

“Proven Principles For Thick, Powerful Pecs”

Free Muscle Building Lesson

By Sean Nalewanyj

www.MuscleGainTruth.com

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ABOUT THE AUTHOR

Sean Nalewanyj

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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, 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.

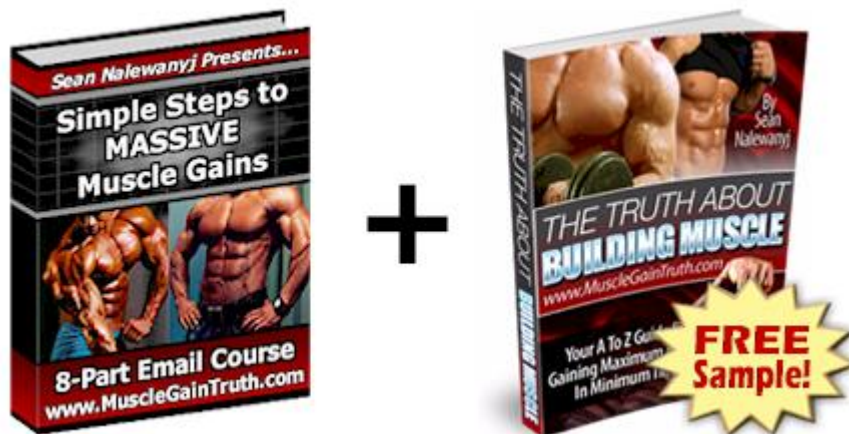
This explosive fat loss package contains every single tip, trick and strategy you need to achieve a lean and impressive physique without fad diets, bogus supplements or fancy equipment of any kind.

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.



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Welcome to this special online muscle-building lesson where I'm going to be teaching you *exactly* how to structure an effective chest workout for **maximum** gains in both muscle size and strength.

I receive a ton of email every single day and one of the most common questions that I'm asked is...

"How can I build a BIG chest?"

It's no secret that almost every single lifter out there places their chest development at the **top** on their list of priorities. The big problem is that the vast majority of these lifters are approaching their chest workouts in an *ineffective* and downright *counterproductive* manner by choosing the wrong exercises, using the wrong rep ranges, performing too many sets and by not executing their exercises in the proper fashion, and because of this they *severely limit* the results that they obtain from their efforts.

The truth is that developing a round, thick set of pectorals is **not** rocket science and after reading through this short lesson you'll be surprised at just how simple it really is.

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So forget everything you *thought* you knew about chest training and let's get right down to business here...

2 Main Ways To Stimulate The Chest

I'm going to start by outlining the 2 main ways to stimulate chest growth.

When it comes to stimulating the chest, we're dealing with...

1) Pressing Movements

A pressing movement is where the arms are extended *away* from the upper body in a pushing motion. Examples of pressing movements include...

- Flat Barbell Bench Press
- Incline Dumbbell Press
- Decline Barbell Press
- Wide-Grip Dips

2) Flye Movements

A flye movement is when the arms are bent and are drawn across the front of the upper body in a hugging motion. Examples of flye movements

are...

- Dumbbell Flyes
- Pec-Deck Flyes
- Cable Crossovers
- Machine Flyes.

So which is better: presses or flyes?

When it comes to training the chest for overall size and strength, pressing movements are the **KEY** to success. They are the basic bread and butter of solid chest development and cannot be replaced in their effectiveness.

What makes pressing movements so great?

Well...

- They will allow you to handle the greatest amount of total resistance
- They place the highest amount of stress on the entire chest region
- They are the most challenging to perform
- They stimulate the greatest amount of total muscle fiber
- They will produce the most dramatic overall anabolic effect on the body

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Pressing movements should be given **100%** focus in your chest routine.

Are Flye Movements Necessary?

The simple answer is **no**.

Flye movements are just **not** a necessary part of an effective chest routine.

Flye movements are unnecessary because...

- They limit the amount of total muscle stimulation you can achieve
- They are less challenging to perform
- They promote a much smaller overall anabolic effect on the body

People tend to gravitate towards flye movements because these types of exercises allow them to “feel it more in the muscle”. Flyes are an isolation exercise and when performed intensely they seem to produce a more focused effect on the chest muscles because of their isolated nature.

But what you have to realize is that muscle growth is much more than a simple localized event that happens at the level of the muscle tissue itself.

Muscle growth also results as your **entire body** adapts as a **whole** to an

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overall level of stress. Anabolic hormones such as testosterone and growth hormone increase, and this results in an **overall, total-body** muscle growth response.

Even though flyes may *feel*/like they're hitting your chest really hard, the isolated, unchallenging nature of these movements produce only a *fraction* of the overall anabolic effect that heavy pressing movements will produce. For this reason, flye movements are simply unnecessary and do not need to be included in your routine.

Some people might argue with this, but what you need to realize is that building muscle is all about **efficiency**.

It's about stimulating your muscles to grow using the **lowest** number of sets and exercises possible, and not a **thing** more. Flye movements will **not** produce any significant chest growth, and if you add them into your routine you'll simply be placing additional, *unnecessary* stress on your shoulder joints while simultaneously dragging your workout on for a longer period of time **AND** eating further into your recovery time.

Approved Chest Exercises

Given this information, here is my list of “approved” chest exercises. If you don’t see an exercise listed here then you **don’t** need to perform it...

