

From The Man Who Brought You  
*No Nonsense Muscle Building and Maximize Your Muscle*  
Presents

**7** Ways To  
**INSTANTLY  
MAXIMIZE  
YOUR  
MUSCLE**  
In **7** Days!

A photograph of a very muscular man with dark hair, shirtless, standing with his hands on his hips. He is holding a yellow water bottle in his right hand. The background is plain white.

**BY VINCE DEL MONTE**  
*aka The Skinny Guy Savior*

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## If You're Not As Ripped & Muscular As You Want To Be, You've Come To The Right Spot.

The name of this special report is called **7 WAYS TO INSTANTLY MAXIMIZE YOUR MUSCLE**. No doubt, that's a bold title – but when you give these steps an honest effort, the results will blow you away.

I thought of naming the report, “**how to DOUBLE or TRIPLE your muscle and strength**”– but I figured that would have made you really skeptical.

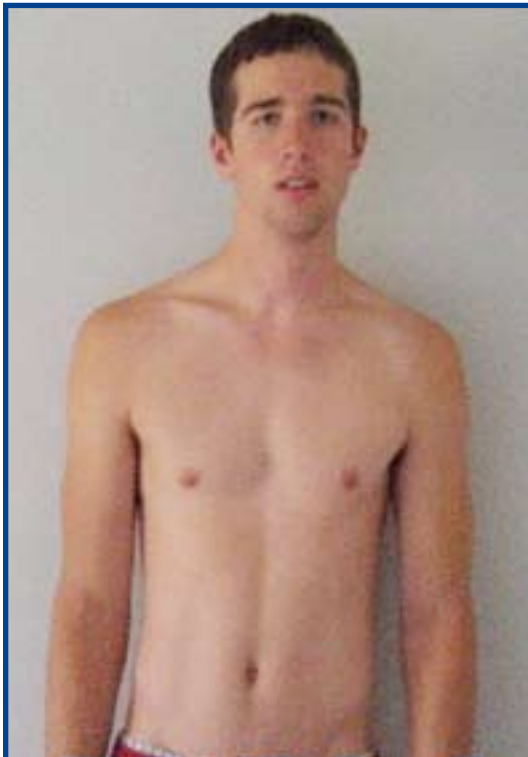
So the promise of this report is to **MAXIMIZE YOUR MUSCLE** and depending on how new or familiar you are to building muscle that might mean an additional 10 pounds, 20 pounds or even 30 plus pounds of muscle mass. Those numbers are not far fetched either.

Since May 2006 I've been helping skinny and average males and females, anywhere from 14 years of age to 72-years of age, to grow like never before.

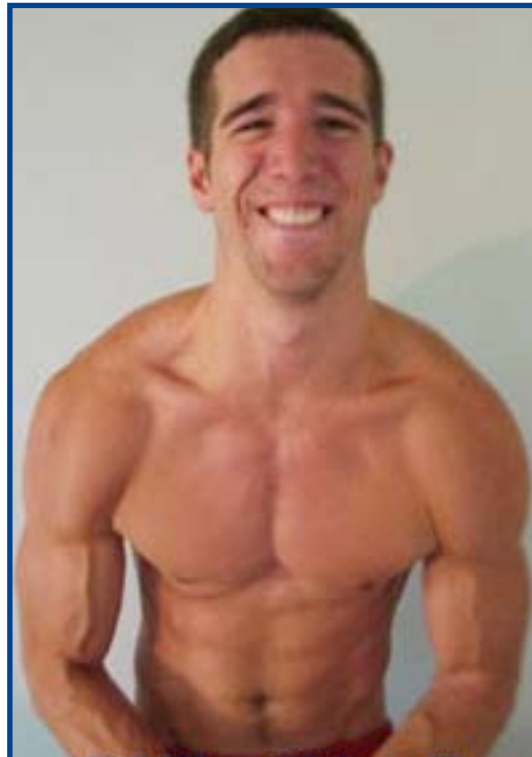
**But don't take my word for it. Before we get into the meat and potatoes of this report, check out the results from these two young beginner lifters, Phil Smith and Tony Gregory, after trusting my advice and training...**

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

**“Phil Proves You Can Do Both By Gaining 15 lbs Of Muscle & Losing 8 lbs Of Fat In 12-Weeks. Hi Transformation Has Inspired His Friends To Make Life-Changing Goals Too”**



**BEFORE**



**AFTER**

“I began the biggest gainer contest a while back and made little results. I lost all motivation and became depressed, so I gave up. After reading No Nonsense Muscle Building prior to all of this, I had the knowledge, just not the drive.

College being my greatest obstacle, kept me from focusing on the body I always wanted. At the beginning of summer of 2009, I had a break from school, and I knew this was my chance. I refreshed myself with Vince’s program, and took off.

The three months that followed were filled with nothing but 100% dedication. I believe that my skinny body, and Vince’s non stop inspirational emails flooding my inbox, were the two things that kept me going. I couldn’t believe how spot on my training and nutrition has been lately. I have made the best gains of my entire life, and it has changed my outlook on life in general.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

I have so much more confidence in myself, when I'm around my friends, and more importantly, around women. My transformation has changed me as a person, not only physically, but mentally as well. My change has even impacted the people around me, and has inspired them to make life changing goals.

With school approaching, I can now face it with amazing confidence, knowing that I can succeed in anything I do, if I give it my all. Now with the stress coming, I know I can fight it and maintain my healthy lifestyle. I'm so excited to continue and achieve greater results. Thank you Vince! I couldn't have done it without you!

