

Anabolic Reload Swipes

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Email 1

From: Grandpa

Subj Line: men with high testosterone

They say low-t is unavoidable as you age...

This email will change your mind.

...because one 58 year-old grandpa used a simple trick to FORCE his testosterone levels into youthful health and raging vitality...

While giving him explosions of anabolic hormones so powerful he was able to build muscle like a teenager again...

[=> THIS will force your testosterone levels High if you're in your 40's, 50's, 60's or beyond](#)

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Email #2:

Subj Line: 'Jacked Grandpa' reveals muscle building secrets

It's not roids...

Or some magical supplement, protein powder, or TRT.

And to the surprise of most powerlifters and bodybuilders... it's NOT lifting heavy weights or going to the gym 4-6 days per week.

The muscle building secret of my friend Steve... (also known as the "Jacked Grandpa")

Is working out less... and lifting less. However, that's not all...

He uses what's called STX sets or "slow-twitch Xhaustion" sets...

Which force your muscles into sleeve splitting muscle growth... almost on command.

It won't matter if you're in your 30's, 40's, 50's or beyond... Steve's techniques will have you packing on strength and mass FASTER than you did as a teenager.

It can even be used by younger guys to accelerate results!

Check it out for yourself:

=> [Jacked Grandpa Reveals Muscle Building Secrets \(use TODAY\)](#)

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Email #3:

Subj Line: Men only: Pack on muscle as you age

Subj Line #2: FWD: Pack on muscle as you age

Hey,

Here's an email I got from Steve Holman, former editor and chief of Iron Man magazine...

It has to do with a cutting-edge new muscle-building method guys as young as 30 and men as old as 73 are using to pack on lean muscle...

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FWD: Men only - Pack on muscle as you age

Many of you know that for 27 years I was the Editor in Chief at Iron Man magazine, a respected bodybuilding publication founded in 1936.

That experience, along with being in shape at age 58, has many older men asking me how they can build impressive, visible muscle...

Heck, who doesn't want to feel great while looking fit, healthy and hard at age 40, 50 and beyond?

That's one of the big reasons I produced a new program, [ANABOLIC RELOAD](#)...

It's based on NEW RESEARCH that shows how to activate both slow- and fast-twitch fibers to quickly add muscle.

And it takes just a few minutes for each muscle group...

I train less than 30 minutes per workout three days a week. Oh, and I do NOT use heavy weights.

I call the method STX: Slow-Twitch X-haustion, and it's working for me and many of my colleagues big-time...

No joint-crushing poundages, weird "supplements" or marathon workouts necessary...

If you're interested in having a tight midsection and more muscular arms stretching the sleeves of your T-shirt even as you age, please check out my new read-me page...

[> ANABOLIC RELOAD: HOW TO PACK ON SERIOUS MUSCLE AS YOU AGE](#)

Train smart, be well, live long.

Steve Holman

Former Editor in Chief, Iron Man Magazine

Co-creator of Old School New Body and The Midsection Makeover Guide

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So if you're serious about packing on lean muscle well into your 40's, 50's, 60's and beyond... you'll want to check this out

[=> The secret to packing on muscle as you age](#)

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Email #4:

Link to sales page: <http://xxxxx.joeloinc.hop.clickbank.net/?rd=reload>

Subj Line: The #1 lifting mistake men over 30 make (avoid THIS)

Most “fitness gurus” and weekend warriors at the gym would say you need to lift heavy weights and spend hours in the gym if you want a strong and muscular body...

Which may work if you’re on the “juice” or a teenager going through puberty...

However... if you’re a man over 30 you’re cutting your gains in half...

You see, the problem with lifting heavy weights and performing long workouts in the gym is this... **Anabolic Interference**.

Think of it like a “workout hangover.”

Just like you can drink too much alcohol... you can “do too much” in the gym.

Which blocks your muscle-building hormone production. Shrinks your testosterone count. And forces your body to undergo extreme amounts of inflammation... slowing muscle repair and growth.

Listen. You won’t hear about Anabolic Interference on popular bodybuilding websites or in muscle magazine...

After all... lifting less weights and spending less time in the gym isn’t a “hot topic” among these different fitness publications...

However, if you’re a man over 30 and you’re serious about making muscle gains for the next several decades... WITHOUT injury or sabotaging the #1 hormone that makes you feel and perform like a true man... you’ll want to check this out:

[=> The #1 lifting mistake men over 30 make \(avoid THIS\)](#)

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Email #5:

Subj Line: Do THIS next workout for massive muscle growth

Yesterday I shared the #1 mistake men over 30 make in the gym that's crushing your muscle gains and shrinking your testosterone levels...

Today I want to give you a killer technique I've been using to help me pack on some serious size over the past couple months...

