

**“You’ll NEVER Build Quality  
Muscle If You Aren’t Willing  
To Train HARD!”**

**Free Muscle Building Lesson**

**By Sean Nalewanyj**

**[www.MuscleGainTruth.com](http://www.MuscleGainTruth.com)**

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(As long as none of the content is altered, extracted or re-sold and all of the links remain intact)

### **In fact, I encourage you to share this report!**

If you know of any friends, family, co-workers or anyone else who would benefit from the advice given here, feel free to pass this report along to them.

If you have a website, newsletter, blog, forum or e-zine of your own, feel free to feature this report to your visitors. I can even code it with a special link so that you earn commissions for any sales that are generated as a result of people reading the report. If you're interested, visit my affiliate section for details: [www.Fitness-Profits.com](http://www.Fitness-Profits.com)

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Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

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## ABOUT THE AUTHOR

**Sean Nalewanyj**

[www.MuscleGainTruth.com](http://www.MuscleGainTruth.com)



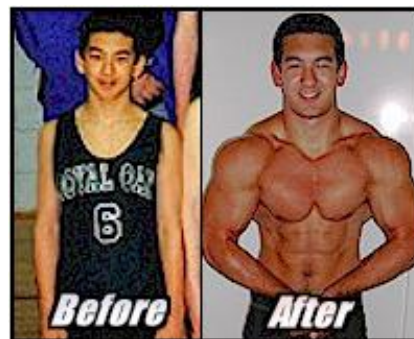
Once an awkward, 125-pound, "geeky" social outcast, Sean Nalewanyj is now a renowned muscle building and fat loss expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural bodybuilding and fat loss techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle, burning fat and gaining strength fast.

Through his highly successful website, [www.MuscleGainTruth.com](http://www.MuscleGainTruth.com), and his free information-packed online email course (visit his website using the link above for signup details), Sean has helped *thousands* of average, everyday people from all over the world overcome a lifetime of insecurity and get into the best shape of their lives.

In less than one year of existence, his widely acclaimed online muscle building program, "[The Muscle Gain Truth No-Fail System](#)" shot up to #1 like a bullet and was immediately endorsed by many of the top experts in the field.

His system garnered so much attention from the public that it was even mentioned in the most prestigious publication in North America, **The New York Times**.



In a bodybuilding world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that achieving a standout body is not a "walk in the park" like most promoters make it out to be, but believes without a doubt that he can help **anyone** achieve their fitness goals as long as they are willing to put forth the effort...

You can read more about Sean and his full-blown muscle building success system by [clicking here](#) to visit his website.

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Sean is also the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only body transformation community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

Lastly, Sean is the author and creator of a best-selling fat loss program known as "[The Real Deal Body Transformation System](#)". If your primary focus is to burn fat, carve out 6-pack abs and increase your health and energy levels naturally and safely, this is the program for you.

This explosive fat loss package contains every single tip, trick and strategy you need to achieve a lean and impressive physique without fad diets, bogus supplements or fancy equipment of any kind.

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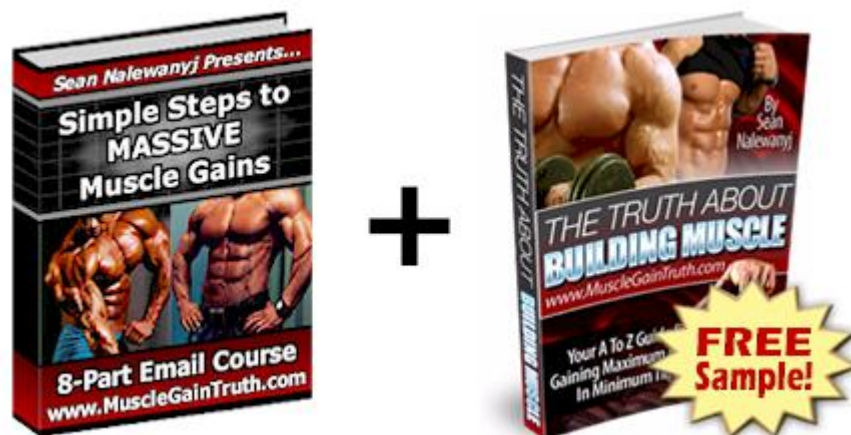
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## WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 8-part muscle building email course.

