combining those two exercises into one power-packed movement! That is exactly what the Full Range Pulldown accomplishes. You get the **benefits of the pulldown AND the benefits of the cable row PLUS** the synergistic benefits of combining the two exercises into one!

Typical weight training exercises very rarely work the muscles through a full anatomical range of motion, but I'll show you how you can do it for your back. For example, the typical pulldown has to stop when the bar hits your chest. But your lats haven't achieved their full potential contraction by that point. How do we overcome this? By utilizing a two-part movement. In essence, you will start with a pulldown and finish with a cable row. Voila! The Full Range Pulldown!

How To Do It:

- These can be done with any of the grips (reverse, pronated, neutral, wide).
- To execute, do a pulldown to the bottom position.
- Hold the weight at that point in space and lean your upper body back and down until it is horizontal.
- Continue the pulldown movement as a rowing movement and squeeze hard at the bottom of the rep.

- The key with this movement is to maintain the tension in the lats as you lean back and to hold the bar motionless in space as you do the transition from pulldown to row.
- Come back up in one smooth motion.
- At the top you can push yourself forward to get a bit of a stretch on the back before you start your next rep. This gives your back constant tension throughout its entire range of motion.
- Use a lighter weight (I recommend using only 50% or more to start with) than you would ordinarily use for pulldowns and focus on continuous tension.



How to incorporate this exercise into your workouts:

This is a good finishing movement for the back. It is not done with heavy weights but provides an extremely strong contraction in the back. This is not to say you can't do it first, of course. In fact, it is a good way to pre-exhaust your back without burning out your grip for other heavy back exercises.

Common Errors:

1. Not keeping tension on back when switching from pulldown to row

One of the keys to the success of this exercise is maintaining tension in the lats as you transfer from the pulldown movement to the row. Always concentrate on keeping that tension on.

2. Using momentum

Never use momentum with this exercise. The whole point of the exercise is to put tension on the lats through their entire range of motion. Using momentum defeats the purpose.

3. Not arching the lower back

Keeping the lower back arched is essential to activating the lats. The lats are the muscles we're trying to focus on with this exercise so anything we can do to maximally activate them is important.

Tricks:

1. Hitting different areas of the back

- To involve the lower back, pull the weight down (any grip) to the bottom of the pulldown movement, lock your arms at that bottom point then do a lower-back pulldown by leaning back down until you are horizontal without bending the arms.
- Using a pronated grip (palms forward) will hit the lower lats hard. Pull to the bottom of the rib cage and try to push the bar forward, away from your face as you finish the rowing portion of the movement.
- When using a wide grip, you can do the rowing part to the upper chest to hit the upper back or pull to the bottom of the rib cage to hit the lower outer lats (try to push your elbows forward, away from your head).

2. One arm

These can also be done one arm at a time. This has the benefits of greater range of motion and the ability to rotate your shoulder during the movement.

3. Varying angles

During the movement, try varying the angles of the pull. Change the point where you leave the bar hanging in space, the point where you row the bar down to on your body, how far you lean back, etc. Using a great deal of variation in this way will work more of the muscles of the back.

4. Stretch forward at the top

To get a little extra stretch on the lats at the top of the movement, use your feet to push your torso forward under the bar. This will give you a little pre-stretch before starting the movement again.

Exercise #4 - Standing Rope Pullbacks

Why Is This Exercise So Effective?

The rear delts (technically known as the posterior deltoids) can be difficult muscles to develop. They are hard to isolate and are normally not worked with heavy weights. This exercise changes that. Not only does it **target the rear delts like a laser**, it allows you to use heavy weights and momentum in a way that actually makes the exercise **MORE** effective!

The keys to this exercise lay in your arm position and the angle of pull of the resistance. These two things combined properly give you an exercise that flies in the face of traditional shoulder training wisdom by **allowing and even encouraging you to use momentum**.

How To Do It:

- Stand facing a high pulley. Use a double handle or rope attachment. Grasp the rope so that your thumbs and forefingers are on the bottom by stoppers or knots. You can also use a towel looped through the hook if you don't have a rope attachment.
- You will probably need to brace your foot up against either the seat if you're using the lat pulldown machine or the bottom of the weight stack if using the plain pulley (that is when you start using relatively heavy weights only).
- Start with your arms straight out in front of you, thumbs towards you.



- Pull back with your rear delts by drawing your elbows as far back as you can while externally rotating your shoulders so that you form "L" shapes (with a 90-degree bend in your elbows) at the peak of the movement.
- You should attempt to make your forearms vertical at the top of the movement. When you start using heavier weight, you won't be able to do this but by attempting to do it, you'll increase rear delt activation.
- You will almost look like you're doing a double biceps pose.
- It is imperative you keep your elbows as high as possible or you will turn the exercise into a biceps exercise.

How to incorporate this exercise into your workouts:

The Standing Rope Pullback can be done anywhere in your workout. Normally, I prefer to start with heavier pressing movements in my workouts. Since this is an isolation exercise, I would suggest doing it later on in a workout.

Common Errors:

1. Keeping your arms horizontal

This will turn the movement into an upright-row type movement, which is undesirable. As you come to the top of the movement, your forearms should be vertical.

Tricks:

1. Pull the rope apart

To fully activate the rear delts, try to pull the two ends of the rope as far apart as possible as though trying to rip it in two (the longer the rope you are able to get a hold of the better - a two foot rope is perfect). Hunch your shoulders forward at the start then force them back as you pull back.

2. Going fast

Usually rear delt exercises require strict attention to form in order to isolate the muscles. This one doesn't.

- As long as you keep your elbows high and try to pull the rope apart, you can get away with fast, pumping reps.
- Pulling the rope apart activates the rear delts automatically.
- Using fast, pumping, high reps (a technique that normally wouldn't work with rear delts but does in this exercise) is great for developing blood flow to the normally hard-to-reach rear delts, and can lead to much greater rear delt development than is possible with traditional rear-delt exercises.

Exercise #5 - Bodyweight Tricep Extensions

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

The position you can place the most stretch on your triceps is when your upper arm is directly overhead. By loading the triceps in that position, you can get an incredibly effective and powerful stretch on the muscle. This exercise not only places the triceps under **maximum tension in the maximum stretch position**, it does so using a bodyweight exercise. Bodyweight exercises are known for achieving a **greater level of muscle fiber activation** than exercises where you are moving a weight instead.

Combine these two factors and add in the fact that you can do this exercise just about anywhere, and you get an extraordinary movement that has enormous strength and muscle-building potential.

How To Do It:

- Set up the Smith machine bar about 1 to 2 feet off the ground or use the Universal bench handles.
- Essentially, any horizontal bar that is 1 to 2 feet off the ground will do. It should have clearance underneath it.
- Stand in front of the bar. Place your hands about 6 inches apart with a thumbless (false) grip.
- Step back a little.
- Lower your body forward so that your head goes under the bar.
- Keep your elbows tucked in close together the whole way. Extend back up.
- Keep your entire body tight and stiff. The only movement should occur at the elbows.
- This exercise can put a lot of stress on your elbows so don't do them if you have elbow problems or soreness in the joint.
- This exercise will build up the long head of the triceps which runs along the undersides of the arm.



How to incorporate this exercise into your workouts:

This exercise should be placed close to the beginning of your triceps workout. It not only requires a great deal of strength to perform, it is a stretch position movement. Stretch position movements are more effective when placed near the start of a bodypart workout as they help to activate more muscle fibers.

Common Errors:

1. Dropping down too fast

This can lead to overstretching of the elbow ligaments. Go slowly into the stretch position. Going down too fast also makes it a lot harder to come back up.

2. Letting the elbows flare out

Keep them tucked in by externally rotating the shoulders before starting the exercise.

- Hold your arms out in front of you with your palms down. Now turn your palms up. Notice what occurred at your shoulders. This is external (to the outside) rotation.
- Now place your hands on the raised surface, palms down.
- Keeping your palms down and on the surface, turn at the shoulders as though trying to turn your palms up. The inside bends of your elbows will be facing up. This will keep your elbows tucked in.



3. Not keeping the body stiff

To do this exercise properly without hurting your back you must keep your abs and lower back very tight and your whole body stiff. Failing to do so will put a lot of stress on the lower back.

4. Bouncing out of the bottom

It is extremely important not to bounce out of the bottom in this exercise as you can overstretch the tendons in your elbows. Change direction deliberately, not with a rebound.

Tricks:



1. Making it easier

To make it easier, move your feet closer to the bar or lower yourself down to your forehead instead of behind the head. You may also wish to do these on your knees. This is the easiest position.

2. Making it harder

To make it harder, come up on your toes as you press up. As well, you can move your feet back or place them up on a bench to increase the angle. By elevating your feet, you force your triceps to work against more of your bodyweight.

3. Keep your elbows in

Keep your elbows in tight. Don't let them flare out. This is accomplished by externally rotating your shoulders (the inside of your elbows will be facing up) without moving your hands (see Common Error #2).

4. Stretch forward

As you get stronger, stretch forward as far as you can at the bottom of the movement.

5. What else you can do it on

Here are a few examples of things you can use to do this exercise on: bars, railings, chair legs, benches (duck your head under the bench and brace it), table edges, sinks, ladders, etc.

- Anything that is reasonably low and has clearance underneath for your head will work.
- In the absence of a bar, you can try looping a towel around anything that is low and is solid.
- Hold onto the ends of the towel and execute as above.

6. Using a power rack

If you don't have access to a bar that can spin freely, use a power rack and a regular Olympic bar. Set the pins where you want the bar, then put the bar braced against the rack. You will now be pushing it into the frame as you go down.

7. One arm at a time

These can be done with one arm at a time if you're very strong.

- You will have to spread your feet out further to maintain your balance.
- Using a higher bar may be necessary or you may have to do these on your knees.
- The one-arm version works well for negatives.
- Go down on one arm, then come up with both, or put your other hand on the floor to push yourself back up.
- When you lower yourself with one arm, put your other fist on the floor to moderate the speed of your descent.
- Another way to moderate resistance is to set one knee on the ground, keeping the other one straight and back. This keeps more tension on the triceps than kneeling with both knees.

8. Neutral grip

To use a neutral grip, loop a towel or rope around a low bar and grasp the ends of the towel or rope.

- You will also find it makes the exercise more unstable and gives you more freedom of movement. This makes it even harder.
- Another way to get a neutral grip is to use the legs of a chair.
- Put the chair up against something solid so it doesn't slip out and go from there, e.g. a wall.
- It doesn't even necessarily have to be a chair. Anything with vertical bars will work.

9. Raise your shoulder girdle

Raise your shoulder girdle up at the beginning of the rep (like you are shrugging your shoulders) to eliminate help from the lats. Raising the shoulder girdle will force the lats to relax, placing all the stress (including the stabilizing stress) on the triceps.

10. Increasing the resistance even more

To increase the resistance, raise your feet up higher. A couple of ways to do this are benches, boxes or people.

One of the best ways to do this is to hook your feet over the pad of a preacher bench. Some preacher bench pads are adjustable in height.

The hardest position is to do a close-grip handstand push-up type extension. This puts nearly all of your bodyweight on your triceps.

11. Drop setting

This exercise can be done as a drop set by cycling through the various body positions. Start with your feet elevated, then feet on the floor stretched out, then closer, then from your knees, then fall down.

Unstable Bar Bodyweight Tricep Extensions

This is a special variation of the bodyweight extension that is reserved for advanced trainers only. Not only does it require you move your bodyweight (which is more effective for activating muscle fibers) but what you are pushing against is moving around freely as you are doing the exercise!

This combination of body movement, extreme instability and maximum stretch is guaranteed to make your triceps work in a way they've never worked before. Attempt this exercise only after you've become experienced with the solid, stable-bar version of the exercise.

How To Do It:

You will be using a high pulley with a cambered bar attachment. Take the pin completely out of the stack - you won't be needing it for this.

- Push the bar down as far as it will go and hold it there. The weight stack should hit the top of the pulley and jam there. Ideally, the bar should be several feet off the ground when the bar stops. This is what you'll be pushing from instead of the solid bar.
- When you first start doing this exercise, practice doing it from a kneeling position before moving to doing it with your body completely suspended. This will give you an idea of how the instability will affect your exercise technique.
- You will notice that the cable will angle slightly back towards the stack as you stretch forward into the bottom of the exercise. This enables you to have something to push back against.
- When you do this exercise in a standing position, place your feet closer than you would for the solid-bar version. You will find out why, the moment you start the exercise. It is a lot harder!
- Be sure to clench your abs as tight as you can during the movement as your abs will be working extremely hard to stabilize your body. This is a great bonus!
- You will really notice your abs working when you become advanced enough to come up on your toes during the exercise.





This exercise may seem easy at first but after only a few reps, with all the shaking and adjusting, you will find out just how effective unstable exercises can be.

Here are some pictures of the kneeling body position and the full-stretch body position:

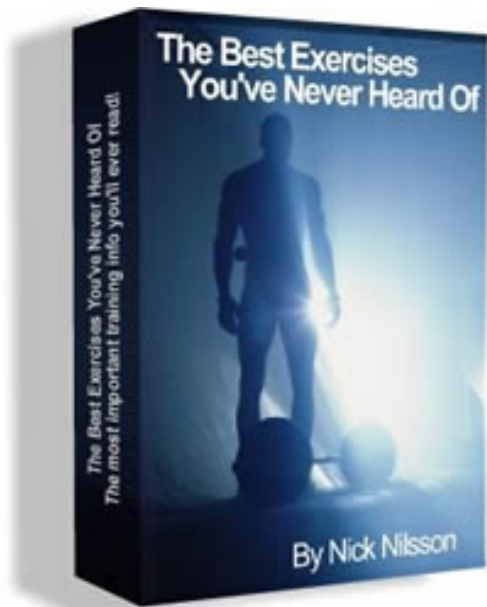


How to incorporate this exercise into your workouts:

This exercise should definitely be placed first in a triceps routine. It requires great strength and stabilization. It can also be incorporated whenever you feel like you need to punish yourself!

The Best Exercises You've Never Heard Of

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The Best Abdominal Exercises You've Never Heard Of

*By Nick Nilsson
Fitness-eBooks.com*

Introduction:

In this book you will find fantastic exercises for the abdominals - exercises you've probably never seen or even imagined! Here is a rundown of the sections you'll find in this ebook:

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<u>Pushdown Crunches To The Floor</u>	<u>Reverse Leg Raises</u>
<u>Resting Forearm Cable Crunches</u>	<u>Seated Hanging Leg Raises</u>
<u>Dumbbell Side-To- Sides</u>	<u>Two Dumbbell Ball Twists</u>

Exercise #1 - Pushdown Crunches to the Floor

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

If you're looking for an extremely intense contraction in the upper abs against resistance, this exercise is what you need. It places the majority of its tension on the abs in their most contracted position. It also hits the abs with a pushing movement rather than a pulling movement.

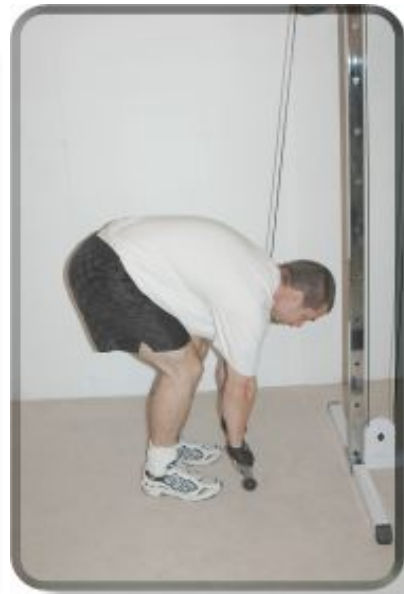
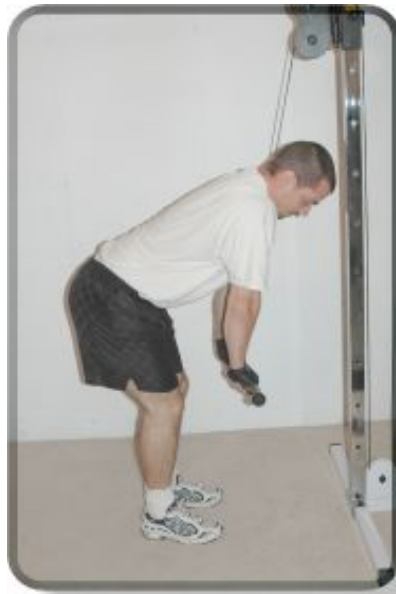
How To Do It:

This exercise is performed very much like a cable crunch combined with a pushdown.

Set up this exercise by clipping a bar attachment onto a high pulley. Stand in position as you normally would for a pushdown. Get the bar to the bottom of the regular pushdown position. Lean forward into the cable, pushing your torso into the cable, setting your head either to the left or right side of the cable so that the cable is running down one side of your neck. This will allow you keep your body closer to the line of resistance, minimizing torque on the lower back.

Lock the elbows, and arch your back a little for the start position. From this point, keep your arms fully extended and locked out straight down then just try and push the bar right down to the floor or as close to it as you can get. Bend at the waist and the knees as you come down and push it hard. Squeeze your abs hard at the bottom. Be sure not to move your feet while doing the exercise to get the best contraction.

Get the negative as you let your body come up slowly, fighting the weight on the way up. Switch the side of your head that cable is on every two or three reps to balance the tension on your abs.



Common Errors:

1. Not coming down far enough

It's important to try and push the bar if not all the way to the floor, at least as close to it as you can. The further down you can get the bar, the better the contraction you'll get on the abs.

2. Not locking the elbows

This exercise, while having the word "pushdown" in it, has really nothing to do with a tricep pushdown. Once you're at the bottom of the pushdown, lock your elbows and push to the ground using your abs.

3. Standing too far away from the pulley

If you stand too far back, the line of pull of the resistance will be at too much of an angle rather than straight down. This will put unnecessary torque on the lower back while not substantially increasing the effectiveness of the exercise.

4. Letting the weight up too quickly

Be sure to take the movement slowly on the way up. Rather than just releasing the tension and allowing the weight to pull your body up quickly, try to slow it down and control the weight.

5. Not putting your head to one side of the cable

For this exercise to be most effective and least stressful on the lower back, you need to let the cable run down the side of your neck. If you just keep the cable in front of you, it puts torque on your lower back when you start to get into heavier weights. Also, be sure to switch sides every few reps to get a balanced workload on the abs.



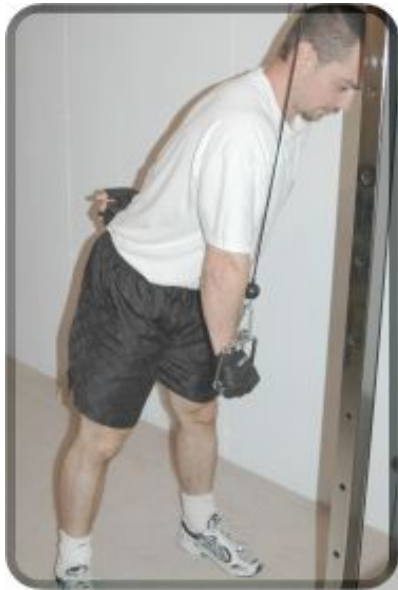
Tricks:

1. Hitting the sides

Use a single handle instead of a regular bar. When you push it down, bring it down to the opposing foot. This will strongly hit the obliques. When you get near the floor, you can go in front or behind the foot (experiment to see which works better for you). You can either switch hands after a few reps or you can do an entire set on one side then an entire set on the other side.

2. Do a small pulsing movement at the bottom

When you've pushed the bar close to the floor and finished the downward movement, let it up a few inches then push it back down. Repeat this a few times with a short pulsing movement to really peak the contraction on the abs.



3. Wear a dip belt to hold yourself down

If you find you're able to use more weight for your abs on this exercise than you're able to get into position easily because your

upper body isn't heavy enough, this trick will instantly increase your bodyweight and anchor you down, allowing you to use far more weight on the exercise with better form. Basically, all you need to do is wear a dip belt loaded with 25 lb weight plates (35's and 45's are too large and will probably hit the ground as you push down). Hang a few of these from the belt around your waist and you can instantly increase your body mass to allow you to use more weight with better form.

4. Use a short, powerful push as you get near the bottom

You can use a little momentum and give a short, powerful push as you get near the bottom in order to get the bar further down with heavier weight. When you've got it further down, don't let it pop back up. Try your best to hold it down and only let it up slowly to take full advantage of the short push.

Exercise #2 - Reverse Leg Raises

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

This exercise works the abs in an extremely unique fashion. It can be done using only bodyweight and actually uses the abs to draw the lower body up and in (bringing the pelvis towards the rib cage), rather than crunching the rib cage down towards the pelvis, as with most ab exercises. This is excellent for tightening the waist.

How to Do It:

This exercise can be done using several different pieces of equipment. The best place to do this is using the dipping station, whether it be the full V-bar setup or the two dip handles coming off the back of the Universal machine. You can also create your own dip station in the power rack by setting the safety rails at about mid-chest level and setting two Olympic bars on the safety rails. When you stand in between the two bars, it will be just like using a dip station.

Set your hands on the dipping bars/handles and get into the top position of the dip (arms locked out) with your torso hunched over as though you're trying to form a half-moon shape with your body. If your feet hit anything, turn around and face the other way.

Keep your arms locked out and in the same position throughout the movement. The motion will not come from your arms.

Start the movement by very deliberately drawing your abs up and in (as though sucking up your gut). Bring your hips upwards towards the ceiling. This will cause your lower body to lift up and your upper body to hunch forward more. Draw your lower body up as high as you possibly can with this technique then hold it there and squeeze the abs hard for a few seconds.

If you've watched gymnastics, the movement is very similar to the first part of the movement when a person goes from a locked-out dip position on the parallel bars up into a handstand. Rather than going all the way up into a handstand, however, you leave your legs in front of you and focus on squeezing and sucking up the abs.

Lower down slowly then repeat.



Alternative Setups

For an alternative setup for this exercise, you can also use a solid, power rack safety rail or other solid surface that has space underneath for your legs to swing under (even two solid objects that you can set your hands on and hold your body up in between).

If you have a VERY solid table or counter with space underneath for your legs, you may be able to do this exercise on either of those. If you do use a table, be sure it's not going to be prone to tipping over if you place a lot of resistance on the edge (having another person leaning on the other side can help with that).

Set your hands on the railing with your fingers forward and your thumbs gripping around. They should be set about shoulder width apart or so (exact placement is not critical). Your legs will be under the rail and your upper body should be hunched forward over the rail, as though you are trying to form a half-moon shape with your body. The execution of the movement is exactly the same, only your legs won't be completely free to movement around and you will have to slide your thighs against the rail as you bring your lower body up.



Common Errors:

1. Letting the arms bend and doing a dip

This exercise does not happen at the arms but only at the midsection. If the arms bend, you'll be taking focus off the abs.

2. Swinging the legs

This is a very controlled movement, not a momentum-based movement. Don't let your legs swing to try and get momentum to get them up. This movement starts by drawing the abs up and in.

3. Not hunching forward enough

If you don't hunch your upper body over the railing, you won't have proper balance. Don't let your upper body go straight up and down, imagine it's a half-moon shape and you'll have the position right.

Tricks:

1. Adding resistance

To add resistance to this exercise, hold a dumbbell between your feet. This will increase the weight of the lower body. Start with a light dumbbell at first, to get an idea of how much to use. Even a little will very quickly feel like a lot. For a burnout set, do as many reps as you can with the weight, then drop the dumbbell and continue with only bodyweight.

2. Suck it up

Imagine the movement like you're sucking your gut up and in, not that you're raising your legs. This will give you the proper focus for the exercise.

3. Knee-ups

Instead of keeping your legs straight, which maximizes the resistance on the abs, to make the exercise a little easier, you can bend your knees and do this as a knee-up. This reduces the resistance on your abs and will allow you to do more reps.



4. Knee-twists

To hit the sides, bend your knees and twist to the side as you suck the abs up. Repeat on the other side.

Exercise #3 - Resting Forearm Cable Crunches

Why Is This Exercise So Effective?

This exercise literally FORCES the obliques into proper alignment during a cable crunch movement. How you hold the bar while you're doing the exercise hits the obliques without torquing the lower back.

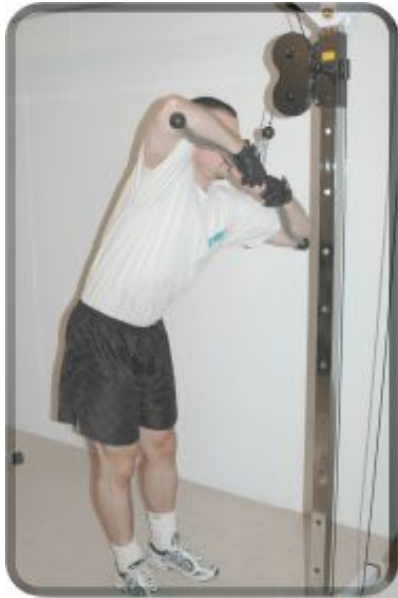
How To Do It:

For this exercise, you will need a high pulley and a bar attachment. The attachment can be a straight bar, cambered bar, or even the full lat bar (if that's all you have available). Use a moderate weight on this exercise as you'll be going more for feel rather than brute force.

Start by grabbing around the center post of the bar with both hands (like you're strangling it). Now push the bar down a little and set both of your forearms on top of the bar. Your elbows will be wide to the sides and the forearms will be resting completely on the bar. Start with a slight arch in your lower back to maximize support in that area.



Tilt the bar down to the left about 45 degrees. Now do a cable crunch straight down. Because the bar is tilted, the obliques will be forced to do the majority of the work of the crunch. Squeeze the obliques hard then let the bar up slowly. Tilt the bar down to the right and repeat to that side.



Tilting to the Left



Tilting to the Right

Common Errors:

1. Not tilting the bar enough

To maximize the effects of this exercise, be sure the bar is tilted about 45 degrees. A smaller tilt will still work but you'll get a great effect on the obliques with the larger tilt.

2. Crunching too fast

It's important to use muscular tension to perform this exercise to fully work the obliques. If you use momentum, the tension won't go to the right area and can lead to potential injury.

3. No arch in the lower back

For best lower back support and best contraction in the obliques, start the movement with a slight arch in the lower back.

Tricks:

1. Suck in your gut

Sucking in your gut is a good trick for increasing oblique activation. When you suck in your gut, this relaxes the rectus abdominus (the front six-pack muscles). When those muscles are more relaxed and the tension is already preferentially being directed to the obliques, the obliques will be forced to take up practically all of the tension of the exercise.

Exercise #4 - Seated Hanging Leg Raises

Why Is This Exercise So Effective?

The hanging leg raise is an excellent abdominal exercise. This variation is not only easier on your lower back but helps to remove the hip flexors from the movement, all the while increasing the contraction on the abs.

This exercise targets the abdominal muscles with an extremely intense contraction. The range of motion of the exercise is short but the tension on the abs is powerful.

How To Do It:

For this exercise, you will need a bench or chair (a bench will work better) and a bar with adjustable height. This can be a regular Olympic bar on a power rack, a Smith Machine bar, or any other setup you can think of.

Put a bench inside the rack. Set a bar on the racks at about forehead level when you're sitting on the bench. Sit on the bench and grasp it with an underhand grip. Your legs should be slightly bent with your butt and feet on the bench.

Pull your butt off the bench and raise your knees up into your chest. Hold your breath while doing this short movement to help stabilize the abs and improve the contraction.

The movement itself looks like the top bit of a hanging leg raise. Squeeze hard at the top then lower your legs and set yourself back down on the bench. Release all tension on the abs as you exhale then do another rep.

This exercise results in a very hard contraction in the abs for several reasons:

- First, the position of the legs at the start of the rep is already near the maximum contracted position of the abs.
- Second, your abs start the movement in a mechanical disadvantage because they are already shortened. This means they must work harder in order to achieve the contraction.
- Third, releasing all the tension on the abs between reps means you dissipate all the elastic tension that the muscle normally builds up in a regular movement.



Put these three points together and you can see that the abs have to start from scratch at a mechanical disadvantage near their peak contracted position. The results: major burn!

Another advantage this exercise has over regular hanging leg raises is that it primarily targets the abs. Normally, when you do hanging leg raises, the first part of the movement involves a lot of hip flexor action. This variation starts the movement with the hip flexors already almost fully contracted. The tension in this position goes primarily to the abs.

Even better, this version greatly reduces stress on the lower back by eliminating the first part of the movement. Generally, pain in that area occurs due to the torque on the lower back as you raise your legs from hanging directly down to bringing them up about halfway. Skip that range of motion and you skip the pain.

