

Avatar: John, a 20 years old male, goes to the gym 3-6 times a week and wants to build as much muscle as possible. He doesn't want to use steroids, but he can't put on muscle. The problem is that he is not getting enough protein.

Facebook Ad:

Are you struggling to put on more muscle and look better in a shirt (even if you are training really hard)?

Are you hitting weights consistently, putting in the sweat, and expecting to see a more muscular version of yourself, but your reflection in the mirror tells a different story? When you see yourself in the mirror, you are not satisfied, and you want to see even more muscle, but you also want to stay natty at the same time.

Ever felt like the entire gym's eyes were fixed on you, the echoes of laughter in the air, while your buddy, who just started, effortlessly outpaced you in the muscle game? Don't you want to look better in a shirt, look bigger than your buddy, and feel confident in your skin?

What are you doing wrong? Why aren't you putting on as much muscle as your friend?

Click *HERE* to find the answers to your questions and finally feel big and comfortable in your skin!

*Note: I used the DIC model.*