It's called "**8 Simple Steps To Massive Muscle Gains**" and will teach all kinds of highly effective insider strategies for accelerating your muscle building progress.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Building Muscle**" at no cost.



 [Click Here For Instant Access](#)

## **You'll Never Build Quality Muscle If You Aren't Willing To Train HARD**

In today's lesson we're going to be talking about training intensity and why failing to push yourself hard in the gym will hold you back from ever achieving the powerful and muscular body you're after.

In all of my years being involved in bodybuilding and fitness I've trained a lot of people and have literally spent thousands of hours in the gym training on my own and observing others... And over that time I've noticed a not-so-surprising trend...

**The people who are training with the highest level of intensity and who are pushing themselves to the limit during their workouts are achieving the most dramatic results in the shortest time!**

They're gaining more muscle size, more strength and are transforming their physiques at a far more rapid rate than those who approach their workouts with a casual and laid back attitude.

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In fact, it almost seems to be directly proportional: the harder an individual trains, the greater muscle gains they experience.

It might seem like an obvious fact on the surface, but I'm continually surprised at how easily this simple notion is overlooked, even by those who take their training very seriously.

Every time I enter the gym I constantly observe people aimlessly tossing weights around with no real precision or goal, using levels of resistance that are far too light for their bodies and stopping their sets far short of where they should be.

This type of approach is doomed to fail, and the reasons are fundamental and straightforward.

Let me explain why...

First of all, let us establish the obvious fact that as you sit there right now reading this lesson, your muscles have in them a specific amount of stored ability in order to carry out your day to day tasks.

Whether it be to carry a bag of groceries, climb a ladder, lift a heavy rock or say, curl a barbell, your muscles have within them a finite, limited amount of reserve ability to complete these tasks.

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It may be possible for you to bench press a 175 pound barbell, but not possible for you to bench press a 225 pound barbell.

In this case, your muscles would have enough stored ability to bench press 175 pounds, but not enough stored ability to bench press 225 pounds.

When you go to the gym, you deliberately place your muscles under stress by training them with weights. As you perform your sets, you are breaking down and damaging the muscle fibers in the hopes that they will rebuild themselves back larger and stronger.

The muscle growth process is a natural adaptive response to stress that is triggered by the body in order to ensure its own survival.

What needs to be understood here is the simple fact that if the stress that is induced as a result of the weight training is not sufficient, the body will not respond in any significant fashion. Muscle growth is a survival mechanism, and it will only be set into motion if the body can be convinced that it NEEDS to build new muscle mass in order to better suit itself to its environment.

This brings me back to the notion of the "stored reserve ability" that is present in your muscles.

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Again, right now as you read this, your muscles have within them a specific, finite ability to perform physical tasks. You might be able to curl 75 pounds but be unable to curl 90 pounds.

All that needs to be seen here is the simple fact that if the muscles are continually presented with tasks that they are able to complete without significant difficulty, there will be absolutely no incentive to increase their size and strength as a response.

It only takes a very small amount of logic and reasoning to see this: if your muscles can already perform a given task, then that task is not a threat to your body. You are already able to accomplish it, and therefore there is no incentive for your muscles to become additionally bigger or stronger in response to it.

The ONLY way to increase your muscle size and strength is by forcing your muscles to attempt tasks that are either extremely difficult to complete or not possible to complete at all.

By presenting your muscles with tasks that they cannot perform without using up a significant amount of their momentary resources (or ALL of their momentary resources) they will have no choice but to respond to this stimulus by building upon their existing resources so that if this task were

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to present itself again in the future, the muscles would be able to carry it out.

This concept might seem pretty obvious on the surface, but based on what I constantly see in the gym each week, it's clear that the majority of trainees don't realize it.

Look, the bottom line is this...

If you're not training your body either very close to or beyond its current capacity on the majority of your sets in the gym, you're never going to see significant muscle-building results.

It's as simple as that.

The muscles grow as an adaptive survival response, and if a certain intensity threshold is not crossed during each set, no new muscle tissue will be built.

Forget about trying to achieve a big muscle pump or "feeling the burn" during your sets... Far more important than that is simply ensuring that you train your muscles with a high level of intensity in order to produce an adaptive response in size and strength.

Just how intensely does one need to train in order to cross this threshold?

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This is an issue of huge debate among bodybuilding experts, but we can still establish some basic guidelines that will work for the majority of people out there.

