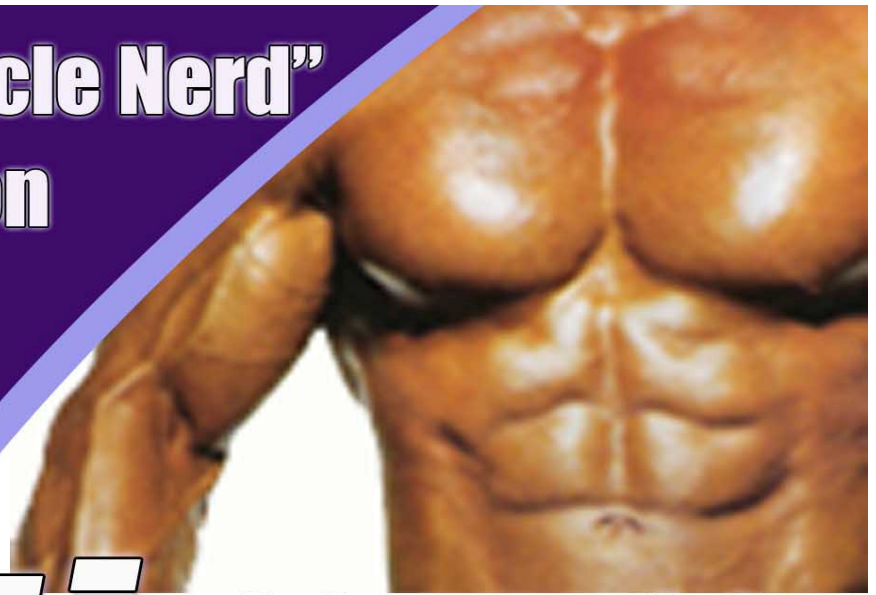


by The "Muscle Nerd"
Jeff Anderson



Optimum Anabolics

**Steroid-Like Growth Through
Natural Hormone "Triggering"**

Your Step-By-Step Guide

- ▶ **Massive Muscle Gains**
- ▶ **Rapid Fat Loss**
- ▶ **Hormone Enhancement**

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TABLE OF CONTENTS

SECTION 1 3

- Getting the Most From This Manual
- Introduction
- The 8 Anabolic Factors

SECTION 2 16

- Factor 1 – Hyper-Adaptive Cycling
- Factor 2 – Body Part Training Frequency
- Factor 3 – Training Session Length
- Factor 4 – Exercise Selection and Form
- Factor 5 – Number of Sets and Repetitions
- Factor 6 – Repetition Speed
- Factor 7 – Rest Cycles
- Factor 8 – Diet

SECTION 3 115

- Putting It All Together
- The Optimum Anabolic Principles

GETTING THE MOST FROM THIS MANUAL

If you're like most guys, you're tempted to simply turn to the chapter on "Putting It All Together" and then begin our killer workout routine. That's because most "muscleheads" see bodybuilding as merely hoisting weights up and down, over and over, slowly increasing the weight, under some misguided concept that **THIS** is what builds muscle.

These are the guys who are always on the lookout for that "magic routine" that has eluded them for so long.

DON'T MAKE THAT MISTAKE!

As you'll learn, there are **SEVERAL** elements that **MUST** be addressed if you're **EVER** going to surpass your genetic growth potential. Skip any **ONE** of these elements and you'll find yourself on the fast track to frustration.

Now I know you're not going to like hearing this, but...

IMPORTANT:

**READ THIS MANUAL ALL THE WAY
THROUGH BEFORE BEGINNING
YOUR PROGRAM!**

I've written this manual in a very "no nonsense" approach in order to avoid wasting any of your time with a bunch of fancy scientific words. I have no need to feed my ego by giving you the impression I'm some laboratory geek in a white lab coat testing mutant Bulgarian bodybuilders all day long.

I want you to get out on the gym floor in the **QUICKEST** time possible, **BUT** I want you to be armed with the **ADVANCED KNOWLEDGE** needed to put that time to good use.

If you skip a chapter, thinking you "already know" everything you need to know about that training factor, you could be setting yourself up for a **BIG** disappointment.