- Flat barbell bench press
- Incline barbell bench press
- Decline barbell bench press
- Flat dumbbell bench press
- Incline dumbbell bench press
- Decline dumbbell bench press
- Wide-grip dips

That’s it!

That’s **all** you need. These are the most effective chest exercises available and will stimulate growth as *efficiently* as possible.

Let’s now talk about how to structure a proper chest workout using these exercises...

Frequency

For maximum gains in size and strength, you should only directly stimulate your chest **once per week**.

After every high intensity chest workout you should allow a full week for your body to recuperate and to rebuild. Anymore than this is counter-productive and will lead to overtraining.

Sets

Most lifters in the gym perform way too many sets for their chest. They're caught up in the idea that "more is better" and usually perform something like **10, 12, 15 or more** sets for the chest.

High intensity weight training is **far more stressful** to the body than most people think, and stimulating your chest for growth really only requires a few hard, focused sets.

I recommend that you perform anywhere from 5-7 sets **TOTAL** per workout for your chest. As long as you train hard and with full focused effort, you should not perform anymore than this. And remember, that's total sets per **WORKOUT**, not per exercise.

Reps

In order to stimulate chest growth as **effectively** as possible I recommend performing **5-7 reps** for every set that you perform.

This means that the weight should be light enough to allow for **5 full reps** using proper form but heavy enough that you cannot complete more than **7 reps** using proper form.

There's no need to "pyramid" or mix up your rep ranges in order to "shock" your muscles into new growth.

The goal is to *logically* and *intelligently* stimulate your chest to grow, and 5-7 reps is the best rep range to accomplish this.

Exercise Selection

I recommend that you perform **3-4** chest exercises per workout and **1-2** sets per exercise.

Try to include at least one barbell and one dumbbell pressing movement into your routine, since each of these tools has its own unique advantages and this way you can reap the benefits of both.

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I would also suggest using various angles throughout your workout by mixing it up between flat, incline and decline exercises in order to allow for full, complete chest development.

* Wide grip dips are such a powerful chest movement that I'd recommend including them in every workout.

Given all of this information, here are 3 sample chest routines that you can use for yourself...

Sample Chest Routines

Routine#1

Flat Barbell Bench Press - 2 sets of 5 to 7 reps

Incline Dumbbell Press - 2 sets of 5 to 7 reps

Wide-Grip Dips - 2 sets of 5 to 7 reps

Routine#2

Incline Dumbbell Press - 2 sets of 5 to 7 reps

Wide-Grip Dips - 2 sets of 5 to 7 reps

Decline Barbell Bench Press - 2 sets of 5 to 7 reps

Routine#3

Incline Barbell Bench Press - 2 sets of 5 to 7 reps

Wide-Grip Dips - 2 sets of 5 to 7 reps

Flat Dumbbell Press - 1 set of 5 to 7 reps

Decline Dumbbell Press - 1 set of 5 to 7 reps

Any of those routines will work just fine.

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You should follow each individual workout for a period of 8 weeks, at which point you should take a full week off from the gym.

I'm going to close this lesson out with some tips on how to properly execute these routines so that you can get the most bang for your buck possible...

Workout Details

- Make sure to perform all sets to concentric muscular failure, that is, to the point where you cannot complete any additional reps using proper form despite your best efforts.
- Write down the exercises, sets and reps that you perform for each workout and then strive to improve upon those numbers each week by either increasing the weight or by performing more reps.
- Rest as long as you need to in between sets so that you can perform each individual set with full effort, strength and intensity.
- Always use a spotter for all of your barbell pressing movements as a safety precaution.
- Make sure to perform all movements with a full range of motion, that is, by lowering the weights all the way down to your chest and pressing them up until your elbows are just short of locking out.

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That's it!

That's **all** you need to know in order to see the **best** chest gains of your life. Forget about all of the crazy routines you see posted in the muscle magazines and on message boards across the Internet. Most of those routines will do nothing more than **overtrain** your body and *hold you back* from making the gains you deserve.

Achieving maximum muscle growth is all about using an **intelligent, logical** approach just like I've outlined here. Building the **largest, roundest** and **thickest** set of pecs that you possibly can only requires a few hard, focused sets of a few basic exercises.

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...

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

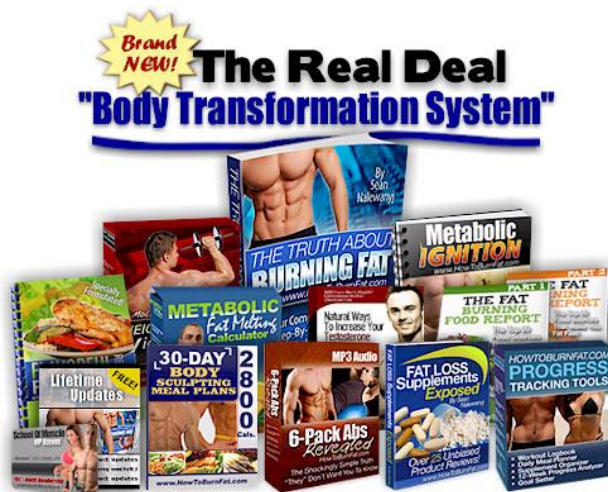
Additional Product Information

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



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.

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"The Muscle Building & Fat Loss Inner Circle"

Online Fitness Support Community

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

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