It's also kept my workouts short and efficient... (which is a bonus).

You see... I used to be a "marathon-lifter"... working out for almost 2 hours on some days.

Which was "okay" back then...

I was in my early twenties so my testosterone levels were at an all-time high. I was single. Living at my parents house. And had no job.

If that's you... long workouts aren't the end of the world.

Yet if you'd call yourself busy...

And struggling to put on the muscle your deserve...

And you want high and healthy testosterone levels for years, even decades to come... this is for you.

Try this technique next time you go to the gym...

Step 1) Pick up a weight you can get 20-25 reps with (hitting failure somewhere in that range)

Step 2) After performing the set, rest 35 seconds. During that time add just enough weight to the same exercise to "fail" at 8 reps. Complete the set.

Step 3) Wait 10 seconds. Then perform one more set to failure (you'll probably get 2-4 reps).

BOOM. You're done with the exercise...

And I guarantee you'll have the same pump most guys work at least 30 mins for...

However, you'll get it from the very first exercise ;-).

[=> Do THIS next workout for massive muscle growth](#)

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Email #6

Subj Line: 3 reasons you can't build muscle

Have you ever suffered from nagging injuries?

Testosterone burnout?

Or maybe you've felt like a circus clown juggling your family, career, and fitness goals?

If you said "yes" to any of these... welcome to the club.

I've been there and done that... which led me to falling on my face trying to build muscle.

These are the top 3 reasons most men struggle to add inches to their frame and achieve the rock-hard physique they desire.

And below I'll show you how to avoid each one of these muscle-gaining pitfalls...

Reason #1: Injuries

The heavier weights you lift... the higher your risk of injury. Period.

It doesn't matter if you have good form...

The chances of you tearing a muscle or doing severe damage to your joints and spine increases dramatically.

And get this... according to last year's National Injury Surveillance Database, nearly 300,000 men in the U.S. alone were rushed to the emergency room from a weight-lifting related accident.

This doesn't include the injuries that occur overtime... which are often self-caused from forcing your body under tons of heavy poundages for the sake of "gaining muscle".

Well... you can pack on slabs of mass WITHOUT increasing your injury risk or placing your body under heavy loads of pressure that more often does more harm than good.

The secret?

Muscle fiber activation. That's it.

The more muscles you can activate in 1 set... the bigger your growth response will be. It's that simple.

And instead of using heavy poundages...

You can use moderate-weight with high-fatigue methods to build muscle AND burn fat while you strengthen your joints at the same time.

My friend Steve calls these sets... STX sets... or slow twitch Xhaustion sets. [You can learn more about STX sets here.](#)

Reason #2 you can't build muscle... Low Testosterone.

After turning 30 your testosterone levels begin to drop AT LEAST 1% every year.

You can't hide from it. It's like a ticking time-bomb on your male biology. It's going to happen.

Yet most guys are unknowingly speeding up the process... and sabotaging their t-levels for the sake of a "good workout."

In reality, you're overtraining your body. And causing cortisol levels to rise...

Dragging down your testosterone even more and causing muscle loss and weakness.

Unless you're on roids or a teen with hormones raging through his bloodstream... long workouts and exercising 4-7 days per week is only going to make you look and feel weaker.

Maybe not right away... however, over time the barrage of training on your body will catch up to you.

Like a lion chasing a zebra...

Eventually your male hormones will wear down and any chance you had of building a jaw-dropping and muscular body will be devoured.

Because according to a recent study... men with lower testosterone levels experience “accelerated muscle wasting.”

Basically... you lose muscle instead of gain it. And any muscle you currently have... you have to fight tooth and nail to hold onto it.

However, it doesn't have to be this way...

=> All you need is 3 workouts per week to build a jacked physique that turns heads in public and catches all the attention from the opposite sex.

Seriously... that's it.

Reason #3: Priority Puzzle

Priorities change as you get older.

No question there.

Which makes it challenging to balance your work, personal life, and fitness goals...

Especially if you're following a routine that requires you to be at the gym 4+ days a week.

As a result... you end up skipping workouts. Losing motivation and self-belief. And throwing in the towel on your physique goals altogether.

Why do you think the gym is packed on New Year's day with ambitious folks trying to get in shape... yet a few months, sometimes weeks later, the gym is a ghost town?

It's because they believed the lie. And think you have to “do more” to see results.

Eventually you can't sustain the demanding schedule of work, the gym, your relationships, and social life... and quit on your dream body.

Here's the truth...

Leading muscle-scientist, Brad Schoenfeld PhD discovered the best training frequency for muscle growth is 3-days per week.

That's it.

Yet it's not your typical bodybuilding style workout that gets you the best results...