But don't worry, I'll be there every step of the way...

A Word From The "Muscle Nerd"...

"See? This is my happy little face!



After completing this book, I read it back through from the beginning and found several points that I felt needed...well, a little 'extra emphasis.' (OK, I also like to hear myself talk!)

So from time to time throughout this book, I'll jump in just to add my 'two cents'. Just think of me as your **PERSONAL GUIDE** to finally realizing the explosive gains you've been searching for all your life."

Now here's another little tool I think you'll appreciate...

We'll be covering a **LOT** of information in this book...information that is **ANYTHING** but common knowledge, even among the most **PROFESSIONAL** bodybuilders who rely on anabolic steroids for their massive gains. So in order to make sure you don't miss out on **ANY** important information, I'll summarize key concepts and highlight them with **THIS** little tool...

Optimum Anabolic Principle # 0:

Look in these blue boxes for a summary of the most important details from the information being covered.

BUT...

DON'T try and take a shortcut by jumping from principle to principle. You'll miss out on the **CRUCIAL DETAILS** that make it worth highlighting in the first place!

Well, there you have it! I've sufficiently warned you of the dangers of skipping ahead in this book, **AND** I've given you a couple of "extra emphasis" tools to make sure you get the most important details from all of the information I've **JAMMED** into these pages. The ball's in **YOUR** court!

So here's what I want you to do NOW...

If you've already been busting your ass in the gym, training 3-4 days or more per week...

TAKE A WEEK OFF!

You'll understand why later, but for now just plan on using that week to review this manual and fully prepare for your fiery return!

If you're relatively **NEW** to bodybuilding, or it's been a **WHILE** since you've been in the gym, take the next week to introduce your body to what it's about to experience.

In order to avoid overloading your body to the point of "shutdown" it's wise to begin a light exercise routine to prepare your muscles, joints, and ligaments for the upcoming barrage.

I've included a sample **PRE-PROGRAM WORKOUT** at the beginning of **BONUS # 1** that you can use as a guide. It's worked well for my clients who are just starting out or getting back into the gym.

But **BE CAREFUL...**

You **DON'T** want to go **ALL OUT** to the point you can barely move the next day. That would defeat the whole purpose of the first 3 weeks of the **OPTIMUM ANABOLICS PROGRAM**.

Besides, if what you're looking for is an **INTENSE** workout session...

THE REAL WORK IS COMING UP!

INTRODUCTION

Let me introduce you to **JOE HARDGAINER**. You see, Joe is very typical of the bodybuilders trying to pack on muscle in today's gyms.

Determined to look like "those guys" in the magazines, he signs up for his membership at the local gym, buys his weight lifting gloves and belt, and all the other "essential" tools for packing on the pounds, and begins his quest.

At the gym, he follows the lead of all the other "muscle heads" and begins bench pressing, curling, and squatting the most weight he can. Like the other mis-informed wanna-be's, he thinks that working **HARDER** and **HARDER**, steadily increasing the weight on the bar, will force his body into growth beyond his wildest dreams.

He makes some gains...enough to keep him pushing on, but soon finds himself **STAGNATED**.

Not seeing any more strength or size development, Joe decides to go the **NEXT LEVEL**. He looks around the gym for the biggest iron-pumping "consultant" he can find that also looks friendly enough to talk to.

A Word From The "Muscle Nerd"...



"In case you haven't figured it out just yet, **EVERY** gym is nearly **REQUIRED** to have **AT LEAST** one psycho, pro-wanna-be who is **MORE** than willing to enlighten any local admirer about how a 'real man' packs on slabs of muscle.

He'll be the one trying to catch everyone's attention by screaming like a gorilla as he sends the weights crashing to the floor on his last repetition."

That's where "**BIG JAKE**" comes in. Joe approaches Big Jake to inquire about the secret to his bulging biceps. Big Jake tells Joe **EVERYTHING** he knows about what exercises to choose, how much weight to use, what to eat, and what "secret" supplements to use. Joe sets out once again, following everything Big Jake tells him, positive he now has the missing links to maximum growth.

