

“Have You Learned These Jealously Guarded Secrets Of Gaining Muscle Mass And Power As Fast As Humanly Possible?”

Have you been beating your brains out in the gym with no results? Are you frustrated with your bodybuilding gains?

Are you ready to get started on a *real* training breakthrough to propel your muscle mass gains through the roof?

And, If You Act Now, I want to “Gift” You Six Bonuses (a **\$1,177.00 Value**) **Absolutely FREE** to Help You Achieve Your Bodybuilding Goals!

Dear Friend,

Do you work your butt off in the gym, work out regularly, eat right, maybe even spend a small fortune on those miraculous supplements advertised in the muscle magazines...follow the current bodybuilding champ's training program that you read about in a magazine or maybe bought for big \$\$\$...but you are still getting no where? Do people act surprised when they hear that you work out with weights? (It SHOULD be evident to them). Well then you are, my friend, what is called a hard gainer, or as I like to say, a “**Genetically Average Joe®**”.

Don't Waste Ten Years & Lots Of Money Like I Did !!!

I understand your dilemma...I lived it for *ten years*, spending a small fortune on all the latest supplements advertised in the muscle mags (“a miraculous new supplement made from the bark of the Yadda Yadda tree in Brazil, and freeze-dried desiccated testicles from specially selected Argentinean bulls whose only diet was the famous bark of the Brazilian Yadda Yadda tree. Guaranteed to work just like steroids !!!”), buying every training manual written by the current steroid-using champ... getting all the magazines every month, looking for the secret...and consistently working my butt off in the gym. And the reward for all of this time, money and effort? NOTHING!!! I still was not any bigger or stronger!! I knew there had to be a way for a Genetically Average Joe to get **bigger and stronger without destroying his health with steroids.**

I Met A Bodybuilder Who Taught Me The Secrets To Getting HUGE!

In the gym one day, I happened to see a huge, muscular man who was doing squats with over 300 pounds...for more than twenty reps!!! I had never seen this guy in the gym before. He was so huge that he was hard to miss!

I stood and watched in amazement while he finished his set. (I was still struggling to do 185 on squats!) After this "mountain of muscle" finished his set, I managed to work up the nerve to ask him a question. "How did you get so big and strong", I asked slightly afraid that he would get mad at me for interrupting his workout.

The big guy looked at me, smiled, and said, "Why do you want to know?"

At that point I unleashed my whole story on him of how I had been struggling for years, spending a small fortune on courses and exotic supplements, only to still have very little to show for my efforts.

The big guy quietly listened to me rattle on about my training and diet confusion for probably ten minutes. He listened intently, nodded his head and looked as if he really understood how I felt.

After I finally shut up and waited to hear his reply, the big guy just looked me in the eye for what seemed like an eternity of silence. With his blue eyes still piercing he said, "*How bad do you want to learn how to get big?*"

"Really bad", I replied, "but I don't want to damage my health with steroids."

"That's great", he said, "**because I can show you how to get big & strong without steroids if you'll do everything that I teach you.**"

My Bodybuilding Mentor Showed Me The Carefully-Guarded Secrets Of Getting *Massive Fast!!!*

"Are you saying that you're gonna train me and teach me how to get big?", I asked, somewhat not believing him.

"I will not only train you, young man", he said, leaning in a little closer, "**but I can show you some training and diet secrets that will put muscle on a *skeleton!***"

His rates as a personal trainer were really steep, I actually had to borrow money from some of my friends to pay him. But it was all well worth it, because...

I Gained 25 Pounds Of Muscle In Eight Weeks!

Over the next eight weeks, my new "muscle mentor" showed me the exact training program and diet that helped transform my physique and allowed me to gain 25 pounds of muscle!!! This training routine and diet were not like anything that I had ever read or heard about. I thought this guy would have me spending big bucks on fancy food supplements, **but the only supplement he had me use was one that I could find in any grocery store for under \$2.00!!**

This guy's program was not easy, but, boy was it worth it! Not only were people making comments about how much bigger I was getting and how good I looked...I started to feel better about myself. I not only felt better because *I now looked like a bodybuilder*, but I also felt better because I had a personal victory. *I learned how to overcome a struggle that had been holding back my progress for ten years!*

A lot of guys in the gym noticed the dramatic change in my physique and started asking questions. Some even asked what kind of steroids I was taking!! I had to laugh at that! Most of the time I told these guys that I was training hard and eating right. Most of them never asked me again about my *secret training and diet program*...but a couple of them would not leave me alone. These few guys...these Genetically Average Joes wanted to get the same results that I had gotten. I understood their frustration, so I felt obligated to pass on these secrets that I had learned.