Instead, it's 3 full body workouts per week that unleash the MAXIMUM amount of muscle gains... in the shortest time possible.

If you can overcome these 3 muscle-building roadblocks... (which is easier than you may imagine)...

Your gains will explode through the roof... and you'll enjoy explosions of anabolic hormones so powerful, you'll feel like you hit a second puberty (no joke).

You can learn more in the link below:

[=> Pack On Pounds of Rippling Muscle & Hulk-Like Strength in Just 3 Days Per Week](#)

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Email #7

Subj Line: "Heavy lifting may kill you"

Yale hospital surgeon John Elefteriades recently went on record saying lifting heavy weights can KILL you...

It's been shown to cause tears in your aorta...

Leading to high blood pressure, heart failure, aneurysms, and sudden death.

I wish I was lying... but it's true.

And needs to be taken seriously...

Especially as you get older and your heart becomes weaker naturally with age...

[I recommend lifting weights like this instead.](#)

Listen. Unless you're a competitive powerlifter... or trying to be the next "World's Strongest Man"... you don't have to lift heavy weights for a powerful physique.

Sure, it's one way of doing it... yet it's very high risk and dangerous.

Which is why if you want to build muscle... and get JACKED safely and quickly WITHOUT lifting heavy weights... [you'll want to check this out.](#)

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Email #8 (email #1)

Subj Line: (CLOSING TONIGHT) Anabolic Reload Top 10 List

Bad news, {!firstname_fix}!

You read that correctly. **The 80% OFF Introductory Sale on the Anabolic Reload system is closing down at midnight tonight...**

And today is your FINAL opportunity to join over 357 other men who have taken advantage of the most **cutting-edge muscle-building protocol proven to help you pack on pounds of rippling muscle and hulk-like strength regardless of your age...**

WITHOUT spending hours in the gym... or performing dangerous high-risk workouts.

=> [Anabolic Reload Sale \(Closing TONIGHT at Midnight\)](#)

If you're still on the fence...

Here's 10 reasons to begin Anabolic Reload your next workout:

1. You'll pack-on massive amounts of muscle in LESS time...

Leading muscle scientist, Brad Schoenfeld PhD discovered the best training frequency to build muscle FAST is not 4-6 days per week like most bodybuilder workouts in muscle magazines make you believe...

All you actually need is 3 full-body workouts per week. That's it.

And with the right exercise combinations and techniques you can build more muscle in half the time as 99% of other guys.

2. You'll ramp up your testosterone levels

Most guys have no idea their workouts are sabotaging their testosterone levels.

Which... testosterone is your #1 muscle building hormone. Without it, you'll just spin your wheels in the gym and fail to gain the muscle you crave.

Because at the end of the day... the man with the most natural testosterone experiences the greatest results.

And instead of being like most guys who are killing their t-levels for the sake of a "good workout"... you can train smarter, not harder and enjoy massive muscle gains with thriving t-levels.

3. You'll maximize muscle fiber activation for insane growth

The secret to building muscle mass is maximal muscle fiber recruitment. The more fibers you work during an exercise, the more muscle you develop, period.

There are two types of muscle fibers. Fast twitch and slow twitch.

Most muscle programs only work one muscle fiber at a time in a set.

However, with STX sets you can combine fast twitch and slow twitch muscle fibers in a single, extended set for insane growth.

[=> FINAL CALL: 80% Off Anabolic Reload Sale Closes Tonight at Midnight \(today only \\$15 - tomorrow price jumps to \\$97\)](#)

4. You'll Build muscle using less weight

Another benefit of using STX sets... you can lift less weight, while tricking your muscles to grow in strength and size as if you were lifting a 1-3 rep max. It's that powerful.

Best part... you won't have to crush your spine or joints under unbearable heavy poundages that set you up for a lifetime of pain and injury...

Possibly an expensive doctor bill... or maybe even death, according to the scientific journal, *Cardiology*.

And there's nothing that kills your results and motivation faster than an injury.

5. You'll burn fat and pack on lean muscle at the same time

You'll experience it yourself from the very first workout. The routine and exercise combinations inside Anabolic Reload are specifically designed to have you growing around the arms, chest, back, and legs... while you shrink around the waist.

So you can enjoy that perfect V-Taper look worn by men's health cover models and buffed up Hollywood actors...

That effortlessly command the attraction of the opposite sex... and will have your partner's eyes light up with lust.

I hope your woman isn't the jealous type because you'll be getting more attraction from the opposite sex than you may have in years... possibly decades.

6. Pile on more muscle in months than most guys can in three lifetimes

I'm not exaggerating here... Anabolic Reload has been proven, with real life testimonials to help guys pack on up to 11 pounds of rock-hard muscle in 4-8 weeks... **NATURALLY.**

Imagine that... leapfrogging the other guys in the gym and building a stronger, more powerful, attention-grabbing physique in record time.

