

Brought To You By:

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All information in this book is intended for your general knowledge only and is not a substitute for a professional's advice. Use of the tips regarding eating the proper nutrition and getting healthy are at your own risk. We do not suggest or guarantee any results will be made from what you read in this book. Whether or not you lose weight or live a healthier lifestyle will depend on your own current health, eating habits and the time and effort you put forth to getting and staying healthy. We make no warranty, express or implied, regarding your individual results.

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About The Author: Vince DelMonte

If you have never heard of me before then you're in for a treat!

Growing up as an awkward, skinny, endurance athlete, I earned the nickname Skinny Vinny and believed I had no muscle friendly genes whatsoever. You can consider me a regular guy, with horrible bodybuilding genetics and a super charged metabolism.

After a tragic event in my life, I retired from long distance running and entered the world of natural bodybuilding (although I never saw myself as a bodybuilder per se). I just wanted to look good for the ladies (I was 22 and single at the time) and be "that guy" who turned heads on the streets, at the beach, and in the gym.

I wanted to be "that guy" who people stared at while he trained and "that guy" who people approached and said, "What should I do to look like you?" I wanted to prove that any regular guy with horrible genetics, no matter what your age, could build muscle and have a rock-hard,

muscular and ripped physique while still being fit and functional.

After meeting my muscle-building "saviour," I went on to gain 41 lbs of rock-hard muscle in six months, which led to my transformation being featured all over the Internet as well as the International fitness magazine, Maximum Fitness.



For five years I ran a personal training department, in Hamilton Ontario, of 15 full-time

trainers and became the most sought out trainer in my area. I entered the world of fitness modeling a few years ago and in my 3rd show ever, became a national fitness model champion. Currently I write for Men's Fitness Magazine and I am on the Advisory Team for Maximum Fitness Magazine.

Do a Google search on my name and you'll see that I am a real person, my website is not a scam and that I can and want to help you achieve your leanest and most muscular physique ever!

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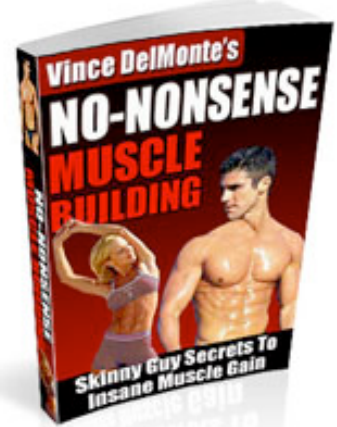
My personal success story and thousands of client success stories inspired the creation of [No Nonsense Muscle Building](#), the Internet's number one rated muscle building program of it's time. (as ranked by ClickBank.com)

It is the only program that you can find that is endorsed by the Internet's most reputable sources.

Each day, I receive dozens of unsolicited success stories and spectacular before and after pictures from real-life users of the program, many that you can read and view for yourself on my website.

I trust that my personal transformation story, my reputation, the expert endorsements and my client success stories are enough to reassure this program is not another trend or scam and is the top rated muscle building on the Internet for a reason!

I see no reason why you can not build the body of your dreams unless you are not truly committed to your goals and not willing to put in the effort.



You Are About To Enter The...



Introduction

It happens every year. Skinny guys all over the planet swear they are going to slap on 20 pounds of muscle. But if they didn't pack it on last year, what makes them think this year is going to be any different?

A Few Questions: Did you spend countless hours in the gym last year with no results? Did you spend your time blindly following the muscle magazines only to look the same as you do now? Did you spend the year filling your body with mysterious supplements that only made you sick? Did you watch your friends train less than you did but get twice as big?

Sound familiar doesn't it? I thought so.

So the question is, how are we going to get different results this year than last?

The answer is simple...

By doing something differently. A lot of somethings differently!

Would you agree the best way to get the same thing over and over again is to do the same thing over and over again?

And would you agree that the best way to get a different result is to do something different?

Promise yourself that you are prepared to be a different person and prepared to do things differently from now on.

