

Beginning-Bodybuilding.com



***What  
Every  
Beginner  
Should  
Know But  
Probably  
Doesn't***

**Beginner's Guide to**

***Fitness &***  
**Bodybuilding**

by Marc David

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**eBook Notes**

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## Revision History

<b>Version 1.1</b>	09/16/2004	Added a “what’s new” section to show changes to new and existing users.
		Modified spot reduction paragraph for clarity based upon user feedback.
<b>Version 2.0</b>	11/3/2004	Added and modified sections based on a large user survey encompassing over 500+ beginner questions.
<b>Version 3.0</b>	2/20/2006	Editing sections for clarity, adding in new Q & A’s

## **Medical Disclaimer**

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or nutrition program. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science and is not the purpose of this eBook. The purpose of this guide is to help healthy people reach their cosmetic fitness goals by educating them on certain frequently asked questions about fitness and bodybuilding.

No health claims are made for this eBook. These nutrition and exercise programs will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietitian, or clinical nutritionist.

If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, you should consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program.

Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. If you have been sedentary and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program.

The American College of Sports Medicine (ACSM) recommends those apparently healthy individuals who are male and over 40 or female and over 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program. A diagnostic exercise test and

physical examination is also recommended for individuals of any age who exhibit two or more of the major coronary risk factor: smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes. Any individual with a known history of heart disease or other heart problems should have a medical evaluation, including a graded exercise test before engaging in strenuous physical activity.

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# WELCOME

## Preface And Dedication

When people start their fitness quests, it seems like there are so many possible routes for them to take. Confusion sets in as they realize there are so many options. Which path should they take? Keeping in mind the heading of this section, it's **what's important to you**. And since asking the question recently in various forums, newsletters and personal messages, the most important things to you are outlined below.

These are some of the very best posts, articles and questions I found in the various categories of bodybuilding. While it does not cover every aspect of the sport, it covers the major areas of concern. There's certainly some great information contained in these sections that will really help you get things figured out for you. **The purpose of the compilation is to save you time and hours of research**. The information contained in these pages encompasses a sixteen-year journey of experiences and a considerable amount of searching and researching on the Internet. By simply having this in front of you or printed out, you will be privy to some of the best places to continue your understanding of bodybuilding and fitness.

Why did I put this together? The experiences I've had the last 16 years in this sport I believe can be put down in an electronic format and help out others who need to find their way.

In addition, I put out a survey asking for beginners of fitness for their top questions and concerns about fitness and bodybuilding in general. The response was overwhelming. They told me. And that prompted me to write a revision to this book to answer your questions.

Bodybuilding has many meanings. And depending on your goals, it might mean something else to you. However, this guide should be a great starting point for those new to the sport or for those of you who are in need of some information in a particular section.

It doesn't matter when you start. You can get into decent physical shape and better shape than you are right now if you make a choice to do something about it. If you are 61 years old, you can still build muscle and lose fat and look mean and lean. If you are 15 years old, you can start doing the right things immediately and avoid the common mistakes. Whatever your age, bodybuilding and fitness is something you can do right now and today. Even if you've spent years doing little to nothing, you can get into shape... but only if you want to.

I hope this guide provides you with some good information in which to begin your journey. After all, it's what's important to you.

There's a **TON** of information out there. It really depends on **what you do with it** that will make the difference.

Don't forget that once you read thru each section or skim to the questions you really want answered, the last thing you should do or the first thing you should do if in a hurry, is read the section on Putting It All Together.

A mentor I very much respect once passed along this piece of advice. He said:

*Consider your book a work in progress. Thus the need to always learn and always update and always improve.*

That's why when you purchased this guide; you are my 'customer' for life.

**Best wishes,**

Marc C. David

**Marc C David**  
***The "Beginner's Expert"***

**P.S. The #1 comment** that people tell me when they take the fitness challenge is that they feel younger, stronger and emotionally happier.

**P.P.S.** If you actually read this book, print it out and make the smallest changes, you could be telling me that same thing.



## I'm Totally Intimidated About Working Out In A Gym

*How Do I Avoid Embarrassing Myself  
and Looking Like An Idiot The First  
Time I Workout?*



Who hasn't wondered this? I'm a pretty self-conscious individual myself and I'm always wondering if somebody is looking my way and snickering.

"Look at that guy. What does he think he's doing?"

"I wonder if that guy knows he's doing lap pulldowns and not lat pulldowns?"

But there's hope. And it comes in the form of simple education and preparation. Everybody might look a bit new when they first start out. However, the key is to not draw attention to yourself right? Here are some tips to avoid embarrassment at the gym.