Common Errors:

1. Using too much momentum

It's critical to start this exercise with a sharp abdominal contraction. This is what is really going to fire up the abdominal muscles and increase the tension on the abs.

2. Dropping down onto the bench

While you do want to sit on the bench and release the tension in between sets, you don't want to drop yourself down from the top all the way to the bench. Much of the benefit of any abdominal exercise comes from the negative or lowering portion of the rep. Be sure you take full advantage!

Tricks:

1. Hold the top contraction

Hold the contraction at the top of the movement for several seconds. Since this exercise actually focuses primarily on the top part of the movement, holding the contraction at the top can really intensify the work on the abs. Squeeze it as hard as you can for at least a count of several seconds.

2. Try it without releasing the tension sitting on the bench

Normally, with this exercise, you would sit yourself on the bench in between reps to release the tension and force the abs to start from scratch with each rep. You can also keep the tension on the abs by not sitting down and releasing. Just allow your legs and butt to brush the bench then bring the legs back up.

3. To increase the resistance, hold a dumbbell between your feet

If you'd like to make this exercise harder, set a dumbbell in between your feet when doing the reps. You don't need much in order to make a big difference in the resistance due to the position of the legs. Watch the angle of your feet so that the dumbbell doesn't slide out. A good alternative is to use ankle weights, if you have them.

4. Hit the sides

You can bring the legs/knees up to the sides to hit the sides of the abs during this movement.

5. Combine it with Seated V-Ups

For an extra kick in the abs, you can also do a Seated V-Up on the bench either before, after or in between reps of this exercise. The Seated V-Up exercise is the one where only your butt is on the bench and your upper body and lower body are both held up to form a "V" position. With a short movement, try to bring your upper and legs closer together by lifting both at the same time. The exercise can be tough on the back if you have back problems, though, so be cautious if you do try it.



Exercise #5 - Dumbbell Side-To-Sides

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

Developing the core muscles of your abdomen is essential for optimum lifting and sports performance. This exercise uses resistance and a side-to-side movement to directly work the muscles that are responsible for transferring power through your body.

How To Do It:



This exercise is very simple to execute but is extremely effective.

- Start by sitting sideways on a flat bench. Place a dumbbell standing vertically on end on the bench to one side of you. When you first do this exercise, start with a fairly light weight in order to accustom your body to the movement.
- It is important that you keep your upper body vertical and your lower back tight and arched for proper support. Your abs should also remain tight throughout the exercise.
- Rotate your torso around to the side where the dumbbell is resting and pick up the dumbbell with both hands on the handle. Inhale sharply and hold your breath as rotate around. This will stabilize the core and lower back area.
- After you've picked it up, rotate your body all the way to the other side of the bench, and set the dumbbell down on the bench (it should be standing on end while you continue to hold onto it).
- Be sure to keep your midsection very tight all the way around.
- Hold your breath from the moment you pick up the dumbbell to the moment you set it down. This ensures that you stabilize your abdomen properly.
- Repeat the lift and rotate movement back to the other side.

It is important to note that you should always set the dumbbell down on the bench in between reps and relax your abdominal area momentarily. One of the most beneficial aspects of this exercise is the moment when you pick up the weight from the bench. If you utilize a continuous movement, you will decrease the benefits of the exercise.

Common Errors:

1. Relaxing the abdomen

This will compromise the stability of your lower back and could potentially lead to injury. Be absolutely sure to keep your abdominal

area tight throughout the entire rotation.

2. Hunching over

Make sure you maintain an upright torso position. Hunching over can also lead to lower back strain.

3. Rotating too fast

This exercise should be performed slowly and under complete control at all times. Rotating quickly to the other side could seriously torque the lower back. This ultimately defeats the purpose of the exercise all together, which is placing tension on the rotating and supporting muscles of the midsection.

Tricks:

1. Increasing the resistance during the set

The typical way to increase resistance would be to use a bigger dumbbell. There is, however, a way you can adjust the resistance on your abs during the set itself. This is accomplished by simply adjusting where you hold the dumbbell. Holding the dumbbell in close to your body will put the least torque on the muscles. Extending your arms away from your body will increase the torque on your muscles.

2. Kneeling

This exercise can also be done on the floor in a kneeling position. Set the dumbbell on end on the ground immediately beside you. Turn your body, reach down and pick up the dumbbell, then rotate your body around to the other side. The effect of the exercise is essentially the same. Only the angle of pull on your abdominal area is different.



3. The Pause

If you want to make your *rectus abdominus* (the front six-pack ab muscles) scream, try stopping your rotation halfway through the movement. You should be facing forward. Hold the weight out in front of you for as long as you can then continue the rotation.



4. Hold a barbell plate

For a different kind of resistance or if you don't have a dumbbell to use for this, you can also hold onto a barbell plate. The only limitation then is the size of the barbell plate - you most likely won't want to hold more than one plate at a time.

Exercise # 6 - Two Dumbbell Ball Twists

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

Using only a Swiss Ball and two dumbbells, you can achieve an extraordinary ab-tightening contraction around the entire midsection musculature. This exercise places a great stretch on the obliques along with great tension, forcing quick abdominal development.

How To Do It:

For this exercise, you will need two dumbbells and a Swiss Ball (I will also tell you how to do the exercise on a regular flat bench in the Tricks section below). A smaller-size ball is better for this exercise though any ball will work.

Lay on your back on the back with your knees bent and your feet fairly wide apart - you'll need a good base of support for this exercise so that you don't roll off to the side of the ball. Hold two equal-weight dumbbells at arms-length directly above you. Press them together while doing this exercise (if they're separated, they'll move around more, making the exercise less efficient). Start with fairly light dumbbells the first time you try this movement.

Now, keeping your head facing directly up/forwards and your hips horizontal, lower both of the dumbbells slowly and under complete control down to the left. Hold your breath and tighten up your midsection as you come down to the fully-twisted



position. Prepare to push hard against the ground with your left foot to maintain your balance.

Your left arm is going to bend to about 90 degrees at the elbow as you lower the dumbbells to the side while your right arm should stay perfectly straight. Your upper body should stay in the same position on the ball - no rolling to the opposite side to compensate for the weight to the side. This torque is what makes the exercise so valuable. Bending your lower arm is critical to keeping your torso in the same position on the ball.

Since you're using two separate dumbbells, it's going to be a very different stress on the entire abdominal area than anything you've experienced before.

When you're at the bottom, your upper left arm will be contacting the surface of the ball (don't let it rest or lose tension at this point!). Reverse the direction by simultaneous pulling with your right side abs and pushing with your left side abs. The right arm movement is similar to a rear delt lateral while the left arm movement is similar to a dumbbell press.

Remember to keep the dumbbells pressed together tightly! The opposing tension in the abs really puts a lot of torque across the whole area. Be very sure you're not just pushing with the bottom arm but also pulling with the top arm.

Be sure not to bounce out of the bottom and try to feel a stretch in the right side as you start the change of direction.

If you have any lower back pain issues, this exercise does put some stress on the lower back. If you do try it, go very light and take it very slowly.



Note the bend in the left arm at the bottom



Common Errors:

1. Separating the dumbbells

Keep them pressed together throughout the movement. If they separate, they're harder to control and it disperses the tension on the abs.

2. Rolling around on the ball

For best results, be sure to keep yourself as stationary as possible on the ball. If you roll to the side, it takes some of the torque off the abs and it won't hit the abs as strongly.

3. Moving too quickly

This is NOT a ballistic exercise - there should be no bouncing or fast movements involved. Lower the dumbbells slowly to the sides and change direction very deliberately using muscle power, not bouncing.

Tricks:

1. Changing the arc

You can bring the dumbbells down at various angles to the torso to change where the exercise hits your abs. By bringing it down higher up beside your head, you'll hit the upper areas of your obliques. By bringing it down towards your hip, you'll hit the lower areas of your obliques. Just remember to always keep your head looking straight up and set your feet wide apart for the best base of support.

2. How to use a flat bench instead

You can also do this exercise on a flat bench instead of a ball, if you don't have access to a ball or prefer a more solid surface to work on. Instead of lying flat on the bench as you normally would for a bench press, you'll be resting only your upper back on the end of the bench.

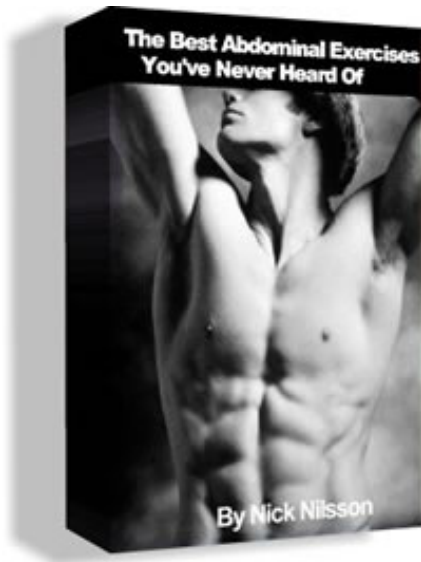
To get into this position, sit on the very end of the bench. Now move your butt off the bench and squat down in front of it. Lean back and place your upper back on the bench end. Keep your hips down and set your feet fairly wide apart.

This is the position you should maintain while doing the exercise. The bench is a more solid surface but it just as effective for the exercise. One major difference is that there won't be any surface to contact the upper arm of the bottom arm as you lower the weight down. Keep an eye on how far down you go to the side. All the other techniques still apply.



3. When using heavier weight...

- You can shift your upper body somewhat to the other side of the ball. If you're using a heavy weight, you'll need to do that in order to stay on the ball. The increased resistance will make up for it.
- Be extra careful the dumbbells don't separate. It'll be much harder to control heavier dumbbells if they do.
- As you rotate back up, exhale through pursed lips to keep stability in your abs yet let air out so you don't pass out.
- Push VERY hard with the same side leg as the weight is on. You'll need all the help you can get.



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- **Tighten your waist** to wasp-like proportions
- **Flatten your stomach** in areas where regular crunches totally fail (lower belly bulge)
- Develop astonishing **core strength**, rock-solid stability and explosive power
- Tighten the muscles under your **love handles** to make those bulges practically disappear
- Target your **hard-to-reach lower abs** with pinpoint, guided-missile precision
- Use every moment of your ab workout to maximum efficiency, **cutting your workout time to a fraction of what it was before**, with stunning results!

From: Nick Nilsson
Saturday, 3:18 p.m.

Dear Friend,

Before I tell you about these exercises, I have a quick story I'd like to share with you. It's about a good friend of mine named Rick and it's a great example of how using the right exercises can make a phenomenal difference not only in your training but in your self-confidence and your attitude! I got his permission to share this story with you because he and I both felt this was information you needed to know. This all happened about a year ago and he's never been the same since...

Rick worked out regularly in the Gold's Gym about 5 miles down the road. He had been training about 10 years pretty seriously and had made some great progress but had never quite achieved the results he was hoping for, especially with the abs. He had put on a fair bit of muscle overall but **he just couldn't seem to get his abs tight**. He always joked that his six-pack was more of a one-pack, even though he'd been doing crunches and leg raises almost daily for the past few years.

Now, I've known Rick for a long time but, for some reason, *he could never quite bring himself to try any of the new exercises for the abs that I've come up with*, even though I had been trying to convince him for years. He had always been a "train-by-the-book" kind of guy, no matter how much I prodded him to give some new exercises a shot. He would always say **"I've read in the magazines that crunches are the best exercise for the abs - I know they'll work. I just need to work harder at them."**

Then he would drop down on the floor right there and do 40 crunches just to prove his point - wouldn't matter if it was in the gym or a parking lot or even in middle of a restaurant (go figure that someone so afraid to try something new wouldn't care about dropping on the floor and doing crunches on a restaurant floor!). If I ever wanted to have some fun with him, I would wait until we were in a public place then tell them that his crunches were useless. Without fail, he'd drop and start doing crunches!

But one day, something in him changed. He quit going to the gym altogether. He started constantly eating lots of junk food. Basically, he just let himself go. Within a few weeks, you could hardly even tell he had been training for 10 years. When I hadn't seen him in awhile (he always kept saying he was busy), I went to his house and just walked in. I had to find out what was going on. He was laying on the couch watching cartoons and eating Cocoa Puffs right out of the box.

He looked up at me and turned back to the TV. I brushed some crumbs onto the floor and sat down. I asked him what was going on.

After a few minutes of silence, he sighed and said, "Nick, I don't know what to do. **I was working my abs like crazy, doing everything right, just like the magazines told me to do. But nothing happened. My stomach stayed exactly like it was. Sure, it was firmer than it used to be and I could sorta see my abs, but no matter how many crunches I did, I could never get them to look good.**"

He turned back to the TV for a few seconds then continued. "Then a few weeks ago, I was doing some heavy squats and BOOM! My whole core gave out. I had to drop the bar down on the bottom rails just so I wouldn't blow my back out." He looked at me then said "**What good are all these crunches if my abs don't look good and I can't even hold myself up when I'm doing squats?**... So I gave up. I left the gym and I haven't gone back. I just don't know what to do."

I looked at him in all seriousness and said "So no more crunches in the parking lot of the Piggly Wiggly grocery store?"

He sat up and said "You \$%#\$% - can you help me? I think I'm ready to do something about this."

I looked back at him and said "You've been doing crunches for 10 years." He nodded. "**Have you ever felt anything more than a burning sensation when you do high rep crunches?**" He shook his head. "**Have you ever gotten a pump in your abs** like when you do a great set for your biceps?" He shook his head again, looking very puzzled.

"Nope, nothing like that. All I've ever felt was the burn from doing high reps." Then he looked at me strangely for a moment. "Did you say 'feel a pump your abs'? Is that even possible? I've never even heard of that."

"That's because you've been doing the same exercises for your abs for 10 years, Rick. **How do you expect your muscles to adapt to anything when you keep giving them the same thing all the time!** It's like doing bicep curls with ten pound weights and expecting your arms to keep getting bigger and stronger. The abs are no different. Crunches are fine for a basic starting point but once you can do more than 15 or 20 in a row, you need to change things up. **You can't keep doing the same things and expect different results.**"

Rick looked at me then looked at the floor. "Why didn't you tell me all this before?" he finally said.

I grabbed an empty box of Cap'n Crunch and threw it at him. "I've been telling you that for 5 years!! You just never listened!" He smiled, having gotten the rise out of me that he was looking for.

"Can you show me some stuff for my abs?" he finally said.

I looked at him and said, "Man, when I get done with you, you're either going to regret saying that or it'll be the best decision you ever made. **I've got exercises that are going to get your abs in better shape in DAYS then what you got with your 10 years of crunches.** And if it doesn't happen in two weeks, I'm going to do your precious crunches on the counter of the McDonald's until they call security and throw me out."

He laughed and said "I'm going to slack off on purpose just to see that."

"Don't make it worse for yourself, my friend..."

Right then and there, I showed him a new exercise that he hadn't seen me do before, designed to build core stability. At the end of the first set, he looked at me and said "Dude, are you trying to kill me? And get that smile off your face. **I've never felt anything like that in my abs before. It's an honest-to-goodness pump in my abs.** That's crazy!" He couldn't wipe the smile off his face.

Now it was time to deliver the next blow... "Just wait'll you combine it with the next exercise I'm going to show you.... You don't have anything that you need a functioning stomach for tomorrow do you?"

He rolled his eyes back in his head then looked over at the Cocoa Puffs box. "Does it look like I'm keeping a busy schedule? Bring it on! This stuff is great! Why didn't you have me doing this stuff years ago?"

My turn to roll my eyes back. I couldn't believe the change in Rick already, just from doing a single set of an exercise that really, finally worked his entire core strongly. I thought he was going to do backflips around the room, that's how excited he was. It was, quite frankly, astonishing. **I could tell he had turned an important corner not only in his training but in his life.** For the first time, he had decided to open himself up to new ideas. He was excited about going to the gym again!

So what happened to Rick? In two weeks, his abs were stronger than they ever were before and they were already peeking out from behind the extra weight he had managed to put on. Within 6 weeks, he had a six-pack that was popping out like never before. And he NEVER had any trouble with his core strength again.

My name is Nick Nilsson. I've been a certified personal trainer for more than 9 years. I've trained with weights for more than 16 years and I have a university degree in physical education, covering physiology, biomechanics, nutrition, and

anatomy. I've spent every single one of my training years searching for (and inventing!) new ways to get results fast.

And I'm going to tell YOU about the exercises that changed Rick's life...

So when you think of abdominal exercises, what are the first exercises that pop into your head?

Crunches? Sit-ups? Leg raises?

These exercises are okay but, as Rick found out, they can only take your abdominal muscles so far. To really maximize your abdominal development, power and core strength (not to mention get a flat stomach!), **you need exercises that ATTACK your abs!** You need to not only apply effective tension to the abs, but you also need to hit them from every conceivable angle to achieve that truly remarkable, eye-catching midsection that you and I both know you're capable of.

Think of it this way...how many directions can you move your torso and legs? Quite a few! And all of these movements originate in the muscles of your core. Those who say the abs can only move in one direction are TOTALLY missing the boat when it comes to maximizing abdominal development. ***The abdominal area is far more complex than a single simple movement like the crunch or the leg raise can sum up.***

You see, doing only crunches and leg raises for your ab routine is like building a house without a strong foundation or support beams. It may look good on the outside but when you try to really use it, it's going to fall apart!

I don't know about you, but I don't want abs that look good on the outside but crumble like a house of cards when I do a heavy squat. I want the six pack AND the rock-solid core strength and stability to back it up. **I want my abs to BE as strong as they look!** If you want not only the eye-popping six-pack but also the rock-solid, high-performance core strength to go with it, you NEED the information I'm about to share with you.

And if your dream has been to get a truly flat stomach but you've been doing crunches for years without results, I've got a secret to tell you...

It's a secret that most professional personal trainers don't even know...crunches WON'T flatten your stomach! If you want to know more about this, keep reading

because below I'm going to tell you exactly what **WILL** flatten your stomach and why.

This secret will shock you because it makes such perfect sense once you learn it, yet almost NO personal trainer can tell it to you. It's not that they don't know what they're doing, it's just that they've been taught the same information that you've been getting...that crunches are supposed to flatten the stomach.

In fact, if you're a personal trainer reading this right now, this information is going to change forever how you approach abdominal training with your clients. You'll be able to **guarantee a tighter waist** where everybody and everything else has failed. This will instantly set you apart from every other trainer in your area. **You'll know how to get rid of the "pooch" stomach and lower belly bulge**, even on clients with low bodyfat.

As a bonus, strong abdominal core strength also has the ability to reduce and even eliminate lower back pain. You'll build your entire core area so strong, it'll be like you're walking around with your own natural back-brace all day long. Once you experience the power of good, solid core-training, you'll never go back to plain old crunches ever again. **It's time to take off the training wheels and take your abs to the next level...**

FACT: All Ab exercises are NOT created equal...

So what are these amazing, new exercises and what can they do for you? Couldn't you just type "*abdominal exercises*" into a search engine and get a bunch of ab exercises that way?

Absolutely! In fact, I would actually encourage you to do that. Why? Because what you're going to find is all the same rehashed stuff you see in the magazines week in and week out. That's exactly why you're here right now reading this - **you know what's out there already** and you want powerful, new exercises that are going to get you fast results...not the same old thing.

The majority of the ab exercises I'm about to share with you are exercises that CANNOT be found anywhere else either in print or on the web. You may have seen a couple of them before - I'm including them because, though they're not totally new, they're not well-known and are extremely effective. However, the VAST majority of these exercises are new. The exercises are unique and innovative. These exercises are, above all, POWERFUL. And they're going to absolutely SHRED your midsection.

Let me put it this way...**have you ever experienced a PUMP in your abs**, like what you get in your biceps when you do a great set? And I'm not talking about a burn here - you can get a burn with any old exercise as long you do enough reps of it. Getting a burn is easy. I'm talking about a powerful pump that makes your abs

feel like carved granite. I've got exercises for you that will do that on EVERY SINGLE SET. Rick experienced this and it was something totally beyond anything he had experienced before in his entire training career.

And, like the exercises I showed Rick how to do on the floor of his apartment, **for many of these amazing exercises, you won't even need any special equipment at all!**

It doesn't matter how old you are (I have people in their 50's, 60's, 70's and even 80's using these exercises!).

It doesn't matter if you're male or female (women, fear not! These exercises WON'T make you look like a bodybuilder - they'll just give you that tight, sexy waist you're looking for).

To put it one way... *you're going to learn exercises that will make the ordinary crunch look like a flailing schoolyard scrap compared to a professional championship boxing match!*

I've divided the abdominal area into four categories: upper abs, lower abs, rotational and oblique exercises, and total abdominal exercises.

Upper Abs - Develop an eye-popping six-pack that will reach out and GRAB attention!

- Think you've felt a strong contraction in your abs before? Just wait till you try this cable exercise that **makes the contraction you get from a regular cable crunch seem like a gentle breeze.** You get MAXIMUM tension at the point where the abs are in their most "anatomically-possible" contracted position (completely bent in half). You simply can't get a stronger contraction in the six-pack area.

I'll show exactly what I mean. **Try something for me right now** - while you're sitting upright in your chair, contract and squeeze your abs as hard as you can. Now bend over your chair until your chest is on your thighs. Now contract your abs as hard as you can, squeezing down and in. Feel the difference? That increased contraction happens because your abs are placed in a body position closer to their most fully contracted position. **Now**

imagine adding direct resistance to this position!

- **Want an ab exercise that can actually significantly IMPROVE your bench press strength?** Work this exercise hard and you will NEVER have trouble locking out a heavy bench press ever again. If you're not using this technique, you're missing out on BIG bench press increases. It's quick and easy to set up, and will use your abs in a way they've NEVER been used before.
- You'll learn a variation of the cable crunch that not only gives you ALL the tension of the standard cable crunch, it actually increases that tension by moving the handle away from your body - you not only have to do the crunch, you have to stabilize AND lock the weight into position at an angle while you're doing it, dramatically increasing the tension on the upper abs. Then, to top it off, you can even finish the exercise with another movement (which I will teach you) that will absolutely BLOWTORCH the upper abdominal area.
- Discover how something as simple as how you position your body on the floor can send **all the tension of a crunch like a laser beam right onto your extreme upper abs, making those upper abs pop out in stark relief**. You'll even discover how something as simple as how and where you place and use your feet can DRAMATICALLY INCREASE the tension on the abs. Forget the six-pack... this exercise will develop an eight-pack!
- Use a training partner to perform high-powered negative training for the abs that will leave you doubled-over on the floor (with a big smile on your face!) by the time you're done.
- Ever thought of using the Leg Curl Machine for doing crunches? You can use it to **put incredible resistance on the abs**, far more effectively than simply holding a weight plate. You'll get continuous resistance from the start of the exercise all the way around to the full contraction (which is impossible with regular weighted crunches - gravity just doesn't work that way).
- You'll learn a way to use the Swiss Ball (the large inflatable exercise ball) as the RESISTANCE itself rather than just something to lay down on. This simple technique will help you carve up your abs with the tremendous tension.
- Think momentum has no place in abdominal training? Think again! I'll teach you an exercise that **not only encourages momentum, it actually REQUIRES you to use momentum to work!** How is this possible? Simple. Using momentum in the proper way will actually make the exercise HARDER rather than easier, helping you develop the rock-solid six-pack you're looking for.
- **Discover a very special cable exercise that uses the preacher bench in very creative way** to put a HUGE stretch on your abs at the start. It then allows you to bring the bar around, change the pivot point of the exercise, then come down and around for a maximum contraction. I don't

care how developed your abs are - you'll feel this one in the morning.

Lower Abs - Get tight well-defined lower abs in that hard-to-reach area. You'll never have trouble working the lower abs effectively ever again!

- Hanging leg raises are a good lower-ab exercise but I'm going to teach you a variation that not only hits the lower abs hard, it also forces your abs to support almost your ENTIRE bodyweight while you're doing it...and all without a single worry about failing grip strength! **The tension on the abs is just incredible and it'll tighten up that area faster than you will believe!**

I'll even show you how to easily adjust the resistance on the exercise so you can make it as hard as you want (it'll never be completely easy though even a beginner can do it in its simplest form). To give you an idea of how effective this exercise can be, **I have VERY strong abs and I can adjust the body position to the point where I can only do 3 or 4 reps even on the first set!**

- You'll learn an amazing cable exercise that **targets the extreme lower abs that NOTHING else can directly hit**. This exercise sends the tension directly there to help tighten up and minimize the lower-ab "pooch" area that is so much trouble for so many people. If you desire that lower-ab "V" taper line that looks so good, this exercise is perfect for you.
- You've NEVER seen the Swiss Ball (the big inflatable exercise ball) used like you'll use it in this exercise. Not only will it **hit the lower abs with extreme tension, you'll also hit the lower abs with extreme instability**, working every single hard-to-reach muscle fiber in the lower abs while building great stability in the area.
- You'll get a variation of the leg raise that **takes almost ALL the tension off the lower back** (a major fault with the Hanging Leg Raise) and allows you to place all the ab-developing tension right where it belongs - right on the lower abs!
- I've even got a great lower abdominal exercise that uses your own legs as the resistance (and NOT with gravity). As you're raising them up, you're also trying to push them down at the same time. The competing tension in this exercise **tightens up the lower abs FAST**.
- Ever get back pain from doing Lying Leg Raises? Who doesn't! They're a good lower ab exercise but the torque on the lower back makes them dangerous even for a healthy lower back. If you've got dumbbells or a barbell and a floor, you can totally eliminate lower back pain with the Lying

Leg Raise. By using this secret technique (I've NEVER seen anyone else do this), **you can do Lying Leg Raises and hold your legs completely straight an inch off the ground with NO lower back stress.** And then I'll show you how to make the exercise even harder and more effective!

Obliques and Rotational Exercises - Now you're going to learn the secret to not only getting a flatter stomach but achieving mind-blowing, steel-girder core strength.

Here's the big secret...**crunches won't flatten your stomach and tighten the waist...rotational exercises that work the DEEP muscles of the core will.**

Want proof? No problem. Here's a scenario that will show EXACTLY what I'm talking about and prove it beyond a shadow of a doubt...

If you had a tensor/ACE bandage (the bandage that has elastic in it) and wanted to somehow use it to make your your waist appear smaller, how would you use it? Would you attach it to your lower chest and to your thighs, running the bandage vertically? Would you loop it over your shoulder and between your legs? Of course not! You'd wrap it AROUND your waist as tightly as possible, like a corset.

And here's why doing crunches won't flatten your stomach or tighten your waist: the muscle fibers of the Rectus Abdominus (the six-pack abs) run VERTICALLY on your, starting at your rib cage and attaching down on your pelvis, just like if you were looping the tensor bandage over your shoulder and between your legs. You can work them like crazy and even develop that six-pack, but you WON'T get that completely tight waist and flat stomach you're looking for because **the muscle fibers would have to run horizontally AROUND your body in order bring your waist in and tighten it up.**

The solution, like I mentioned above, is to work the muscles that are designed for the job: the deep muscles of the core that are arranged AROUND your waist... these are called the Transversus and the Obliques. And I'm going to teach you exercises that DIRECTLY target these often-ignored deep muscles to cinch up your midsection and give you that tight, wasp waist that crunches haven't given you and never will.

Not only will these exercises tighten up your waist, they will also help you reduce and even possibly ELIMINATE lower back pain. What do workmen often wear when they're lifting heavy objects? A lower-back brace. They wear these braces because their core strength is not sufficient to provide that protection on its own. With the exercises you're going to learn, it'll be like having your own natural, built-in back brace working for you all the time! **I've also included some excellent**

lower back training information to help you keep your core area balanced, front and back.

And let's not forget the incredible abdominal core stability you're going to develop. When you develop these deep core muscles and create that natural back-brace, you will immediately be able to lift more weight in the big exercises like squats, deadlifts and even the bench press. Let me put it this way...**after using these core stability/strength exercises, I've done deadlifts of over 500 lbs and partial squats of 1100 lbs with NO WEIGHT BELT.** I don't even own one anymore. Don't want it. Don't need it. And my lower back has never felt better.

