

Free value e-mail

S.L.:The number 1 MISTAKE that's killing your gains.

Here's how this mistake ruined 6 MONTHS of Tom's journey

My friend Tom crashed daily for 2 hours at the gym

He would always leave with sweat dripping out of his white T-shirt

And his arms almost exploding from his pump

He was very, VERY dedicated

So, as months passed you would think he became ripped, right?

WRONG!

After 6 months of pumping chicken and rice, creatine, a dubious-smelling protein powder that he bought on Alibaba, and killing his body for 2 hours daily...

He was still SKINNY as shit!

He had no idea what he was doing wrong!

He was tracking all his calories and macros so food wasn't the issue

He wasn't getting hammered at parties on Friday

He wasn't ego-lifting, he watched like 100 tutorials on proper form

And he trained hard every day so that definitely wasn't the issue, right?

Yes, you're rig-**WRONG!!!**

That was his #1 MISTAKE...

Training EVERYDAY!

Think of muscle-building like planting a tree...

You wouldn't water a tree every day because that would kill it.

You would water it at least 2 days apart

To give it time to blossom.

Same with muscle-building

See, [name]

Your muscles grow the most when you ***REST***

Not when you chase that sick pump at the gym (unfortunately)

So, after my friend Tom switched to a 4-day split, he gained more muscle in 1 month than he did in 6 MONTHS

And 4 more months later he became a MONSTER:

[PHOTO]

Average people learn from their mistakes

Smart people learn from other people's mistakes

See ya at the gym,
Ryad