

Subject Line: **I stared at myself and I had ENOUGH...**

I didn't like what I saw. I needed to make a change.

I was a literal TWIG and I was sick of it.

My friends kept on telling me how skinny I was and made fun of me.

I couldn't handle it anymore.

It was at the point where I was on the verge of depression.

I knew I needed to do something about it for it to stop.

Every day I felt like I wasn't enough and I was useless. I daydreamed about having a super-defined and muscular body. I wanted to be THAT guy at the beach.

I started going to the gym 6 days a week right before school.

It was a lot of fun.

A couple of months after training multiple times a week consistently, I was super cut and now had muscles.

I now had the confidence to wear my camisoles at school during PE. I could see girls looking at me. I knew why they were glancing. I was in good shape and they liked it. I even got told that some girl on my bus thought I had a really good shape.

His training program helped me gain 15 pounds in just a few months.

It was the best decision of my life.

If you want to find out what is my secret,

[Then click here and find out how I gained 15 pounds as someone who could never gain any weight in a short amount of time.](#)