

SL: [name], it's time to bulk up!

Hey [name],

Have you recently join a weight gaining programme?

Try eating as much food as possible..

And yet you gain no results.

Because non of those actually helps you gain weight.

Hold on, let me explain..

Eating a high amount of calories per day can help you gain weight

Only if you can do it consistently every day.

But how can i keep it consistent?

By creating a diet that you can stick for a long time.

Ask yourself..

Can I stick to this diet for at least a month without feeling sick of it?

It may seems such a small matter but it plays a big role on consistency.

Most of us hardgainer skinny guys have bad appetite.

Struggling to eat high amount of food everyday.

Ended up giving up halfway.

With feeling lost and regret.

I know the feeling.

Because I've experienced it.

And shared my journey,

In my [ROAD TO BULKING EBOOK](#)

You can have an optimal and fastest ways to start your bulking journey.

Because in that book I've shared:

- The easiest way to bulk up and never lose your gain.
- 5 small mistakes that set back 99% of people progress and how can you avoid them.
- An easy step-by-step programme that helps you maintain your progress effortlessly.

If you don't believe me...

You can take a look at the picture of how people look before and after reading the method that are in the book.

picture

This can be you.

Time to take action.

[CLICK HERE TO BUY MY EBOOK](#)

Keep grinding bro.