

Jeff Willett - The Natural Way Muscle Pack

Jeff Willet's Training DVD 2 disc series is a ground breaking instructional video based on the Max-OT style of training. What's so different about this DVD series is the in depth instruction, advice and motivational thoughts on maximizing your potential without drugs or steroids.





















If you don't want to bodybuild this DVD is also a must have. You'll get in shape faster and spend less time in the gym.

Jeff Willet is a 3 time Team Universe Champion and one of a handful natural bodybuilders to ever win a pro card.

Jeff Willet details critical nutrition principles in this 50 minute seminar to help you capitalize on all your efforts in the gym. Learn the importance of pre and post workout nutrition, intelligent carbohydrate selection as well as the integral role of consistent protein consumption.

This DVD is loaded with extra files and a slide show with over 150 never before seen photos of Jeff at his best.

Proof Content

 Biceps - Triceps - Forearms - Back - Traps 1.avi	 ...	699.4 MB
 Biceps - Triceps - Forearms - Back - Traps 2.avi	 ...	24.7 MB
 Comments.pdf	 ...	433 KB
 Legs - Calves - Chest - Shoulders - Abs 1.avi	 ...	24.7 MB
 Legs - Calves - Chest - Shoulders - Abs 2.avi	 ...	699.3 MB
 Legs - Calves - Chest - Shoulders - Abs 3.avi	 ...	11.5 MB
 Nutrition - JW Slideshow.avi	 ...	153.8 MB
 Nutrition - Seminar.avi	 ...	699.5 MB
 Nutrition.pdf	 ...	374 KB
 Workout.pdf	 ...	591 KB