Fortunately, **SOME** of what Big Jake told Joe was enough to move him out of his plateau...temporarily! Within three weeks, he finds his strength and size stalemated again.

Frustrated, Joe decides to turn to the “**EXPERTS**”. He goes to the local grocery store and picks up every **BODYBUILDING MAGAZINE** they have and begins his research.

Obviously, with arms and legs the size of telephone poles and a chest the size of a small SUV, **ANYTHING** these pros have to say **MUST** be gospel...

“Try my pre-contest workout!”

*“I swear by Company X’s Anabolic Activator Potion!
Why, just **LOOK** at the size of my arms!”*

Oh, and then there are all of the ads for the top secret supplement discoveries promising you god-like powers from the “latest” in scientific research...

*“Gain 30 pounds of solid muscle in only 6 weeks...**GUARANTEED!**”*

“Clinically proven to increase testosterone up to 98%!”

“Anabolic hormones will increase a staggering 250%!”

*“Buy **OUR** product!”*

*“**NO...buy OURS!**”*

Confused and frustrated, Joe spends a **SMALL FORTUNE** on supplements and is back in the gym. He’s loaded with tips from all the pros and has so many “secret potions” running through his veins, he could be declared “off limits” as a **TOXIC WASTE DUMP!**

Again he makes a small gain, only to find it **WITHER AWAY** as he finally hits...

“THE WALL”

The wall is that place that all beginner and novice bodybuilders hit when they realize that building muscle is a **HELL** of a lot harder than those hulking professionals in the magazines make it look.

Now comes the moment of **TRUTH**. Kind of like when you found out that wrestling was fake and there was no Easter Bunny!

A Word From The "Muscle Nerd"...



"My apologies to those of you who **STILL** didn't know about wrestling and the Easter Bunny!"

Here are the **FACTS**...

FACT: **ALL** of those pro bodybuilders trying to coax you to purchase the next wave of **NATURAL** supplements **GUARANTEEING** massive growth, got that big **NOT** from the "natural" supplements they're marketing...but rather by pumping massive quantities of **ANABOLIC STEROIDS** through their veins!

FACT: The killer "pre-contest" and "mass-building" routines these pros "let you in on" are enough to throw **ANY** bodybuilder into chronic **OVERTRAINING** without the aid of a serious dose of dangerous growth hormone.

FACT: The bodybuilding supplement market is a **MULTI-MILLION DOLLAR** industry that's supported by well-intentioned, serious seekers such as **YOURSELF** who fall prey to ads and articles designed for **ONE THING**...to take **YOUR** hard-earned money!

FACT: Supplement manufacturers and gyms all follow the "**6-Month rule**" of marketing. Basically, **6 months** is how long research has shown it takes the average "seeker of strength" to join a gym, purchase the supplements they're **CONVINCED** they need, reach "**the WALL**" where they see no more gains, get frustrated, and **QUIT** their workout program.

FACT: Those same bodybuilding magazines that project an air of "objectivity" actually **OWN** many of the supplements they're advertising and are recommending in their magazines.

Here's a short list of the **WORST OFFENDERS...**

Magazine	Product Line
Flex	Weider Supplements
Muscle & Fitness	Weider Supplements
MuscleMag	MuscleTech
Muscular Development	Twinlab
Muscle Media	EAS

These companies weren't stupid. They realized early on that they could sell you a magazine full of great looking, perfectly sculpted mountains of muscle to make you feel puny, and **THEN** offer you ad after ad of expensive supplements with pumped up scientific claims to milk you for even **MORE** of your dough!

"So where's a guy to turn for REAL information on how to build muscle?"

Welcome to **OPTIMUM ANABOLICS!** You see, I've discovered how to take a perfectly **NATURAL** "defense mechanism" of the body and use it to actually **PROGRAM** your muscles to grow **FAR** beyond their genetic potential.

You're about to learn the amazing secret of...

HYPER-ADAPTIVE CYCLING!!!

A Word From The "Muscle Nerd"...

'Hyper-What-Who?!'



"Don't worry...it may seem like a big word now, but I'll break this relatively simple process down **STEP - BY - STEP** throughout this manual.