**In order to produce the most dramatic response in muscle size and strength possible, I would recommend that the minimum level of intensity you train with is 1-2 reps short of concentric muscular failure.**

Concentric muscular failure is simply the point in the set where no further positive repetitions can be executed using proper form despite your best efforts to do so.

So training 1-2 reps short of concentric failure would mean taking your set to the point where, if you were to train with 100% of your effort, you would only be able to squeeze out an additional 1-2 repetitions in proper form.

This is the minimum level of intensity I would recommend.

If you're training at a level any less than 2 reps short of muscular failure, you simply aren't pushing yourself hard enough.

The maximum level of intensity (and the level that I typically recommend

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to my clients) is to take each set all the way to the point of concentric muscular failure.

This doesn't mean pushing like an absolute maniac until your eyeballs are popping out of your skull and your entire body is shaking uncontrollably... It just means safely and intelligently continuing your set until you cannot execute an additional repetition using proper form despite your best efforts.

Training at this level ensures that you cross all possible intensity thresholds and that the adaptive response within the muscle is triggered as dramatically as possible.

In all of my years observing my own bodybuilding progress as well as the progress of thousands of other people in the gym, it has been clear that those who safely train to concentric muscular failure always see the fastest and most explosive gains in muscle size and strength.

Now, I'll admit that training to failure isn't for everyone. If you have past injuries, if you're in an older age category or if you've never touched a weight in your life, obviously you'll have to find an intensity level that is right for you.

That being said, regardless of who you are or what your situation is, you

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MUST be willing to train at a relatively high level of intensity if you want to see any measurable progress.

If the last couple reps of the set don't force you to dig down deep and don't cause you a reasonable amount of discomfort, don't expect to be packing on any significant amount of muscle size or strength.

**Get serious, get focused, and started training hard!**

## Are You Ready To Build Your Dream Body?



If you've got the drive and the motivation to get started **right away**... To begin blasting your body into an almost **uncontrollable** surge of lean muscle growth... To start adding **inches** of rock-hard, granite-like mass to your chest, back, arms, shoulders and legs... To develop an **impressive, powerful** new body that turns heads at the beach, the mall, at work, at school and **everywhere** else you go...

Then the **ONLY** thing left for you to do now is to formulate a proper plan to get there. And not only to *get there*... but to get there as **quickly, easily** and **painlessly** as you possibly can.

So before you even *set foot* in a gym, I would **strongly** urge you to make sure that your training and diet plan is properly structured, and that you're implementing the most **powerful** muscle-building and fat burning techniques available. Many people have the motivation to succeed, but they simply lack an effective training and nutrition plan to go along with it.

I would absolutely **hate** to see you put a bunch of time and effort into your program only to become frustrated and impatient when the results don't come like you had expected. And even worse, I'd **really hate** to see you end up like **95%** of the population who flat-out **quit** and **give up** due to a lack of progress.

While the techniques in this lesson will help you to lay the *foundation* for your

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program, there are **many** other factors to take into account if you want to experience **significant, mind-blowing** muscle size and strength gains...

## That's What The "[Muscle Gain Truth No-Fail System](#)" Is All About!

I wanted to provide eager lifters like yourself with the chance to experience **guaranteed success**, without all of the regular marketing hype and B.S that you see everywhere else.

There's so much bogus information circulating around in books and on the Internet that it can often be hard to know who to trust. And the dead-honest truth is that there are **many** people who you **cannot** and **should not** trust.

I'm talking about the billion dollar supplement companies... the salesman at your local supplement shop... the fitness equipment infomercial spokesperson... the "know-it-alls" on the online forums... and even some well-known "gurus" who *think* they know what they're talking about, but really don't have a clue.

[The Muscle Gain Truth No-Fail System](#) cuts straight through the hype and delivers a complete, in-depth, step-by-step success system that covers the muscle growth process from every possible angle.

Training, nutrition, supplementation, recovery, injury-prevention, motivation...

You'll literally learn **everything** you need to know to build that **rock-hard, head-turning** body you're after, and in a *fraction* of the time it would normally take you.

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You'll receive my #1 best-selling e-book, "**The Truth About Building Muscle**" along with a complete collection of critical support modules and bonus items. This includes a full workout plan and printable logbook, audio and video courses, a video exercise database, step-by-step meal plans, progress tracking software, hardcore training footage, interview transcripts and much more.