Here's Why I Am Sharing This Valuable SECRET Bodybuilding Wisdom.

Which brings me to why I wrote the book "***How A Genetically Average Joe@ Can Gain 25 Pounds Of Muscle In 8 Weeks.***" I couldn't disappoint these guys at the gym who had been struggling and not making any gains, just like I had done before I met my mentor. I *had* to share this program with them. So I wrote this book with the hope that I could save other hard gainers from wasting years of effort like I did.

"How A Genetically Average Joe@ Can Gain 25 Pounds Of Muscle In 8 Weeks" Contains:

- **A proven training program** that has been **successful for over fifty years.** (This routine has been a **closely guarded secret** by those in-the-know since the early 40's and it works just as well today!)

- How to use a special, totally legal supplement called "**White Magic**", available in any grocery store, to **pack on slabs of muscle**.
- A special exercise, when done as instructed, supercharges your entire body, and stimulates **massive increases in size and strength**.
- The exact training and diet routine that helped one Genetically Average Joe **gain over 100 pounds of muscle** in a very short period of time!!! (This is a documented fact!)
- Nutritional information from the **famous bodybuilding guru, Rho Blair**. Almost *all* of the bodybuilding champs of the 50's, 60's and 70's (before all competitive bodybuilders used steroids) sought out this guy's nutritional knowledge. He had the secret of achieving **steroid-like results without drugs**. Blair died an untimely death and most people thought that his famous bodybuilding nutrition knowledge died with him...until now!
- The Genetically Average Joe diet for **packing on muscle fast!**
- ...and many more **hard-gainer training and diet secrets**.

Every hard training bodybuilder who is not making the kind of gains he desires needs this valuable knowledge. This system has literally **transformed** hundreds of Genetically Average Joes into huge, strong bodybuilders, **so why continue to be average?** Hundreds of average guys like yourself are taking advantage of this carefully guarded information every week and **transforming their flat, skinny bodies into powerful, heavily-muscled, attention-getting physiques...so why don't you be the first at your gym to get a hold of these time-tested truths of muscle-building and finally start making the kind of gains you've been dreaming about?!!**

Written By A Hard-Gainer Who Knows How To Build Muscle Mass On Hard-Gainers...FAST!!!

Several years ago, if I would have known about the super-effectiveness of the **Genetically Average Joe®** program, I would have gladly paid over \$1,000.00 for this rapid results-producing course...and still considered it a bargain compared to all the money I wasted on those worthless "bomb & blast" courses from the "pumped full of pharmaceuticals" bodybuilding stars.

But this material is different! It's written by a fellow hard-gainer. Someone who understands the frustration you feel with your lack of progress...**someone who knows how to pack beef on an average guy...and has carefully researched, tested, and prepared this bodybuilding package specifically for You, a genetically average guy who doesn't want to look average anymore!**

I know that most hard-gainers would give their eye teeth to get their hands on this course and these priceless "**growth secrets**" would be a *steal* if priced at over \$1,000 (even though it's a lot less than that!)...**but I wanted to throw in all the tools that I could think of to help you in your quest for massive muscles.**

That's Why I Am Throwing In Some Very Important Bonuses Absolutely FREE!