Commit yourself to success and I'll take care of you by providing you with the best skinny guy muscle gain information on the planet.

"Everything in life starts off as a dream. If you don't have that vision you'll never make things happen."
Gary Strydom

Skinny Guys Must Play By A Different Set Of Rules

As a weight training enthusiast, figuring out the most effective workout routine can become an endless source of confusion and frustration.

Every single fitness expert and magazine has a different training theory or training angle which becomes more confusing than a trip for Jessica Simpson at Home Depot!

Most skinny guys end up using routines designed and touted by those freaky monsters seen in the hardcore rags who have more than a little chemistry lab going on inside of them.

Training to get bigger and more muscular, that is - your best body ever, must revolve around getting stronger and I mean much, much stronger.

Programs that include hitting the gym more than five times a week, focusing on 1-2 exercises per workout, 12-24 sets per exercise and overemphasizing isolation-type exercises.

None of these components of a program helps improve the underlying foundation of a hardgainers success.

Training to get bigger and more muscular, that is - your best body ever, must revolve around getting stronger and I mean much, much stronger.

Increasing your strength remains the rock-solid foundation for defeating your skinny genetics and getting a head-turning physique for 2008.

Since the vast array of exercise machines came on the market, along with infomercials, instant result programs, and fancy supplement ads, people are no longer willing to spend the time in the gym to build the solid strength foundation that is critical for long-term progress.

7 Reasons Skinny Guys Must Focus On STRENGTH

1. Strength training is incredibly taxing on the body's central nervous system. Increasing your central nervous system's work capacity through heavy and/or explosive movements; you directly increase the ability of your muscular system to produce increased levels of strength.

2. Strength training releases more growth hormone and testosterone. Using greater resistance loads than normal will release a greater abundance of these muscle building hormones necessary to maximize your genetic potential which will result in new muscle growth all over - especially on those lagging body parts!

3. Strength training creates a platform to achieve more sets and reps. When you build a stronger foundation, your ability to handle heavier loads in the higher rep ranges will dramatically increase, resulting in some impressive muscular hypertrophy.

4. Strength training benefits the smaller muscle groups as well. The pure strength movements do not just benefit the larger muscle groups such as the chest, back and legs but the smaller ones as well.

***Example:** A skinny guy increases the amount of weight he can do on the bent over row from 135 to 225. The heavier poundages will result in significantly strengthening the assisting movers of the upper arm - brachialis and the brachioradialis - allowing him to curl much more weight on his curling exercises.*

5. Strength training involves the maximal amount of muscle fibers. To defeat your skinny genetics you must use the maximal number of muscle fibers in each set. Do you think lifting weights at 60-80% of your threshold is going to stimulate the maximal amount of muscle fiber?

Think of your muscles as lazy. They prefer to sleep.. They prefer to stay small. They have zero interest in growing larger. That is something you want to do.

The only reason your muscles will wake up (get bigger) is if they are attacked. If they are exposed to an assault (heavy weight) they have not experienced before.

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Out of survival, your muscles will grow bigger to prevent the same assault from occurring again.

6. Strength training does not eat up your precious calories. Unlike the 1-2 hour marathon training sessions that involve 12-24 exercises per body part or workout, strength training is much less demanding calorically. It does not burn up the calories your muscles need to grow because of the longer rests and shorter sets.

IMPORTANT:
Strength training
doesn't eat up your
precious calories
long cardio
workouts do!

7. Strength training leads to progressive overload. If you are thinking, "But I don't care how much I can lift. All I care about is not being skinny anymore and building a good physique. I'm not a power lifter or bodybuilder." I would reply that strength training is a fundamental principle of muscle growth because it leads to progressive overload.

The only way to make a muscle grow is to subject it to unaccustomed stress. Progressive overload basically means that when a muscle is subjected to an usual amount of unaccustomed stress and effort, the muscle must respond by getting larger to manage and cope with the new stress.

Still Not Convinced That Strength Training Is The Answer To Your Best Body?