You're going to learn exercises that:

- **multiply the effectiveness of a standard trunk twist by a factor of 10!** Regular use of this exercise will have you throwing harder, batting further, driving a golf ball longer, and punching with more force, not to mention developing steel-girder core strength and stability. This simple technique will dramatically increase the power and effectiveness of your rotational training.
- **target and tighten the "love handle" areas directly.** Traditional side bend exercises will build up the muscles underneath the love handle area. NOT what we want! This actually pushes the fat pockets out and makes the area look bigger! The exercise you will learn relies on forcing an extremely hard contraction in the area, tightening it up and making it smaller, not adding mass to it and making it bigger.
- **isolate and maximally develop the Serratus Anterior** muscles that mark a truly finished physique. When these small but striking muscles jump out in stark relief, heads will turn!
- **work the side abs without any twisting whatsoever.** Most exercises that target the obliques require you to rotate or twist. If you have any trouble with your lower back, this twisting can potentially aggravate the problem, leaving you unable to work those important muscles. A simple technique you can use will immediately throw the tension to the obliques in addition to the frontal abs WITHOUT ANY TWISTING OR ROTATION.
- **highlight and maximize those eye-catching, diagonal lines (known as inguinal lines)** that define and set apart your lower abs from your hips and legs. Definition in this area simply SCREAMS "sexy" (sure, it may sound corny but let's face it, you're not working your abs as hard as you do ONLY so they'll be stronger...)
- **can be done at home with ZERO equipment** that work better than club machines that cost thousands of dollars. In fact, I've got an exercise for you that tightens up the muscles of your ENTIRE side from your armpit to your hip bone and all you need is a floor.

Total Abdominal Exercises - Work the ENTIRE abdominal area all at once with timesaving exercises.

Now, to really take your abdominal training to the next level, we're going to attack the entire abdominal area as a system, not just in parts. These exercises will develop the entire musculature of the abdominal area all at once.

I will teach you exercises that will:

- **use both pulleys of the cable cross-over machines to apply literally double, TRIPLE and even QUADRUPLE the strength-building tension of a standard cable crunch** to your abs. And this is NOT an exaggeration. By attaching yourself to both weight stacks, you are more solidly anchored and able to use the FULL power of the entire abdominal area. Standard cable crunches are limited by your bodyweight - you just can't crunch down more weight than your body weighs! It's not that your abs aren't physically capable of it, it's just that the mechanics of the exercise itself won't allow it. EVERY OUNCE of strength at your entire core's disposal will be called up for this exercise. Trust me... you've NEVER felt an ab exercise work like this before.
- combine pulldowns together with dumbbell presses to run almost **UNBELIEVABLE cross-tension through your abs**. This exercise hits not only the deep fibers but also the front, six-pack fibers for total ab development. I've been training for a LONG time (more than 16 years) and it takes a lot to make my abs sore. The first time I did this exercise, my abs were sore for 3 days. And MAN did that feel good!
- **directly attack the "pooch" area/belly bulge area that plagues even people with low bodyfat levels**. You may have experienced the frustration of working like crazy to bring your bodyfat down to get a flat stomach and great abs only to have that bulge continue to stick out. Guess what! It's not fat causing that bulge - it's the way the muscles have been trained. This exercise not only works that area DIRECTLY, it works it with a sucking motion (I know that sounds strange - you'll have to try the exercise to feel exactly what I'm talking about). This sucking motion actually teaches the abdominal wall to stay up and in, and not sag forward, which is what causes that belly bulge/pooch stomach, even when bodyfat levels are low.
- **target the core support muscles that are CRITICAL when doing squats, deadlifts**, and literally ALL exercises where your body is supporting free weight. And not only will this exercise build up your supporting power, it will also teach you how to use your abs at the bottom of the squat and deadlift to actually INSTANTLY increase the amount of weight you can lift. The moment I had the brainstorm and learned how to

use the abs to help me squat, I literally added 20 lbs to my maximum squat right then and there. I was able to come up out of the bottom FAR more easily and more powerfully and that was even before I had used this exercise regularly. With regular use of this exercise, your abs will help you rocket up weights you were struggling with until very recently!

- **allow you to add extraordinary, results-producing resistance to a crunch movement without requiring any outside resistance at all!** The secret? Instead of raising your shoulders off the ground in the typical crunch pattern, you will anchor your upper body down ([all you need is a solid object like a pole or doorframe to do this](#)) and **use your ENTIRE lower body as the resistance**. When your upper body is anchored, as you try to crunch, your lower body is going to come up instead. I call it an Inverse Crunch and it needs to be seen (and tried) to be believed. This exercise will put a six-pack on chalkboard - it requires NO equipment and it can easily be adjusted (through body positioning) to make it easy enough for a complete beginner to get a great workout or hard enough to make an advanced trainer curl up into a ball at the end of the set (been there, done that!).

Your abs will NEVER be a weak link in your training ever again!

Individually, these exercises are awesome...when properly combined together in a synergistic fashion, the results can be downright STAGGERING

And this is because I am not only giving you the full scoop on how to do all these exercises, but I'm also putting the exercises together into very specific workouts that are designed to help you achieve very specific goals. It's great to have these amazing exercises, but when you know how to put them together into laser-targeted programs, *you'll be able to take your abdominals and entire core area FAR beyond where you've ever been.*

Here's a list of some of these highly-targeted programs :

- **Waist and Love Handle Minimizers**
- **Core-Strength Workouts**
- **No-Equipment Workouts**
- **Six-Pack Workouts**
- **Abdominal-Detail Workouts**
- **Explosive-Core-Strength Workouts**
- **Combat-and-Contact-Sports Workouts**
- **Lower-Ab Workouts**

- **Swiss-Ball Workouts**
- **Serratus Builders**

No matter what your goal or desire for your abs, I've got a program that puts it all together for you.

And the exercises I've described right here are only just the beginning...

You'll get **55**, check that **77** of these mind-blowing new abdominal exercises in the powerful training eBook "**The Best Abdominal Exercises You've Never Heard Of.**" Now why did I cross out 55 and write 77? Because I've just recently updated the book and **added 22 completely new exercises** to it, **most of which can be done with little to no equipment!**

You see, I realize that **not everybody can go to the gym to train or even WANTS to go to the gym to train.** I wanted to be sure there were TONS of exercises you could do without ever leaving your home. Have no equipment at all? You'll still get great results. Have a few dumbbells or an exercise ball? Even better!

You won't believe the exercises you can do and the **stunning results you can get with VERY basic equipment** - the kind you see being unloaded at garage sales for peanuts practically every weekend in the summer.

These exercises are the real deal.

And not only will you get detailed, easy-to-follow instructions on how to perform the exercises, ALL the exercises have pictures that demonstrate proper form and positioning and many of them even have **VIDEOS** (that run on your computer) demonstrating the exercise technique. With information like this, you'll always know EXACTLY what you're doing. There is simply **NO guesswork involved.**

In addition to pictures and videos, every exercise features tricks and techniques for making the exercise even more effective, common errors to help you correct your form so you'll never have a problem, and variations that dramatically expand the versatility of the exercises.

You'll know these exercises inside and out and soon **you'll be amazing people in the gym and at the beach with your astonishing abdominal development and super-strong core!**

And here's the best part...the more developed your abs are, the better they'll pop out even when you're bodyfat is higher! Just imagine how they'll look when you get your bodyfat lower...

So I'm going to give you my fat loss secrets too!

In this recent huge update to the book that I mentioned above, I've added a VOLUME of great fat loss information - secrets that it's taken me years to research and discover. You're going to learn my **shortcuts to ripping the fat off your body WITHOUT slowing down your metabolism**. You're going to learn what you should be eating, how you should be training, how fat loss pills can actually make you FATTER, and even an extraordinary training technique that is second-to-none in firing up your metabolic furnace.

I've got to tell you, I've had people tell me that this fat loss technique "didn't feel so hard" while they were doing it, but **when they finished, they felt like a fire had been lit inside them**, to the point where they felt like wearing shorts in winter! THAT is how you crank up your metabolism to burn fat. Forget sitting on the stationary bike for an hour and getting nowhere (literally and figuratively). This will peel the fat right off your new abs that you've worked so hard on.

But do keep in mind, you'll only get out of these exercises what you put into them. The harder you work at them, the greater your rewards will be. Believe me, I'm not here to give you a magic wand that will transform your abs quickly with no work involved. That's NOT what I'm all about. In fact, many of these exercises will test your abdominal strength in ways you've NEVER experienced before. **I'm not telling you this to scare you, but to challenge you!**

If you want an average midsection and "okay" core strength, stick with the standard crunches and leg raises. Those exercises will definitely help you stay average and the exercises in this book are definitely not for you.

But I know you're not reading this because you want to stay average. In my 9 years as a personal trainer, I have yet to have someone walk up to me and say "can you help me stay average?"

So to help you achieve the spectacular results you deserve for your effort, I'm giving you 77 exercises, 38 programs and a pile of powerful fat loss information. Put all this together and you've got an ab-training package that blows the doors off any other ab training you've ever done in your life. Imagine walking out of the gym feeling like you've got corded steel bands wrapped tightly around your waist!

I want you to read these eye-opening comments from people just like you who use these powerful and unique exercises...

Hi Nick,

*I had a look at the book yesterday and it did not let me down. Congratulations Nick - **this stuff is bloody brilliant**. First I thought - yeah right, how many ab exercises that we have not seen could possible be out there? Well, you obviously proved that there are plenty of them. To be honest, I only knew one.*

*It's clear that lot of imagination, lateral thinking and your vast experience went into this. **All the exercises are the real deal - functional stuff**. The book is a breeze to read, well-structured and the pics and video clips take all the guesswork out.*

Any trainer out there who wants to keep up to date with the latest in training techniques should have this book.

*George Hynec
MA Training
ISSA S.M.A.C (Specialist in Martial Arts Conditioning)
Instructor
RKC (Russian Kettlebell Challenge) Instructor
Sydney, Australia*

Hi Nick,

***I love the ab book.** I know a big part of shredded abs is diet and cardio but, my abs never looked like this. And, I never felt them like this while training them. I can really feel upper, lower and obliques when I do the exercises from the book. My favorite one is the most simple - the cross bench crunch. You can do uppers, then lowers, or both at the same time. I even get my obliques with this thing! It's made such a difference.*

*Actually, everything I've gotten from you has. The entire way I train is different now from "Metabolic Surge," "The Best Ab Exercises" and "Gluteus to the Maximus." My body is outrageous right now Nick, seriously. Everyone asks about it all the time. **Everyone wants my secret! I don't even train harder, just smarter.***

People literally stare at me trying to figure out what I'm

doing, it's a good time! Thank you Nick for everything... **I have the body I have always wanted right now because of your stuff.** Nice Work!!!! Warmest regards,

Heather Ireland

The abdominal exercises, they just blew me out of the water. **I'm seeing muscles I never thought I had.** They are simply amazing. **Mark my words, I will never go back to doing crunches again!!!** My favorite exercises are the Bench End Leg Raise/Cable Crunches, Reverse Leg Raises, The "Ab Ripper", and the Trunk Twists With a Twist. Talking about cramping up the midsection, I really busted my "abs":) I haven't tried all the exercises, but I am looking forward to trying them all out. I will send you my before and after pictures as soon as my abs are ripped to shreds. Keep up the good work.

Gary Mackey
Laredo, TX

Fantastic exercises! **I have never felt my abs like this yet,** and I have only tried out about half of the exercises so far. I really never would have thought up any of these on my own.

Jason Priest
Toronto, Canada

These exercises have changed my total body. Incredible... I used to have a belly, now I have the outline of a 6-pack. In 3 months, I've lost 46 pounds (also doing a lot of cardio). Too many exercises to do them all, so I rotate different ones on different days. I love the book!!!! Hard at it. Well done!

Jon Campbell

Dear Nick,

Haven't been able to try out all the exercises yet, but **I've really noticed a difference** with the Foot-Resisted Crunches, the Ball Arm Scissors and the Ball Pullover Crunches - a good "burn " at the time and I can still feel the effects the following day!

Since starting on your exercises, routines have taken on a new life - **the love handles have gone**, and along with other training the **bodyfat levels are coming down** so perhaps before the Spring is over I hope to see at least shadows of **a six-pack even as a 63 year old!** Keep the ideas coming.

John Copeland

In the past week or so since I got your ab exercises, I've been working these exercises in the gym. I've had people ask me about a particular exercise they caught me doing. I'm stoked. I'm eager to hit the gym. **Few things are worse than that stale feeling one gets from lack of inspiration in one's routine. I've got enough now to keep me going for a long time.** A defined inguinal by the summer, baby!

Kevin Farrington

These are absolutely the most effective exercises I have ever tried. I'm 65 years old and in six weeks my core strength is at or exceeding anything in my life. I've lost an inch in my waist and my daily functionality is dramatically improved.

Herb Summerfield

So how did I come up with all these exercises that nobody has ever seen before?

Well, I'm an experimenter at heart. Since I first picked up a dumbbell almost 16 years ago, I have never stopped trying to find new and better ways to work the muscles...and let me tell you, abs were always the most fun when it came to that!

My degree in Physical Education, encompassing **physiology, biomechanics and kinesiology**, served only to ignite and focus my passion to create innovative exercises. University knowledge is what I base my exercise innovations on...I work using sound biomechanical science. You'll be able to tell from the moment you try these exercises that these exercises work... I can tell you exactly why and how they work, which is exactly how I came up with them!

When you get these exercises, you're getting advanced knowledge that will take YEARS off your learning curve.

In fact, I will teach you all these exercises personally!

Relax... I'm not going to show up at your doorstep tomorrow morning! I'd love to be right there with you to show you the exercises and share in your excitement as you try these exercises for yourself.

Unfortunately, I can't, but I can do the next-best thing. I can bring this information to you in an instantly-available e-Book format. e-Books are great because they allow me to **get this information to you RIGHT NOW!** There is no waiting for the Post Office to deliver the book. **You'll get it NOW.**

And not only will you get these exercises now, but **the e-Book format allows me to do things that no one can do in a regular book** (when was the last time you saw a video demonstration of an exercise when you turned the page of a regular book or magazine?).

You will be training like a pro the moment you open this e-Book with plenty of "no-brains-required" exercise descriptions, pictures and videos.

I'm a personal trainer by trade and I know exactly how to teach exercises so my clients learn them as quickly and efficiently as possible. *I've put all my teaching and writing skills into explaining and demonstrating these exercises so you won't have any problems learning the exercises at all.*

- I've made sure that **every exercise description is very detailed and easy to understand.** *You'll always know exactly what you're doing through*

every stage of each movement.

- **Exercise photos** will guide you in proper form to help you get more effective tension out of each and every rep.
- I've included **large, full color exercise videos** to show you exactly how a number of these exercises are performed.
- You'll **learn the common errors** seen with each exercise so you know exactly how to avoid them. *It's like having your own personal trainer (me) standing beside you while you're doing the exercises! You just can't go wrong.*
- You'll **get a ton of incredible tricks** for making these already-effective exercises even more effective, kicking your gains into overdrive!
- Every single exercise is accompanied by a **printer-friendly version**. *You can print out each exercise and can take it to the gym with you so you'll do each exercise right every time.*

And this e-Book is self-contained. All you have to do is download it to your computer! Not only that, navigating through the book is as simple as pie. Just click on the links to the bodyparts and exercises you want to see and they pop right up in full color! **Nothing could be simpler!** It doesn't even matter if you're a novice on the computer - it's easy to do.

On top of all that, I'll give you my personal e-mail address so you can always contact me if you ever have any questions at all about any of the exercises. I want to help you succeed and **these exercises are like my children** - *I know everything about them; how to teach them, how to perform them most effectively, how to squeeze every last drop of results from each and every rep.*

Now what if I told you that you could get every groundbreaking exercise in "The Best Abdominal Exercises You've Never Heard Of" for only \$39.95?

I would be wrong...

Because I'm offering this powerful ebook to you for only **\$29.95.**

Plus, when you click to order, I'm going to tell you how you can actually get the book for only **HALF** that price...

I know the value of this information will speak for itself when you try it. To show you the true value of what I'm offering you, I would like to say there are comparable books out there that cost \$49.95, \$59.95 or even \$99.95. But I can't,

because there simply are no other books like it out there anywhere! **For the quality and usefulness of the information you're going to get, this is not just a bargain, this is a steal.**

[Click here to order now!](#)

Note: this book is available as an immediate download (by clicking this button) or mailed to you on CD-ROM. See below for details. This book is available in both Mac and PC versions. **NOTE:** If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

Hi Nick,

This is a gag between personal friends, but not too long ago, I declared that this was going to be "The Year Of The Ab". Coming across your website by chance, I thought I'd have a look and see what you had to offer.

And let me tell you, just going through the first 5 pages of your course, I was already itching to shoot you this e-mail.

... Boy, oh boy, am I blown away.

*Working with the volume and quality of athletes I do (I have coaches, trainers and independent athletes from the NBA, NFL, Major League, English Premier League, EUFAFA, NCAA and Olympic on my private advising service)... **when it came to hardcore abdominal training I thought I'd seen it all.***

I can honestly say I have never seen an ab-training resource so complete. I particularly like the detail and attention to correct, strict form.

Throw this e-mail all over your website - people need to know that this is the very best collection of totally abstract, never-before-seen abdominal exercises that has ever been compiled. You deserve to know it and they deserve to know it, too!

I'm going to tell anyone who dares to listen: "Get Nick's "The Best Ab Exercises You've Never Heard Of" right away and let this be your Year Of The Ab, too!"

*Best,
Luke Lowrey*

*"The World's Undisputed #1 Vertical Jump Expert"
Creator, TheVerticalProject.com*


And not only are you going to get "**The Best Abdominal Exercises You've Never Heard Of**," I've also lined up **eight valuable bonuses** for you just for ordering today!

 **Bonus #1: The Creatine Report - by Will Brink (\$19.95 value)**

Learn why creatine is the most scientifically-proven sports performance supplement in existence! Will lays out how it works, how to use it and why it's so effective for not only performance but muscle building and more!

 **Bonus #2: Bodybuilding Recipes - by Will Brink (\$19.95 value)**

Having trouble eating healthy? Need some variety in your diet? These great bodybuilding recipes will help keep you eating great and eating tasty

 **Bonus #3: How to Cut Through the Hype of Fat Loss Ads and Never Get Ripped Off Again! (\$19.95 value)**

In this report, you'll learn exactly how to see through the 12 devious techniques advertisers use to get you to buy their ineffective fat loss products. Some of them are downright sneaky and you'll never even see them coming until it's too late and they're out spending your hard-earned money. Read this and you'll never be cheated again!

 **Bonus #4: How to Improvise Training Equipment Out of Just About Anything (\$19.95 value)**

You'll learn the golden rule of equipment improvisation: it's not garbage until the truck takes it away! Some of the most effective exercises I've ever encountered are done using ordinary household items, furniture and even stuff that's been "rescued" from the kitchen garbage can. I'll teach you what to use and how to use it for best results.

 **Bonus #5: My Personal Set Of Fitness Calculators (\$29.95 value)**

Want to be able to predict your one-rep max simply by punching in a few numbers? Like to know your current bodyfat percentage? Do you need to know how many calories you've burned doing a specific exercise or how many calories you require during the day? You'll find all these calculators and more in this package!

 **Bonus #6: 50 Questions Answered About Bodybuilding - by Robert DiMaggio (\$19.95 value)**

Learn the answers to some of the most frequently answered bodybuilding questions from an expert in the field, including questions about muscle building, fat loss, training technique and much more!

 **Bonus #7: Free Updates for Life**

Whenever I come out with an update of this e-Book, you'll get it for free (and I plan on adding a lot!). If I add new exercises to it, you won't miss out. If I include more exercise tips and techniques or video clips, you won't have to buy them. As long as I know where to get ahold of you to let you know an update is out, you'll be the first to know about it.

 **Bonus #8: My Time (\$50.00/hr value)**

*That's right! **You will have me as your personal trainer by your side, at your beck and call.** This way if you ever have any questions about any of these amazing exercises, you can fire it to me and you will usually get a response within a few short hours...Many people get the "**Best Abdominal Exercises**" based on this bonus alone...but you will get it FREE if you order now!*

You'll get my full support - anytime you need it. Nobody knows these exercises better than me. I am ALWAYS available to you to ask questions whenever you need help. Think you can email the author of a book you bought at the store and ask them a question about the exercise on page 79? No chance.

My goal with this information is to help you transform your abs. The best way for me to do that is to help you with it whenever you need help, because, to be honest, **helping you understand the exercises helps me to understand how to make the exercises work BETTER.** I greatly value your feedback and your questions so never be shy to ask!

Here are some comments about the support I've given to people with my programs and exercises. As you can see, when it comes to support, I don't mess around. I treat people how I'd like to be treated myself!

"Thanks for all your help over the past few months! It has helped me tremendously. Also, I would like to say that here in England, hardly anyone is dedicated to helping their students anymore and **I really appreciate how you have gone to so much trouble just to help me.** Thank you for all your time and effort!!" Shahid A.

"I really believe that what I bought from you was definitely the best investment I ever made for my fitness goals. **The customer support you have given me is outstanding.** The more I read over the information, the more I get motivated in my training." Douglas Wethington

"**I sincerely thank you for your valuable advice,** and for clearing my doubts. I only wish there were more people in this world like you, who are so spontaneous in giving good advice even to people you have never met!!!! Then this world would surely be a better and healthier place." With gratitude, Dennis Gonsalves

Now I'm asking for your trust.

I've passed a lot of information on to you here today. It's up to you to take the next step. So to take away any hesitation you might have about trying out these exercises, I want to extend to you a **full lifetime money-back guarantee. This is not a 90 day or even a 6 month guarantee as you will find in most places. It's LIFETIME.**

If, at any time from now until whenever, you are not satisfied with the information in this book, let me know and you will receive a prompt and courteous refund. No questions asked, no hard feelings. I stand behind my programs and exercises 100%. I wouldn't offer this information to you if I didn't believe totally in what I was giving you.

I know these exercises can practically work miracles. I've seen it and experienced it and I want nothing more than to share this information with you. You risk absolutely nothing by trying these exercises because **if you don't get results, I'll give you your money back.**

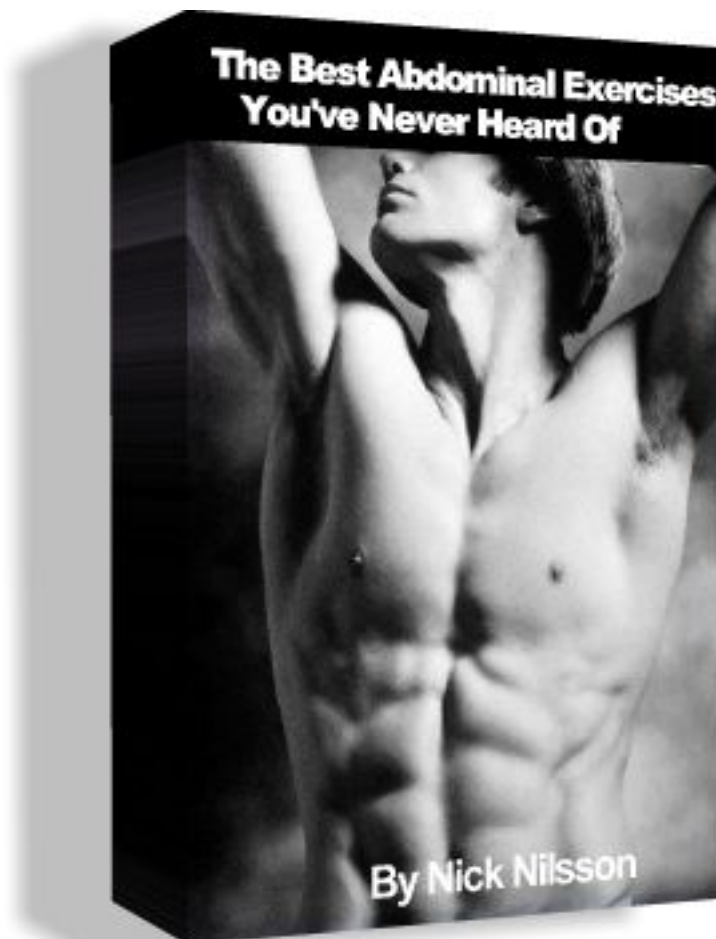
I'm in the business of helping you get results from your training. I have NO desire to give you information that I don't stand behind 100%. If I were standing in front of you right now, I would look you straight in the eyes and tell you, with no hesitation whatsoever, that if you put these exercises to work in the way I've laid it out in this book, **these exercises will get you where you want to go in your training.**

You have my word on this and it's not something I take lightly.

I believe customer service and customer satisfaction are the two most important things when running a business and I want to make sure you know my level of commitment to you when you purchase this book. I also want to take away all the risk to you so you can experience the power of these exercises for yourself without any worries.

I know this is not a small investment for you or something that you take lightly either, so if you're **EVER** (and I do mean EVER, be it next week or next year or beyond) not satisfied with the quality of the information in this book, just let me know and I will give you a prompt and courteous refund. No questions asked.

That's my promise to you.



Here's the bottom line...

In "The Best Abdominal Exercises You've Never Heard Of," you are going to learn how to perform THE most effective abdominal exercises in existence.

You will learn 77 extraordinary exercises that will:

- Flatten your abs
- Build rock-solid core strength and stability
- Develop your six-pack abdominal muscles to their fullest potential
- Tighten your waist
- Define and develop your obliques and serratus muscles
- Target your lower abs and belly bulge
- **Ensure that every moment of your ab workout is used to maximum efficiency, [cutting your workout time to a fraction of what it was before](#), with stunning results!**

All better than the exercises you're using now and all for only **\$29.95** - the price of a tank of gas or a large pizza. **You owe it to yourself to try these exercises now! [And remember, when you click to order, you'll learn how you can get this book for only HALF that price!](#)**

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[Order your download now!](#) Your payment is processed through Clickbank, a well-known, trusted online payment service. Your transaction is processed by a real bank and is 100% secure. When you choose this option, **you will be taken to your download immediately.** Note: If you have a U.S. checking account, you are also welcome to pay by online check. ([click here](#) to see how to do this). **PayPal** is also accepted through this system. This book is available in both Mac and PC versions.

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[Order "The Best Abdominal Exercises You've Never Heard Of" on CD-ROM](#)

for only \$34.95. You can have this eBook mailed to you on **CD-ROM instead of downloading** (price includes worldwide shipping and handling).


NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

If you have any questions about the book or this offer, please don't hesitate to contact me at betteru@fitstep.com any time!

Best regards,

Nick Nilsson
Author of "The Best Abdominal Exercises You've Never Heard Of"
Vice President
BetterU, Inc.
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When I Started Training, I Would Have Absolutely KILLED To Get Exercises As Powerful and Effective As The Ones I'm About To Share With You RIGHT NOW.

You Are About To Learn Exciting New Exercises That Will...

- ***Squeeze FAR More Results Out of Every Single Ounce Of Effort You're Already Putting Into Your Workouts Right Now***
- ***Shatter Training Plateaus Like a Brick Through A Plate-Glass Window***
- ***Develop and Work Your Muscles With Incredible Efficiency***
- ***Push Your Overall Muscular Development To A Whole New Level***
- ***Totally Eliminate Any Trace or Possibility of Boredom in Your Workout Routine***


From: Nick Nilsson
Sunday, 9:47 a.m.

Dear Friend,

If you answer "Yes" to any single one of these questions, you NEED the information on this page...

- ***Are you experienced with weight training and interested in dramatically increasing the effectiveness and efficiency of your workouts?***

These highly-targeted exercises will allow you to squeeze far more results from the exact same time and effort you're putting into your workouts right now.

- 
- **Are you a Personal Trainer seeking out new exercises to help your clients get maximum results and keep their interest high?**

These exercises will not only make you look like a genius in their eyes, they'll spark your clients to new levels of development (and make sure they come back to YOU for more).

- **Are you ready to learn truly innovative exercises that will leave you (and everyone else in the gym) standing there shaking your head with amazement?**

These are not your typical, plain-Jane exercises or slight variations of exercises you already know. The unique approaches, angles and positions will ensure not a SINGLE muscle fiber goes unworked.

- **Are you ready to learn exercises that you will never see in any magazine or book, simply because **nobody else has thought of them?****


I'm here to tell you right now...

You Will Learn Exercises So Effective and Efficient at Working and Developing Every Single Muscle Fiber in Your Body, They'll Have You Cursing My Name!

What is my name? It's Nick Nilsson. Remember it for cursing when you do these revolutionary exercises because I guarantee you'll be sore in ways you haven't experienced since you first started training! That means you'll be **developing your muscles with hyper-efficiency and recapturing that incredible adaptive, anabolic drive that you haven't seen since you first started training.**

And just how do I know you'll be cursing me?

Because I've experienced that very same deep, growth-producing



soreness and cursed myself for finding those exercises. But I loved every second of that soreness because it meant just one thing to me:

RESULTS!

Now, I'm sure you're wondering at this point what makes me an authority on the subject of unique exercises. If I were in your place, I'd want to know that this information wasn't coming from just anybody. Well, I'll tell you!

I've been a Certified Personal Trainer for 8 years. I've been doing hard-core, heavy weight training for more than 15 years and I have a degree in Physical Education, covering biomechanics, kinesiology, anatomy, physiology, and nutrition. I've written 4 books on weight training as well as numerous articles, published on prestigious weight training sites such as Bodybuilding.com, AtoZFitness.com, IronMagazine.com and many others!