In the end, you'll have **ALL** the tools you need to **FINALLY** reach your goals for **MASSIVE GROWTH!**

However, while applying **HYPER-ADAPTIVE CYCLING** principles to your bodybuilding program will **ABSOLUTELY** be the most **IMPORTANT** step you ever take toward packing on slabs of muscle...

I WON'T STOP THERE!

In fact, in the pages that follow, I'll also provide you with the most comprehensive information **EVER** available on how to surpass your genetic limits for muscle growth! Together we'll break through all the myths and obstacles that have kept you from reaching your full potential of growth.

You see, I've identified a total of **8 ANABOLIC FACTORS** that **MUST** be addressed if you're **EVER** going to maximize your muscle gains!

By manipulating these 8 factors to create the perfect anabolic environment, you'll provide the right stimuli to thrust your body's **NATURAL** growth systems into overdrive for as **LONG** as you wish...

WITH NO PLATEAUS!

But first, you **MUST** fully understand **ALL** of the factors and how they affect your ability to grow muscle.

Here's a **QUICK PEEK** at what's coming up as I cast away all of the B.S. we've been fed throughout the years by weight room "advisors", greedy supplement manufacturers, and steroid-pumping pros paid giant marketing fees...



FACTOR 1 – HYPER-ADAPTIVE CYCLING

We may as well begin by getting into the real **MEAT** of the program! That's why you forked over the money to check out this "muscle manual" in the first place, isn't it?!

The highly controversial new approach of **HYPER-ADAPTIVE CYCLING**, when applied to both your workout program **AND** your diet is the **SINGLE MOST ADVANCED** training technique **EVER** discovered for **NATURALLY** turbo charging your body's own anabolic hormone production...**WITHOUT STEROIDS!**

But don't worry about the specifics of **HYPER-ADAPTIVE CYCLING** as you read through the material. I'll guide you **STEP-BY-STEP** through the process in other chapters of this book so you can design your very own program customized for **YOUR** personal goals!

FACTOR 2 – BODY PART TRAINING FREQUENCY

This chapter is **GUARANTEED** to raise a few eyebrows out there. I'll explain why you're your **CURRENT** program is probably shortchanging your gains...if not **CAUSING** you to actually **LOSE MUSCLE**. Then I'll show you **EXACTLY** how to arrange your workout schedule to maximize your efforts.

FACTOR 3 – TRAINING SESSION LENGTH

Don't be lured into those grueling workout marathons used by steroid-pumping pros! I'll show you the **PERFECT** time range for spiking your **TESTOSTERONE** levels and **WHY** you need to **RUN**, not walk, away from the weights at the end of this range...**WHETHER YOU'VE COMPLETED YOUR WORKOUT OR NOT!!!**

FACTOR 4 – EXERCISE SELECTION AND FORM

Not all exercises are created equal! While some are **IDEAL** for building the mass you're looking for, others are **LESS** effective at stimulating your muscles to achieve a **MAXIMUM** anabolic response.

I'll rank the **BEST** exercises for **EVERY SINGLE BODYPART** and explain how to combine the **STRENGTHS** of some to overcome the **WEAKNESSES** of others.

Likewise, the **FORM** in which you perform each repetition will **ALWAYS** make or break your progress. After reading this chapter, you'll be able to walk into **ANY** gym and see why **90%** of the men there will **ALWAYS** be wanna-be's!

FACTOR 5 – NUMBER OF REPETITIONS AND WEIGHT

What's the difference between a 15-rep set of exercises and a 6-rep set? Quite a bit since your muscles will respond **COMPLETELY** different from each strategy! In this chapter, you'll learn the **PERFECT REP ZONE** for building the **MOST** muscle, and how to apply **SPECIFIC** repetition counts to literally **PROGRAM** your body to **GROW!**

FACTOR 6 – REPETITION SPEED

Most bodybuilders **BLINDLY** pump weights up and down, oblivious as to how their muscles are designed to make this happen. I'll show you how an **AMAZING SECRET** will actually **DOUBLE YOUR GAINS** from the very **SAME** exercise!