- How many people do you see with skinny arms that can curl 135 pounds?
- How many people do you see with no chest who bench press 275 pounds?
- How many people do you see with no back muscles that can dead lift 315 pounds?
- How many people do you see with chop-stick legs who can squat 400 pounds? I agree. Not many.

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There are many more reasons why strength training will help you defeat your muscle unfriendly genes and get the body you deserve this year but I think you get the point.

If ever in doubt, just take a look at the biggest guys in your gym. I bet they are lifting 3-4 more times the weight as you!

Skiny Guy Weight Training Tips

Weight training properly is known by few. If it was easy then you would see a lot more muscular and lean physiques on the streets.

Before you learn how to weight train properly, it is critical that you learn these five weight training tips before you even step foot in the gym.

1. Write down a realistic short term and long term goal.
2. Make a commitment to stick to one program for at least 12 weeks.
3. Educate yourself prior to starting.
4. Hire a trainer to teach you proper technique.
5. Focus on gradual progression.

1. Goal Setting

Inch-by-inch life is a cinch. Yard-by-yard life is hard. Treat your goal setting the same way. Do not expect to be on the cover of Men's Health by next summer. Decide how much muscle weight you wish to achieve in three months. Six months and one year.

Decide where you wish to finish and work backwards. If you wish to gain 50 pounds by the end of the year, than create a game plan that allows to gain at least one pound per week.

2. Commitment

The only reason you will fail is if you are not truly committed to your goals. Do your homework and find a weight training program ideal for your specific goals and situation.

"Bodybuilding is much like any other sport. To be successful, you must dedicate yourself 100% to your training, diet and mental approach."

Arnold
Schwarzenegger

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Study the program fully prior to commencing. Comprehend every detail of the program and if you don't, contact the author of the program to ensure you have no excuse to misunderstand or perform the workout incorrectly.

After you chosen a program, take responsibility for your decision and follow it to it's full completion. Do not try it out for three weeks and than say, "It's not working..." and try another program. This will create a failures attitude and begin the deadly bad habit of program hopping

3. Education

How much do you really know about building muscle? Let's put it this way, if you had to teach someone else how to transform their body in the next twelve weeks, could you help them?

Never mind, could you transform your body in the next twelve weeks? If not, you probably do not know enough about how your body works from a training, nutrition and recovery stand point.

Order a book, visit a reputable website and find out everything you must know, about proper weight training, before you start the guessing game.

4. Proper Technique

It boggles my mind why so many people across North America sign up for a gym membership and jeopardize the health of their tendons, ligaments and joints with the attitude of "I think I'll try it on my own," or "My friend is going to teach me," or "I am self taught from watching others."

Do not be cheap. Leave your ego at the door and hire a reputable fitness trainer who can teach you proper weight training technique. Use them until you know what you are doing, then strike out on your own.

5. Progression

I'll say this again. Inch-by-inch life is a cinch. Yard-by-yard life is hard. Approach each workout with this attitude.

Your bench press does not need to go up twenty pounds in the first week. But just imagine your bench press went up consistently 2.5-5 pounds every week for the next year? That would some serious muscular and strength gains!