And you know what? I'm going to tell you all about these incredible exercises and how you can use them to squeeze FAR more results out of every ounce of effort you put in and every single set, rep and workout you do. **It doesn't matter if you're male, female, young, or not-so-young, THESE EXERCISES WILL WORK FOR YOU!**

These highly-targeted new exercises will practically FORCE your body to quickly gain new muscle mass and strength with no more effort than you're putting in right now.

I've been training for a long time (more than 15 years) and I've seen it happen time and again: *the moment I start sharing these laser-beam targeted exercises with a trainer who's been stuck in a training rut, it's like a lightbulb flashes on!* Their enthusiasm for working out comes back and they start getting results again (growing like a weed and building strength like crazy) like when they first started training. It's happened with countless people that I've helped and I can promise that it will happen with you.

I'm so eager to share this stuff with you! I'm really excited about the amazing gains you're going to make when you use these exercises. You see, **the key to making continuous progress in weight training is change** *and that is exactly what these exercises are going to do for you!*



These new exercises will:

- **provide a new growth stimulus** for your muscles, which will help you **make gains without any more effort than you're putting in right now** on your current exercises and programs.
- **increase your strength** in other conventional exercises. You could potentially add 50 pounds or more to your bench press simply by adding in one of the new exercises that I'm going to show you.
- **help you blast through plateaus** quickly and easily. No more ruts. No more stalled progress. *You'll have the knowledge you need to blow through them like they weren't even there.*
- work muscles you didn't even know you had. These underworked, underdeveloped muscles are often the **key to unlocking gains that are just not possible with conventional exercises.**
- help you **develop a more complete physique** by working all your muscles from many different angles. *I don't care if you're male or female, you'll turn heads wherever you go!*
- **prevent staleness and boredom and send your motivation sky high.** You'll not only look forward to going to the gym to use these exercises, your energy levels will be through the roof! Nothing gives you that spark to train like feeling your muscles rapidly responding and growing like a dry sponge dropped in a glass of water.

Remember when you first started training? It seemed like everything you did, no matter how you did it, got you rapid results. You know that beginners make great gains quickly when they first start training because you've not only seen it, you've been there.

It happens this way because your body is rapidly adapting to a completely new stimulus (weight training). But as you get more experienced, these kind of results are much harder to come by. Doing new exercises, like the ones I'm going to share with you, can help you **recapture that powerful adaptive, anabolic drive** in your body so you can **make gains that rival what you did when you first started training.**

And the best part is, not only will these exercises **plug right into whatever program you're working on right now, they will dramatically increase the efficiency of the program itself!** You can put them to work in your very next workout. Instead of doing regular barbell curls, substitute in one of your new biceps exercises. The results will shock you!



Because right now you're going to learn...

The shocking truth about how and why muscles grow bigger and stronger...

Muscles need to be shocked! And I'm not talking about a flimsy ab belt that makes your guts twitch either. I'm talking about **SHOCKED!**

Think back to the very first time you did squats, deadlifts or lunges. Remember barely being able to sit down on the toilet for 2 days after that? Remember that sweet soreness and the rapid leaps in strength and muscle mass soon after? This is the kind of "shocked" I'm talking about.

But the best part is, the exercises I'm about to tell you about will do that for every single muscle group in your entire body!

Here is just a small sample of a few of the 53 unique exercises you're going to master...

Abdominal exercises so focused, they'll leave you doubled over on the floor, grinning ear-to-ear. You'll have the rippling washboard abs that demand notice!

- The abs are very rarely worked through their full range of motion. The traditional crunch or sit-up starts with your back basically flat, completely missing the arched-back range of motion. *You will learn an abdominal exercise that looks like a sit-up and loads your abs like a sit-up but directly targets your abs from full stretch to full contraction, all with no back stress.*

This exercise uses the biomechanics of the midsection to zero in on the abdominal muscles like a diamond-cutting laser beam. Plenty of trainers (even advanced) can only do one good set when they first do this exercise. **If I could only do one ab exercise for the rest of my life, this would be it.**




- Most ab exercises work from only one direction. For example, the crunch only works from the top down as you go through the range of motion. You'll discover an exercise that works the abs from 2 different directions at the same time, effectively **DOUBLING the tension on your abs** in one movement. *And if you throw in a simple twist, you'll get tension in 3 different directions! Imagine the iron six-pack you'll develop from that!*
- Want to learn an exercise that will increase your core strength so effectively that you'll feel stronger and more stable in practically every other exercise you do? This simple movement does just that. It strengthens the muscles that support your upper body and transfer force through your midsection. Strengthening these muscles **can immediately boost sports and lifting performance tremendously.**

Unique back exercises will build raw power and etch extraordinary detail

- Learn three extremely rare versions of the barbell deadlift that will **build your lower back and abs so tight and strong, your core will be practically bulletproof.** And not only do these exercises work your back, the beautiful thing is, when you go back to regular deadlifts, *your grip will be so strong you won't ever need to use straps again!*
- Do you want the great results of a rowing movement but experience lower back pain whenever you do bent-over or seated rows? This exercise, done using two dumbbells and an adjustable incline bench, **takes every little bit of stress off your lower back**, allowing you to concentrate on working your lats into oblivion.
- You'll learn variations of the chin-up that are **so innovative, I guarantee you've never seen anyone doing them.** I'm sure you'll get the same looks that I get when I do them, but the results speak for themselves. *All the smaller, detailed muscles in your back that add that "finished" look to your physique will just jump right out at everyone and demand attention!*

Get pecs that pop! Develop an upper chest you could set a glass of water on!

- Want to know the secret exercise that will ensure you **NEVER hit a bench press plateau again?** The secret to a big bench lies not




in your muscles but in your connective tissue. I was stuck at a 300 lb one rep max bench press for 6 years before I figured it out. *In only 3 months after working at this exercise, I did that for 8 reps!*

- Don't have access to a cable crossover station or a pec deck but still want a hard contraction to carve detail into your inner pecs? This simple dumbbell exercise will do it (it's not flyes or bench press either). You can **develop eye-popping striations across your chest** even without those machines. All it takes is a bench and a dumbbell.
- *The traditional flat bench press doesn't allow you to maximize your true pec potential.* The shoulders and triceps have a tendency to take over, limiting your pec development. To really build your chest, you need to open up and expand your rib cage. This simple positioning trick on the flat bench literally **FORCES your chest into the optimum position**, expanding your rib cage and throwing massive, muscle-blasting tension directly onto the pecs.

Thigh exercises so strongly targeted, they'll leave you crawling on floor, waving goodbye to chicken legs forever!

- *You may have heard of the one legged squat before but you may not know of its incredible strength and muscle-building potential or how to unleash it.* I'll give you a step-by-step how-to guide to this exercise that will leave you amazed at its versatility and power. You can use it to **build raw strength, powerful muscle and incredible balance all at once!**
- *Ever used so much weight on an exercise that you permanently bent the bar?* I've done it (don't tell the gym owner where I used to work out) and I'll show you exactly what exercise to use and how to use it with insanely MASSIVE amounts of weight. **I have personally used 1055 lbs. (not a typo!) of raw free weight for this exercise at a bodyweight of 195 pounds.** That's approximately 5 1/2 times my bodyweight! Imagine how light all your other weights will feel after that! And just imagine how much muscle and strength your body will pile on in response to this tremendous load!
- Are you tired of the traditional leg curl machine as your usual hamstring exercise? *You will learn a unique exercise which uses nothing but your bodyweight that will leave even the most advanced trainer limping away from it with a smile.* It's a fact that exercises that move your body instead of the weight activate more



muscle fibers. This exercise throws nearly your entire bodyweight onto your hamstrings (though you can hold onto extra weight to add even more tension if that's not enough). **It develops steel-cord hamstrings faster than any exercise I've EVER come across.**

Develop incredible biceps that will drop jaws at 20 paces

- Speaking of bodyweight exercises, if you've ever had difficulty building your biceps, you'll appreciate this exercise. It's a variation of the pull-up that, when you add in the simple adjustment that I've come up with, throws **90% of the muscle-building tension of the pull-up onto your biceps**. You'll never have a problem building your biceps again! Imagine the results you'll get from a bicep exercise done using almost your *ENTIRE BODYWEIGHT!*
- And if you thought using your entire bodyweight was impressive, want to try using double your bodyweight on a biceps exercise? I know how to do it and I'll show you how it's done. With this version of the barbell curl, **you can literally feel your biceps bursting with growth** when you're doing them. *Beware: this one isn't for the faint of heart! At a bodyweight of around 200 lbs., I've done this exercise using 365 lbs! You won't believe the extraordinary, deep growth stimulus you'll feel in every inch of your biceps when you're done with this one.*
- The cable curl is an excellent exercise but I know a way to do it that puts such a massive stretch on your biceps that you can nearly feel your fibers tearing. Putting a great deal of tension on the muscle in its most stretched position has been shown to **greatly increase muscle growth**. In fact, laboratory tests on cats have shown that under these conditions of tension and stretch, muscle *hyperplasia* (muscle fiber splitting) can occur. **This means more muscle fibers!**

We can't necessarily, of course, generalize these results to humans, but once you've felt the intensity of the stretch and tension you'll get from this exercise, you may start meowing and looking for a saucer of warm milk. *I will walk you through the technique I use to put such a potent stretch on my biceps that I barely have the strength to scratch my nose when I'm done with it.*


Shoulder exercises that will build you so

wide, you'll have to turn sideways when you walk through doors.

- Shoulders need a shock? The Hang Clean and Press will make you sore for days! If you've always done strictly controlled movements, a little momentum may be just what you need to shake things up. As a bonus, your traps will never know what hit them. With some training at this exercise, you could be able to move more than your bodyweight from a dead hang at your thighs to arms-length overhead in 2 quick movements! **You'll develop incredible power and explosiveness in your shoulders and in all your pressing movements when you learn the techniques that I will show you.**
- The Deltoid muscles of your shoulders thrive on continuous tension. Ordinary dumbbell presses don't provide this continuous tension. This little-known variation of the dumbbell shoulder press (it was a favorite of the late, great trainer Vince Gironda) can **nearly double the tension you place on your delts for the same amount of reps.** *In fact, you may even find you can do more reps with the same weight you would normally do for shoulder presses when doing this exercise. Double the tension for more reps? Picture the results you'll get from that!*
- **Have you ever had a shoulder injury?** Perhaps a problem in your rotator cuff? Training injuries in your shoulders can be devastating. You often must lay off training your upper body completely for months at a time. There are a number of exercises you can do to protect your shoulders from this type of injury but you normally must do several of them in order to completely work the rotator cuff area. This exercise changes that. ***It combines the mechanics of the three major planes of movement that the standard rotator cuff exercises work into one timesaving movement.*** No more excuses for not protecting your shoulders! The best part is, you can even **increase your bench press by 20 pounds or more in only 3 weeks** by working this exercise regularly!

Exercises that will build rock-solid, sleeve-bursting triceps

- To demonstrate the power of this exercise for building your triceps, straighten your arms out tightly and try to force them behind your back as far as possible. Feel the squeeze on your triceps? This is the most highly contracted position the triceps can get into. Now imagine adding 100 lbs of resistance to your triceps in that



position! **The contraction you feel will be the most intense you've ever felt in your triceps (possibly in any muscle) in your life.**

How is this done? I'll give you a hint. You use the pec-deck.

- As I've said before, bodyweight exercises activate more muscle fibers than traditional weight exercises. The problem for advanced trainers can be in finding movements that are challenging enough to spur muscle growth. Not only is this stretch-position exercise for your triceps as challenging as you want it to be, it can be done pretty much anywhere. **By simply adjusting your body position it can be easy enough for a total beginner or hard enough to challenge an Olympic-caliber athlete.**
- Combine this bodyweight stretch-position exercise with the previous contracted-position exercise and **your triceps will, quite frankly, EXPLODE with new growth!** You'll be hitting your triceps full force from complete stretch to peak contraction. And the soreness you will feel from this combo the next day will give you yet another reason to curse my name!

Work your traps from top to bottom, in ways you've never even dreamed of.

- The trapezius muscles of the back and neck give your body a rugged, powerful appearance along with helping to support the neck and spine. **Well developed traps command attention!**
- You need to know what it takes to fully develop your traps. All too often, your grip gives out before your traps are fully worked. You will learn an easy way to **completely eliminate your grip** as a limiting factor in the shrug. In fact, you traps may be capable of moving more than **DOUBLE or TRIPLE the weight you're using now** and you don't even know it!
- Almost nobody works the middle and lower traps directly yet these two areas make up 2/3 of your trapezius muscle mass. Learn how to **target these areas for total trapezius development.** *A complete stranger actually stopped me once to ask me how I got my middle back to look like that. I'll tell you my secret!*

The secrets to building great calves no matter what your genetics.



- Have trouble building your calves? This is one of the most common complaints trainers have about their physiques. I know I had that problem for a long, long time. I actually got so discouraged at one point that I gave up training my calves completely for almost 2 years! Nothing ever seemed to work. **Those days are over. These exercises work.**
- I have developed a **breakthrough calf exercise** that can be done anywhere with only your bodyweight yet will still torch your calves more than you can imagine.

Here's how it works:

For the most complete contraction of the calf muscle possible, you must take it through its **full anatomical range of motion under tension**. No calf exercise I've ever encountered did this so I took all my biomechanical and anatomical knowledge and all my exercise experience and applied it to this problem.

And let me just tell you, it works. *The incredible exercise I will teach you starts off with a huge stretch that is far beyond any calf exercise you've ever done, takes you through the full standard range of motion of the calf, then finishes with a full contraction that must be felt to be believed! All under continuous tension. And that's only the first rep!*

- Next, you will learn an exercise for the soleus (the calf muscle that lies underneath the major, visible gastrocnemius), done using a bench press machine and an adjustable incline bench, that is so effective you'll never want to go back to the seated calf raise machine ever again. Utilizing principles of biomechanics, this exercise places your soleus in the position where it can achieve its maximum possible contraction. **There is simply no physical way to get more of a contraction.** Your body position even helps flush away lactic acid, allowing you to **continue your sets for far longer** than in regular calf raise exercises. The combination is truly unique and revolutionary.



So How Did I Create Exercises That Even 20 and 30-Year Training Veterans Don't Know Exist?

As I mentioned above, I've been a Certified Personal Trainer for 8 years. I've been doing hard-core, heavy weight training for more than 15 years and I have a degree in Physical Education, covering biomechanics, kinesiology, anatomy, physiology, and nutrition. I learned everything I could about these subjects, all with an eye towards **developing new and better ways to train** (and my parents thought I was preparing for a career).

Now, I've been "thinking outside the box" for as long as I can remember and I've carried this over to my weight training. *I've designed exercises that have had more people than I can count coming up to me asking me where I got that exercise, what it works and if I can teach them more like that. And I'm not just talking about beginners here...*

Before I knew it, I found myself mentoring and instructing people who had been training 10 to 20 years longer than me! They were so astonished by the techniques I was using and the obvious results I was getting, they just had to know what was going on.

So where do I get this stuff from? Years ago, I made a pact with myself that I would do something new every single workout. When I do this, I wrap my mind around a muscle and meticulously examine how it functions from biomechanical, kinesiological and spatial perspectives. I think of the exercises I already know, I think of the equipment available and I think of ways to improve, adjust and sometimes even turn it all completely upside down!

I knew I was not alone in this desire for unique new exercises. I knew there must be thousands more people just like me out there who yearned for new and better ways to take their bodies further...people who weren't afraid to try new things if it could get them the results they wanted. ***People just like you.***

It pained me to see so many trainers struggling so hard for results and for no good reason using exercises that are either ineffective or inefficient simply because *they just don't know any exercises other than what they've been taught or what they've read about.*

FACT: 50 to 90% of your effort in a workout is wasted if you're not utilizing exercises and techniques that effectively and efficiently target your muscles. If you've been training for any length of time, you know this

is true. *Your new exercises will eliminate ALL that wasted effort in a heartbeat...*

Don't believe for a second that you have to settle for typical, slow gains in your training. I never have and now you don't ever have to either.

This is a picture of me, directly to the left of this text. As you can see, I'm not some book-worm theorist who tells people how to exercise then goes and eats a box of donuts. **I've been lifting weights in the trenches for more than 15 years solid.** You name the exercise and I've done it.



This is kind of drug-free muscle mass you can build with these exercises!

Below is a sample of a few of my best lifts (at a bodyweight of around 200 pounds).

I'm not listing these numbers here to toot my own horn. I want to show you **EXACTLY** the kind of progress you can make with the knowledge I have to share with you. **I'm 100% natural (no steroids ever)!**

As a frame of reference, when I started training I weighed 140

pounds
and I could barely bench press 135 lbs!

Flat Barbell Bench Press	350 lbs
Deadlifts	520 lbs
Squats	550 lbs
High Rep Squats	315 lbs x 40 reps
Incline Dumbbell Press	125 lb dumbbells x 15 reps
Barbell Bent-Over Rows	405 lbs x 3 reps
One Arm Dumbbell Rows	220 lb dumbbell x 4 reps
High Rep Bench Press	225 lbs x 25 reps
Dumbbell Shoulder Press	105 lb dumbbells x 5 reps

I know what it takes to get results...

And I know the exercises that will get you there...

In fact, I will teach you all these exercises personally!


Relax!... I'm not going to show up at your doorstep tomorrow morning! I'd love to be right there with you to show you the exercises and share in your excitement as you try these exercises for yourself.

Unfortunately, I can't, but I can do the next-best thing. I can bring this information to you in an instantly-available eBook format. The title of this eBook is "***The Best Exercises You've Never Heard Of***" and it's packed to the brim with exercise information that is *guaranteed to send your strength and muscle development through the roof!*

eBooks are great because they allow me to **get this information to you RIGHT NOW!** There is no waiting for the Post Office to deliver the book. **You'll get it NOW.**

And not only will you get these exercises now, but **the eBook format allows me to do things that no one can do in a regular book** (when was the last time you saw a video demonstration of an exercise when you turned the page of a regular book or magazine?).

You will be training like a pro the moment you



open this book with plenty of "no-brains-required" exercise descriptions, pictures and videos.

I'm a personal trainer by trade and I know exactly how to teach exercises so my clients learn them as quickly and efficiently as possible. *I've put all my teaching and writing skills into explaining and demonstrating these exercises so you won't have any problems learning the exercises at all.*

- I've made sure that **every exercise description is very detailed and easy to understand.** *You'll always know exactly what you're doing through every stage of each movement.*
- **Exercise photos** will guide you in proper form to help you get more effective tension out of each and every rep.
- I've included **large, full color exercise videos** to show you exactly how a number of these exercises are performed.
- You'll **learn the common errors** seen with each exercise so you know exactly how to avoid them. *It's like having your own personal trainer (me) standing beside you while you're doing the exercises! You just can't go wrong.*
- You'll **get a ton of incredible tricks** for making these already-effective exercises even more effective, kicking your gains into overdrive!
- Every single exercise is accompanied by a **printer-friendly version.** *You can print out each exercise and can take it to the gym with you so you'll do each exercise right every time.*

And this eBook is self-contained. All you have to do is download it to your computer! Not only that, navigating through the book is as simple as pie. Just click on the links to the bodyparts and exercises you want to see and they pop right up in full color! **Nothing could be simpler!** It doesn't even matter if you're a novice on the computer - it's easy to do and **I will help you every step of the way.**

On top of all that, I'll give you my personal e-mail address so you can always contact me if you ever have any questions at all about any of the exercises. I want to help you succeed and **these exercises are like my children** - *I know everything about them; how to teach them, how to perform them most effectively, how to squeeze every last drop of results from each and every rep.*

"Although I am a big believer in focusing on the basics (squats, deadlifts, etc.) to gain mass and strength, **sometimes a change of pace and some new exercises are just what the doctor ordered.**

Having a reference book of new exercises you have either never heard of or just forgot about, can bring renewed enthusiasm and stimulus to the muscles and mind.

I highly recommend this eBook to anyone who is looking to add something new to their workouts and perhaps hit some angles they never thought of."

Will Brink, author, columnist, and industry consultant. - Author of the best-selling eBook **"Fat Loss Supplement Review"**

[Read more testimonials](#)



There are exercises in this book that you simply won't find anywhere else in the world.

- You could possibly learn a few of these exercises by digging through back issues of hundreds upon hundreds of muscle magazines (I've done that).
- You could maybe learn a few more exercises by reading piles of bodybuilding books (I've done that too).
- *And if you studied these exercises and applied years of theoretical and practical bodybuilding knowledge, you could even probably come up with some of these exercises on your own.*

But why go through all that trouble when it's all laid out for you and instantly available?

That's not bragging - that's a fact (I know this because this information has been read and reviewed by many experts in the bodybuilding industry and they've told me exactly this - *see the testimonials on the left side of the page*).

Let me put it this way...Read through a bodybuilding magazine cover to cover and you'll find maybe a few articles containing information you don't already know. Maybe you'll learn one new exercise. Maybe you'll learn a trick or two for an exercise you already know. Maybe you won't learn anything new at all.

"The Best Exercises You've Never Heard Of" contains 53 exercises. Even if you already know a few of them, you'll not only get a ton more exercises that you don't yet know, you'll also **get tips and tricks for making the ones you already do know even more effective!**

Soon you'll become the "gym-guru" that everybody turns to when they want new and powerful exercise information to shatter their plateaus.

And remember that feeling you had the very first time you worked out? That feeling of not being exactly sure of what you're doing? Gone forever. YOU will be the one the newcomers (and everybody else!) looks up to.



Hi Nick,

Well, I finally got a chance to look through the book and I found it to be one of the most interesting books on training that I've seen in a long time. **You have an excellent product.**

I'll admit, I'm a sucker for "different" exercises that are actually effective. I grew up with the bodybuilding mags of the 60's and weird movements from wacky angles were a common feature. (Hey, it was the 60's). That's something you rarely see anymore -- except for my articles of course. :-)

Variety is essential to maintaining interest in training, and **your book should keep a lot of guys busy trying out new ideas.**

Nelson Montana
Bodybuilding journalist and author of "**The Bodybuilding Truth - Secrets You're Not Supposed To Know**"

Read what hard-working trainers just like you are saying about "The Best Exercises"...

● **"The Best Exercises" is one of the best investments I've made on weightlifting information.** I've incorporated it into my routine and love it. I highly recommend it to anyone as a vital tool for success. Thanks! It's a real value. - *Robert Drew*

● "LOVE this book!! I have already had some friends order a copy. **All of us feel like we should send you additional \$\$\$ for the ideas.** Not only am I looking forward to the results I know I'll be getting, but it's been kind of fun getting stares from other gym goers who are obviously wondering 'what the heck I am doing'." - *Patrick Albanese*

● **"I think the book is awesome!** Some of the exercises I have tried were great...in particular the ab exercises. **They really targeted my ABS like no other ab exercises I've tried.** I am a natural bodybuilder and I have performed numerous exercise variations. These exercises were new to me and really isolated the specific muscles. Great job...great book!" - *Georgette Pann*

● "I'm thoroughly enjoying the e-book! It's helped add creativity and intensity to my exercise programs. **The new exercises I've tried have been awesome.**" - *J. Anderson*

● **"I thought I had seen it all until your book.** Some great exercises, and long forgotten techniques have put a new zip on my routine." - *Kevin Grzeniak, New Jersey*

[Read more testimonials](#)



"Nick's new book, "The Best Exercises You've Never Heard Of" is great! **I was totally amazed at the amount of information that was packed in there**, not to mention all of the photos and videos showing you how to perform them! I feel it's a great resource for anyone looking to learn how to strength train or even just learn some new exercises."

Jesse Cannone - CFT – ISSA, CPRS – NSPA, SPN – ISSA
Author of Burn Fat FAST!

[Read more testimonials](#)

● **"I found it so helpful I canceled my sports club membership.** I no longer pay \$45.00 a month. What a savings!! I am now exercising at home and at work. Your book is a never-ending resource guide for many different exercises." - *S. Faulkner*

● **"I find your book excellent. After more than 30 years in this sport, I found in your book plenty of new ideas.** I like especially the detailed way you are explaining the exercises and also the 'tricks' you give. Thanks a lot!" - *Ewald Kooiman*

● **"Congratulations on a fantastic achievement! I am a Certified Personal Trainer, and so I'm always looking for new ways to shock my clients... (as well as myself!) It's always refreshing to see someone bold enough to break away from mainstream bodybuilding beliefs,** and you have definitely done just that!" - *P. Lessard*

● **"I love the book, at 64 yrs of age I have found weight training much more fun since using the exercises.** Keep up the good work!" - *Peter Jackson, UK*

● **"The unconventional approach of your routines appeals to my sense of the contrary,** and should raise a few eyebrows down at the gym. Also, I like your bodyweight exercises using anything that comes to hand. These could be good for showing off at parties." - *Richard Stuchbury (54 years young)*

● **"I feel I can see noticeable improvement since using these exercises** and I have hardly scratched the surface in the number of exercises that have been provided in the e-book. I just love 'em!!!" - *Ian Leigh, UK*



Hello Nick,

A few short weeks ago I happened to come across your website while surfing the internet. I read with interest the ad copy for your eBook "The Best Exercises You've Never Heard Of". I decided to check out the price for your eBook and was **shocked to see a price of under \$20.00**. Heck, I can't even buy 3 issues of a mainstream bodybuilding magazine for under \$20.00.

I decided this was a "must have" eBook based on the "reach out and grab you by the

● "Thought I would drop you a line to let you know that your book is full of first class material. I luv the video pictures - it makes the learning of each exercise oh so easy. The download of the book was a breeze. **Keep up the groundbreaking work.**" - *Garry Enticott*

● "The exercises are great and after trying nearly all of them so far, they definitely work. I have been sore after each and every workout in places that haven't been sore in a while and I continue to lose fat and gain mass. **The book is a great buy and worth the small price.**" - *James Pry*

● "As a bodybuilder, fitness instructor, and personal trainer, I am always looking for new and effective variations to the "meat and potato" workout material. **This e-book has provided renewed excitement and motivation.** I look forward to getting into the gym to try some of these great exercises." - *Christy Kwan*

● "I thoroughly enjoyed your book. **It's interesting to see new exercises and variations of old exercises.** One of the big problems with training is boredom, unless you are a complete no-brainer, nothing is worse than doing the same old thing workout after workout." - *Ron Kehoe*

● "I purchased your exercise book a few months ago and **I think it's one of the best things I have ever bought.** The details on the exercises, the tricks, the things to watch out for are all very good tips. Keep up the good work and I can't wait for the sequel to the exercise book." - *Jeff Mazerski*

● "**I have to say I was greatly impressed with your book** and I enjoyed the variations of the different exercises. I coach professional Rugby

throat" ad copy so I placed my order. In the back of my mind there was a little voice whispering "The eBook isn't going to be worth the nearly \$20.00 asking price. Well I have to be brutally honest and tell you upon receiving your eBook that little voice was exactly right. **It most definitely isn't worth anywhere near \$20.00. What a joke!!! I believe that the price should be at least 5 to 10 times that much!!!**

I have every bodybuilding related eBook imaginable and "The Best Exercises You've Never Heard Of" is the Mr. Olympia winner of them all.

Dennis B. Weis
Bodybuilding journalist and the author of Mass!, Raw Muscle and Anabolic Muscle Mass I

[Read more testimonials](#)



players and from a point of using these exercises for stability as well as functional purposes, I found them good as did the players." - *S. Mitchell*

● **"I really love the exercises I've tried out so far. I'm very impressed with how innovative and effective the exercises are.**

Nick, obviously you have spent a lot of time researching, experimenting, and finding ways to improve on exercises that are already effective. **You have made them so much better**, enabling people to work muscles in angles/positions they aren't used to, finding ways to use more range of motion, thus forcing us to hold our contractions even longer.


Furthermore, you have created safe and innovative exercises for people who work out from home, like myself. **When I looked through your exercises, they made perfect sense.** For example, the bench end press is so effective because of the expansion of the rib cage. Yet, I know I wouldn't have been creative enough to have come up with such an exercise. **You have truly outdone yourself**, and I look forward to trying out the rest of your exercises. Keep up the good work." -

Kristi Comstock

Now what if I told you that you could get every groundbreaking exercise in "The Best Exercises You've Never Heard Of" for only **\$19.95?**

For for this price, you will get 53 of the most powerful, results-producing exercises I've ever created, discovered or researched. **This is not just a bargain, this is a steal.**

Everybody I know, including family, friends and other trainers alike tell me




I'm crazy to be asking that little for all this information. **They tell me I should charge at least \$50 to \$100 or more for it.** They tell me people won't value the information as much if it comes too cheap. And, to be honest, I have considered raising the price. After all, *I know personal trainers who charge that much for a single, one-hour session yet don't deliver 1/100th the information found in this eBook.*

But that kind of price would put it out of the reach of many, if not most, of the hard-working trainers out there just like you who deserve to get the best results possible for their efforts and, believe me, there is NO way I'm going to do that!

