

Headline Section

It's Finally Here! 16 years of Research & Experience all Condensed into 12 weeks for you to Lose Fat, put on Lean Muscle, Build Real Strength, and get that BIG Physique

Story Section

Migan's FREE Step-By-Step Journey

Everybody called me "Fat Jonathan" in highschool.

Hey guys, what's going on? Migan here.

Ever since I was a kid I had a **"skinny-fat" physique.....**

I had the puffy cheeks, the skinny arms, the chicken legs, and a big fat tummy.

I was always insecure about it, and when you were called "Fat Jonathan" throughout your whole life, you stood out as a fat kid even though I had skinny limbs.

I always felt so frustrated and complained, "Make up your mind DNA! Either give me a skinny physique or a fat physique!"

Because if I was already skinny, I could just simply find a way to build a big physique.

Or if I was fat, all I had to do was find a way to lose weight, get rid of that stupid fat belly, and sculpt that muscular physique.

As a kid who grew up watching Dragon Ball Z. I spent all day (And night) thinking about Broly. He was big and muscular with the thick ass neck, he had the alpha traps, his deltoids were defined and capped out, and his side laterals looked like he'd been working them out in the hyperbolic time chamber for days! He was a beast!

But, as a ugly skinny-fat nobody, I was running in circles trying to figure out how to build that big, lean muscular physique I'd always admired.

I had to decide whether to lose the fat stomach and get even skinnier to start building muscle or start building muscle and then lose the stomach fat.

I decided to lose the stomach fat.

This is when I tried conventional methods of losing weight: countless hours of sprinting, bike riding, basketball, and swimming.

I even tried doing push-ups, weightlifting, and HIIT (High-Intensity Interval Training).

Eventually, I finally lost that stomach fat and got the attractive abs I was looking for.

But I felt a sense of regret and remorse because now I look like a twig. I am even skinnier than ever before and I feel like a kid putting on a grown man's t-shirt!

This was not the physique I wanted, and I was determined to find a way to look like Broly.

That's when I discovered and began my exhausting bulk. My biceps and chest began popping out of what used to be my oversized T-shirt!

But, there was a MAJOR problem...

I couldn't just keep bulking...

Because of my naturally skinny-fat physique, it was so easy for my stupid fat stomach to return.

I wanted to put on big lean muscles without looking like Majin Buu from Dragon Ball Z.

So I cut and bulked to put on only lean muscle, and my weight went from 142 pounds to 168 pounds.

But for some reason, after weeks of exhausting cutting and bulking, I could never go past 168, it felt like a bitch weight, and I wanted to feel big!

My best friend tried to trick me into believing that was my only genetic potential 168 when he said, "Hey man, you put on 26 pounds of muscle; be happy. You'll NEVER go any further than that".

I refused to accept my pathetic 168 pound weight and spent countless hours researching for the quickest and easiest way to pack more lean muscle.

This is when I discovered full body workout and carb loading, and I was able to reach 220 pounds! And man, I felt like a beast!

Guys Take This Advice From A Wise Man

It took me 16 years to transform my skinny-fat physique into a big muscular physique. I never had the genetics for an amazing physique, and I certainly never thought I could help men to transform their lives into kings.

The one thing I learned throughout my body-building experience is to **take action**.

I stopped making excuses, overcame years of depression, and achieved the big muscular Dragon Ball Z physique I always dreamed of.

During my bodybuilding journey, I started a Youtube channel with the goal of transforming weak, incompetent men into dominant, disciplined, direction men to create a better society and solve world problems.

This was when people started to notice me on Youtube, not because of my physique but because of the **life-changing results** I put out.

You guys became a part of my life, whether it be the progress I made, gym workouts, cooking videos in my kitchen, or even videos about muscle building & self-improvement.

Because of all the DM's and email messages I've been receiving, I had to come up with a way I could give back to my community.

I was not only getting millions of views, but I was also getting messages from my viewers asking me so many questions about muscle building, workout plans, nutrition plan, etc.

This was the moment I decided to write a book.

Introduce Product Section

Introducing the ultimate scientifically-proven guide design to help you achieve that big lean and muscular physique in just 12 weeks.

The **HSP NUCLEUS OVERLOAD TRAINING**



Fascination Bullets

- ✓ Training
- ✓ Body Health
- ✓ Diet
- ✓ Bigger
- ✓ Faster
- ✓ Mean Muscular Physique
- ✓ Look & Feel Good
- ✓ Get Respect From Others
- ✓ Dominance
- ✓ Discipline
- ✓ Direction (As a wrap-up)



Build Muscle



Gain Strength



Increase Confidence

What's Included or Features Section

What's Inside **HSP NUCLEUS OVERLOAD TRAINING**?