**Tip 1** – Read up on the various exercises in your program. Know which muscle groups you are supposed to be working and how the exercise is performed. There's many links even in this guide on how to do a particular exercise. Many of those links even include videos so you know what it should look like. Know what and why you are doing something will drastically help you to do it right the first time. Don't load up on weights. 100% concentration should be on exercise form.

**Tip 2** – Hire a personal trainer. Many gyms give 1-3 sessions for free anyway. Take that opportunity to bring in a program or have the trainer suggest a simple routine and they will show you how to do it.

**Tip 3** – Start off your fitness quest doing things at home and outdoor activities. The more comfortable you are with moving around and being active, the less attention you'll draw to yourself the minute you walk into the gym.

**Tip 4** – Take a tour of the gym before you workout with a trainer or other fitness facility staff and ask questions. This is a perfect opportunity to familiarize yourself with the layout and where the equipment is located. When you actually do a workout, you'll have a jump start because you'll know where to start.

**Tip 5** – Have a plan! When you go to the gym, have a firm idea of why you are there and what exercises you want to do. This will save you a lot of 'wandering' time looking around puzzled wondering what to do next. If you can print off a routine before you go workout, you'll move swiftly from one exercise to the next. Having a plan is a critical step to maximizing the efficiency of your workouts.

**Tip 6** – Before signing a contract for a gym membership, drive by the gym that you're thinking about joining. Drive by exactly during the time that will you (eventually) be working out. If there are a lot of cars parked at the gym (at that particular time), you may want to try another gym...as it will be crowded.

**Tip 7** – Thinking about signing a "mini" 30-day contract with a "small" gym...and get acquainted with the equipment there, and then move on to a

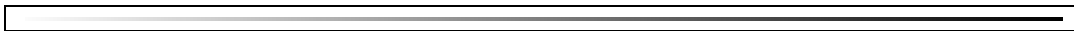
larger gym. Your confidence will be much improved by the end of (and most likely before) 30-days.

**Tip 8** –Ask the owner of the gym (or whoever is selling a contract), what hours the gym is the least populated. State that if you sign a contract, would someone from the gym grant you a tour of the gym and explain the equipment --DURING A TIME WHEN THE GYM IS JUST OPENING OR CLOSING -- OR AT A TIME WHEN THE GYM IS SPARSELY POPULATED. You should explain that you do not want a "hurried" tour, but a focused tour.

**Tip 9** – You can try to locate a 24/7 gym, where each member has a "key" to the gym...and can enter and leave at will. You'll be able to set your own hours, try out any equipment you want and learn at your own pace. Many times these type of gyms are a lot less crowded. You might be the only person in the gym during certain hours. It's a great way to learn at your own pace with the right equipment but without the crowds.

Many times these embarrassing situations are common sense. If you don't normally run ...**EVER**... why come to the gym and get on the treadmill and bump the speed up to a 6 minute mile?

Start off slow. Get yourself prepared for exercise before hand if you haven't been active in a long time and read up on what it is you are doing. Watch some videos to understand the movement. Ask a personal trainer to show you. It's almost a law for a gym's trainer or personnel to show you how to use a particular machine if you have questions.





### **Too Many Books, Supplements And Programs?**

After working on a short autoresponder series about 17 Burning Questions About Training and Nutrition, I started to wonder if there is just too much information on the subject of fitness or not enough? And then I started thinking in more general terms of literature itself.

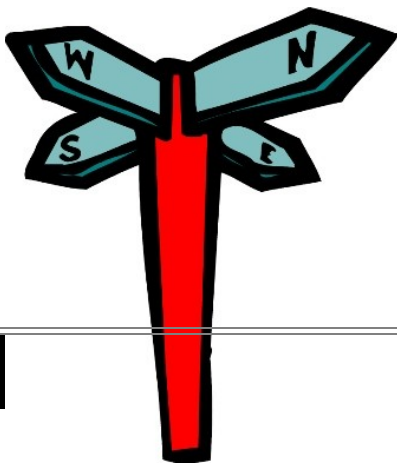
If I read 1 good valid murder mystery book, would I really want that to be the ONLY book on the subject? If my 8th grade history book was considered to be accurate by the majority would I really want to be limited to only knowing one author's thoughts on the subject? Or how about browsers and music players? Do I just want to use IE? It gets the job done well enough.

So what's the difference between those analogies and fitness eBook, supplements and programs? Really there's no difference to me.