I know the value of this information will speak for itself when you try it. To show you the true value of what I'm offering you, I would like to say there are comparable books out there that cost \$49.95, \$59.95 or even \$99.95. But I can't, because **there simply are no other books like it out there anywhere!**

Not only are you going to get "**The Best Exercises You've Never Heard Of**" instantly when you place your order, I've also lined up **six valuable bonuses** for you:

 **Bonus #1: How to Cut Through the Hype of Fat Loss Ads and Never Get Ripped Off Again! (\$19.95 value)**

In this report, you'll learn exactly how to see through the 12 devious techniques advertisers use to get you to buy their useless fat-loss products. Some of them are downright sneaky and you'll never even see them coming until it's too late and they're out spending your hard-earned money. **Read this and you'll never be cheated again!**

 **Bonus #2: How to Improvise Training Equipment Out of Just About Anything (\$19.95 value)**

You'll learn the golden rule of equipment improvisation: it's not garbage until the truck takes it away! Some of the most effective exercises I've got are done using ordinary household items, furniture and even stuff that's been "rescued" from the kitchen garbage can. **I'll teach you what to use and how to use it for best results.**

 **Bonus #3: My Personal Set Of Fitness Calculators (\$29.95 value)**

Want to be able to predict your one-rep max simply by punching in a few numbers? Like to know your current bodyfat percentage? Do you need to know how many calories you've burned doing a specific exercise or how many calories you require during the day? You'll find all these calculators and more in this package!



 **Bonus #4: The Training Log (\$14.95 value)**

To find out how good you're doing, you need to know where you've been. A training log can help you immensely by allowing you to keep track of what has worked for you as well as what didn't work for you. By learning from your experience, you will be able to **map out exactly what you need to do in order to achieve the goals you set for yourself.**

 **Bonus #5: Free Updates for Life**

Whenever I come out with an update of this eBook, you'll get it for free (and I plan on adding a lot!). If I add new exercises to it, you won't miss out. If I include more exercise tips and techniques or video clips, you won't have to buy them. As long as I know where to get ahold of you to let you know an update is out, you'll be the first to know about it.

 **Bonus #6: My Time (\$50.00/hr value)**

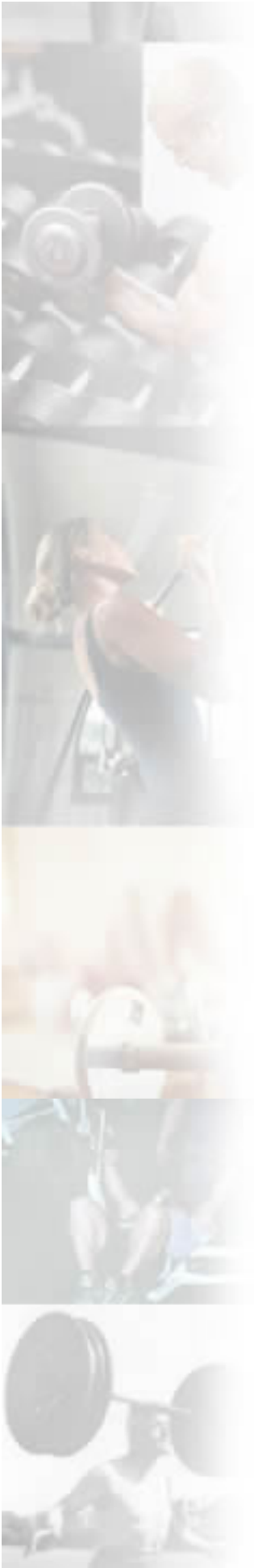
*That's right! **You will have me as your personal trainer by your side, at your beck and call.** This way if you ever have any questions about any of these amazing exercises, you can fire it to me and you will usually get a response within a few short hours...Many people get the "**Best Exercises**" based on this bonus alone...but you will get it FREE if you order now!*

And you'll get a lifetime, full-satisfaction, money-back guarantee...

You see, I'm in the business of helping you get results from your training. ***I have NO desire to give you information that I don't stand behind 100%.*** If I were standing in front of you right now, I would look you straight in the eyes and tell you, with no hesitation whatsoever, that if you put these exercises to work in the way I've laid them out in this book, **this information will get you where you want to go in your training.**

You have my word on this and it's not something I take lightly.

I believe customer service and customer satisfaction are the two most important things when running a business and I want to make sure you know my level of commitment to you when you purchase this book. I also want to take away all the risk to you so you can experience



the power of these exercises for yourself without any worries.

I know this is not a small investment for you or something that you take lightly either, so ***if you're EVER (and I do mean EVER, be it next week or next year or beyond) not satisfied with the quality of the information in this book, just let me know and I will give you a prompt and courteous refund. No questions asked.***

That's my promise to you.

But as with anything to do with exercise, you'll get out of it what you put into it. I can give you the best information I have but if you don't do anything with it, you won't make the extraordinary progress I know you're capable of. All I ask of you is that you **give these exercises an honest try**. You will be amazed at the results you get.

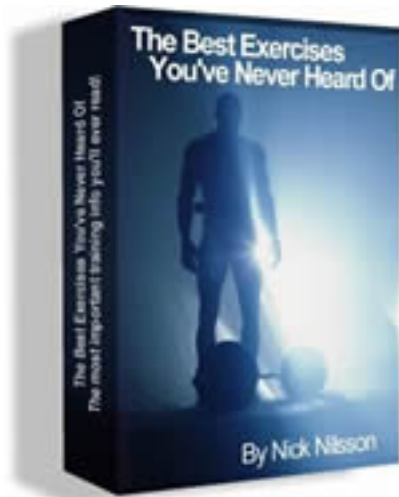
And I Could Sit Here And Tell You This Is A Limited-Time Offer...

It's Not

Let me put it this way...***I'm not going anywhere.*** I'm not going to tell you that the price is going to go up tomorrow if you don't order today because it's not. I'm not going to try and rush you into a decision on what could be the most important, eye-opening, results-producing training information you will ever read in your entire life. **You're too smart for that.**

But I want you to think about this...

- The next time you go to the gym, after reading everything that I've told you about here today, **will you be absolutely certain** that the exercises you will be doing are going to **give you a 100% return** on the hard work and effort you're putting in?
- If given the opportunity, would you **gladly squeeze more results** out of every single rep you do **in your very next workout without any more effort** than you're putting in right now?



You owe it to yourself to get this information as quickly as possible and put it to work immediately. You could be wasting precious time and energy doing exercises that are getting you nowhere. **For only \$19.95**, you will have full access to 53 of the very best, most productive exercises in the world **INSTANTLY**.

To order your copy of "The Best Exercises You've Never Heard Of" now and experience how new exercises can rapidly transform your body, adding new muscle and strength:

[Click here to order now!](#)



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[Click Here to Order the CD-ROM](#)



Order "The Best Exercises You've Never Heard Of" on CD-ROM for only \$24.95. You can have this eBook mailed to you on **CD-ROM instead of downloading** (price includes worldwide shipping and handling).

These exercises are not for everyone, but if you're **looking for fast results and are willing to work for them**, this book is **EXACTLY** what you've been searching for.



Yours very truly,

Nick Nilsson
Vice-President
BetterU, Inc.

<http://www.fitstep.com>

<http://www.fitness-ebooks.com>

P.S. Remember, the exercises you are about to learn will not only help you build muscle and strength extremely quickly, they will virtually eliminate any staleness or boredom you may be experiencing in your workouts. The moment you get these exercises, try out a few of the ones that don't require any equipment. You'll see just how powerful these exercises are!

Click here to order now!

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361-6023**

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Metabolic Surge Rapid Fat Loss

By Nick Nilsson

Metabolic Surge is a training manual about the losing the most fat in the shortest amount of time possible. It is not a lifestyle. It is not a long-term fat loss program. It's about getting extremely fast and extremely powerful results!

Please note: *Metabolic Surge Fat Loss* is not a beginner-level program. The programs and nutritional strategies in this book are designed for people who have some training background and who are already at a moderate to high level of conditioning.

This book does, however, include a section entitled "**Preparation Training**" that will help you build a base to prepare to do this program if you are starting at a lower level or coming back from a lay-off. Also included is "**Level 1 Training**" that is basically a scaled-down version of the main program, perfect for the intermediate trainer.

There are two major components to this program that we will be manipulating: **exercise and nutrition**.

By working with the types and intensities of exercise you do as well as what and when you eat, you can get tremendous results very quickly. In the full version of the book in "**The Program**" section, I will lay it all out for you on a day-by-day, workout-by-workout basis.





I have incorporated the very best parts from a variety of different training and nutrition programs that you may already be familiar with (*ABCDE, Titan Training, Positions of Flexion, High Intensity Interval Training, the Anabolic Diet*), added in some innovative techniques of my own (*Fat Loss Circuit Training, Lactic Acid Training, Triple Add Sets and Macronutrient Rotation*, among others), and put them all together into a comprehensive program covering diet, exercise and supplementation all geared for maximum results in minimum time.

It's this very strategic combining of the most effective elements of each program that makes the *Metabolic Surge Fat Loss Program* completely unique. You will not only **lose large amounts of bodyfat** on this program, the nutritional and exercise conditions placed on your body during the program have the potential to actually cause you to **gain large amounts of muscle** as well!

**If you follow the program, you will get results.
That is not just a promise, that is a fact.**

Fat Loss Circuit Training

This revolutionary training concept takes exercising for fat loss to the next level. It combines the power of weight training with the calorie-burning effects of cardio training into one, extremely effective, time-efficient workout.

Triple Add Sets

This training style not only forces large volumes of blood into the muscles, it also works all three major muscle fiber types in one set. No other training style can accomplish this!

Abdominal Sit-Ups

This exercise is one of the most effective abdominal strengthening and flattening exercises I've ever found. And all you need is a towel to do it!

Fat Loss Supplementation

Here you will learn which supplements are useful and EXACTLY how to take them with this program to maximize your results and see dramatic changes in body composition

Fat Loss Circuit Training

This is a program of my own invention that I've developed for losing fat quickly. It's challenging but very effective! It's very simple once you get the hang of it but it's one of the most demanding styles of training you can do. In order to use it, you will need access to both weight equipment, cardio equipment and/or benches or stairs, preferably located in fairly close proximity to each other.

This type of training is harder to do in a crowded gym as it will involve you moving back and forth quickly between different pieces of equipment. If someone is waiting to use your cardio machine the moment you step off, it will defeat the purpose of the workout. This technique is best used in a fairly uncrowded gym where you have more freedom to use equipment or, better yet, in a home gym with weights and cardio equipment and no one waiting for anything!

If you do work out in a crowded gym, I will tell you exactly how to get around it. If you still can't find a way to execute this style, follow the alternate instructions listed in the Program.

How It Works:



- Essentially, this is combined circuit/interval training.
- You will be going back and forth between your weight training exercises and one cardio exercise for the duration of the workout.
- Your rest period for weights will be your cardio and your rest period for cardio will be your weights.
- You will be doing some sort of activity for your entire workout without any break!

- This combination is very effective for a number of reasons:
- It forces your body to burn calories continuously during the workout.
- It utilizes resistance training and cardio training so you get all the benefits of both in one workout.
- By forcing your body to work like this, you dramatically increase your metabolism leading to increased fat burning long after the workout (more so than either weights or cardio alone).
- It saves time - you get both your weights and cardio in the same amount of time as your regular workout. You will still be able to use heavy weights in your weight training, helping to preserve muscle mass.



How To Do It:

Step 1 - Set Up

For the most efficient workout possible, have most or all of your exercises pre-set and ready to go. The less time you spend on preparation during your workout itself, the more effective that workout will be, especially since you want to be basically keeping continually active throughout the entire workout. You can use any type of cardio that is convenient and enjoyable to you, be it a machine, stairs stepping, or even a skipping rope.

If you are working out in a crowded gym, try to claim an area for yourself and focus on dumbbell exercises. You won't have to wait in line to use any weight machines that way.

If you don't have access to convenient cardio machines, you're going to have to go low-tech. You'll need to do stair-stepping (stepping up two stairs then back down works well), bench-stepping (step up onto a flat bench or Step platform then back down) or rope-jumping (be sure you're not close to anyone if you choose this). These approaches work just as well as cardio machines and allow you to perform this training style in a busier setting.

Step 2 - Warm-up

Do a few minutes of low-intensity cardio as a warm-up. You may wish to do a few light sets of a few of the exercises you'll be working with before you start into it though. Don't tire yourself out, just get a light sweat going.

Step 3 - Start with 30 - 40 seconds of moderate intensity cardio.

This could be setting the stair machine to a level that is not easy but is not so challenging that you're going to exhaust yourself right away. Watch the timer on your machine and go for approximately 40 seconds (I say approximately because there will generally be a slight lag time when you step on and off).

Many cardio machines have a "rest period" feature where you can leave the machine on and it will not erase your program while you have stepped off. Normally, this is about 2 minutes. This should be enough time to complete your weight set.

If you are using a machine such as a treadmill or stair machine that you will leave on with the timer running, just watch the time counter on the machine and keep track of when you get on it to get the designated period. It may require a little mental math! You can also use your own stopwatch or timer on your watch to keep track (this is easier). Start the timer when you start the cardio.

Many machines also have a feature that runs through a series of time periods. I've found on the Stair Machine, if you set the length of the session to 20 minutes, this results in a 40 second time period making it perfect for judging your cardio periods.

Step 4 - Do a set of weights.

Go as quickly as you can to your first exercise. Do a set of the first exercise on your program for the day. Do this with no rest, going from the cardio immediately to the weights. Do all your reps until you approach muscular failure. While this is definitely still intense weight training, **don't push yourself to the edge** as you would in your regular training. Due to the high training volume we'll be doing in this program, pushing to failure on every set will compromise muscle recovery.

Keep the do-or-die rep in you on every weight set. Stop one rep before it. You'll learn to know when it's coming.

Step 5 - Go right back to the cardio.

Get back on the treadmill and do another 40 seconds of moderate-intensity cardio.

Step 6 - Repeat the cycle for the duration of the workout.

You will be going back and forth continuously between cardio and your weight training exercises, using the cardio as the rest period between your weight sets. What this means is that over the course of your workout, you'll be burning calories via cardio and weights AND you'll be working your muscles with intense, heavy weight training as well. It's tough training but very effective!

Notes:

- As you improve your cardio ability, you can choose to increase the intensity of your cardio training between sets. You may wish to start at a lower level and gradually increase the resistance over the course of the workout or start at a higher level and keep it there. It is perfectly acceptable to keep it at a steady, moderate level, however.
- This *Fat Loss Circuit* technique can be used with nearly any form of cardio exercise as long as it is convenient to go back and forth with the weights. The real key here is to maintain activity for the entire workout.
- Keep your workouts to no more than 45 minutes at the very most when doing this type of training (the programs in this book are designed to stay below that time range). Any more than that and you will be breaking yourself down too much. It's an extremely demanding form of training as you'll be working every major energy system in your body. You will also find it will crank your metabolism up pretty seriously!
- On days when you are working thighs and doing *Fat Loss Circuit Training* (the second day of Phase 1, for example), be extra careful when doing your leg exercises. Because most cardio activities work the legs, they aren't going to be getting much recovery time between sets. There is no shame in holding onto solid objects for balance when you need to!



Fat Loss Circuit Training Sample Program

Bodypart	Exercise	Sets	Reps	Notes
Back	Barbell Bent-Over Rows or Seated Cable Rows	6	6-8	Be sure to keep your lower back arched and tight when performing either of these exercises.
Chest	Flat Barbell or Dumbbell Bench Press	6	6-8	Don't bounce the bar off your chest as you lower it down. As well, don't bang the dumbbells together at the top.
Biceps	Standing Barbell Curls or Dumbbell Curls	4	6-8	Squeeze your biceps hard at the top and don't swing the weight. Use a shoulder-width grip on the bar for best biceps contraction.
Calves	Standing Calf Raises or Seated Calf Raises	4	10-12	Perform this movement under control. Don't bounce out of the bottom and be sure to give your calves a good squeeze at the top.

Cardiovascular Training	
Activity	Comments
Fat Loss Circuit Training	Take no rest as you move between 40 seconds of cardio work and your weight training sets. Have everything set up and ready to go with your exercises as much as possible. If you are in a crowded gym and must wait for equipment or are unable to pre-set, just do the best you can.

General Comments:

- Choose a weight that allows you to hit the top of the listed rep range on the first set and keep to that weight. As you fatigue, your reps will drop.
- When two exercises are listed here, select from one or the other and do all your sets with it.

Triple Add Sets

The *Triple Add Set* is unique to this program. It is very a tough style to do but very effective. **You will be hitting all major muscle fiber types (I,IIa and IIb)** as you go through the sets as well as pushing the limits of your strength with the very low reps.

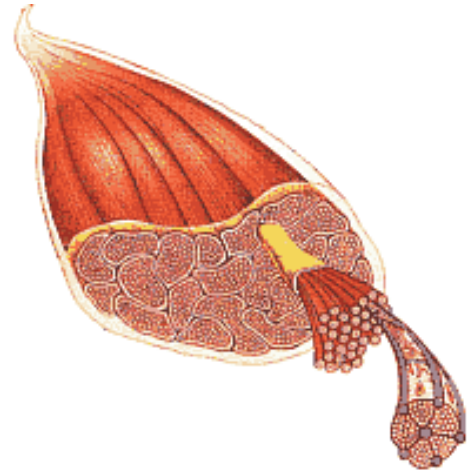
To fully understand the effectiveness of the Triple Add Set, let's take a look at the muscle fiber types and why it's such a good thing to work all three of the major types at once.

- Type I muscle fibers are endurance-oriented muscle fibers. They primarily work in higher rep ranges and during aerobic exercise.
- Type IIa muscle fibers work when the weight used is moderate-to-heavy. This fiber type is most active in moderate rep range weight training (e.g. 5 to 10 reps per set)
- Type IIb muscle fibers are the explosive muscle fibers. They are called upon when the weight is very heavy and great power or explosiveness is needed.

When you lift a weight, your body recruits a certain number of muscle fibers to get the job done. It recruits a certain percentage of each type of fiber, depending on how heavy the load is. For instance, the lighter the load, the more Type I fibers will be called upon. The heavier the load, the more Type IIa fibers will be called upon. With very heavy loads, Type IIb fibers will be the most heavily recruited.

With regular training, your body learns to become more efficient with this recruitment and tries to get away with firing as few fibers as possible to get the job done. It's the body's natural tendency to conserve energy.

Unfortunately, this also leaves many muscle fibers underworked and not developed to their full potential. We need to find a way to force your body to recruit every available fiber to maximally work the muscle and develop it to its full potential. **That's where the Triple Add Set comes in.**



If you're familiar with Triple Drop Sets (where you start with a heavy weight for the first part, then drop to a lighter weight for more reps then drop to a somewhat lighter weight for more reps to finish with) then you're familiar with the basic idea of this style of training.

However, here's the switch: **instead of starting with a heavy weight and working down, we're going to start with a light weight and work our way up!**

The Triple Add Set technique will first exhaust your Type I muscle fibers with light weights and high reps.

Then it will work on the Type IIa muscle fibers by moving to heavier weights and moderate reps. Since Type I fibers are still being activated at this point, even though the weights are heavier, your body will recruit more and more of those Type I fibers as you keep going.

On the third and final part of the set, very heavy weights will be used. Your Type IIb fibers will now be preferentially activated. But now, because the load is extremely demanding, your Type I fibers and even more of your Type IIa fibers are being recruited to help.

By the time you're done with the Triple Add Set, you've recruited almost every available muscle fiber in the target muscle. Then we do one or two more sets just to be sure they're completely worked!

How To Do It:

- Start with a light weight and do a high-rep set, e.g. 20 to 30 reps. Your muscles will be burning. This will hit the Type I endurance muscle fibers and fill the muscle with blood.
- Rest 10 seconds to flush out enough waste products in the muscles for you to keep going. This is basically the time it takes to switch weights on the machine or grab a new set of dumbbells.
- Next, you'll move on to a somewhat heavier weight and aim for about 6 to 8 reps. This will hit the Type 2 muscle fibers.
- Take 10 seconds rest again.
- After that, you will do your last set with a heavy weight, going for only 1 to 3 reps. This will work on strength and connective tissue.
- Your muscles will feel incredibly hard and pumped up. The effect of this type of training is immediately noticeable and very powerful.

It will take a little practice to figure out what weights you'll be using. It will really depend on how well your body deals with lactic acid build-up. **This is a training stimulus your body will most likely NEVER have experienced before.**

The first part of the set should use a very light weight. Go for strict form and go for the burn. The first time through you should get at least 20 to 30 reps. On the second add set, your reps will go down significantly as the waste products of the first set will not have been completely cleared yet.

The second part of the set should use about double what you used on the first part, e.g. start with 25 pound dumbbells then do 50 pound dumbbells (this increase will vary a lot depending on the exercise - experiment with the weights you use to find out what works for you).

The third and final part of the set is the hardest. Since you've already worked hard on the previous two parts, you will be using a weight that is lighter than what you'd normally use for this rep range in regular sets. When you do the third part, you will feel an extremely strong and deep burning in the muscles. You are tapping muscle fibers that have rarely been worked! The first two parts worked the majority of your fibers - every fiber you've got now has to kick in and fire to move the weight!

It's extremely hard and extremely effective. You'll love it or dread it!

Abdominal Sit-Ups

Why Is This Exercise So Effective?

This is a sit-up movement that works the abs instead of the hip flexors. It will work all the muscles in your midsection in one exercise. The standard **Crunch** only addresses part of the function of the abdominals. This exercise targets the flexed (arched back) range of motion of the abs and utilizes the weight of your entire torso as resistance.

How To Do It:

- Lie on your back on the floor. Roll up a towel or mat and slip it underneath your lower back just above the waistband (the size of the towel affects your body position during this movement - use a fairly large towel).
- Your knees should be bent about 90 degrees. Keep your feet close together and knees fairly wide apart. This prevents the hip flexors from having a direct line of pull, helping to minimize their involvement.



- Do not anchor your feet or have someone hold them down. This automatically activates the hip flexors. You will get the most out of this exercise by minimizing their involvement.
- The difficulty of this exercise depends on where you hold your hands. The hardest position is above your head at arms-length, then beside your head, then across your chest, then straight down between your legs or at your sides. Start with the easiest first then progress to the other positions as you get stronger.



You are now ready to crunch.

- Keeping your torso straight and stiff, start the sit-up by tightening your lower abs.
- As you continue up, imagine trying to push your face up against the ceiling (think up, not around).
- When you reach about 25 to 30 degrees above horizontal, hold for a second and squeeze hard.
- Keep your back in contact with the towel at all times and always maintain tension in the abs.
- Lower yourself down slowly and under control. Do not just drop back to the ground. The negative portion of this exercise is extremely effective.

Common Errors:

1. Using momentum

Do not swing yourself up to get started. Always squeeze yourself up using ab power. Start with the easiest positions first, i.e. arms down at your sides, or try these on a slant board (with your head higher up) if you have trouble doing this exercise.

2. Losing tension at the top

This occurs when you come too far up. Always maintain contact with the towel and keep tension in your abs.

3. Allowing the glutes to come off the ground

Keep the glutes on the ground at all times. The tendency for the glutes to come up occurs at the start of the rep when your abs are first trying to get your body off the ground and your back is pivoting over the towel. It is easier to lift your glutes up at that point in order to do the exercise.

4. Coming up too far

This error actually takes the tension off the abs at the point where they should be getting the most tension. Keep your lower back in contact with the towel throughout the exercise.

5. Improper towel placement

The towel should be just above the waistband area in the small of the back. Placing it too high or too low will affect the exercise negatively.

Tricks:

1. Hand position drop set

When you get stronger at these, start with your hands over your head. When you fail with that, continue with your

hands beside your head. Then continue with hands across the chest, then hands at your sides or between your legs to finish. It is a merciless drop set.

2. Extra resistance

For extra resistance, hold a weight plate in your hands. Start very light (e.g. 5 to 10 pounds) as balance can be a problem, especially because your feet should not be anchored.

3. Spotting yourself

Extra resistance, as described previously, can also be used to spot yourself. Hold it out in front of you instead of behind you. This will act as a counterbalance and help to pull your body up.

4. The extra-hard contraction

Here is a technique that will give you an extra-hard contraction.

- Once you come up to about 25 degrees, bring your arms in so that your forearms are in front of your face (like a boxer covering up).
- Pivoting just below the rib cage using your upper abs only, crunch your elbows down towards your hips and squeeze hard, exhaling completely. Your lower abs will not move at all.
- This makes it look like a two-part movement - the sit-up then stop, then the crunch over.
- You can also give yourself a little spot during this part by grabbing onto your legs and pulling over.



5. Working the sides

To work the sides more during this movement, come up to 25 degrees then do a twisting crunch over to the side. Don't do the twist as you are coming up in the sit-up, do it after you are up to about 25 degrees.

6. Breathe at the top

Try holding the contraction at the top and breathing in and out a few times. This will really force your abs to contract.

7. Lengthwise on a bench

Lie lengthwise along a bench with the towel under your lower back. Your shoulders should be just off the end of the bench so you can stretch back and down a little (the edge of the bench should be just below the shoulder blades). Your head and arms will be hanging off the end of the bench. This will give you a greater range of motion. Execute the movement the same way.

Lower Ab Raises

This variation of the Ab Sit-up exercise targets the lower abs.

- Start in the same body and towel position as the regular version.

- Place your hands beside the towel or beside your glutes.
- Now instead of lifting your torso up over the towel, raise your legs and pelvis up and over.
- Keep your feet together and your knees apart to minimize hip flexor recruitment.
- Suck in your gut to help isolate the lower abs.
- Your butt should come right up off the floor when your pelvis rolls up and over the towel.
- When you suck up your gut, imagine you are trying to suck your legs up to your chest through vacuum power alone, then rolling your pelvis over the towel.
- You can alternate between the sit-up style and leg raise style to hit your abs from both directions in one set.

Incline Ab Sit-Ups

This is a good starting variation of the ab sit-up.

- Set an incline board to a slight incline. If you don't have an incline board, you can use an adjustable incline bench, a decline bench, a Step platform with a riser under one of the ends or a flat bench with something under one end.
- The execution is exactly the same. The only difference is that the tension is much less due to the leverage, allowing even people who are not as advanced to do the exercise.
- It is also a very good way for advanced trainers to do high reps with this exercise.

Fat Loss Supplementation

Supplementation can really help maximize your results on the *Metabolic Surge Fat Loss Program*. We will be using only very basic supplements - you don't need anything fancy. How you use them and when is what really gets you the results! I will go through what to use, exactly when to use it and why. I will be listing them in order of importance.

First, however, I need to mention multivitamins. They are especially important during dieting because of reduced nutrient intake, especially during the low-carb phase of the diet.

Plus, food simply does not have enough nutrients in it these days to allow even the healthiest eater to get optimal amounts of vitamins and minerals, even when eating regular meals. Think of a multivitamin as an insurance policy. It helps to protect you from any deficiencies you could get and not even know about.

- Don't take generic, low-quality multivitamins. You may as well be swallowing little rocks for all the nutrients you will get out of them.
- Most vitamins (including popular brand names) that come in tablet form are so compressed that they can't be broken down even by stomach acid.
- Look for multivitamins in capsule or gelcap form. These will be the most absorbable.
- Potassium intake is very important during the low-carb phase. Be sure your multi



has at least 90 mg of potassium in it.

1. Protein

Protein is the building block of muscle tissue. Without enough protein, all your training efforts will be for naught because your body won't have the raw materials to recover and rebuild! Protein is readily available in food but protein-containing foods are not always the most convenient to prepare or eat. When was the last time you packed some scrambled eggs into your backpack for a snack?

Excellent Product Alert - This protein supplement is IDEAL for this program.

[Click here](#) for information on **100% Pure Liquid Egg White Protein**, a revolutionary new protein supplement. It is an extremely high-quality protein yet is tasteless and mixes well into almost anything, including breakfast cereal! **Note:** you must be online to view this link.

I use it regularly and highly recommend it, especially for this program. It is ideal for all phases of this program as it contains **NO CARBS and NO FAT!** You can use it freely every day of your training except the zero-protein day.

