

SL:How a **TELESCOPE** got me GAINS

A telescope taught me the secret to getting shredded

It was a dark, starry night...

I stood outside, telescope in hand, staring up at the night sky, amazed by the beauty in front of me.

I start to wonder about astronomers

Then, a thought hit me:

How do astronomers find new stars?

I realized something...

Astronomers don't waste time scanning the sky randomly.

They use precise calculations and mathematical models to predict exactly where stars will be.

They work smarter, not harder, maximizing their time for the best results.

Imagine how inaccurate and slow astronomers would be,

If all they did was randomly point a microscope in the sky.

That would be a massive waste of time.

The Truth? The Same Applies to Fitness.

If you think more gym time=more gains, you're falling into the same trap as a lost astronomer.

The reality? Quality and efficiency are the real keys to muscle growth.

Why would you go to the gym five times a week for 2 hour sessions when,

You only have to go two times a week to get better results.

That's like swinging a dull axe 100 times at a tree when you could just use
A sharp one and cut it down in 10 swings.

But with high quality sets you maximize your time and gains.

But knowing this only makes you wonder:

“What exactly do I have to do for super efficient sets”

[If your interested click here to learn about the golden era physique system.](#)

It's the best way to get lean, strong, and aesthetic without living in the gym.

See you in the next email with even more gym advice

-Jay