

The goal of this copy is to get the reader to consume it all and learn more about bodybuilding.

This will show up after they click a button "how build muscle mass"

This is just for delivering value and making my client look like the best vehicle for this value  
It's like a sales page and an ebook in one

I want to create the atmosphere of trust and credibility, I want them to want to try out this method.

---How to build muscle mass

The fundamentals of building muscle

Get ready, in the next 4 minutes you are about to learn the battle tested process that will take you from skinny to swole whether you are experienced or new.

Firstly, let's establish a fundamental truth: Building muscle requires sheer discipline and mental fortitude, it's a path that commands sweat and tears, but don't worry, the new found confidence and energy you will get is well worth the effort.

Over time, I've observed individuals approaching muscle-building with ridiculous tactics. Many opt for the path of least resistance, expecting results without investing genuine effort and sweat. But let's be honest...

The path of comfort is not for those who want to build a body of ripping muscle

In fact discomfort plays the biggest part in the process of building muscle, it's a crucial component of what I call the "adaptation signal"

Think of the "adaptation signal" as a code that tells your body, "Hey, time to bulk up!" And to use that code, you need three things:

Exercise intensity,

A proper amount of sets and reps,

And progressive overload.

This is the combination that will take you from skinny to swole without dieting

But before we go into how to use this combination

Why am I giving you this valuable information for free? It's because making people feel good in their bodies is my passion. I believe in helping others succeed on their muscle-building journey and being healthy.

Think of it as a preview of the guidance and support I offer.

Exercise Intensity

You gotta push yourself close to muscle failure, without this your body will not recognize the need to build muscle.

At the end of a set you should have 0 to 2 reps left in the tank.

This is not as important but if you

Incorporate a mix of compound and isolation exercises to target various muscle groups then your body will get more signals to build muscle.

Compound exercises, like bench press, hit multiple muscle groups, while isolation exercises, like bicep curls, zero in on one muscle at a time.

Aim to have 9 to 12 compound exercises per body part per week and 3 to 6 isolation exercises per body part per week

If you follow this number of sets per week then you will minimize the possibility of overtraining

If you for example only do bench press within the guidelines above then that will give a signal to build muscle but over time it will get weaker and weaker hence why you should differentiate.

Sets and reps

Aim for 8 to 12 reps for 3 sets, this is the optimal amount of reps for bodybuilding, any more can slow down your growth and recovery.

Examples of training plans you can use to start your muscle Building journey>>>[link](#)

Progressive overload.

For example

If you have chosen your weight, you can lift it 8 times for 3 sets while being close to muscle failure then the next time you do this exercise (next week) you will increase the difficulty.

You will challenge your muscles to do more reps, you will do 9 reps for 3 sets, and then next week 10x3 then 11x3 then 12x3 and once you hit that 12 rep range you will go back to 8 reps but add 2,5kg. If you fail at this then go back one step (and eat enough protein) . This is the main part of muscle building, you simply don't give your body a choice but to grow.

How much protein should you eat to fuel recovery properly >>>[link](#)

And that is it, you now have the knowledge necessary to build a body you like looking at. If you have problems with choosing the right exercises and planning it all then you can start with these example trainings>>>[link](#)

Now, I gotta be honest. There are risks involved, bad form, going too hard too fast, or skimping on protein may cause an injury. You can't neglect these. Imagine finally seeing gains and suddenly your back cracks you into a hospital bed...

That's where you may benefit from a personal trainer like me.

I will make sure you don't get injured, spare you the time for choosing exercises and planning it all and I will make you see the gains you want faster.

We'll kick things off with a free session to get to know each other and gauge your possibilities , then we will dive into a personalized training plan crafted just for you and then you might want to take a picture for the before and after.

If you dont want 1 on 1 training then by all means take what you have learned today and go grow big and healthy but at least watch some videos about proper form when you find the right exercises for you.

But if you want a fast track towards your dream physique or you just want a personalized training plan then checkout my offer >>>[link](#)

How to build muscle mass

In the next 5 minutes you will learn the only way to go you from weak and skinny to a jacked athlete

Following this process will not only make you inspire others to better themselves through the sheer size of the man you are becoming but also make you more energetic and confident.

I see many people approach bodybuilding completely wrong, craving their comfortable fantasy, training without a drop of sweat, or even pushing themselves so that last rep burns more. This is NOT how you build muscle... you can wish that 'showing up' everyday will magically give you your dream body...

...But it's Not gonna happen.

This is a guide for those who don't fear a little bit of discomfort

You get what you deserve

Every athlete deserves their athleticism yet how did they do it? Some will say its genetics or steroids but some will guess correctly by saying "hard work"

But what does it mean to work hard in the gym? Is it aiming to be so sore the next day you cant move? No, it's working out smart

Building muscles is a science...

And its Foundation is Knowing

How to give the body a strong "signal" to adapt and build muscle

This "signal" is the biggest cause of muscle growth and as it turns out... The only one

After this point there will be no room for excuses or low effort, just read and apply what you are about to learn and grow big and healthy

But before we go deeper into "the muscle Building signal "

Why am I giving this to you for free?

I want to give you this as a demo to training with me. I will give you just enough information you can start to grow muscles. But I will leave out the secrets, so you want to work with me and achieve your dream physique way faster.

More about me>>>[link](#)

What is the muscle building signal?

It's an adaptation mechanism that adapts your body to the difficulties you are facing.

To trigger adaptation you need 3 components

Intensity

Set and rep count

Progressive overload

This is your starter pack towards achieving an esthetic physique

As I said before, you won't benefit from this if you fear discomfort. This is for the people who want to take building their body seriously.

Every goal worth achieving will be difficult and unpleasant at first but the feeling you get after pushing yourself and achieving your goal will be priceless...