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"



When To Take It In The Phases:

Protein can and should be taken during Phase 1 and 3 of the program (Phase 2 is a zero protein day). It is more critical to take it during Phase 3 as your body will be craving protein from the zero protein day - it is much easier to get high amounts of protein in supplement form.

To take full advantage of the effect of the protein starvation day, you can try **Protein Loading** on the first day of Phase 3. **Protein Loading** is simple - take one scoop of protein every two hours on the hour while you are awake (aside from mealtimes and training times). If your protein powder gives you 20 grams per scoop, this could mean as much as 160 grams of extra protein or more! At this point in the Phases your body will be sucking up and storing every available gram of protein you give it. This will help to maximize the effectiveness.

Protein Loading need only be done on the first day of Phase 3 but keep a regular, high-end intake over the course of the entire Phase. Here is a list of the when, why and how of effective protein supplementation, ranked in order of importance.

1. Immediately After A Workout

If you only take protein once per day, this is the absolute best time to take it. Immediately after you finish your

workout, your body needs raw materials to rebuild and recover with. If you don't supply the raw materials through eating, your body will break down muscle from elsewhere in your body in order to rebuild the damaged areas. This is very counterproductive as you can well imagine.

By taking in some protein (20 to 30 grams or so) within minutes after exercise, you provide your body with the raw materials it needs to recover without breaking down its own muscle tissue.

2. An Hour After A Workout

About an hour following a workout, your body has settled down from the excitement and is ready to really start rebuilding. The protein that you took in immediately following the workout has been metabolized and your body is looking for more. Another protein shake at this time is a good way to help speed recovery. Try to take in another 20 to 30 grams about an hour after working out.

3. First Thing In The Morning

Immediately upon waking, or as soon after that as you can manage, take a scoop of protein powder. Your body has just been through an (approximately) 8 hour fast and is hungry for nutrients. Feed your body!

Protein powder is more quickly assimilated than solid food and gets into your muscles faster. This protein shot gives your metabolism a boost, which can help with fat loss. Be sure to follow it with a good breakfast, of course.

4. Last Thing At Night

Prepare your body for the long overnight fast by giving it a little something to work with. A good combination for this purpose is to mix a scoop of whey protein in with a small glass of milk.

Whey is what's known as a "fast" protein, meaning that it's digested quickly, while milk protein (casein) is what's known as a "slow" protein, meaning it's digested relatively slowly. At night, you want your protein to be metabolized slowly so that your body gets a more even supply over the course of the night. By mixing "fast" and "slow" proteins, you get the benefits of the higher-quality whey with the slower digestion time of the milk.

5. In-between Meals

A quick protein shake can be a great snack in between meals. It helps keep your body supplied with protein all day long. This is especially useful if you tend to have long periods of time in-between meals. It could mean the difference between losing muscle and building or keeping muscle!

6. With Meals

Taking a protein supplement with meals is a handy way to increase the protein content of a meal. This is perfect for when you make a meal that is somewhat low in protein.

7. In The Middle Of The Night

This is a trick that bodybuilders sometimes use in order to keep their muscles supplied with protein throughout the night. Keep a pre-mixed protein shake right beside your bed. Although some trainers have been known to set alarms to wake up to drink it, I prefer to have it there waiting just in case I wake up, but I don't try to wake up on purpose. If I don't wake up, it's right there ready for me to drink first thing in the morning! This strategy is more targeted for muscle growth rather than fat loss.

WARNING!

Never drink a protein supplement immediately before working out!

Some people do this thinking that it will give them an energy boost or give them a head-start for post-workout recovery. Basically, all it does is sit in their stomach and bloat them up. Valuable blood that should be going to working muscles gets sent to the digestive system to try and digest it. The same warning goes for taking protein during a workout. Don't do it!

[Click here](#) to go to an online store with a wide selection of protein powders. (**Note:** you must be online to view this link).

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

2. Creatine Monohydrate



Creatine monohydrate is an excellent muscle-building supplement. It is completely safe to use for both men and women. There are many scientific studies documenting its safety and effectiveness. It is a natural substance found primarily in red meat.

Using creatine can cause a rapid weight gain of approximately 3 to 10 pounds during the loading phase, depending on the amount of muscle and water you are carrying right now. The bigger you are, the more weight you will gain. This weight is primarily in the form of more water in your muscles.

Creatine builds strength by increasing the amount of fuel available for muscle contractions. By increasing your available fuel, your body is able to lift more weight and do more reps. This, in turn, allows you to build muscle.

When To Take It In The Phases:

Creatine users typically load up for a period of 5 days then drop down to a maintenance dose to keep high levels in the muscles. We are going to take a different approach to creatine in the *Metabolic Surge Program* in order to maximize it's effectiveness for the specific metabolic situations you'll be putting your body in: a partial load with no maintenance dose.

On the first day of Phase 3, you will start loading up on creatine. Take 4 doses of 5 grams on the first, second and third day of Phase 3. Loading for only 3 days will not completely saturate the muscles with creatine but it will give the majority of the immediate benefits of creatine loading, i.e. rapid weight and strength gain.

Your body will be coming off the low-carb phase and will be more sensitive to the effects of insulin. By taking your creatine with a high-glycemic carbohydrate, your body will not only release more insulin, it will be more sensitive to its effects, shuttling more creatine into your muscles during this time.

You will also be rapidly gaining muscle from the *Protein Loading* you'll be doing. Adding creatine to this mix will help that process move even faster, helping to provide your body with the energy for protein synthesis!

We will not be doing any maintenance dose of creatine so that creatine levels in your body will drop down again. We want them to drop so that we can do the same 3 day loading again as we just finished doing, getting the same powerful effects from it. We're not using creatine for long-term strength gains here - we're using it for short-term

muscle gain. This is why we don't want to do a full 5 day loading period - we don't want to fully saturate the muscles with creatine because it will take too long for them to return to lower levels. We're looking for that kick!

I personally take regular, plain creatine monohydrate. I get excellent results with the no-frills version. There are a number of supplements on the market that claim to take creatine supplementation to the next level. My suggestion is to try regular creatine the first time through so you have a basis to compare to. Then try the fancier stuff. If you find you get enough results to justify the higher cost, go for it!

[Click here](#) to go to an online supplement store for creatine. (**Note:** you must be online to view this link).

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

3. Glutamine

Glutamine is a nonessential amino acid in the body but it is also the most abundant amino acid in the body. Around 50% of the free amino acid pool consists of glutamine.



Taking extra glutamine has a variety of beneficial effects on your body.

- A dosage of 2 grams on an empty stomach has been shown to increase the level of circulating Growth Hormone in the body. This is good because Growth Hormone promotes muscle growth and fat loss, which are the major aims of this program.
- Another effect is that the body does not have to break down other amino acids to make glutamine. Glutamine is a popular amino in the body and if glutamine levels are low, the body will break down muscle protein to synthesize it.
- The extra glutamine you take in supplement form helps support muscle growth if taken in doses of 5 grams or more at a time (this large amount is necessary to get enough past the digestive system to be of value - the gut sucks up glutamine like a sponge).
- Other effects of glutamine include immune system boosting, improved recovery, cell volumization and enhancement of glycogen replenishment
- The best times to take glutamine are first thing in the morning, right after a workout and right before sleep.
- Dosages can vary from 2 grams (minimum) to about 10 to 15 grams or more. The larger doses should be used immediately after a workout to promote anabolism and minimize catabolism (muscle breakdown).

When To Take It In The Phases:

Glutamine is an excellent supplement and should be taken after every workout. It will help your body recover quickly from the intense training you are putting yourself through. It will also help keep your immune system functioning at peak levels as you push yourself towards overtraining over the course of the program. This is a critical time - if your immune system is down, you'll be more likely to get sick at this time.

In addition to taking it after every workout, you can also try **Glutamine Loading** on the first two days of Phase 3. This is very similar in concept to both Protein and Creatine Loading. Since glutamine is an extremely important amino acid, providing it to your body in quantity while it is sucking up protein and building muscle will help maximize the

effects of the protein loading.



Also, glutamine works in a similar fashion to creatine by carrying water into the muscle cells as it gets absorbed. This cell volumizing effect dramatically enhances muscle cell growth.

Load up on glutamine for the first two days of Phase 3 by taking 4 doses on each of the two days. Take 5 grams first thing in the morning. Take 5 grams an hour before training. Take 10 grams right after training. Take 5 grams right before bed. After the first two days, you can go back to taking it only after workouts.

A side benefit to taking plenty of glutamine is the positive effects it has on strengthening the immune systems, especially as you get near the end of the third round through. Your body will be pushed to the edge and this will tend to lower immune system functioning. Glutamine can help keep you from getting sick during this time. Very effective!

Glutamine is easiest to take in powder form. Capsules are available but you need to take so many of them to get a decent effect, it's not really worth it. Regular glutamine powder should work perfectly.

[Click here](#) to go to an online store where you can buy large containers of glutamine for very low prices. (**Note:** you must be online to view this link).

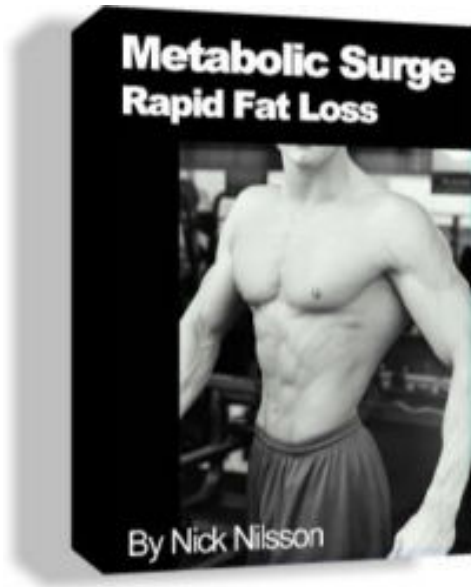
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4. Fat Burning Pills

Fat burning pills, in my opinion, are highly overrated. You can get much better results by properly targeting your nutrition and training and relying on your naturally-enhanced metabolism than you can by looking to mildly or non-effective fat burning supplements. Supplements such as L-carnitine that support the fat burning processes in the body can be useful but the plethora of new "ephedra-free" fat burning supplements rely on ingredients that don't have much research behind them and can have negative side effects almost as bad as ephedra itself.

For a detailed review of fat burning supplements, I highly recommend Will Brink's eBook "[Diet Supplements Revealed](#)".

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Metabolic Surge - Rapid Fat Loss

[Click here to order now](#)

**Or continue to the next page to
learn more about this powerful
book!**

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Discover a Groundbreaking New Fat-Loss Program That Can Actually ADD Muscle To Your Body While Burning Off Pounds of Fat... Even in Experienced Trainers!

And all it will take is just 36 days...

WARNING: The information you are about to read will cause extremely rapid and efficient fat loss in those who are willing to work for it. If you prefer to accept mediocre, slow results and put in minimum effort, this is not the program for you. This information is only for those who want the best results for their hard training.



I've got 7 things I want to tell you before we go any further.

All I ask is that you read these 7 points. If any single one of these things sound interesting to you, you **NEED** to read the information on this page.

1. **It IS possible to gain muscle while losing fat**, not just for beginners but even for advanced trainers. I know, because I'm an advanced trainer and I've done it. Now I'm going to show you how. In fact, the more training experience you've got, the better this program will work.

2. Under the right dietary and training conditions, your body can actually **use your own bodyfat to provide energy for building muscle, practically doubling the speed of fat loss**. This program makes sure those conditions are created for you on a daily basis.

3. Low-carb diets work. Low-fat diets work. But neither works forever. I've taken the best features of both and combined them to actually **FEED off each other with NO plateaus EVER**.

4. Training with high reps and isolation exercises for fat loss is a waste of time and energy. It will practically guarantee that you lose muscle. I will tell you **EXACTLY** how to train to **keep and even GAIN muscle while losing large amounts of fat**.

5. Your own natural metabolism is **FAR** more powerful for burning fat than any fat-loss pills or potions you could ever take **IF** you know how to stimulate it properly. **You'll learn how to keep your metabolism so continuously cranked**, you won't have any need or even desire to take a fat-loss pill again.

6. Precise manipulation of the nutrients in your diet (protein, fat and carbs) can have extraordinary anabolic (muscle-building) and lipolytic (fat-burning) hormonal effects on your body. My program of *Macronutrient Rotation* tells you **what foods to eat and when so that you not only achieve this effect but MAXIMIZE it**.

7. **Rebound weight gain when coming off a diet does NOT have to happen**. With most fat-loss programs, when you stop following the program, you start regaining weight. Just the opposite happens with my program - **you actually continue to lose fat even after you're done**. There is no rebound, just more results!

So do the 7 things I mentioned above sound interesting? I thought so.

The information you are about to read will give you insight into exactly what you need to do to strip away maximum bodyfat **in the next 36 days**.

In the groundbreaking fat-loss program you're about to read about, I've taken all my 15 years of practical training experience and university-level background in nutrition and human physiology, sought out the best, most highly-effective techniques and combined them to work synergistically. Every part of the program builds on

Who Am I?

My name is Nick Nilsson, author of the powerful eBooks "The Best Exercises You've Never Heard Of" and "Gluteus to the Maximus". I've been weight training for 15 years and have a degree in Physical Education, encompassing physiology, nutrition, biomechanics, kinesiology and anatomy.

the next to make the whole program far greater than the sum of the parts.

Before I go any further, let me clarify one thing: this fat loss program is NOT a lifestyle program.

It's an extraordinarily powerful, highly-targeted, intense program of diet and exercise designed from every conceivable angle to accomplish just two things: **stripping away bodyfat as quickly as possible while retaining and building maximum muscle mass.**

I've had my training articles published widely on the Internet, including sites such as Bodybuilding.com, AtoZFitness.com, Ironmagazine.com, and many others.

I've been training all of my life and I've tried a LOT of different techniques. **Bottom line, this is the ONLY program I've ever completed that has allowed me to gain muscle while losing fat.**

I followed my own program to the letter and **ended up at exactly the same weight as I started** (I started at 207 pounds and ended up at 207 pounds). Why is this a good thing?

Because I **dropped three inches from my waist at the same time!** I lost a tremendous amount of bodyfat during the 36 days it took me to complete the program. What replaced it? Pounds of new muscle. Not bad for a rapid fat-loss program...

But if you're primarily interested in weight loss, however, don't let my results throw you off. I'm certainly not saying you're not going to lose weight when you do this program. Far from it!

You will lose a tremendous amount of fat while KEEPING your muscle mass. **It won't be water or muscle that you lose but FAT**, which is exactly what you want to lose when you're losing weight. The numbers on your scale could very well drop like a stone, depending on how much fat you've got to lose and how much muscle mass you carry. This is a system that is guaranteed to reshape your body extremely rapidly.

This program is also very special in that, when finished, **I did NOT experience any rebound weight gain at all** as with many other programs, even after losing so much fat so rapidly. To be honest, **I actually continued to lose even after I finished the program!** My metabolism was just cranking so fast at that point, even when I went back to regular eating, my body still continued to burn fat.

The way the program is structured totally prevents rebound weight gain. It does this by actually taking the metabolic reality of rebound weight gain and applying it to MUSCLE gain in the middle of the program. By the time you are at the end where you go back to regular eating, the conditions that would set up the rebound have been eliminated and the training has so thoroughly stimulated your metabolism, **your body simply can't rebound and add extra fat!**

As well, included in the program is a taper-down phase that helps your body to come down from this "metabolic surge" that it's experienced. It reduces the training load and helps you to build strength. **You can very easily maintain your results with general good nutrition and continued training on whatever program you like when you're done!**



The crazy thing is, when I went through and did this program, **I actually ended up even being STRONGER when I was done!** I have NEVER experienced anything even resembling strength gain on a fat-loss program before and, to be honest, it really shocked me. This is powerful stuff and should be tried at least once by every serious trainer. I have a feeling you won't go back to traditional training after you've experienced these kind of results.

To that effect, this program is designed for the person who is looking to get the absolute most fat-loss out of every single ounce of effort they are putting into their training (aren't we all?). This program is strategically designed to work with your body's metabolic and hormonal processes to practically peel the fat from your body.

This is not a long-term fat-loss plan. **This program is only for those who are looking for EXTREMELY FAST RESULTS and who are willing to work for it.** If you're looking for a diet and exercise plan you can stick to for the rest of your life, this isn't it. If you're looking for a fat-loss plan you can coast through, this definitely isn't it.

But if you're looking to MAXIMIZE YOUR FAT LOSS with laser-guided, pinpoint training and NO wasted effort, YOU NEED THIS PROGRAM.

By manipulating very specific nutritional and exercise variables as you go through the program, you will take full advantage of your body's incredible adaptive capabilities. You will use secret techniques that I've perfected over 15 years of intensive training and research that are totally targeted to forcing, coaxing, tricking and practically RIPPING bodyfat off you while preserving and even BUILDING muscle mass!

If that sounds good to you, please read on...

Hi Nick,

I am now onto day 19 of your program and I have to say it is the best training program I have undertaken.

I find it extremely challenging but the results are speaking for themselves. **It has been pretty good for the ego to have people asking me if I have lost weight and/or that I am looking good on an almost daily basis.**

The funny thing is that I didn't think I really had much weight I wanted to lose, but have now **had to put two new holes in my belt** and am going to have to have all my work pants taken in!

I was concerned that I would lose a bit of muscle tone on this program but the opposite has occurred - it is great to see **a program that disproves the myth that you can't lose fat and gain muscle at the same time** - I sure have.

I have really learnt a lot about my body through this program and would recommend it to anyone wanting to lose weight and gain muscle.

I am going to be doing my personal training certificate later this year, or early next year, and this program has given me a great understanding of what works for fat loss and muscle gain.

Thank you for putting together such an excellent program!

Daniel McCarthy

You may be asking yourself "how is this program different than every other fat-loss program out there?" After all, the number of fat-loss programs out there today is truly staggering.

Here's how it's different:

Most fat-loss programs are designed to achieve fat loss gradually through lifestyle changes. There are plenty of programs out there that effectively achieve this. Or, they may help you lose, but only short-term and then you rebound back up. But what if you're already training hard and eating right and still aren't seeing fast results?

That's where I come in. My program is designed to address the **unique fat loss needs of people who are already training hard** and who need every advantage they can to drop to their bodyfat levels down to remarkably low levels.

Let me put it this way: an advanced trainer is not going to go on the Slim Fast plan to get down to 5% bodyfat. Using programs like those that are designed for long-term lifestyle changes and more targeted towards casual exercisers may get you slow results but, personally, I just don't have the patience to wait around for a program to work. You shouldn't either.



I believe in the extraordinary adaptive capability of the human body and I know exactly how to use that capability for extraordinarily fast results.

Let me give you a scenario - I'm sure you've probably heard it and maybe even experienced it

before.

You start on a fat-loss diet by lowering your caloric intake. In only a few days, your body reacts by lowering your metabolism. Your body doesn't want to lose fat - that's hundreds of thousands of years of evolution at work. Your body would rather get rid of muscle tissue because it takes more energy to maintain. So it does, which further slows your metabolism.

Before you know it, you're reducing your calories to extremely low levels and doing way too much exercise and all you're doing is burning muscle and holding onto fat.

Sounds familiar? That scenario can now be a thing of the past.

My "**Metabolic Surge - Rapid Fat Loss**" program tackles this problem head-on. I don't dance around it - this program knocks it to the ground and dances ON it!



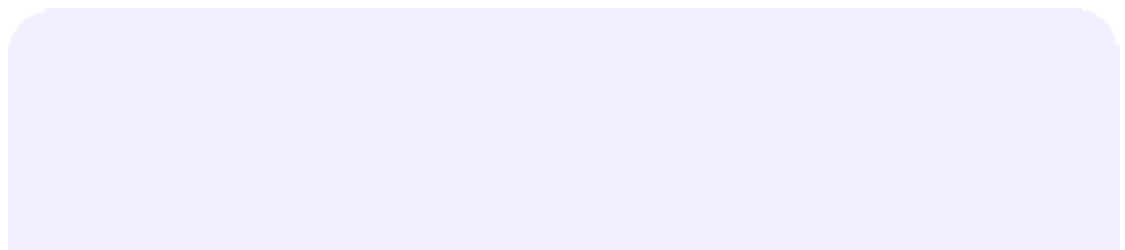
By manipulating nutrients in your diet in VERY specific patterns, you can not only keep your metabolism roaring without the typical slowdown you get from continuous dieting, you can actually use your fat loss program to GAIN muscle mass while you lose fat!

This may not seem like much to a casual trainer, but, if you've been training awhile, you know this would be darn near miraculous! It's hard enough to gain muscle without adding fat to your body. **Imagine actually gaining muscle while you're LOSING fat!**

With the eating plan in the program, you may not even realize you're on a diet. Not only do you get to eat steak, eggs, and hamburger, you will also eat fruit, pasta, rice and other high-carb foods. I will even tell you when you can eat pizza, cheesecake and other similar foods and actually use them to your advantage!

This is the first program that I've ever experienced that not only works with your body's cravings, it also anticipates them, rewards them and actually uses them to maximize your results!

It's truly the most liberating diet I've ever come up with in my training career, yet it's by far the most effective!



In this program, I'll tell you what foods you need to eat and when to eat them. You'll learn things like:

- why eating low-carb is one of the BEST and one of the WORST ways to lose fat. If you follow the typical, mainstream low-carb diet, you WILL lose muscle. That's a guarantee. I'll tell you how avoid that trap completely.
- how your body reacts to certain foods has the power to either kill your fat loss or send it through the roof, depending completely on WHEN you eat those foods. You'll get a precise schedule of those times to leave you no doubt as to what you need to eat and when.
- why an eating plan that doesn't change frequently, regularly and dramatically is doomed to failure. You need to know the exact time to change things around in your eating - wait too long or not long enough and your results will suffer. I'll lay it all out for you.
- why detailed calorie-counting is not necessary for rapid fat loss. This program does NOT require that you measure every little thing you eat. You'll get results just by eating foods from specific categories, not by weighing your food.
- how to unleash the power of FRUIT to build muscle while dieting. You'll be astonished how and why this works. It can literally FORCE your body to build muscle even while dieting.
- how you can eat pizza and still rip the fat off your body. Even a rapid fat-loss plan needs a little "soul" food in it but whoever heard of pizza being encouraged on a diet? I'll tell you when you should eat it to actually ENHANCE your fat-loss results.
- what foods are never good on a fat-loss diet. Many of them are actually found in typical diet plans!
- why a caloric deficit is not always necessary (or even always desirable!) to reduce your bodyfat percentage. Find out how and when you can eat more than maintenance levels and still reduce your bodyfat. It's all in the timing.

I have no interest in giving you information that's not going to help you IMMEDIATELY.

Getting you fast results is what drives me and gives me satisfaction. The nutritional approaches in this program are not compromises to make people comfortable. This program is not about doing what's comfortable - it's about doing what WORKS and what works FAST!

Included in the program are professionally-designed, high-performance meal plans contributed by world-class Sports Nutritionist Dr. John Berardi, PhD, CSCS (Certified Strength and Conditioning Specialist®) and Professor at the University of Texas at Austin. Dr. Berardi is an accomplished expert in both sports nutrition and high-performance athletics and would NOT stake his name and reputation on a program that didn't deliver results.

Dr. Berardi counts as his clients:

- US Bobsled Team
- Canadian National X-Country Ski Team
- The Olympic Oval in Calgary
- Individual athletes in the following leagues: NFL, NHL, NBA, MLB & more...
- Individual athletes in the following sports: Ironman Triathlon, Rugby, Cycling, Bodybuilding, Powerlifting, & more...

These meal plans will give you COMPLETE and BALANCED nutrition, which is always a challenge when training and eating for fat loss. With these powerful meal plans, you'll NEVER have a problem knowing exactly what to eat for best results.

Also, even though with this diet you don't necessarily have to count calories, if you ARE interested in counting calories and find that's an easier way for you to figure out how much to eat, I've got that covered too. You'll get a detailed explanation of what your optimal caloric intake is as well as easy-to-read tables that tell you how many calories you need to eat per day for best results.

"Hi Nick,

Metabolic Surge is the most results-producing fat loss program I have ever used! I LOVE IT! I really do. I have tried many programs I have found online and in the mags and there is simply no comparison. I completed the first 36 day cycle with great results. I am on day 20 of my second cycle. I still have a way to go to get to 6-8% bodyfat but I have absolute confidence that Metabolic Surge will get me there.

I still have bodyfat hanging around my belly but the outline of a six-pack can be seen when I flex. I am much more muscular than ever before. The program is so easy to follow and that helps a great deal.

I want to get in the best most defined, conditioned shape of my life and I know that YOUR program, Metabolic Surge, can provide the way. I want to be honest with you Nick. **I AM 59 YEARS OLD and I look better and more muscular than most of my much younger friends.** The younger women are after me too!! Thank you God!!!!
Ha Ha

Thank you Nick for everything. I am already in better shape after only one cycle than ever before and will go to even a higher level with Metabolic Surge. Thank You, Thank you, Thank You."

David Foat

But what about training? **The right training is absolutely critical to rapid fat loss.** If you do too much or train too hard, you can burn precious muscle and end up worse for having done it. Even using the wrong types of exercise at the wrong times can have a devastating effect on your fat loss.

I've fixed that too. I've developed a number of revolutionary training concepts that work synergistically with the specific nutritional patterns I've set out. This means, when combined properly, the effects of both diet and exercise together are far more powerful than either could ever be if taken separately.

It's a little-known fact that you should train a certain way depending on how you eat. The wrong type of training at the wrong time could mean no results. It could even set you back!

The exercise programs in the ***Metabolic Surge Rapid Fat Loss*** program are extremely detailed, right down to the set, rep and rest periods of each and every workout throughout the entire 36 days of the program. I've taken the guesswork completely out of it for you.



With this program, you won't ever come to a point in your training where you don't know EXACTLY what to do. I've got you covered. You'll learn:

- a workout method so powerful that, when done at the right time in your fat-loss training, it can actually FORCE your body to add muscle. I have personally never found a mass-training method more effective, and I've been looking for a LONG time.
- how "traditional" weight-training methods for fat loss can actually cause your body to burn up MUSCLE rather than FAT and even teach your muscles to get smaller! The training methods in this program will do just the opposite.
- a fat-loss training method that combines the powerful calorie-burning effects of cardio training with the powerful metabolism-boosting effects of intense weight training to literally peel the bodyfat off you. It's so powerful, you'll swear that you see and feel a difference in bodyfat by the end of your first workout.
- why the exercises you typically associate with improving muscle definition are actually the LEAST effective for getting you fast fat-loss results. Throw your lightweight kickbacks and endless crunches out the window - using the right exercises will get you results FAST.
- why you need to exercise differently depending on what you eat. If you don't know this, you may end up burning muscle and keeping fat!

- how to fully harness the direct relationship between Lactic Acid and one of the body's most potent fat-burners: Growth Hormone. This revolutionary new type of training (that you won't find anywhere else) not only stimulates massive fat burning, it also protects your muscle mass from being broken down at the same time!
- how to harness the power of overtraining and use it to your advantage. Most people avoid overtraining like the plague but approaching that point is actually where the real results are. It means you're pushing your body to the very edge of rapid adaptation. This program takes your body there then brings it back, accelerating your results far beyond conventional training that stays well back from this point.
- the Core Combo - a set of exercises designed to develop your abs and make your lower back and shoulder joints injury-proof. This combo will help you increase the weights you can lift in practically every exercise you do. The core and the shoulder joints are where most people are weak and it affects their training. Addressing these areas can have a phenomenal impact on your training.

It's taken me 15 years of grueling training, experimentation and in-depth research to develop the training methods you'll get in this program. I've kept the best and weeded out the rest.

Not only will you learn these methods, you'll also discover EXACTLY when to use them for best results. By themselves, each of these methods are excellent. When properly meshed into your full training and nutrition program, the results can be downright staggering.

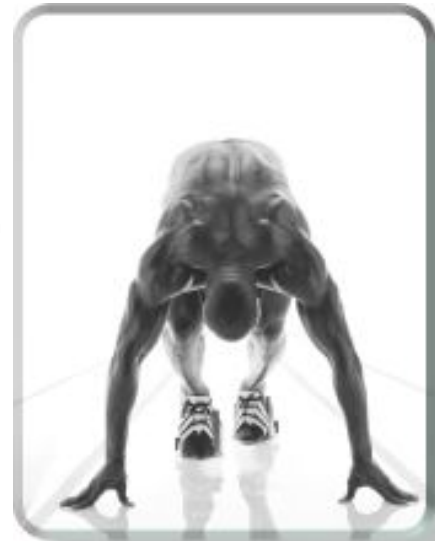
But that's not all. There are even **several powerful side benefits** to the *Metabolic Surge program* that I myself didn't even anticipate when I put the program together. The first time I put myself through the *Metabolic Surge* program, I found them out first-hand:

1. My cardio capacity went through the roof.

Generally, in conventional fat-loss cardio training, you go at an easy pace for long periods of time. This burns calories, sure, but this endurance-oriented training also teaches your muscles to get smaller, it can interfere in the muscle-building process and it doesn't do much for building cardio capacity. NOT what we're looking for.