FREE BONUS #1

Your first Free **Genetically Average Joe®** bonus is equal to **over \$200.00 worth of advice from Mr. NABBA U.S.A. himself, Rob "The Colossus" Colacino.** Rob just finished in the top 5 in the NABBA Mr. Universe and is an up and coming star in the bodybuilding world. He commands upwards of \$200.00 an hour for his personal coaching and training advice, but you will be able to eavesdrop on a conversation between Me and Rob, discussing Rob's controversial but effective methods for fully training and exhausting a muscle group in a minimum amount of time. Here's just a few of the nuggets you'll learn from this tape:

- How to build the **maximum muscle in the minimum amount of time.**
- Special techniques to "up your intensity" and **most effectively train for rapid size increases...**while keeping your time in the gym very brief!
- How to totally exhaust a muscle group by performing **only one rep per set!**
- How to produce the **exact stimulus needed for mass increases** every training session and **avoid over-training...and under-training!!!**
- How Rob eats to achieve rapid gains in muscular mass in the off-season.
- Rob's actual routine, totally proven to **pack powerful slabs of beef on your entire frame by only doing an unbelievable 1 rep per set!!!**
- ...and tons of other bodybuilding "pearls of wisdom".

This tape retails for over \$19.95, but will be yours **Absolutely Free** if you order within the next 10 days.

FREE BONUS #2

Your next Free **Genetically Average Joe®** bonus is a very unique muscle growth tracking system. Before you embark on any journey you have to know where you are starting from and where you want to go. That is what the **Muscle Growth Tracker Software** can help you do. With the help of a personal computer, the **Muscle Growth Tracker Software** will help you record the starting measurements of each muscle group, and your continuing growth and progress toward your muscle mass goals. This unique system usually sells for \$19.95 but will be included with your **Genetically Average Joe®** order Free if you place your order now.

FREE BONUS #3

Have you been doing the same exercises, same weights, same sets, same reps month after month, year after year? That's because you didn't have a weight/rep goal planned for each exercise every training session. You just continue to spin your wheels, going nowhere. Your **Genetically Average Joe®** Free bonus #3 can help you overcome that! With the help, once again, of your personal computer, **BodyMaxx** Software can help you plan and organize your exercises, weights, and reps for every training session. **You will be able to plan and track your workout progress from day to day, week to week, and use it as a motivational tool to keep you progressing!**

How many times have you gone to the gym unorganized and said to yourself, "Hmmm, how much weight did I use on this exercise last time? Did I do 10 or 12 reps on this last workout?" How can you continue to gain when you don't keep track of what you did last week...then try to exceed it??!! **BodyMaxx** can be a handy tool to help keep your workouts progressing.

The registered version of **BodyMaxx** retails for \$39.95 but a copy is yours *Free* as long as you **order within the next 10 days!**

FREE Bonus #4

As if I wasn't throwing in enough Free gifts! If you place your order now, I'll also include the booklet, "**10 Genetically Average Joe® Secrets For Packing On Muscle Mass FAST!**". This special report (\$19.95 value) reveals some of the **secrets** from the hard-gainer training experts. I originally intended to offer the "**10 Genetically Average Joe® Secrets...**" booklet as a follow-up to owners of the "**...Gain 25 Pounds Of Muscle In 8 Weeks**" but I felt that the information in the booklet was so important to your muscle building efforts that I wanted you to have it...**Free if you act now!**

FREE Bonus #5

Often times demonstration, rather than just instruction, is a much more powerful way of learning something new. I know that if I could be *right there* in the gym with you teaching you, training you, and showing you exactly how to train the correct way...I know that you could be so much more effective in your training for new muscle bulk.

I know that this is just not possible due to my busy schedule...

But Now You Can Have The Closest Thing To Me Actually Being In The Gym With You, Guiding You Along Every Step Of The Way.

To insure your bodybuilding success, I will include the *Genetically Average Joe Training Video* if you order right away. This video will walk you step-by-step through the actual exercises, showing you exactly how to do them to maximize your gains.

And most importantly on this training video, I will show you the carefully guarded secret technique for performing the one special exercise that will **stimulate massive overall muscle growth and strength**. (*This is a technique that is hardly ever taught anymore but can skyrocket your gains through the roof!*)

This 30 minute video, a \$77.00 value, is yours FREE if you place your order within the next 10 days.

FREE Bonus #6

It is so important that this bodybuilding package produce good gains for you, so I racked my brain to think of all the ways that I could help you achieve your bodybuilding goals. As my final offer to invite you to try this program, I am throwing in a special limited certificate redeemable for...

One On One Training And Diet Consulting With Me For The Full 8 Weeks!!!

