

To	Person
Subject	The skinny guy who proved me wrong

Ever met someone who made you question everything you thought you knew about muscle building?

That was Mike.

When he first emailed me, I'll be honest... I wasn't sure I could help him.

The guy was **69 kilos soaking wet**.

He'd been training for 8 months with zero results to show for it.

Following every YouTube guru's advice. Hitting his macros perfectly. Getting 8 hours of sleep. Taking all the right supplements, the lot.

But still looked like he'd snap in half if someone sneezed too hard.

Sound familiar?

Mike was frustrated as hell when he reached out.

"I'm doing everything right," he said. "Why am I still the same size as when I started?"

Here's what clicked for me...

Mike wasn't failing because he lacked discipline.

He was failing because he was following generic advice designed for guys who were already jacked.

The traditional "hit each muscle once per week" approach wasn't cutting it for someone with his genetics.

So I introduced him to something different.

The Power Periodization Method.

This isn't your typical bro-split routine...



Targets each muscle group with surgical precision



Uses a simple but unusual switch most guys never think to use

💪 Forces growth even in the most stubborn hardgainers

I can't reveal all the details here (that's what the program's for)... but let's just say it involves something most trainers completely overlook.

But here's what really changed everything for Mike...

His mindset shifted.

For the first time, he wasn't just going through the motions. He had a system that made sense for guys like him.

The results?

Mike went from 69kg to 76kg in 12 weeks.

That's 7 kilos of solid muscle when nothing else had worked for 8 months.

As Mike put it: *"I finally found something that works for guys like us. I wish I'd started this 8 months ago."*

But more importantly... he finally looked in the mirror and saw someone who belonged in the gym.

Now here's my question for you...

How long are you going to keep doing the same thing expecting different results?

Even if you've tried "everything" before and failed...

Even if you think you're just a "hardgainer" who can't build muscle...

Even if you don't have hours to spend in the gym every day...

The Boney to Bulk program can work for you.

[Click here to join Boney to Bulk and pack on 7kg in 12 weeks]

Only 15 spots left this month, and I'm not reopening enrollment until January.

P.S. What's been your biggest frustration with trying to gain muscle? Hit reply and let me know... I read every single email.