The cardio training in *Metabolic Surge* is based around various types interval training (including an incredible new style that I've never seen done anywhere else but in this program!). The cardio training is carefully laid-out and scheduled to burn maximum calories and to preserve muscle mass. In fact, **the cardio methods in this program can actually even help you BUILD muscle mass!**

And this is just the cardio training. The weight training itself also places great demands on your cardiovascular system, which results in even greater improvements.



In a nutshell, I found, after 36 days of this program, I had achieved improvements in my cardio capacity similar to what it would have taken me at least 3 times as long to achieve with conventional cardio training. And I didn't lose an ounce of muscle doing it (I actually GAINED about 10 pounds of muscle during those 36 days!), which in my experience is almost miraculous!

Even if improved cardio capacity is not one of your main goals, it sure is a nice side benefit! And it also ties directly into side benefit #2, because the better your cardio capacity, the better your recovery will be...

2. My recovery ability also went through the roof.

When I talk about recovery ability here, I'm talking not only about recovery in between sets but also recovery between training sessions.

The training techniques and dietary combinations stimulated my metabolism so effectively, after several weeks on the program, I was not only using more weight for my sets, I was getting way more reps on the second, third and fourth, etc., sets of the exercises I was doing. **Have you ever experienced gains in strength and stamina on a fat-loss program before?** I hadn't and it blew me away!

This powerful metabolic stimulation also put my whole systemic recovery into overdrive. The training sessions you'll encounter towards the end of the program are, quite honestly, extremely tough. But the program carefully works up your body's recovery ability to **allow you to not only recover from this tough work but to THRIVE on it.**

This program will allow you to get leaner, more muscular and stronger, with far greater cardiovascular capacity and muscular stamina.

In addition to the main program and the above side benefits I've just told you about, you will also learn how to adapt this program into a weekday-based training schedule.

You see, this program was not originally designed with days of the week in mind, only with an eye to what was the most efficient scheduling for your body for best results.

But, I realize that some people simply aren't able to train on the weekends due to personal or other commitments. This is why I've included instructions on how to modify the training and nutrition to fit into a weekday-based training schedule. Naturally, the original program will be the most effective, but this variation sure comes close!

To further help, I've also included a comprehensive "**Frequently Asked Questions**" section that covers a wide range of topics from nutrition to exercises to supplementation, even how to modify the program to your own needs and schedule! These questions are from actual users of the program and not just things that I've made up that I think people might ask about (like many FAQ's tend to be). Chances are, this section will answer all your questions about the program before you even think of them!

"Nick, I must say that *Metabolic Surge* is a brilliant book. I have read a lot on fitness but what you have written is not only easy to implement but very effective as well. In short, this is the best book on fitness that I have ever read. **Honestly speaking, this program has allowed me to get in the best shape of my life.** Keep up the good work.

Shane Tony
Professional Fitness Model

"Hi Nick!

I would like to thank you in advance for my loss; That is...**I lost 5% of my bodyfat**, I am now down to 11% at a bodyweight of 71 kgs. from 16% at 73. My ABS are now beginning to appear, AT LAST!

Anyway, the results I have were just after Round 1 of the Metabolic Surge program. Honestly, I had some cheat meals earlier as outlined in the Phase 3 of Round 1. I kind of slipped a little but I was still able to get these results. If only I can drop another 5% then I will be a proud owner of a 6% bodyfat physique WOW!

Thank you so much! I couldn't do it without your expertise on the subject of Macronutrient Rotation.

YOUR SUPPORTER ALL THE WAY!"

JOJO MINA



So, we've talked about training and nutrition - what about supplementation? **Are you going to need to get a ton of expensive supplements to take full advantage of this program?**

The answer to this question is a resounding **"NO!"**

If all you do is take a multivitamin every day, you'll still get amazing results.

I'll tell you exactly what supplements can and can't do for you. If you're pinning all your fat-loss hopes on a pill, I've got news for you: it ain't gonna happen. However, the right supplements, taken at the right time, can have stunning effects on your body composition.

When it comes to supplementation and fat loss, you'll learn what's going to get you results, not what's going to drain your pocketbook. You'll learn:

- when and how to use protein supplements to maximize your fat loss. Taking it at the wrong time could actually stifle your fat burning. Taking it at the right time will send your fat loss through the roof.
- how to use creatine monohydrate strategically to build muscle mass while dieting. If you load and take a maintenance dose, you're NOT using creatine to its maximum potential. Taking creatine while dieting is a whole new ball game. You need to know WHEN to use it and when NOT to use it or you might as well be flushing it directly down the toilet.
- why fat-burning supplements can actually work AGAINST you even while they're working FOR you. This is knowledge that can save you a whole lot of money but it's what supplement companies don't want you to know. When you learn it, you might just kick yourself!
- which single supplement (other than a multivitamin) that you should NEVER go without if you want to have a prayer of hanging onto muscle while losing fat. Surprise! It's not protein!
- an amazing new protein supplement that fits this program like it was made for it. It contains zero carbs and zero fat, is extremely bioavailable, provides protein for hours in the body and mixes with almost anything.

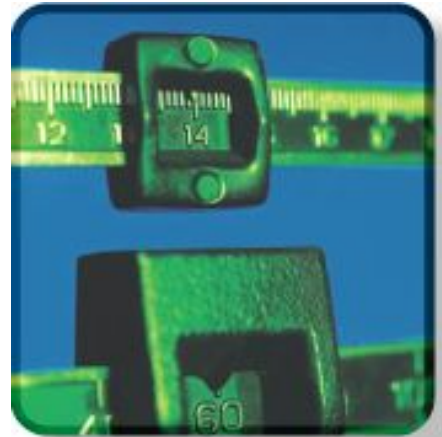
A Fat-Loss Program Based on Science

One of the most important things to note about the **Metabolic Surge** program is that it is **based on verifiable SCIENCE**. It is not something I pulled out of a hat that may or may not work. The nutritional patterns, eating recommendations and training techniques in the book are fully backed by scientific studies published in peer-reviewed journals and are **fully referenced and hyperlinked in the book so you can examine the studies yourself!**

I've researched what works best for fat loss. I've taken the best of that research and the best techniques I've come across over 15 years of training and meshed them together to take FULL advantage of every single way to naturally boost the metabolism through nutrition and exercise.

You see, your body reacts to certain nutrients and certain training styles in very predictable ways.

By exploiting your body's natural reactions, this program not only maximizes the positive fat-burning and muscle-building effects of **Growth Hormone**, it also maximizes the anabolic effects of **Insulin** while minimizing Insulin's possible negative impact on fat burning. It works equally well in both men and women.



Experience the power of applied human physiology at work. By understanding these reactions, planning for them and using them, we can **force your physiology to work FOR you, not AGAINST you**, as it normally does in most fat-loss programs. This means no fat-loss plateaus - you can lose fat until you've gone as far as you want to go without ever experiencing the major metabolic slowdown that normally happens with most fat-loss programs.

The applied physiology at work in this program even allows you to **use your own stored bodyfat to fuel muscle growth** rather than just food. This means even faster fat loss.

Honestly, the result is a program that has gone far beyond even my own expectations.

Why did I come up with the "*Metabolic Surge*" program? Let me put it this way - I know how hard you work at your training. I've seen you and people just like you in gyms all over the world, struggling to get the most return for the hard training you do. It always pained me to see people trying so hard yet getting nowhere because they didn't know what they needed to do to get results.

I also know that when you want results, you want them FAST. You don't deserve to settle for slow results. I know that if you had the opportunity to learn how to take the

effort and energy that you're **ALREADY** putting into your training and make it **2 to 3 times MORE EFFECTIVE** for fat burning, you'd jump on it, right? I know I would.

And I know how hard it can be to try something so completely new.

For years, I struggled with the "traditional" fat-loss methods that got me slow and limited results (weak, small and tired was more like it!). I was even afraid to try new approaches at times because I thought my muscle mass would shrivel up or I'd get fatter from it. Breaking out of that self-defeating, self-limiting mindset really opened my eyes to what is truly possible when you focus EVERYTHING on one specific goal.

"The Metabolic Surge program is excellent! I really am losing weight. **I've always wanted a program that outlines step by step what I should and shouldn't be doing** and this is exactly what your program does.

I've always had problems with fat in my back right above my waist, well, not always but a good deal of my life, and I can see major changes in that area. It's truly amazing. **I've never lost as much in that area as I have with your program.** My husband and son are telling me that I'm small enough. I won't be satisfied until I lose all the visible fat in my sides.

As always, thank you so much for this program. I will be ending the 36 days this Friday and I can honestly see the results!!!"

Velinda Thomas

If you give me just 36 days of targeted, dedicated effort, I'll transform your body. I don't care how long you've been training or what you're tried before.

Check out these results from actual users of the program:

"I lost more than 50 lbs following the Metabolic Surge for several cycles...with putting on muscle mass."

"I'm a 51 year old woman, started out with Level 1 of the program at 125 pounds and 25% bodyfat. At day 35, I was 123 pounds and 22.5% bodyfat."

"I've gone from 223 lbs to 215 lbs and my muscle increases have been quite dramatic."

"I've gotten MUCH, MUCH stronger (bicep curls, for example, went from 5-lb dumbbells to 15's) and lost about 5 pounds so far."

"In the first 2 weeks I have lost 7 lbs of fat lost 3" in my waist, gained 3/4" in my arms and gained 1" in my legs"

"210lbs at 24% bodyfat to 190lbs at 15% bodyfat at 49 years old. I Have Abs!!! Who Knew??"

"Lost 8 lbs of fat while gaining 3 lbs of muscle"

"I am currently halfway through my second go-round of MS. I have lost 5% total bodyfat and have increased strength and definition."

"Bodyfat % is coming down [3%] and am adding muscle [+12lbs]. Vascularity has improved significantly. Thighs +1 inch; calves +0.75 inch; upper arm +0.25 inch."

"The program was excellent. It pulled me out of the rut of just using calories in as my main fat-loss component. It got my metabolism and my fitness level to an all time high."

"Outstanding! I bought the program in order to get back on track, and the variety built into it was just what I needed."

"I really loved this program, I didn't actually finish it but got outstanding results anyway! And, I use the diet all the time and the different training styles. It has changed my life and everyone asks... what are you doing?!"

"Maintained weight at 100 kg but improved Lean Body Weight ratio and appearance. Waist size down 10 cm (4 inches)."

"I lost several percentage points of fat and kept the same amount of muscle. My six-pack is finally beginning to show."

"36% bodyfat down to 28% currently"

EVERY SINGLE ASPECT of this powerful program is designed to burn fat and preserve muscle. Nothing else. This program is not designed to build strength or improve sports performance. It's not designed to "tone" anything up or rehab an injury. There are more appropriate times for that kind of training. Your body adapts best when you focus your training on one specific goal and we are directly targeting rapid fat loss as this goal. No holds barred.

The Extras

Just to be clear right up front, this isn't the part where I throw in the extra set of steak knives just for ordering in the next 10 seconds. This is the part where I tell you about all the extra stuff I've included in with the **Metabolic Surge** program just because I wanted to give you more and ensure your success!

1. Separate, easy-to-print PDF workout sheets. Instead of having to go through and print each page by clicking through to each page, all you have to do is open the file and hit "Print." You will be able to easily print out every single workout of the program at once in a printer-friendly format. Each workout fits on a single sheet of paper for your convenience (making it easier to bring to the gym with you). I'm all about making it easy for you to put this program to work!

2. Six of my favorite abdominal exercises. Let's face it - if you're here to lose fat, one of your major goals is to get ripped abs. Am I right? What better way to get to your goal faster than to use 6 of the best exercises you can do for the abs! You'll even learn an exercise that can help tighten up that hard-to-reach love handle area that everybody hates. Traditional side bends only make it bigger. This unique exercise actually **TIGHTENS** the obliques, making them smaller! Several of these great ab exercises also include **video clips** to be sure you know how to do them properly.

3. Fitness calculators. Check your bodyfat percentage, determine your daily energy requirements, find your one rep max, and more! These calculators are very useful for helping you measure your progress and reach your goals.

4. My full support - anytime you need it. Nobody knows this program better than me. I am **ALWAYS** available to you to ask questions whenever you need help. Think you can email the author of a book you bought at the store and ask them a question about the exercise on page 79? No chance.

My goal with this program is to help people transform their bodies. The best way for me to do that is to help you with it whenever you need help, because, to be honest, **helping you understand the program helps me to understand how to make the program work BETTER.** I greatly value your feedback and your questions so never be shy to ask!

Here are some comments about the support I've given to people with my programs. As you can see, when it comes to support, I don't mess around. I treat people how I'd like to be treated myself!



"Thanks for all your help over the past few months! It has helped me tremendously. Also, I would like to say that here in England, hardly anyone is dedicated to helping their students anymore and **I really appreciate how you have gone to so much trouble just to help me.** Thank you for all your time and effort!!" Shahid A.

"I really believe that what I bought from you was definitely the best investment I ever made for my fitness goals. **The customer support you have given me is outstanding.** The more I read over the information, the more I get motivated in my training." Douglas Wethington

"**I sincerely thank you for your valuable advice,** and for clearing my doubts. I only wish there were more people in this world like you, who are so spontaneous in giving good advice even to people you have never met!!!! Then this world would surely be a better and healthier place." With gratitude, Dennis Gonsalves

At this point you might be thinking, "**Wow, how much is this program going to cost me?**" To be honest, the answer is "**not a lot.**"

Though the information in this book is easily worth many times more than the price I'm asking, I have no interest in putting it beyond people's financial reach. I would rather see more people benefit from this program because I know how extremely well it works. It literally has the potential to revolutionize your approach to fat-loss training.

For a limited time, you can get this book for the price of only **\$29.95**. This includes 5 amazing bonuses (see below) as well as lifetime free updates to the book. For the price of a couple of pizzas (which you'll even get to eat on this program!) this information is yours.

But before you even think of ordering, I want you to read through this amazing letter I received from a user of the program.

Hi Nick,

I purchased the Metabolic Surge e-book about eight weeks ago and just finished up the strength and recovery phase. Let me say that I can't wait until next week so I can start all over. I cannot believe the results that I got. I really didn't have an accurate way of measuring my bodyfat when I started, so I got a pair of Accu-Measure calipers about three weeks into the program. At that time I weighed 255 at 26% bodyfat and my clothing were already starting to get loose. Now I weigh 253 with 23% bodyfat. **That's a 3% loss [in bodyfat] in only 4 weeks. Unbelievable!** I took before and after pictures like you recommended and what a difference, especially the picture from behind.

Also, when you said that I wouldn't lose muscle and might even add some, I thought you were a little off your rocker. WAS I WRONG. Not only did I not lose any, I really slapped it on. Here is an example of one of my strength gains. Prior to starting I could flat bench 205 for 5 reps. My last strength and recovery workout I did 235 for 6 reps. Absolutely every muscle group saw gains.

Now straight from the heart, let me thank you very, very much for putting together this program and offering it at such a reasonable price. For the last six years, I have been trying to find a way to shed weight and have had one failure after another only to wind up being heavier. You have helped me overcome the biggest obstacle on this journey, my work schedule. Working 12 hour days is no picnic. Working out after a 12 hour day would have been insane, training the way that I always trained. I always lifted for 45 minutes and then did 30 minutes of cardio 5 or 6 days a week. My diet was never what it should have been either.

Now I can go after work, hit it hard and get home and it's only an extra hour. You also helped me out with some adjustments to the program to accommodate my schedule. I once asked a trainer at my gym how I could maximize my training on this schedule and he told me I should change jobs. He doesn't work there anymore. **I was thinking a few months ago if I look okay next summer I would be happy. Now I want to see if I can get a six pack for Xmas, and I am not talking beer.**

By the way, my wife, who is still battling the extra weight from our daughter, who is three, is 2/3 of the way through the Level One program. **She has seen more results in the two weeks she has been on your program than she did in the two months she spent working with a personal trainer.** Don't get me wrong, she did get results, but not this good. She's planning on doing the full program next. She was so excited when she pulled out the boxes of her old clothing this past weekend and started fitting into all of the smaller sizes.

Anyway Nick, thanks a million. You are a fine person and should take pride in this program. I have been checking out Fitstep.com for my future fitness needs. Right now I am just going to stick with Metabolic Surge until I fulfill what I only thought was a dream.

Thanks again.
Sincerely,
Keith Hallman

When I read that letter, all I could say was "wow." And the best thing is, YOU can get results like that too...



[Click here to order now!](#)

Note: this book is available as an immediate download (by clicking this button) or mailed to you on CD-ROM. See below for details. Mac and PC versions available.

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

"Nick, this is a great workout. There are so many programs for packing on tons of bodyweight or losing a lot of weight. Based on the e-mails I receive, people are looking to add some muscle while losing fat at the same time. This is probably the hardest thing to do when weight training and bodybuilding. A lot of athletes have a bulk-up season where they gain a lot of weight, and then they go on a fat-loss program to lose the unwanted bodyfat while keeping the muscle they acquired. **This program is a perfect way to lose fat and build muscle at the same time. I highly recommend it to anyone who is serious about their success.** I also think it's great that you give people access to all the updates as they are released!"

Mike Westerdal
CriticalBench.com

How about even more bang for your buck?

Not only are you going to get "**Metabolic Surge - Rapid Fat Loss**" instantly when you place your order, I've also lined up **five valuable bonuses** for you:

 **Bonus #1: EXCLUSIVE! How To Measure Your Bodyfat In the Privacy Of Your Own Home - By Tom Venuto**

Learn how to measure and track your bodyfat levels in the privacy of your own home while you're doing the "Metabolic Surge" program. This is a VERY limited partnership with well-known fat loss writer, Tom Venuto - only 2 other sites on the entire Internet are able offer this valuable book!



Bonus #2: 300 Low-Carb Recipes - by Jesse Cannone

Looking for excellent recipe ideas for the low-carb dieting? Look no further! In this book, you'll find 300 delicious recipes with the low-carb dieter in mind.



Bonus #3: 50 Questions Answered About Bodybuilding - by Robert DiMaggio

Learn the answers to some of the most frequently answered bodybuilding questions from an expert in the field, including questions about muscle building, fat loss, training technique and much more!



Bonus #4: How to Cut Through the Hype of Fat-Loss Ads and Never Get Ripped Off Again!

In this report, you'll learn exactly how to see through the 12 devious techniques advertisers use to get you to buy their ineffective fat-loss products. Some of them are downright sneaky and you'll never even see them coming until it's too late and they're out spending your hard-earned money. **Read this and you'll never be cheated again!**



Bonus #5: How to Improvise Training Equipment Out of Just About Anything

You'll learn the golden rule of equipment improvisation: it's not garbage until the truck takes it away! Some of the most effective exercises I've ever encountered are done using ordinary household items, furniture and even stuff that's been "rescued" from the kitchen garbage can. **I'll teach you what to use and how to use it for best results.**

If you are interested in any way, shape or form in learning how to lose fat quickly while holding onto and even building muscle mass, you owe it to yourself to check out this information. **It's what every trainer dreams of being able to do!**

And you'll get a lifetime, full-satisfaction, money-back guarantee...

I'm in the business of helping you get results from your training. I have NO desire to give you information that I don't stand behind 100%. If I were standing in front of you right now, I would

look you straight in the eyes and tell you, with no hesitation whatsoever, that if you put it to work in the way I've laid it out in this program, **this information will get you where you want to go in your training.**

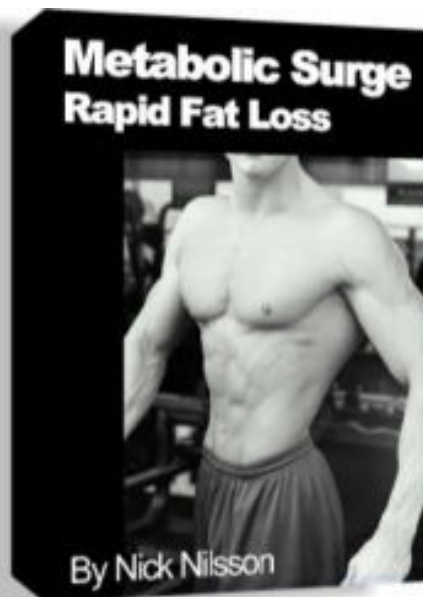
You have my word on this and it's not something I take lightly.

I believe customer service and customer satisfaction are the two most important things when running a business and I want to make sure you know my level of commitment to you when you purchase this program. I also want to take away all the risk to you so you can experience the power of this program for yourself without any worries.

I know this is not a small investment for you or something that you take lightly either, so if you're **EVER** (and I do mean EVER, be it next week or next year or beyond) not satisfied with the quality of the information in this book, just let me know and I will give you a prompt and courteous refund. No questions asked.

That's my promise to you.

But, as with any training program, you'll get out of it what you put into it. I can give you the best information I have but if you don't do anything with it, you won't make the extraordinary progress I know you're capable of. All I ask of you is that you **give this program an honest try**. You will be amazed at the results you get.



Here's the bottom line...

If I were allowed to use only one training program for the rest of my life, with no hesitation in my mind, this program would be it.

That's how well I know this program works for me and that's how well I know this program is going to work for you.

"The *Metabolic Surge Rapid Fat Loss* eBook by Nick Nilsson is, in my professional opinion, **one of the most amazing programs I have read** in recent years which reveals the secrets of how to blowtorch off bodyfat and at the same time boost strength and pack on muscle naturally. This eBook is well researched, easy to read and there is no doubt in my mind that the revolutionary diet and training espoused within will **transform most anyone into the best shape of their life** - Guaranteed!"

Dennis B. Weis
MuscleMag columnist and author of Mass!, Raw Muscle,
Anabolic Muscle Mass
and the Bodybuilding Brainstack CD

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[Order your download now for only \\$29.95!](#) Your payment is processed through Clickbank, a well-known, trusted online payment service. Your transaction is processed by a real bank and is 100% secure. When you choose this option, **you will be taken to your download immediately**. Note: If you have a U.S. checking account, you are also welcome to pay by online check. ([click here](#) to see how to do this). This book is available in both Mac and PC versions.

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"


[Click Here to Order the CD-ROM](#)



[Order "Metabolic Surge" on CD-ROM for only \\$34.95.](#) You can have this eBook mailed to you on **CD-ROM instead of downloading** (price includes worldwide shipping and handling).

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

If you have any questions about the book or this offer, please don't hesitate to contact me at betteru@fitstep.com any time!



Best regards,

Nick Nilsson
Author of "Metabolic Surge - Rapid Fat Loss"
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Gluteus To The Maximus

Build a Bigger Butt NOW!

Building a bigger butt basically comes down to building muscle. Muscle is what will give your butt the shape you want. Everybody has got muscle and everybody can build muscle. It's just a matter of finding out what works for you. In this book, I'm going to show exactly how to attack your rear end with a targeted plan. I will leave no stone unturned and, by the time you're done, **you will know everything it takes to build the glutes of your dreams!**

IMPORTANT!!

I want to make one thing perfectly clear before I tell you about this plan: **what you put into it is exactly what you'll get out of it.** If you work at this plan with dedication and enthusiasm, I guarantee you will be very happy with the results.

Please note, if you are a beginning trainer and not used to physical exertion, **DO NOT** work your muscles to failure on these programs for at least the first 2 to 3 weeks of training, regardless of how motivated you are.

- Your body needs time to adapt to the new stresses you are putting on it.
- If you jump straight in and work too hard at the programs, you are going to experience a great deal of muscle soreness (you don't want to have to walk around with a pillow strapped to your backside!).
- After that initiation period is up, however, that's the time to really dig in and work at it!!



The Plan

Your targeted plan focuses on a three-pronged attack: exercises, stretching, and nutrition. Taken separately, these three facets are good. Put together with perseverance and dedication in a proper program, these three items can build a butt on even the most stubborn of backsides.

Exercises

In this book you will find 20 of the most effective, glute-targeted exercises I've ever encountered. These exercises target different aspects of the glute building process. Some exercises focus on maximum resistance for building the glute muscles, some focus on stretching the glutes, and some focus on shaping the glutes. Each exercise has its place in a complete glute-training routine. These exercises are the stimuli that kick-start the glute-building process.

[Click here](#) for instructions on how to perform one of the best glute-building exercises you can do: the **Bench Step One-Legged Squat**.

Stretching

This is one of the most important keys to building a bigger butt that is missing from most glute training programs. You can train your glutes till you're blue in the face but if you don't stretch properly, you

may not get the results you're capable of. In this section, I go into great detail as to why you need to stretch, how it helps you to build a bigger butt and how to stretch for maximum glute-building effect.

Nutrition

Eating to feed your glute growth is critical to your success. If you don't provide your body with the building blocks for growth, then all your hard work on your exercises and stretching may be for naught. Your butt will want to grow but it won't be able to unless you feed it. You may be thinking that eating is what got you in trouble in the first place but, in truth, eating will be one of the keys to your success. This section will cover butt-building nutritional strategies to help you build the glutes of your dreams.

The Programs

Everyone is different. Some people are complete beginners while others are advanced weight trainers. Some people just want to focus totally on their backside while others want to incorporate specialized glute training as part of a more comprehensive program.

This book addresses the needs of every type of trainer and every level of commitment. In the Programs section, you will find 18 different complete butt-building programs for the beginner to advanced trainer, from minimal time requirements to intensive programs. Choose the program that is most appropriate for your training ability and time availability. Stick with that program until your results start to slow down then move on to another program. Feel free to try every single program in this book! Variety is one of the most effective ways to make continuous progress.

[Click here](#) to view the sample **Daily Specialization** training program for both short-term and long-term results.

Other Topics

There is more to an effective glute-building plan than just exercises, programs and nutrition. In this section you will find a number of topics that will help you make the most of this book. These topics include basic weight training information for the novice trainer, why glutes stay small, how to adapt the sample programs and workouts for yourself, glute anatomy, how to measure progress, and more!

[Click here](#) to learn about exactly why glutes stay small and what you can do about it!

Why Glutes Stay Small

The answer to the question of why butts stay small is as old as time itself. Well, not really, but it is always good to know why something is happening when you are looking for a way to change it.

There are quite a number of reasons why butts stay small. Unfortunately, there are some things you can't really do anything about but for the majority of the reasons, there is plenty you can do. The most important thing for you to realize is that there is hope for everybody!! There is not one single person out there who won't see results when these reasons are properly addressed.

1. Genetics

This is the major reason and, coincidentally, the major excuse for rear ends staying small.

Your genetic blueprint determines what color hair and eyes you will have, what size your feet are, and, most important for our purposes, how much muscle you start with on your backside.



I say "start with" because everyone, whether they want to believe me or not, has the potential to gain muscle. Granted, some people have a lot more potential than others but the fact remains.

What can you do about it?

Unfortunately, nothing. You would have to go back in time and pick new parents and that just isn't going to happen. What you can do, however, is train.

2. Inactivity

If you do nothing for increasing your butt size except sit on it, it will only grow larger in the wrong way. Targeted exercise is the absolute best way to shape and build your glute muscles.

What can you do about it?

Get off that butt and put it to work!

3. Improper Exercise

The glute muscles are just like any other muscle in the body. With proper training, they will grow. However, with improper training, it is more likely that nothing will happen. This single point has probably caused more people to give up on building a bigger butt than anything else I've encountered.

Someone once came up to me and said "My butt just won't grow. I've tried everything."

"What have you tried?" I asked.

"Well, I did one set of lunges every other day, holding onto a pair of soup cans. Then I tried some step-ups a couple of times. The only time my glutes got sore is when I sat on my Thighmaster by mistake."

What can you do about it?

Learn proper **exercises** and proper exercise technique. By reading this book, you are taking a huge step in the right direction.

4. Poor or inadequate nutrition



You can't build a log cabin out of matchsticks, nor can you build a big, muscular rear end out of carrot sticks or french fries. You must supply your body with proper nutrition in adequate amounts to support muscle growth.

What can you do about it?

Learn about proper **nutrition** for supporting muscle growth.

5. Insufficient training intensity or resistance

For many people, it is not the exercise technique or the nutrition that is the problem. It is lack of training intensity or insufficient resistance. Your body wants to be lazy. It wants to do as little as possible. If you give it the same training stimulus every time, e.g. lunges with 2 pound dumbbells, it is going stay exactly as it is. You must give it a reason to improve and that means increasing intensity and resistance.