Let me explain as I know there are a million web sites, book, supplements, and training programs. And for a beginner it's like:

#### **Where do I start?!**

When I first started off, there were a few major books on the subject (Arnold Encyclopedia) and of course the main muscle magazines. That is where I learned my information from. And locker room chat and so called friends. I was on the quest in the 10th grade to put on weight. A guy who was bigger than me gave me some golden advice. He said "Just eat everything man. Candy bars whatever." With that, I agreed that in order to get bigger and more muscular, I needed to eat.



So at break, I ate a Snickers bar every day. Needless to say, I didn't get any bigger, I probably put on a tiny bit of fat and the dentist was happier. But when you don't have a lot of resources, it's pretty hard to judge.

I look back on that memory fondly. With the power of the Internet and the people coming out of the woodwork as experts, now there's so much information, sometimes it's the same situation, only there are many voices.

**But I still like the fact that I have many choices.**

If a person was ONLY to read the Max-OT guide, would they be alright? I'd say they would be better off than nothing but, they wouldn't be a good, well-rounded fitness type. And I'm not making any negative judgments about Max-OT. I love that program!

But think of the person who:

- ❖ Reads this message board for as much information as they can (conflicting or not)
- ❖ Buys eBooks and reads thru them to understand many perspectives
- ❖ Understand nutrition on a basic level as well as more advanced
- ❖ Knows of many training programs (can workout in a full gym or at home with nothing)
- ❖ Visits other sites to see videos of proper techniques
- ❖ Listens to advice in the gym but has a foundation to tell if the advice is accurate or base-less and knows of research outlets if it warrants further debate

The person in the first example only reads 1 eBook. It's a great eBook and it's free. But it cannot possibly cover everything. While this person will do well, they won't be as versatile as the person who's read thru many books,

posts and forums to really understand how the body works, nutrition and more importantly, how it will affect them and their goals.

I remember asking people what they thought of this whole sport.

The majority were disenchanted by the slew of supplements, the million training programs, the 500 eBooks on bodybuilding and the paper classics. It's like they wanted to know out of the 1 million resources, which ones were the ones they should read. And it better not be too many.

But the problem with having somebody else choose for you is obvious. And the problem with too few choices is obvious as well.

Having so many choices is actually quite good. Many DB members, who have read over the posts, visited the linked sites, talked about the sites and purchased the eBooks that get talked about often have a very well rounded knowledge base. They also start to see a lot of repetition. Six meals a day is the way to go if you are on a weight gain or weight loss program. It just depends on what you eat for those 6 meals that determines the outcome.

I look at my bookshelf, and I see many fiction works and I see many books on supplements and vitamins. I look in my computer folders and I see well over 30 eBooks on fitness subjects. And I look in my supplement closet and see various programs and such. And I'm not confused. I like choices. I like different protein powders. Some shakes I love. Others give me an upset stomach. So having choices is good. And thru experience and time, I can pick and choose the best ones to suit my needs because after all the reading, the posting the debating with members, and just reading what people post, I get better and better at being able to pick out what will best work for me.

Do not get discouraged when you walk into a supplement store and see 30 different types of bars. Nor should you get angry or upset when you go to various places and see yet another book on fitness. Having choices benefits you. And thru reading and learning and talking, you will figure out what is hype and what is real. One man's bullshit is another man's placebo to a 400 lb bench press.

Keep learning and don't look for the ONE program or the ONE supplement or the ONE book that will tell you the golden truth. Fact is, if you only had 1 of everything, you'd be very limited in knowledge.

Keep reading!



### **What Can You Really Change?**

People start fitness for many different reasons. The primary reason for embarking on this journey is because they wish to change some aspect of



their lives. Maybe it's to lose weight, or gain muscle or become a better athlete.

Whatever your reasons make sure you understand what you can change and what you can't.

**Every living person is the physical manifestation of the genetic codes that are programmed into them.** Phew... okay, let's explain that without too much science. There are two parts of that definition, the phenotype and the genotype.

**A phenotype** is your outward appearance. Your physical self based upon the collection of atoms, molecules, energy, tissues, organs, reflexes and behaviors. Anything that can be observed from the outside.

**A genotype** is the internally coded blueprint for building and maintaining the organism... YOU! They are copied from one cell to the next and these are the inheritable traits. They control just about everything.

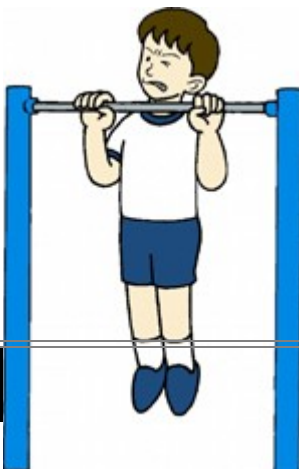
Now, what does this mean? It means there are things about fitness that you can change (your cardio capacity, the size of your muscles, and the amount of weight you can lift, the distance you can run, the reps you can do). Those are all phenotype examples. Things on the outside that you can modify and change. Changing the behaviors of muscles.