FACTOR 7 – REST CYCLES

If you haven't learned yet, let me be the first to tell you...you're muscles **DON'T** get bigger in the gym! They get bigger when your body is at **REST** and your muscle cells have time to repair themselves, bulking up for the next attack.

But I'm not simply talking about the amount of sleep you get each night. In this chapter, I'll show you how to **SPECIFICALLY** control your rest periods **DURING** your workout to best influence your **HYPER-ADAPTIVE CYCLES** and shift your anabolic hormones into **ULTRA HIGH GEAR!**

FACTOR 8 – DIET

All of these factors put together won't do a **DAMN THING** for you if you don't provide the body with the proper nutrients for growth. I've always been disappointed at the lack of detailed information on how to construct the **BEST** diet to pack on the pounds. Add in all the confusing "expert" advice and the latest fad diets, and it's easy to see how your search can lead to **FRUSTRATION!**

LOOK NO FURTHER! In this chapter, I've compiled the most **COMPREHENSIVE** approach to personalizing your diet to maximize your growth

of new muscle mass **AND** decrease unwanted fat stores to let those abs shine through!

BUT BE FOREWARNED...

THIS IS NOT, I REPEAT NOT, JUST A “BASIC” DIET LESSON!!!

In fact...the application of **HYPER-ADAPTIVE CYCLING** to your **DIET** is going to **BLOW YOUR MIND!** If you find it hard to “empty your glass” of knowledge and be open to **NEW CONCEPTS** not exactly “popular” in the bodybuilding arena, you may have a hard time with this chapter.

BUT...if you're willing to give my arguably “insane” approach to nutrition a solid try then I **GUARANTEE** you'll experience gains like **NEVER BEFORE!**

A Word From The “Muscle Nerd” ...

“Well, there you have it...the **8 ANABOLIC FACTORS** in a nutshell.



As you can see, **EVERY SINGLE FACTOR** is important in the body's attempt to break down and develop new muscle tissue. That's why those “magic” killer routines you read about in the muscle mags don't even come **CLOSE** to creating the results they promise...

THEY ONLY FOCUS ON 1 OR 2 FACTORS AT BEST!

While most other programs are based upon hype and airbrushed before-and-after pictures, the **OPTIMUM ANABOLICS PROGRAM** is based upon **PROVEN** bio-physical principals which are manipulated to allow your body to grow in a **TURBO-CHARGED** environment!

But, unlike the advice Joe Hardgainer received, the answer won't **ALWAYS** be to work **HARDER**. In fact, in the **OPTIMUM ANABOLICS PROGRAM** you'll...

1. Finish every workout in **SHORTEST** time possible...**GUARANTEED!**
(Remember that social life you used to have?);
2. Realize **EXPLOSIVE** gains in both **SIZE** and **STRENGTH** (**WITHOUT** the **PLATEAUS** normally experienced with **OTHER** programs);
3. Eat **MORE** food, feel **FULLER**, and burn **MORE** fat;

4. Feel **LESS FATIGUED** and have **MORE ENERGY**;

However, anytime you start messing with the body's biophysical processes, you're **BOUND** to realize some **SERIOUS CONSEQUENCES!**

SO, JUST SO YOU CAN'T SAY I DIDN'T WARN YOU...

WARNING:

Within just a FEW WEEKS of beginning the OPTIMUM ANABOLICS PROGRAM you may notice some of the following SIDE EFFECTS...

- Skyrocketing **SELF-CONFIDENCE**;
- **WOMEN** paying much closer attention to you as you walk by;
- Occasional unsolicited sneers from **MEN** who are trying to convince themselves that **"YOU AIN'T ALL THAT!"**;
- Constant **INTERRUPTIONS** at the gym from dedicated lifters eager to learn **YOUR** secrets of putting on so much freakin' muscle;
- Increase in your **LIBIDO** and **SEXUAL PERFORMANCE** (thereby increasing your chances of being stalked by **SEX-STARVED WOMEN!**)

A Word From The "Muscle Nerd"...



"If you accept these '**RISKS**', let's not waste any more time.

The **MOST ADVANCED BREAKTHROUGH IN NATURAL HORMONE PROGRAMMING EVER DISCOVERED** awaits **YOU!**

Are you ready to begin your journey to finally developing the body you've **ALWAYS** dreamed of?