### Intensity

You should aim to exercise hard enough that at the end of a set you have 2-0 repetitions left in the tank

But don't choose a light weight that you can lift 20+times, that way of training is not for muscle Growth

### Sets and reps

The weight should be heavy enough you can lift it 8 to 12 times for 3 sets and every set should end within 0 to 2 repetitions until failure.

(This can vary but it's best to stay in that range)

Next you need to choose the right mix of compound exercises and isolation exercises.

Compound exercises are the ones that target a group of muscles, example- bench press. For optimal Growth you should have 9 to 12 sets of compound exercises per body part per week

Isolation exercises target a single muscle, example- bicep curl.

For optimal Growth you should have 3 to 6 isolation exercises per body part per week

But don't limit yourself to a narrow selection of exercises because that would negatively impact your gains. Differentiate your exercises for each body part so everything is swelling correctly and use these different exercises to target a body part more than once a week.

Examples of training plans you can use to start your muscle Building journey>>>[link](#)

Now the most important part of the Whole muscle building process... the part that will always make you leave the gym satisfied

### Progressive overload.

When you have chosen your weight and you have successfully lifted it (for example) 8 times in 3 sets while being 1 repetition from muscle failure then in the next week when you do this exercise you will increase the difficulty.

Next week you will do 9 reps for 3 sets, and then 10x3 then 11x3 then 12x3 and then you will go back to 8 repetitions but add 2,5kg. If you fail at this then go back one step.

How much protein should you eat to properly fuel recovery >>> [link](#)

This is the basic outline of how to give the “signal” for your body to build muscle mass but...

... There are some risks to this.

There is a possibility  
you may have bad exercise technique,  
you may try to go too hard too soon,  
you may not do a sufficient warm up,  
and you may eat insufficient protein for recovery

All of which may lead to injury...

Imagine you finally started gaining muscle and suddenly your back cracks you into a hospital bed

Then there is choosing the right exercises for your physique goals and making a whole plan which may not work at first.

This is complicated and requires time to figure out by yourself

But you can speed up the process by training with an expert

You can choose to work with me where I will hold your hand throughout the whole process.

We would start with an initial free first training where I gauge your possibilities and health. Then I will lead you through my training plan with specifically chosen exercises for achieving your physique goals with a safe application of progressive overloading to ensure you see gains as soon as possible. You will be under my supervision to ensure proper technique and safety. Plus I will give you some body Building secrets as well.

Another option after the initial free training could be receiving a custom training plan designed for you.

But if you don't want to see yourself grow into an athletic body as fast as possible then by all means use what you learned today and try to figure it out by yourself. Either way will work.

So what will it be?

Will you choose the slow path?

Or a fast track towards your dream physique?

Check out my offer>>>[link](#)

Build muscle mass>>>

So you want to build an athletic physique full of power and energy?

Good.

In the next 5 minutes you will learn the proven steps to getting monstrous muscles and have a clear outline of your path forward

With these steps not only will you see your muscles getting big and strong but also you will hopefully inspire people around you to go to the gym when they see the person you are becoming and the physique you are creating

So many people get muscle Building wrong, they go into the gym and think doing a workout without sweating or pushing themselves out of their comfort zone will get them to build muscle mass but fast forward a month later and they are still in the same place lifting the same weights 🤔

Some people think the gains will come naturally if they go to the gym and lift some weights without putting real effort into this but that is the difference between the big jacked guys and the small scrawny guys

You see the big guys know the way to build muscle...

Its not steroids

Its not the soreness levels

Nor is it how much they punish themselves

Sure these may play a part in it but the most important part is to...

Give your body the right "signal" to build muscle

This "signal" is the biggest cause of muscle growth and as it turns out... The only one

To give your body the "signal" to build muscle, you need 3 components

Intensity

Set and rep count

Progressive overload

This is your starter pack towards achieving an esthetic physique

But before we go into the components of "the muscle Building signal "

Why am I giving this to you for free?

I want to give you this as a demo to training with me where I give you just a tiny bit of information that can still get you to grow muscles but leave out the secrets, so you want to work with me and achieve your dream physique way faster.

More about me>>>link



How intensely should you train?

Every goal worth achieving will be difficult and unpleasant at first but the feeling you get after pushing yourself and achieving your goals will be priceless...

You should aim to exercise hard enough that at the end of a set you have 2-0 repetitions left in the tank

And also, don't do a crazy amount of reps because this way you will burn muscle.

The truth is you need to train with a heavy enough weight that you can lift it 8 to 12 times for 3 sets and every set should end with 0 to 2 repetitions until failure.

(This can vary but it's best to stay in that range)

As to choosing the right weight, you will have to experiment.

Next you need to choose the right mix of compound exercises and isolation exercises.

Compound exercises are the ones that target the big muscles or a cluster of muscles and make you feel like a beast, example- bench press.

For optimal Growth you should have 9 to 12 set of compound exercises per body part per week

Isolation exercises target smaller and single muscles and make it feel like your muscles are going to rip through your skin, example- bicep curl.

For optimal Growth you should have 3 to 6 isolation exercises per body part per week

But don't limit yourself to a narrow selection of exercises because that's what small gainers do. Differentiate your exercises for each body part so everything is swelling correctly and use these different exercises to target a body part more than once a week.

Examples of training plans you can use to start your muscle Building journey>>>link

Now the most important part of the Whole muscle building process...

Progresive overload.

When you have chosen your weight and you have successfully lifted it for example 8 times in 3 sets while being 1 repetition from muscle failure then in the next week when you do this exercise you will increase the difficulty. Next week you will do 9 reps for 3 sets, and then 10x3 then 11x3 then 12x3 and then you will go back to 8 repetitions but add 2,5kg. If you fail at this then go back one step.

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