Things you cannot change would be blueprinted and hardcode internal aspects of yourself. You can modify your metabolism but you cannot modify the regulation of that metabolism. You can modify the behavior of a muscle but you cannot change its code to become something entirely what it never was.

Be happy with who you are, and your goals. And know that you can change a lot about yourself visually with hard work and proper nutrition. You cannot change everything but you can change quite a bit. **Concentrate on what you can do rather than worry about what you can't.**

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## Getting Started With Bodybuilding



### My Wasted Training

*By: Ian Broggy*

Like many other people, I've been fitness minded for as long as I can remember. When I was about thirteen years old, I bought my first set of weights from a friend's garage sale- a barbell with two ten-pound plates. I knew I wanted to be physically active, I wanted the benefits of exercise, and I wanted to work hard. Like too many other people, I had no idea how to go about it. Where does a thirteen-year-old learn how to work out? The same place a thirteen-year-old learns about just about anything in life- their friends. The problem is, it turns out that's the same place many people of all ages learn how to work out. Sometimes, even the institutions we grow up in provide us with misinformation when it comes to exercising; simply because "that's the way it's been done for years."

Throughout junior high school, I lifted that thirty-odd pound barbell as much as I could-- curls, reverse curls and overhead presses were about all I could do with just that. Of course, the thought of working my legs, back or abs was out of the question. My mind just didn't work like that. My routine, which I had gotten from the advice of my friends, consisted of five sets of ten reps for each exercise, every single day. No rest days, no changing anything. Sure, it produced some results- Very limited ones. But sadly, they were enough that other people noticed and would ask me how I got my muscles. I'd tell them what I did, creating more misinformed monsters along the way to spread bad information.

Once I was in high school, I was considered to be in good shape. I stood out in gym class, I was often called to the front to demonstrate proper pushups, sit-ups, etc.- it never occurred to anyone that even though I had defined arms, I couldn't do sit-ups to save my life. I'd demonstrate them anyway, trying to keep the strain I felt off my face. People still came to me for advice, and I'd answer their questions- In my own defense, I never preached- People would ask me how I worked out, and I would tell them. Now, I see that was just as bad.



The high school gym program wasn't much better than what I had been doing- we'd do cardio every day, but we'd also do pushups and sit-ups every single day too. Once in a while, the teacher would let us see how many pull-ups we could do, but not often enough to consider it to be part of any routine. I joined the gymnastics team, and things still didn't change much. Their workout consisted of the same stuff, mainly to warm up for the gymnastics.

It was right out of high school that I signed up for the Army, which was where I found out I wasn't in such good shape after all. My cardio wasn't anywhere near their standards at first, and my sit-ups were still lacking too- Under their routines, I caught up in those areas, and first began seeing the effects of proper nutrition on my body- I ate more healthy food while I was in the service than ever before. The problem was, even though they worked out hard, they still worked out wrong. Same thing, day in, day out: Pushups, sit-ups, run. Everything was over trained, so results were minimal- and all the food we ate seemed to give most people some extra weight. In fact, I was surprised at how many overweight people there were around me- and I was in an infantry unit. Don't get me wrong, the training helped- some of those overweight men could outperform me, despite the extra weight- But the training never showed visible results for them, or me. I knew I was in good shape, but the actual shape didn't show.

After leaving the service, I took a few months off and did nothing. Then, I got myself a real set of weights and decided to get back to work. I was one of those guys who did nothing but chest and arms, and I was still sticking to the same principles that had been beaten into me for years. Work everything out every day; go for as many reps as I could, as many sets as I could. I didn't think it was a good workout unless I couldn't lift my arms at the end of it. I had the determination, I was more than willing to do the work, but the

information was still missing. I didn't know what I was doing wrong, and I started to become disheartened. I stopped working out again, this time it lasted for about a year.

When I finally picked up again, I decided to work out every muscle in my body.

The way I saw it, if I couldn't get big (I was convinced that was impossible) then I'd just get lean and toned all over. The trouble with that was, I was still stuck using the same principles. I didn't eat right either. I had maybe two actual meals a day, and not very healthy ones at that. So, I'd hit the weights every single day, trying to hit every muscle group with every exercise I could think of- It took hours, I was sore, and still seeing limited results.