THEN LET'S GET STARTED!"

A Word From The "Muscle Nerd"...

"Well, there you have it...

You've now seen the [Table of Contents](#) **AND** the [Introductory Chapter](#) of my new program, **OPTIMUM ANABOLICS!**

What? It's not *ENOUGH* information?

I've received a few emails lately saying exactly that. So I decided to include a **BONUS CHAPTER** just to give you some real 'meat' to sink your teeth into!

Of course it's not **THE** chapter you may have been hoping for. After all, since nearly all of the chapters address specific steps that support the **HYPER-ADAPTIVE CYCLING** process revealed in Chapter 1, I'd have to give you the **ENTIRE MANUAL** just to make it understandable.



However, [Chapter 6](#) **DOES** address a **LITTLE KNOWN SECRET** I uncovered that may **CHANGE THE WAY YOU WORKOUT...**

FOREVER!

No thanks necessary...I just thought this extra chapter might give you a better peek at just how different this material is before you discover the **GRAND POOBAH** of the **OPTIMUM ANABOLICS PROGRAM** revealed in [Chapter 1](#).

So enjoy your short but powerful **BONUS CHAPTER!** But remember my initial **CHALLENGE** from my website...

Many of these principles are a **SLAP IN THE FACE** of long held bodybuilding beliefs...beliefs that **YOU** may have been using for **YEARS** in your own program.

You'll need to keep an **OPEN MIND** throughout this entire program and give these controversial tips a solid try if you hope to achieve the fastest gains possible!

And now...on to your **BONUS CHAPTER...**

FACTOR 6 – REPETITION SPEED

Your muscle fibers are composed of several different “sub-types”. But for the purposes of adding **SIZE** there are only **2 TYPES** you should be concerned with:

Type 1 – slow-twitch fibers (red)

Type 2 – fast-twitch fibers (white)

FAST-TWITCH FIBERS, as their name would suggest, are able to produce much greater speed and are the ones you use when you need explosive **POWER** in your movements. These fibers are most often developed for such sports as sprinting, and powerlifting.

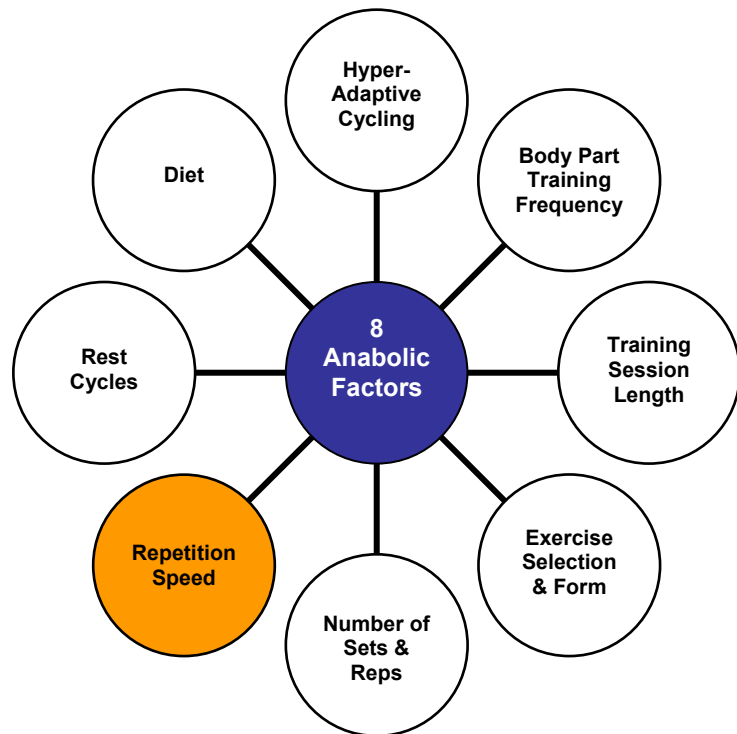
SLOW-TWITCH FIBERS, on the other hand, are slow-reacting, and therefore better tailored for **ENDURANCE** related sports such as running, bicycling and rock climbing.