This special certificate entitles you to ask me any questions about training and diet that you have while following the *Genetically Average Joe* program. You will be given my private fax number and E-mail and you can feel free to send me your questions any time of the day or night. Due to my busy schedule with paid subscribers to my training/diet consultation service, I will be forced to limit this offer to the first 100 people who respond. I just wouldn't be able to handle the time commitment of consulting with any more than 100 people.

My friend, this is a great bonus! I normally charge my clients \$500 per month to retain my unlimited training and diet

consultation service. **This bonus, valued at \$1,000, is yours FREE when you order within the next 10 days.**

You Can Be On Your Way To Making Great Gains In 7 Days Or Less!

Since I know that you will be anxious to start on your new program right away...the very day I receive your order, I will RUSH your package to you Priority Mail so that you can get started immediately!

All 6 Of These FREE Gifts Are Yours NOW If You Order Your Copy Of “How A Genetically Average Joe® Can Gain 25 Pounds Of Muscle In 8 Weeks” Within The Next 10 Days!

Due to the extremely high demand for this special bodybuilding package, my supply of these bonuses:

- **Rob Colacino Interview Cassette**
- **Muscle Growth Tracker Software**
- **BodyMaxx Software**
- **“10 Genetically Average Joe® Secrets For Packing On Muscle Mass FAST!”**
- **The Genetically Average Joe® Video**
- **And...The FREE 8 Week Consultation Certificate**

is limited and I'm afraid that these priceless bonuses will go to the first 100 folks that place their order NOW...**so act fast to receive these invaluable muscle-building tools.**

Note: The FREE bonuses are available on a first-come-first-served basis. I reserve the right to withdraw these **FREE** bonuses from this offer if the demand exceeds the supply. I recommend that you fax or call in your order as soon as possible to assure that you will get these valuable bonuses before the supply runs out.

I Don't Blame You If You're Still Skeptical.

Hey, I understand! I got suckered into buying a lot of worthless courses and training booklets, too, remember? But I am so sure that "**How A Genetically Average Joe® Can Gain 25 Pounds Of Muscle In 8 Weeks**" will produce great gains in muscle bulk and strength, that I am offering **a full guarantee**. Go through the entire program...follow it faithfully for the full 8 weeks, and if you can show me that you followed the program *exactly* (on paper, of course, with copies of your training logs) and that you are not bigger and stronger, call us for a return authorization, return the book in good condition, **and I will return every penny you invested in the course... no questions asked, no hard feelings...and you keep all 6 of the free bonuses as my gift for trying the system!!!**

Order Now And Start Building Muscle Right Away!

Please don't waste any more time following routines that aren't going to give you the muscle mass and strength you've always wanted. Order "*How A Genetically Average Joe® Can Gain 25 Pounds Of Muscle In 8 Weeks*" within the next 10 days, for only...

...\$177 plus \$10 shipping & handling (\$187 Total).

Order NOW and get all 6 FREE bonuses and experience the results that you've been dreaming about!

To order with your Visa, MasterCard, American Express, Discover, and we also take personal checks by phone, **Call 1-888-000-0000** today and ask for your copy of "*How A Genetically Average Joe® Can Gain 25 Pounds Of Muscle In 8 Weeks*".

You can also use the enclosed Order Form and FAX your personal check or credit card order any time 24 hours a day to: **1-000-000-0000**.

If ordering by mail, please use the enclosed Order Form.

Here's to your bodybuilding success,

Dan Gallapoo

P.S. Is the bodybuilding program that you've been following giving you the gains you really want? Why waste any more time? Order "***How A Genetically Average Joe® Can Gain 25 Pounds Of Muscle In 8 Weeks***" and transform your physique in only two months! You've got nothing to lose...***but a lot of new muscle to gain!***

P.P.S. You may have been born with average genetics, **but why continue to look average?** You can try the program at **No Risk**. If after faithfully following the program, you can look me in the eye (on paper, of course) and tell me that you followed the program exactly as outlined for 8 weeks and didn't get bigger and stronger, you can send the book back and **keep all of the FREE bonuses as my gift to you!** How many of the *champs* back up their training courses like that?

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