What can you do about it?

Don't be afraid of weights! Ladies, touching a dumbbell will not turn you into a man. I promise you. All it will do is help you to quickly transform your physique into the physique of your dreams!

6. Tight Muscle Pillowcases

What the heck am I talking about?

What I am talking about is what is called "fascia." Fascia is the "pillowcase" or sheath of connective tissue that surrounds each of your muscles like a, well...a pillowcase. It is what holds your muscles in place on your body, keeping them from flopping around when they contract or when they are relaxed. Without fascia, you couldn't move.

The problem with fascia is that it can also restrict muscle growth. Because fascia is so tough, it's hard to force it to expand to allow the muscles room to grow.

To illustrate this, say we take a large pillowcase and put a pillow in it that is moderately-sized and fits in snugly. The pillowcase is full and appears to be as big as it can be. This is like the normal condition of untrained muscles. Now we stuff a larger pillow into the same pillowcase. The pillowcase is tighter and may be slightly larger but that pillow inside is straining at the seams because the tough pillowcase/fascia has remained exactly the same size as it always was.

Imagine if you could make that pillowcase out of a material that could expand with a little help. You could give that large pillow inside more room to grow. Where an ordinary pillowcase doesn't, the fascia surrounding your muscles has this potential to expand.

What can you do about it?

Stretch your fascia. With properly timed stretching, as explained in the stretching chapter, you can actually slowly-but-steadily expand your fascia, giving your glute muscles room to grow. And the best part is, this stretching is permanent. Once you've expanded the fascia, it won't go back to it's original size, it'll stay exactly as it is at it's largest size.

In the full version of the book, you'll learn the most powerful stretches you can use for accomplishing the fascial stretch effect.

Bench Step One-Legged Squats

[Click here to view the video for this exercise](#)

Why Is This Exercise So Effective?

This exercise works the glute from almost the fullest stretch you can get on them. This position is very effective for building the glutes rapidly.

How To Do It:

This exercise is one of the absolute best glute-building exercises I have ever encountered. It combines an effective bodyweight movement with a great stretch at the bottom. This is an almost magical combination that can do wonders for your glutes in a very short period of time.



1. You will need a solid chair or bench for this exercise. This is to increase the useful range of motion of the exercise, which is important for maximizing its effects. You will also need to have something solid that you can grab onto. This can be a railing or a door frame or a pole, etc. Place the chair/bench immediately in front of this solid object.
2. Stand on the chair on one leg facing the solid object and hold onto it at about waist or abdomen level directly in front of you (after a few reps, you will get a feel for where to place your hands). Your heel should be close to the back edge of the chair.
3. Lower your body as far down as you can go into a one-legged squat. Your other leg will drop down below the level of the chair seat behind you. You should feel a great stretch in your glute. Make sure you continue to keep a firm grip on whatever you are holding on to.
4. Push yourself back up using your glute as much as possible. This is most easily accomplished by focusing on pushing with your heel. Also, you can stick your butt out while pushing back up to really maximize the effect.
5. Use your grip on the solid object only as much as is necessary to keep the movement going. If you pull too much with your arms, you will take tension off the glutes and legs and defeat the purpose of the exercise.

Common Errors:

1. Dropping down too quickly

Do this movement slowly and under control. If you drop down too quickly, not only do you risk injury to the knee, you diffuse much of the tension that should be placed on the glute.

2. Do not bounce out of the bottom (no pun intended)

Pause for a count of 2 at the bottom of the movement. Feel a good stretch on the glute then reverse the direction without bouncing. Bouncing out of the bottom could lead to knee injury. It also reduces the tension you are placing on the glutes.

3. Don't pull yourself up too much with your arm

Giving yourself too much assistance with your arm will diffuse the tension on your glute. Strive to use your arm to balance yourself rather than to pull yourself up as much as possible. Only use your arm to pull yourself up when you have to.

Tricks:

1. Stick your butt out

To focus the exercise more on your glutes rather than the thighs, stick your butt out as you push yourself up. This will help focus on the hip extension function of the glute.

2. Adding resistance

You may find, after doing this exercise for awhile, that using only your bodyweight is not enough. When you get to this point, you have a few options for resistance.

- If you are working out at home, try loading a backpack up with heavy books. Add books slowly, increasing as you get accustomed to the resistance. This allows you to add resistance while keeping both your hands available for balance and assistance.
- Another option is to hold onto a dumbbell with one hand. You should be quite strong with this exercise before attempting this version. Also, you should be comfortable balancing yourself while using only one hand (practice this balancing before using extra weight).
- If you go to a gym, you may have access to a calf raise machine or squat machine. If you do, slide a flat bench underneath the shoulder pads. Use a very light weight to start with until you get used to the movement. You will be standing on the bench with your shoulders under the pads just like you normally would have them during the calf raise or squat movement. Because you are on a bench, your body will be higher and you will get resistance during the one-leg squat movement. You will also be able to balance yourself by holding onto the shoulder pads. The machine will do the balancing for you.

3. Pause at the bottom

To maximize the stretch you put on the glutes, hold the stretch at the bottom of the movement for a 2 count. Hold it there until you totally diffuse all the elastic tension you've built up on the way down. This will increase the work that your glute must do to get yourself back up.

4. Pulling yourself up

As you begin to tire, you can use your arm to pull yourself up as necessary. This allows you to keep going far longer than if you were working on leg power alone. You can use that pull to basically give yourself forced reps.

Daily Specialization

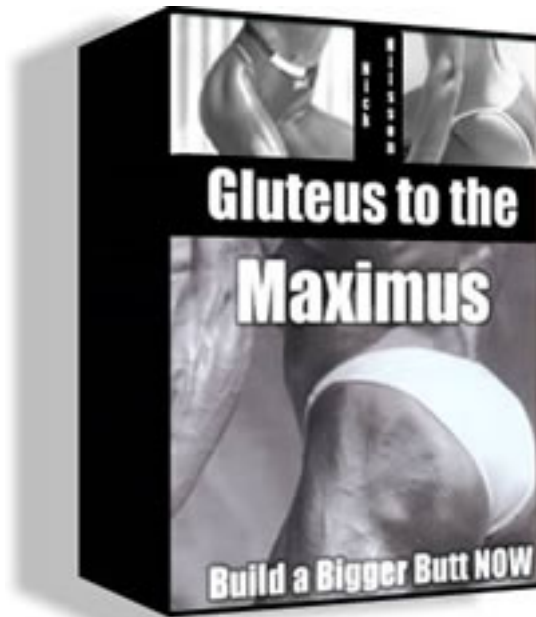
The **Daily Specialization Program** takes place over the course of a few months and only requires a few minutes a day. It is done completely separate from your regular training routine. It can be done in

Variation #2 - Third Specialization session on non-training days.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
A.M.	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats
	<i>Training Day</i>	Bench Step Squats	<i>Training Day</i>	Bench Step Squats	<i>Training Day</i>	Bench Step Squats	<i>Rest</i>
P.M.	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats	Bench Step Squats

**Gluteus to the
Maximus - Build a
Bigger Butt NOW!**

[Click here to order now](#)



Or continue to the next page
to learn more about this
groundbreaking book!

NOTE: If you have any trouble with the
links, right-click on them and choose
"Open Weblink In Browser"

*"I increased 2 inches on my butt in two weeks!" -
S. McMillan*

Do You Want To Build LARGER, FIRMER, ROUNDER Glutes RIGHT NOW?!

**YOU can build a bigger butt FAST,
regardless of what you've tried before,
because today, you're going to learn how
you can build those larger, rounder,
firmer glutes of your dreams quickly and
easily !**

You're going to learn:

- **How powerful, properly-targeted exercise and nutritional techniques can literally BLAST inches onto your glutes!**

The glutes are muscles and, just like any other muscle in your body, they react to proper training and nutrition by getting larger. You will learn my most powerful exercises and nutritional techniques for rapidly building the glutes.

Whether you're male or female, properly targeted exercises will work miracles!

- **Why your glutes stay small and/or flat and what you can do to SHATTER your genetic limitations.**

You can blame genetics for how your glutes are shaped now but the secrets I will reveal to you will show you exactly what you can do to *destroy the physiological and anatomical barriers that are holding your butt size back.* *There's more to building a bigger butt than simply exercising and eating right.*

"I increased 2 inches on my butt in two weeks. THANK YOU SO MUCH! I finally have hope for my flat buns. They have never responded to weight training, no matter how much weight I used, but this actually worked!"

S. McMillan

"I have been doing your program RELIGIOUSLY for two weeks now and I've already started noticing a difference. Two weeks to starting to see an improvement in that area is amazing for me. My glutes are definitely my most stubborn bodypart. In two weeks my bottom is already getting rounder and firmer."

M. Shafer

- **How training the glutes only a few minutes a day CAN build the butt very quickly! If you've got a few minutes a day to spare, I have a program to get you the results you want.**

But not just any kind of training for a few minutes a day will do it. This very specialized approach, that I will share with you, will turn your body into a glute-building machine. *Your glutes will have no choice but to grow bigger, rounder and firmer very quickly.*

"How do I build a bigger butt?"

This is of the most frequently-asked questions that I've encountered as a professional trainer.

My name is Nick Nilsson and I've been a certified personal trainer for more than 8 years. I've trained with weights for more than 15 years and I have a university degree in physical education, covering physiology, biomechanics, nutrition, and anatomy. I've spent every single one of my training years searching for (and inventing!) new ways to get results fast. And believe me, in that time I've learned some pretty amazing stuff.

But what does that mean for you?

It means you will be the one to benefit from my knowledge about training the glutes because I'm going to give it to you!

As a personal trainer, I've encountered one common complaint when it comes to the glutes. Some people just can't seem to build them up to the shape they want no matter how hard they train or how hard they try. The glutes stay small or the glutes stay flat as a wall. Nothing seems to work!

"I would like you to know that I think your book is great!! It is very precise, easy to understand and covers everything you would need to know such as nutrition, supplements, etc. I would most definitely recommend this book to ANYONE who is serious about doing it right. I have to say I would buy it all over again. I've learned stuff that I never knew before your book. Thanks Nick!!!!!!!!!!"

M. Maximon

When it comes to building larger, firmer, rounder glutes, I know what works.

I'm not going to tell you I have a magic formula that will help you gain a big butt overnight. I will tell you that **I have the knowledge you need to overcome your current limitations quickly and efficiently.** It's not going to be effortless, but won't be as hard as you think.

Your glutes are muscles and muscles are my specialty. I know exactly what it takes to build muscle on even the most stubborn of bodyparts. I've had great success with my targeted training programs both with myself and with a tremendous number of clients.

There are ways to make even the most stubborn, growth-resistant bodyparts respond quickly. Not many personal trainers know these techniques. Not only do I know them, but I've used them with great success. I'm going to share them with you with one single goal in mind: to **help you create a bigger, firmer, rounder butt!**

It doesn't matter if you're a complete beginner or an extremely advanced trainer, I know how to make sure you get results. I've worked with every ability level, from people who have never touched a weight in their entire lives all the way to people who have been training even longer than I have! The results are always same (and they are spectacular!).

So where you do start on your quest for a bigger butt? It begins with the exercises.

The first step in your glute-building quest starts with the exercises. When it comes right down to it, the exercises are the tools you are going to use to sculpt your masterpiece.

There are a great many glute exercises out there but not all of them are created equal. Not all of them are even effective!

There are also some exercises that, when performed separately, are good but not great. However, when you put them together in a specific order, they form a synergistic relationship. This means that

the effects of the exercises put together are greater than the effects of the exercises taken separately. **Average exercises can become phenomenal combinations simply by putting them together in the proper way!**

I am going to show you exercises that:

- you can do at home with a bare minimum of equipment that will rival any health club machine
- are so innovative and so unique that your glutes will never even know what hit them
- allow you to hit your glutes from every single angle you can think of (and some you didn't think of)
- **force your glutes to do so much work that they will have no choice but to grow**

You may be asking yourself "**How can he teach me these exercises if he's not here to show me them?**"

Let me tell you...

- I am going to show you **large, full color videos of each exercise** so you learn proper technique by watching it being done. Try and get that from a regular book!
- I am going to show you **pictures demonstrating proper form** so you'll know exactly what you're doing right from the start.
- I am going to describe to you in detail **common errors for each exercise** so that you can correct yourself quickly and easily, usually before you ever even have a chance to make a mistake!
- I am even going to show you a pile of **tricks for doing each exercise better!**

There will simply be NO guesswork for you whatsoever. I won't allow it.

Once you've learned the exercises, you're going to get THE most effective programs for building the glutes, tailored to YOUR training and ability level.

Now, a good program takes into account everything about you and your goals. It fits easily into your schedule, it is fun and interesting

and, above all, it gets you the results you want quickly.

A great program does not only that but also **TEACHES** you how to do it for yourself if you want to!

I never settle for good programs.

I've prepared 18 complete programs containing 127 sample workouts, all dedicated to helping you build a bigger butt. You could do a different workout every single day for 5 months! (How's that for keeping your workouts interesting?)

You can follow these programs and workouts to the letter and get incredible results. That's a fact. You truly don't have to change anything if you don't want to. But the real power of these programs is revealed when you learn what really works for you and you adapt the programs to fit your exact needs.

And you know what... I'll teach you how to do that too.

The programs you get will build a butt on even the most stubborn rear end...

Think you've tried it all? Think there's nothing new out there that could possibly help you increase your glute size? Think again.

- **You will learn about a program that takes only a few minutes a day that will allow you to make continuous progress for literally months at a time.**

In fact, the longer you do it, the more spectacular your results will be! Most programs lose their effectiveness in a matter of weeks. Not this one. If you're crunched for time and still want fantastic results, this program is for you.

- **Working out at home? Don't have access to gym equipment?**

You'll learn programs that will teach you how to build the butt of your dreams with hardly any equipment at all. You won't have to buy benches or dumbbells or barbells or anything like that when you've got these programs in your arsenal!

- **Have a gym membership but don't know how to use it?**

Most gym memberships don't include personal training - you'll have to pay extra for that. I'll show you programs that will allow you to take full advantage of your gym membership and the best part is, you won't have to pay a personal trainer a dime for the incredible results that you'll get!

- **I'll teach you a program that actually REQUIRES you to overtrain yourself.**

It's a little known fact that being on the edge of overtraining is where the absolute best results are found. Your body is cranking along as hard as it can to recover from your workouts when you're at this point. With this program, you will learn how to take full advantage of your body's response to overtraining. You will have the power to turn on an incredible glute-building machine that you didn't even know you had! The results you get make regular training programs look like playground games.

- **Want to learn a program that will provide you with better results in three weeks than you've gotten in the last six months?**

I know it. I've done it. It'll work so well, you'll see improvements on practically a daily basis (and I'm not even exaggerating in the slightest - I've personally used this program to increase my strength 25% in only four days). Imagine the rapid increase in glute size you could get with results like that!

But your butt construction doesn't end with just the programs...

You've got the exercises. You've got the programs to put the exercises all together. Now you need to learn how to provide your body with the materials for construction.

It's common knowledge that you can build a big butt by eating at McDonalds. It's also common knowledge that the kind of big butt you'll get is not necessarily the kind you're looking for! You need to provide your body with quality nutrition in order to maximize your assets in the manner you're looking for. Junk food just isn't going to do it. You can't build a brick house out of cardboard!

I will teach you not only what to eat for best results but when to eat it. Timing is critical when it comes to glute building. If you miss your window of opportunity, you will be missing out on a tremendous amount of results - results that you've earned with sweat. By eating the proper foods at the proper time, you can literally **double and even triple the results** you get with your programs.

And the best part is, you can eat foods that you're already eating right now! What you'll primarily be doing is just changing around when you eat them! It's not painful. It doesn't require rearranging your life and schedule. It's just a matter of timing.

Need some advice on supplementation? I've got that for you too. I've been taking supplements for many, many years. I'll tell you exactly what to take and how to take them for maximum effect. Supplementation is not an absolute requirement, of course, but it can help you get the edge you need. You deserve to know what works and what doesn't!

A bigger butt for you and that's the bottom line!

When it comes right down to it, you want results. I'm exactly the same way. I don't plug away at programs that don't provide me results quickly and you shouldn't either. It just doesn't make sense. Your time is valuable and your efforts should not go to waste.

The information I'm about to give you is the result of 13 years of dedicated training with the singular aim of achieving maximum results as quickly as possible. I accept nothing less in the programs I design for myself and I expect you to expect nothing less from the programs I provide to you.

The knowledge you're about to get is the same knowledge I use to train myself and my clients every day. I haven't watered anything down. I haven't added a bunch of fluffy filler. I'm not interested in writing that kind of thing and I know you're not interested in reading it. **You're only getting the stuff that works.**

It's like having a personal trainer for your butt...

Let me put it this way. You could hire a personal trainer to teach you these exercises (if they even know all of them, that is!). You could hire that trainer to design you a program that focuses on improving your glutes. You could even ask them to give you nutrition and supplement advice.

Naturally, they wouldn't teach you how to do it all for yourself, of course. They would lose business that way. Then, when your program stops working after a few weeks or months (which is bound to happen), you go back for another program. And what happens if you forget how to do the exercises and need a refresher? You go back again.

Now, let's say the average personal trainer charges \$50.00 an hour (which is not an uncommon number). Let's say it takes you 3 one hour sessions to learn the exercises. That's \$150.00. Now the trainer charges you for his time putting your program together and going through it with you. Say that takes another 2 hours. That's \$100.00. Next you spend an hour going through nutrition and supplementation. That's \$50.00.

You've just spent \$300.00. You may see some results but you're going to have to go back when your program stops working and pay again. And again. And again. Why? Because this is how the personal trainer stays in business.

I'm not trying to put down personal trainers, believe me. Personal trainers can perform a very valuable service when their services are necessary. I'm just saying that my way is better!

Look at it this way:

- **I will provide you with complete exercise instructions, including videos**, that you can refer to at any time. You'll never have to ask me how to do the exercises again, all you'll have to do is look on your computer and it'll be right there.
- **I will provide you with 18 complete programs and 127 sample workouts** that will keep you busy for months, if not years. They are extremely effective are designed with rapid results in mind. No compromises.
- **I will TEACH you how to adapt these programs** to your own unique needs yourself so you never have to rely on me again!

I know a lot about building glutes and I've included everything that I

know into this book. **This book, if printed on regular computer paper, would be 344 pages long!!** You simply won't find a more comprehensive, step-by-step guide to building larger glutes ANYWHERE!!

And you know what? **For \$29.95, it's all yours. That's a full 20 dollars less than the cost of 1 HOUR with a personal trainer.** And do you know how much more you'll learn from me in my book "Gluteus to the Maximus" than you'll learn in 1 hour from a personal trainer? There's no comparison. Going to a personal trainer for information like this is like going to a restaurant and getting charged for a sandwich one bite at a time. It just doesn't make sense when you can get the whole sandwich for a fraction of the price.

Just read these raving testimonials about the program...

Hello,

I wanted to drop you a note of thanks for putting together such a great e-book. I started using the programs about 4 weeks ago, and I have seen results - I only wish I would have taken a before picture to have something visual to compare with, but I feel the results. **I know your program works.**

What's amazing is when I first received your e-mail talking about the book, I was very interested and thought, wow, I wonder how much this will cost - **I was floored to find out how cheap it was.** I live on a farm with many responsibilities and I don't have time to run to the gym 3 days a week - I love that I can do these programs in the privacy of my own home, on my own time and they don't take that long, but you feel the burn very quickly and in all the right places!!! **Thanks for taking the time to put together such a wonderful book. I have recommended your e-book to many people!!!**

Thank you for your book, your time, and your help!!!!
K. Riebold

I have only had the book for three days now, but I am loving what I have seen so far. I've printed out some material, so I have it handy when I'm working out at home. Yesterday, I attempted the Bench Step One-Legged Squats. I think this will take a bit of practice before I can master it.

I am very excited to see results, and you have provided me with information I've never seen before. **I'm sitting in my office chair right now, and I can feel the pain already. I'm confident this will work.**

Regards
R. Garcia

Dear Mr. Nilsson,

I just wanted to tell you how much I have been blessed by your online book, "Gluteus to the Maximus". It has allowed me to redefine my entire workout routine to build an area I have been insecure about for years...my flat rear end. **The videos were very helpful in displaying the proper form for each exercise.** I also appreciate the extra information on stretching and proper eating habits. From this day forward, I promise to stick with this one....

Thank you for this book and I wish you the best of success in your future fitness endeavors; others will be blessed by it as I have.

Sincerely,
Mrs. L. Gettis

Nick, you are a genius.

I am getting great results from your butt-training programs, more than I ever thought possible since I am not genetically predisposed to having a large behind. Pretty soon I will be cracking walnuts with my derriere. Move over Van Damme. Thanks again.

Maureen Shafer

Hi Nick,

This book is by far your best to date...although the other books I've read were awesome, this one tops them. There are a lot of great butt busting exercises here. In my days of training as a natural bodybuilder I have had some experience with a few of these exercises previously, but there were some I did not. I chose to do the ones I had never done before and I am currently going to try your advanced specialization program.

Once again, **I have never felt my glutes like this before**. I actually wish this book was in print. This is one I would like to carry with me. If you ever decide to put this ebook in a printed version PLEASE let me know. I would be first in line. If you already have such a version let me know.

The amount of information, exercises, programs, etc. for the glutes is awesome. Glutes and legs are a troublesome area for me (and all woman I know) . This book can benefit ANYONE looking to develop their Glutes to the Max!

Thank you again,
Georgette Pann

And will a personal trainer give you a lifetime, money-back guarantee if you are not satisfied with their program?

I will.

If, at any time, you are not satisfied with the information in this book, let me know and you will receive a prompt and courteous refund. No questions asked, no hard feelings. I stand behind my programs 100%. I wouldn't offer this information to you if I didn't believe totally in what I was giving you.

I know these programs can practically work miracles. I've seen it and experienced it and I want nothing more than to share this information with you. You risk absolutely nothing by trying these programs because **if you don't get results, I'll give you your money back** (how many personal trainers will tell you that!).

I'm in the business of helping you get results from your training. I have NO desire to give you information that I don't stand behind 100%. If I were standing in front of you right now, I would look you straight in the eyes and tell you, with no hesitation whatsoever, that if you put it to work in the way I've laid it out in this program, **this information will get you where you want to go in your training.**

You have my word on this and it's not something I take lightly.

I believe customer service and customer satisfaction are the two most important things when running a business and I want to make sure you know my level of commitment to you when you purchase this program. I also want to take away all the risk to you so you can experience the power of this program for yourself without any worries.

I know this is not a small investment for you or something that you take lightly either, so if you're **EVER** (and I do mean EVER, be it next week or next year or beyond) not satisfied with the quality of the information in this book, just let me know and I will give you a prompt and courteous refund. No questions asked.

That's my promise to you.

[**Click here to order now!**](#)

Note: this book is available as an immediate download (by clicking this button) in both Mac and PC versions, mailed to you on CD-ROM or in a printed, hard-copy version as well. See below for details.

You'll get free updates of this eBook forever!

Ever buy a book or software only to have it come out in a new, improved version only weeks or even days later? With "**Gluteus to the Maximus**", you'll never have to worry about that happening to you again!

Whenever I come out with a new and improved version of this eBook, you'll get it for free! If I add new exercises to it, you won't miss out. If I include more exercise tips and techniques or video clips, you won't have to buy them. As long as I know where to get ahold of you to let you know another version is out, you'll be the first to know about it and the first to get it!!

How about even more bang for your buck?

Not only are you going to get "**Gluteus to the Maximus**" immediately after registering your payment, I've also lined up **four valuable bonuses** for you just for ordering today!

Bonus #1: How to Cut Through the Hype of Fat Loss Ads and Never Get Ripped Off Again!

In this report, you'll learn exactly how to see through the 12 devious techniques advertisers use to get you to buy their ineffective fat loss products. Some of them are downright sneaky and you'll never even see them coming until it's too late and they're out spending your hard-earned money. Read this and you'll never be cheated again!

Bonus #2: How to Improvise Training Equipment Out of Just About Anything.

You'll learn the golden rule of equipment improvisation: it's not garbage until the truck takes it away! Some of the most effective exercises I've ever encountered are done using ordinary household items, furniture and even stuff that's been "rescued" from the kitchen garbage can. I'll teach you what to use and how to use it for best results.

 **Bonus #3: Success-Oriented Exercise Calculators**

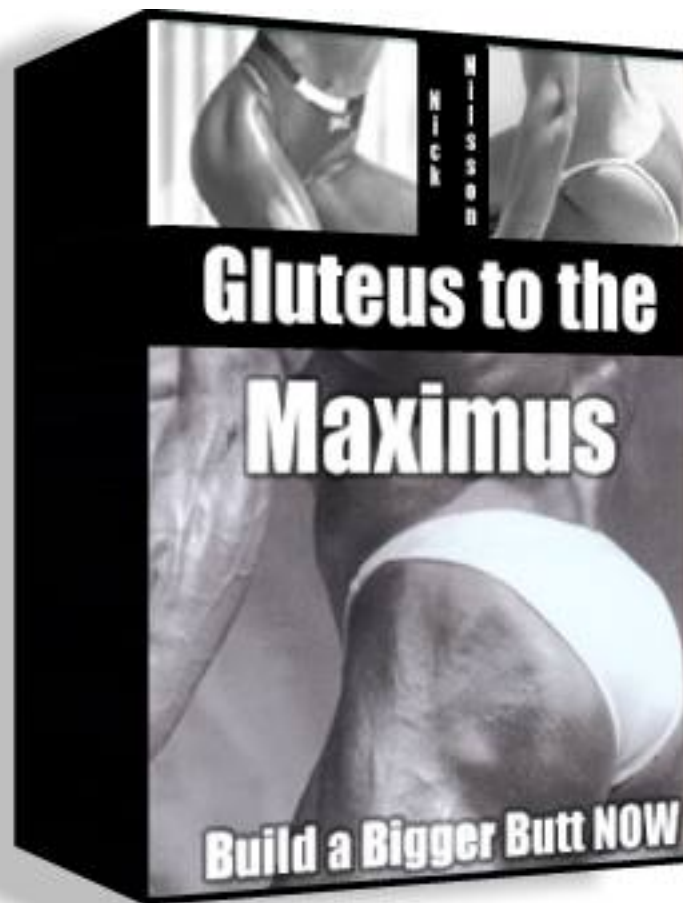
Want to be able to predict your one-rep max simply by punching in a few numbers? Like to know your current bodyfat percentage? Do you need to know how many calories you've burned doing a specific exercise or how many calories you require during the day? You'll find all these calculators and more in this package!

 **Bonus #4: The Training Log**

To find out how good you're doing, you need to know where you've been. A training log can help you immensely by allowing you to keep track of what has worked for you as well as what didn't work for you. By learning from your experience, you will be able to map out exactly what you need to do in order to achieve the goals you set for yourself.

Proven exercises. Proven programs.

**Prove to yourself that you can build the butt
of your dreams.**



Remember, in this package you'll get:

- **complete descriptions** and how-to pictures, including common errors and techniques for making every exercise in this book even more effective.
- **large, full-color exercise videos** for most of the exercises in the book.
- **18 complete glute-building programs with 127 sample workouts** to keep you making progress.
- **nutrition and supplementation information** to help you maximize your efforts.
- **unlimited e-mail support** through my private e-mail address.
- **an unconditional, lifetime, money-back guarantee.** There is no risk to you at all.
- **free updates of this E-Book for life.** You'll never have to worry about missing out on anything!
- **the four valuable bonuses.** These bonus reports contain information that save you thousands of dollars!

Don't get left "behind!"

A bigger butt won't change the world but it can definitely change your life.

To order your copy of "*Gluteus to the Maximus*" now and experience how these programs can rapidly transform your glutes:

[Click here to order now!](#)



[Order your download now!](#) Your payment is processed through Clickbank, a well-known, trusted online payment service. Your transaction is processed by a real bank and is 100% secure. When you choose this option, **you will be taken to your download immediately**. Note: If you have a U.S. checking account, you are also welcome to pay by online check. ([click here](#) to see how to do this) This book is available in both Mac and PC versions.

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

[Click Here to Order the CD-ROM](#)



[Order "Gluteus to the Maximus" on CD-ROM for only \\$34.95.](#) You can have this eBook mailed to you on **CD-ROM instead of downloading** (price includes worldwide shipping and handling).

NOTE: If you have any trouble with the links, right-click on them and choose "Open Weblink In Browser"

These exercises and programs are for everyone who is **looking for fast results and is willing to work for them**, no matter if you're complete beginner to very advanced. This book is **EXACTLY** what you've been searching for.

Yours very truly,



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