In bodybuilding though, muscle is muscle, and the **MORE** the **BETTER**. To grow beyond your genetic limits you **MUST** build it **ALL**, effectively stressing **BOTH** muscle types.

Since these muscle fibers perform two separate functions, they each require a **DIFFERENT** form of **STIMULATION** in order to grow.

Those feisty little fast-twitch fibers require **FASTER** repetition movements. These are the fibers **MOST** in use during the **CONCENTRIC** phase of an exercise. (The “concentric” phase refers to the lifting, pushing, or pulling movement of the weight.)

Keep in mind though, that it’s **NOT** important for the weight to actually **MOVE** fast through this phase. As long as you’re **TRYING** to move it as quickly as possible, you’re using your fast-twitch fibers effectively, even if you’re **STRUGGLING** to get the weight up inch by inch!



Slow-twitch fibers on the other hand are the fibers most called upon during the **ECCENTRIC** phase of the exercise (the action of lowering the weight back down to the starting point, often referred to as the “negative phase”) and are best targeted using **SLOWER** repetitions.

A Word From The “Muscle Nerd”...

“Let me add some clarity here on the **CONCENTRIC** and **ECCENTRIC** phases of a repetition...



If we use the bench press as an example, the **CONCENTRIC** phase happens when you push the weight up from your chest, extending your arms.

On the other hand, the **ECCENTRIC** phase of the exercise happens when you lower the weight back down to your chest.”

These slow-twitch fibers are often the most neglected but are actually **VERY** important to bodybuilders for a couple of reasons...

FIRST: Since your goal in lifting weights is to strategically “damage” the muscle cells, you **MUST** understand that doing **SLOW “NEGATIVES”**, which primarily target **SLOW-TWITCH FIBERS**, creates **TWICE AS MUCH DAMAGE** to the cells as focusing on the concentric, or pushing/pulling movement of the exercise!

SECOND: SLOW TWITCH FIBERS stick around **LONGER** than fast twitch fibers! This is **BIG NEWS** since, as you may recall, **BUILDING** muscle is only **HALF** of the equation. You’re **ALSO** fighting not to **LOSE** muscle due to catabolism.

Since slow twitch fibers retain their size longer than fast-twitch fibers, your body won’t have to fight as hard at maintaining muscle size and can concentrate on building **MORE** muscle on **TOP** of that muscle!

A Word From The "Muscle Nerd"...

“Look around the gym sometime and watch as most, if not **ALL** of the lifters are simply focusing on getting the weight **UP**, only to drop it back down as **QUICKLY** as possible, completely neglecting the opportunity to hit those slow-twitch fibers for **MAXIMUM** growth!

WHAT A WASTE OF TIME AND ENERGY!

As you can see, if you only train **HALF** of your muscle fibers effectively, you're only going to get **HALF** as much **GROWTH!**”

In the **OPTIMUM ANABOLICS PROGRAM**, you'll target **BOTH** muscle fibers in **EVERY SINGLE REPETITION**, by incorporating both fast **AND** slow movements as you raise and lower the weight.

Here's how it's done...

On the **CONCENTRIC** phase of the movement, you need to **EXPLODE** with power, moving the weight up (or pulling it back, depending upon the exercise) as quickly as is safely possible while **STILL** maintaining **PERFECT FORM!** This should take a count of **1 - 2 SECONDS**.

Then begin to lower the weight back to the starting point with a slow, deliberate “4-count”, **FIGHTING** it all the way!

Optimum Anabolic Principle #11:

Use an **EXPLOSIVE 1 - 2 SECOND** movement during the **CONCENTRIC** phase of your repetitions!

Use a **SLOW, DELIBERATE “4-COUNT”** movement during the **ECCENTRIC** phase of your repetitions!

Although you'll probably have to **LOWER** the amount of weight you **CURRENTLY** use to incorporate this principle (set the **EGO** aside, man!), this **2-SPEED METHOD** will guarantee you stimulate the **MAXIMUM** amount of muscle fibers allowing you to build the **MAXIMUM** amount of **MUSCLE!**