At this point, I was working out with some friends I worked with, and they were as clueless as I was. One of them was over six feet tall and very stocky- He was one of those guys who rarely worked out but was just naturally strong. But he was also forty or fifty pounds overweight. He would work out for five or six months at a time, and then give it up because he saw no results. He could bench 280, but couldn't lose a pound of that extra weight. Another coworker worked out every single day like I did- doing the same thing every day, with minimal results. The fourth of our group switched things around a little. He would still work out the same muscles every day, only chest, arms and shoulders, but would do different exercises for them. We all over trained, and none of us followed anything resembling a decent diet. Naturally, none of us saw results we were happy with.

Eventually, one of us bought Arnold's book, and it changed the way most of us worked out. Me, the big guy, and the second coworker I mentioned started to follow the routines in the book, and we all started seeing those

long sought-after gains. The big guy started losing weight and getting stronger, the other guy and myself starting gaining some mass. The fourth person, however, stuck with



his own routine. I think he was scared of lifting heavy weights. He had always been far behind the rest of us in terms of what he could lift, and seemed to get self-conscious when he'd have to take plates off the bar after one of us did a set. No amount of reasoning with him helped. "Just lift what you can lift," we'd tell him. "This isn't a competition!" Eventually, he would only work out when we weren't near the weights.

After a few months of seeing some gains, I decided to do some more research. I realized that I had been doing things wrong for ages, wasting year after year on crackpot workouts that got me nowhere. I had the desire, I had put in endless amounts of effort, but now I knew I had been missing the most important aspect: The information. Luckily for me, I did a Google search for bodybuilding forums and found DiscussBodybuilding.com- A relatively new site at the time, there weren't many members at all, but there were some very well informed people who were more than happy to share their knowledge. There were also others like me there- People who were more or less just getting started and needed to learn how to do it the right way.

I was pointed in the right direction, and soon enough I was following the right kind of training program as well as the right kind of nutrition plan. I found out quickly that even though Arnold's book got me going, there was a lot of stuff in there that wasn't the best advice. The great information I found in these forums had been out there all along- it's just not readily available to the people who have a set of weights in their basement and some friends who are telling them how they should use them.

Sure, anyone can log on to the Internet and search for advice, or they can go to the bookstore and buy a book on lifting. But sadly, even if you do have the sense to go looking for the information, there's still a lot of misinformation out there, some of it even backed by the pros, doctors and

so-called experts trying to make some money by putting together the next new miracle workout. I was lucky enough to find this site and get the real deal- and now, I try my best to point others in the right direction. With the results I've been getting, more and more people ask me how they can see the same gains- The knowledge I share with them now doesn't come from years of expertise, it's quite the opposite. It comes from years of wasted training.

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### **My Best Advice For The Beginning Lifter**

There's nothing more annoying then starting out your fitness quest and working hardcore for two weeks, maybe more and then not seeing the results you want. To your eyes, that is failure. Many people join gyms in January, only to quit in February and the ones who hang on, might make it until March.

My best advice to any beginner is pretty simple really. Education.

That's right. **Education.**

## About The Author



these words.

I was very much going to write this section in the 3rd person. But after careful consideration and the fact the whole eBook has flowed so well, it seemed very out of place. So excuse me for committing what I'm sure is to be some sort of writer's flaw when I type

Always being the classic ectomorph and starting this journey without the Internet, my only real sources of information were fitness magazines and whatever else I was told. I stumbled around, trying many programs, trying various potions and pills in hopes maybe I would make some gains. Committing the sin of not tracking my workouts or having a plan was something I did daily and for many years. I simply did not know. I would have been the biggest benefactor from my own eBook.

Over the last 16 years, I've documented and remembered what it was like to be a beginner. I've surfed hundreds of sites. I've talked to many people. And I've tried many programs. I've committed many of the errors of a beginner and probably still do.

Recently, I've become an administrator and founder (partnered with Supplements101) of Discussbodybuilding.com, a new forum dedicated to help first timers who need to get on the right path to learning. My fitness site, Freedomfly.net has become a great place for general fitness compilations and collections to works that benefit anybody on a fitness quest. And I've now written my first eBook on fitness and bodybuilding from a 'person who's been there, done that' but who's always been a beginner.

My single greatest hope is to just help one person get started the right way as quickly as possible.

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**BONUS #6: Beginning Bodybuilding Over 40:** It doesn't matter how old you are, you can improve at any age and this guide will show you how to start the right way at age 40, 50, 60 or beyond.



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Sincerely,

*Marc C. David*

Marc David

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