It's the same system that I used to transform from a 125-pound, weak and underweight "nobody", into a **200-pound, lean** and **muscular** bodybuilding and fitness author...

And it's the same system that thousands of average, everyday people from all over the world have implemented with **wild** success...

People like...

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## "Your Book Is The Concrete Slab & Foundation Of My Training..."



"I am just another satisfied customer... I know it's hard to believe, but I have just completed my second 8 week cycle and have put on another lean 19 lbs. Everyone I know is amazed... People always comment on my massive growth rate and insist there is no way I could have achieved it naturally. For the record, I have never touched or used any anabolic steroids... Everyone just calls me "Big Rick" now."

Rikki Dibeneddeto  
Sydney, Australia

## "You're A F\*\*\*\*\* Genius"



"Hey Sean... I downloaded your program a few months ago. I have to tell you, excuse my language, but you're a f\*\*\*\*\* genius.

I've never seen anybody who understands and explains muscle growth so well and so clearly. My gains have increased dramatically since using your principles. Thanks for all of your continued support."

Oscar Lizano  
Georgia, USA

## "A Much More Muscular And Defined Body..."



"I've been training for about 10 years and after reading through your material I realized that much of what I was doing before was a flat out waste of time. After following your advice, I trimmed my waist down from 34 to 31 inches and ended up with a much more muscular and defined body as a result. I wish I had this information when I first started out... I would have saved tons of money and effort!"

Adrian Pace  
Sliema, Malta

These are just *three* of the **thousands** of emails I've received from thrilled users of this program, eager to share their success with me...

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## Will YOU Be Next?

If you're motivated and ready to start building that **shredded, muscular** physique you've been dreaming about, then do yourself a favor and **multiply your chances of success**.

Over a year and a half of solid work was put into [The Muscle Gain Truth No-Fail System](#), and I'm confident that this will be the **one** program that will help you to reach your muscle building goals in record speed and *finally* be happy with your reflection in the mirror.

In fact, I'm **so confident** that my best-selling system will work wonders for your **body**, your **mind** and your **entire life**, that I'm literally going to **GUARANTEE** that it will work for you.

How does this sound...

### - MY PERSONAL PROMISE TO YOU -



"Try [The Muscle Gain Truth No-Fail System](#) for a full 8 weeks. If you aren't **completely** and **totally** *thrilled* with the results... If you don't look and feel better than you ever have in your **entire** life... If your friends, family and co-workers aren't **raving** about the amazing changes you've made... Simply email me for a prompt, courteous, no-questions-asked refund of your payment!"

*S. Salewanyj*



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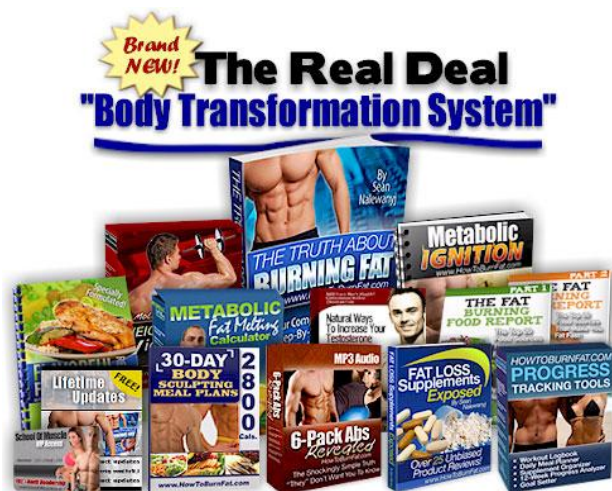
## Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

### "The Real Deal Body Transformation System"

Complete Fat Burning Success Kit

[www.HowToBurnFat.com](http://www.HowToBurnFat.com)



Learn the exact step-by-step strategies for burning off maximum amounts of body fat while increasing your health and energy levels quickly, safely and naturally.

Contains the best-selling e-book, "The Truth About Burning Fat" along with a comprehensive collection of support modules and bonus items.

[Click Here For More Information](#)

### "The Muscle Building & Fat Loss Inner Circle"

Online Fitness Support Community

[www.FitnessInnerCircle.com](http://www.FitnessInnerCircle.com)



A private, members-only bodybuilding and fat loss community that keeps you up to date on all of the most cutting edge fitness strategies available.

You'll also have the chance to meet, chat and make friends with other members from all over the world...

[Click Here For More Information](#)