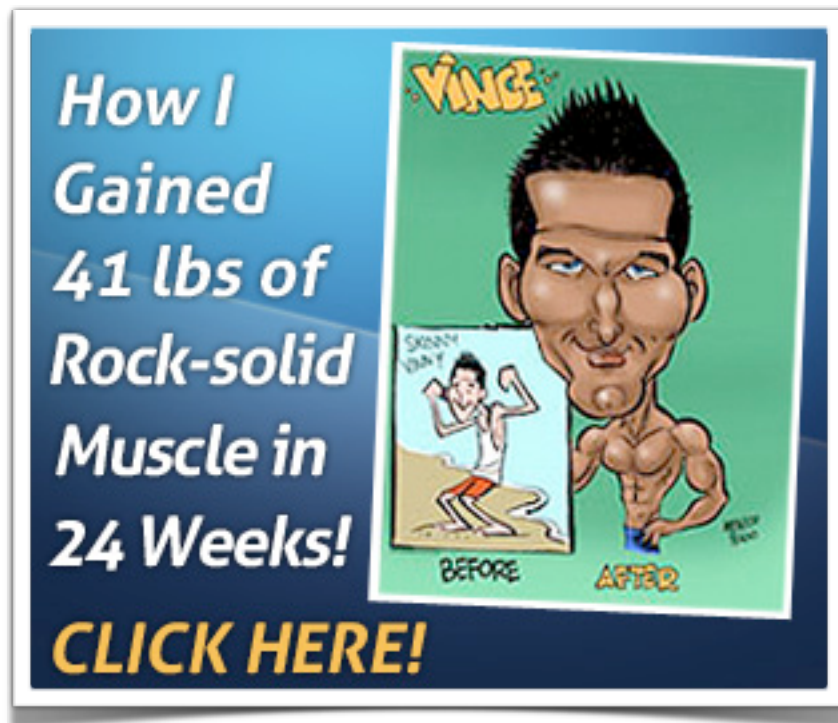
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Your goal is to simply out do yourself from workout-to-workout, week-to-week. Whether you do one extra rep, one extra set, a extra 2.5 pounds or a shorter rest period, these are are measurable signs of weight training progress.

Conclusion

Make your weight training life easy by starting with the the above weight training tips and look forward to a rewarding and fruitful adventure in the gym.

Watch Video



The Best Skinny Guy Weight Training Exercises

Can you imagine you are wasting all your time on the wrong weight training exercises?

Can you imagine that every weight training exercise you are doing is dead wrong?

Skinny guy's must meet a different set of requirements when choosing the most effective weight training exercises for maximal muscle growth.

Here are the top two exercises for each muscle group I used to gain 41 pounds of muscle mass in under six months:

- Chest:** Bench Press and Flat DB Chest Press
- Back:** Bent Over Barbell Rows and Close Grip Chin Ups
- Shoulders:** Seated DB Shoulder Press and Standing Military Press
- Triceps:** Dips and Tricep Pressdowns
- Biceps:** Standing Barbell Curls and Incline Bicep Curls
- Quads:** Squats and Lunges
- Hips:** Deadlifts and Stiff Leg Deadlifts
- Lower Back:** Good Morning
- Calves:** Standing Calve Raises
- Abdominals:** Weighted Ball Situps and Weighted Cable Crunches

Yes, there are many more exercises I did not list but these are **simply the best**.

Stick to these weight training exercises for the best possible muscular and strength gains and you will have a rock-hard muscular body in less time than all or your competitors!

Best Muscle Building Resource

I won't beat around the bush the best muscle building resource for skinny guys is the **No-Nonsense Muscle Building System**.

If you are desiring a more muscular physique you can be my guest and try all the other muscle building products out there. But I can promise you this, they are designed for guys with perfect genetics.

Built From The Ground Up

This system has been built from the ground up for guys exactly like you, skinny, with bad muscle building genetics.

But get this, hundreds of skinny guys just like you have used the No-Nonsense System to add twenty pounds and more of pure muscle mass.

Click Here To Watch Vince's Muscle Building Success Video.



Start Building Muscle NOW!

If you've tried and failed at gaining muscle because you just don't know what the heck you're supposed to do then go ahead and buy the [No-Nonsense Muscle Building System](#). It teaches skinny guys **EVERYTHING** they need to know about building muscle.

It comes with an Iron Clad **60 Day Money Back Guarantee**. You can't go wrong.

This muscle building system is very affordable. You probably spend more on pop, beer and junk food in a month than you would on this baby even if you bought the deluxe muscle gain system.



What do you get for your money?

A crap-load.

Everything is instant download so there's no waiting for the mailman. You can be using the No-Nonsense System today if you're in a hurry.

You have two options...

1. Do nothing and resemble Pee Wee Herman for the rest of your life. Or...

2. Start building your muscles so you end up looking like a super hero!

Do yourself a favor and mash down on the big red **Buy Now** button before the urge to change your life for the better evaporates.



See you on the other side!