Now... I'm saying these workouts are equal to taking roids.

However, the results are lightning-fast... so much so, I guarantee strangers, even your closest friends will be whispering behind your back and wondering if you're on the "sauce."

[=> FINAL CALL: 80% Off Anabolic Reload Sale Closes Tonight at Midnight \(today only \\$15 - tomorrow price jumps to \\$97\)](#)

7. You'll WIN the priority puzzle

You'll no longer feel like a circus clown juggling your work, relationships, and fitness goals.

In fact... you can spend less time in the gym than you imagined possible.

And you'll achieve a jaw-dropping physique, balance your relationships, and glide up the corporate ladder... WITHOUT feeling overwhelmed or guilty for spending time in the gym.

8. My "Bodyweight Anabolic Reload" gift to you

When you pick up a copy of Anabolic Reload today you're also going to receive a complete, done-for-you bodyweight version of the program.

Meaning, you can discover how to pack on mass using the same techniques in Anabolic Reload WITHOUT dumbbells or barbells.

This FREE Bonus is perfect for guys who just want to perform bodyweight style workouts or if you can't make it to the gym and would like to continue building muscle, even from home.

9. You've got 60 days to try it out...

It's risk free and a no-brainer...

If this isn't the best muscle-building program you've tried to date... and you're not 100% happy with the growth of your muscle and strength over the next couple of months...

Simply let me know and I'll provide you a full refund. No questions asked.

What's the risk in trying a cutting-edge new program PROVEN to pack on inches of mass in weeks?

10. You get to experience all of these results above and so much more starting TONIGHT for an 80% OFF Discount...

However, tonight at midnight, we are shutting the door on this 80% off Anabolic Reload sale and bumping the price back up to \$97...

Which... it's worth far more than \$97... especially when you experience the life-changing and body-transforming benefits of the program...

Yet why not pick it up for just \$15 buck while you still can?

=> FINAL CALL: 80% Off Anabolic Reload Sale Closes Tonight at Midnight (today only \$15 - tomorrow price jumps to \$97)

Listen up... the only way to get Anabolic Reload on sale is to get it today. One second past midnight and you'll miss out...

Here's your chance to add a KILLER muscle-building and testosterone boosting workout to your routine... so you can build a rock-solid physique that's pumping with testosterone starting TODAY.

=> FINAL CALL: 80% Off Anabolic Reload Sale Closes Tonight at Midnight (today only \$15 - tomorrow price jumps to \$97)

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Email #9 (last day email #2)

Subj Line: Last chance, [NAME]

Hey {!firstname_fix},

Joe here one last time to remind you time is running out to grab the Anabolic Reload program before the 80% OFF sale ends.

This'll be my FINAL email about Anabolic Reload.

Let me make myself clear.

After tonight at midnight, the Anabolic Reload program will increase to \$97.

If you don't believe me, wait until the timer counts down at the end of this page and see what happens. You'll be sorry you did:

=> Anabolic Reload 80% OFF Sale (Last Chance)

Since you're still here reading this, let's just be straight with each other...

I'm here, encouraging you to take a step and invest in our program because we believe it can truly change your life...

... and 456 other ambitious men have said, "YES" to transforming their physique and life with this results-proven program... and I don't want you to be left out.

So if you're a man over 30 who wants to build lean mass, look and feel stronger, and have thriving testosterone levels regardless of age, then you've got to be more strategic with your workouts... if you don't you'll just continue spinning your wheels and wasting your time...

I know this might sound harsh, but the truth hurts.

The brand new release of Anabolic Reload ends tonight at midnight.

There are no extensions. If you wait until tomorrow, I'm sorry, but you will miss out on the sale... and end up paying \$97 when you can pay just \$15 before midnight.

This program teaches you everything you need to know to finally crack the code with your workouts and experience eruptions of sleeve-splitting muscle gains while skyrocketing your anabolic hormones.

It's basically a done-for-you blueprint for all men who want to look jacked naturally, and enjoy all the benefits of having more testosterone... like staying lean year-round, feeling stronger and more energetic, and enjoying boatloads of youthful vigor in the bedroom.

There's now less than 6 hours Action-Taker... **this is truly your LAST chance.**

=> LAST CHANCE: Anabolic Reload (80% OFF Sale Closes Midnight TONIGHT)

Don't miss out.

[SIGN OFF]

P.S. After the clock strikes midnight, you'll lose out on the Anabolic Reload special release \$15 sale...

Tomorrow the price will bump up to \$97

Time is ticking... grab it while you still can...

=> LAST CHANCE: Anabolic Reload (80% OFF Sale Closes Midnight TONIGHT)

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