It's finally here!!! The most rapid muscle growth you will ever experience in 12 weeks. HSP Nucleus Overload™ Training combines all 3 of my Bone Density Training (value at \$25), Weighted Stretch Training (value at \$25), and Nucleus Overload™ Training protocols (value at \$25) into ONE ultimate program designed to help you pack on SOLID muscle mass and strength the fastest way possible, whether you're a beginner, intermediate, or advanced lifter.

It also includes a quick summary of everything I've learned throughout my 16 years of experience and everything you need to know about muscle growth, nutrition, fat loss, optimal training, and more (value well over \$50).

I also threw in a fully customizable anabolic 7-day Meal Plan (value at \$50), Nutrition guide (value at \$10), Macro guide (value at \$10), Recovery guide (value at \$20), and more.

The program also includes FOUR different programs depending on your favorite split (Full Body, Push/Pull/Legs, Upper/Lower or Bro-Split), and even an HSP Home Workout version in case your gym is closed.

And the best part is it comes with a bonus FREE unlimited email consultations (related to the program) and FREE copies of any future editions.

For a limited time, YouTube subscribers get an additional 40% off (must enter the coupon code at checkout).

What you'll find inside:

- ✔ -5 different 12-week programs
- ✔ -FBW HSP program (\$25 value)
- ✔ -Push/Pull HSP program (\$25 value)
- ✔ -Upper/Lower HSP program (\$25 value)
- ✔ -Bro split HSP program (\$25 value)
- ✔ -Home workout program (\$25 value)
- ✔ -Over 50+ exercises (\$20 value)
- ✔ -Muscle Hypertrophy guide (\$50 value)
- ✔ -Nutrition guide (\$10 value)
- ✔ -Fat loss guide (\$10 value)
- ✔ -Macro guide (\$10 value)
- ✔ -Meal plan (\$50 value)
- ✔ -Supplement guide (\$20 value)
- ✔ -Recovery guide (\$20 value)
- ✔ -Hormone optimization guide (\$20 value)

- ✓-Blood flow restriction training guide (\$10 value)
- ✓-Nucleus Overload guide (\$25 value)
- ✓-The Team3DAlpha “7 days to live” Daily Routine (\$10 value)

and more...

Add To Cart

Bonus Section

Bonus For Having ***HSP NUCLEUS OVERLOAD TRAINING***

- ✓-FREE unlimited email consultations (related to the program)
- ✓-YouTube subscribers get an additional 40% off (must enter the coupon code at checkout).
- ✓-You will get FREE copies of any future editions.
- ✓- Also all relevant suggestions and feedback from customers will be grouped together and added to future editions (which again, will be all free), meaning that the E-Book/Program will continue to get better and better each year. Talk about RIDICULOUS value.

Tease Section

? If You Want To Achieve Big Sexy Muscular Physique Then Ask Yourself These 3 Questions

If this book can show me the way...

The 3 vital components to sculpting a big, muscular physique with little to no effort PLUS a battle-plan designed to help me get there. **Would it be worth it?**

If this book can show me the path...

How to develop consistency that will not only get me the dream body that I desire but also reignite my inner beast to optimize motivation, money, mind, and mood so I can overcome the most challenging and brutal moments of my life? **Would it be worth it?**

If this book allowed me to see through the eyes of Migan...

Over 16 years of knowledge and experience, countless hours of researching, trying to figure out how to get the best possible results saving me time, money, effort, and energy that anyone can take in the information, **would it be worth it?**

**IF YOU ANSWERED 'YES' TO ANY OF THE ABOVE
QUESTIONS, *THE HSP NUCLEUS OVERLOAD TRAINING*
IS DESIGNED FOR YOU**

Add To Cart

More Tease Section

100 Guys, There Only 2 Kinds of People in this World Which one are you?



Smeagol

Most people fall under this category and for many reasons:

- ✗ They make too many excuses "I can't eat a healthy diet," "I don't have time to work out."
- ✗ They are comfortable telling themselves it's okay to be fat or skinny.
- ✗ They look for a masculine physique contained in a bottle 💊.
- ✗ They spend their time playing video games or watching Netflix instead of making changes to become a better man.
- ✗ They end up looking like a thin, pale Smeagol (The picture on the left), trapped by the insecurity and lies inside their head.



Broly

There's only a small minority of people who will build big muscular body because:

- ✓ They believe they can achieve that big lean muscular body.
- ✓ They have the heart of a lion (Courage!).
- ✓ They take relentless action to transform their skinny/fat wimpy body into a swole motherfucker
- ✓ They have the dedication and effort that demands respect and admiration from others.
- ✓ They are determined to make the sacrifices to become bigger, leaner, stronger, faster, a beast!

If you are *Broly, the person on the right* and willing to do whatever it takes to achieve that big lean muscular physique in just 12 weeks...

It's Time to Unleash Your Inner Beast!

Add To Cart