<b>LENGTH OF TRANSFORMATION</b>	
<b>START</b>	<b>FINISH</b>
June 5th 2009	September 3rd 2009

<b>WEIGHT AND BODY FAT %</b>	
<b>START</b>	<b>FINISH</b>
155 lbs ( 13% BF) Gained 15 lbs of muscle	182 lbs ( 7% BF) Lost 8 lbs of fat

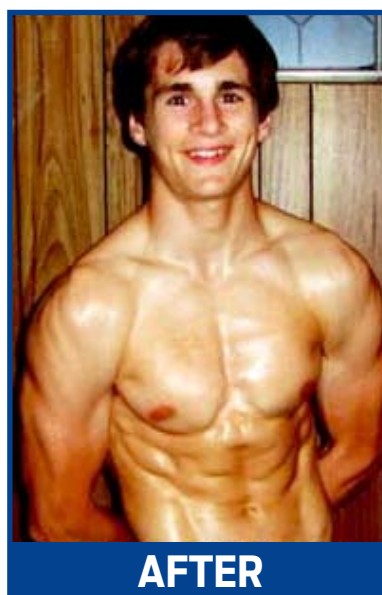
  

<b>MEASUREMENTS</b>	
<b>START</b>	<b>FINISH</b>
Biceps: 14 inches	Biceps: 16 inches
Chest: 38 inches	Chest: 41 inches
Quads: 22 inches	Quads: 25 inches
Calves: 14 inches	Calves: 15 inches
Waist: 31 inches	Waist: 32 inches

Again I can't thank you enough for how much you've impacted my life! It's crazy what results you can get if you give it your all. I'm still kind of in shock with my results."

**Phil Smith**  
*Grove City, Ohio*

## “Another Skinny Vinny Story”



“After being told that I could not run for five weeks, my cross country season had come to an end. I became interested again in lifting weights and bulking up. So I did some research and came across Vince Del Monte’s name. It turns out he was also a runner and transformed his body drastically in a short amount of time. I became inspired and my desire to have a better body kept me determined to reach my goals. I worked out hard for 4 days a week ( 2 upper body, 2 lower body) no longer than 90 minutes at a time and tried to limit my cardio. I took in a massive 4,000-6,000 calories daily until I reached my goal... (I’m still not there yet... want to get up to 190-”solid muscle” after Track Season).

Anyway, my strength gains were tremendous when I followed Vince’s full-body weight training workouts and the changes that took place have made me more confident in myself. After this transformation, I have realized that in the future, I am very interested in a career exercise and nutrition ---Thanks for being an inspiration Vince... you’ve changed my life forever. Now I am a member of the 2010 Gahanna Lincoln Track Team (running healthy at 156 pounds, and looking to compete in the 1-mile run).”

**Tony Gregory**  
*Gahanna, Ohio, USA*

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

And even guys who have been training for a few years trust me to help them breakthrough to the next level of their physique....

## Gino Proves Virtually Anything Can Be Physically Achieved



**BEFORE**



**AFTER**

“As you can see I have managed to shred even more fat while staying at the same weight, which means yet again I have put on a little more muscle at the same time.

I suspect I am around 4.5% bodyfat now. Thanks to MYM I find no greater joy than being able to demonstrate that through dedication, persistence, motivation, and hard work anything is possible; and what’s more these qualities carry over positively into other areas of my life.

I have learned that if we dream something and commit ourselves to doing everything we possibly can to achieving it, our minds can be so powerful that it can truly become a physical realization.”

**GINO AQUINO**

*Trinity Beach, QLD, Australia*

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

And even older guys trust my teaching...

## Aimo's Goal Is To Encourage Older People To Train With Weights!



**BEFORE**



**AFTER**

"It is a great pleasure to me to be your customer and pupil. I especially like your way to be the main star in the videos, in which you so clearly show, how to train, to do it effectively.

Also I am very much interested in your nice way of teaching people, how to live and behave to be happy, giving that way something, that few coaches care to do.

Your teaching includes advice, that benefits the person as whole, not just the body part, but attitudes and spirit as well.

I have studied a lot during the last few years through the Internet, especially how to train and eat. My files contain more than 20 binds full of training and proper eating. My notebook has names of 25 trainers and coaches, many of whom must be your

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friends and rivals. Some were in your wedding video and some in your MYM videos. I like that free way of being connected to others in mutual giving and receiving. It reminds me of, what Paul said about more happiness in giving than receiving. I agree with him and you. You are giving more than you have to, because you receive more that way, not only money, but obviously joy.

My goal to take part in this MYM system was not only to seek for better condition and looks, but to show by my official photos to other older men, that it is never too late to start serious training, although I can not be very satisfied with the outcome, as yet...

I even thought, that those after photos may make people laugh at me, thinking, that I must be a big jolly joker to let publish them ( if they ever will be shown to public ). Anyway those photos may be able to show, that some change may occur, if you try to do, what you should have done continuously your whole life, train, eat a lot fruits, vegetables and chicken and turkey breast, fish and other food that contains protein + good oils, and sleep enough. I have slept 10 to 12 hours a night since I was 62, and I have noticed, that it gives me more strength and vigor, than the usual 8 hours sleep.

I also take multivitamins and minerals, especially vitamins C and D to make sure, that there will be no lacking links in my cells. I have studied a lot these items. I am sure, that people in general should test their body with these things to be healthier and happier and live longer. It really is good to be 73 and strong and healthy. My doctor only tests me every year and never gives me any prescriptions, never yet.

What more should I say, than THANK YOU, Vince!

This hot summer in Spain has seen me getting plenty of sunshine on my roof, where I have been able to train in fresh air. I understand, that I should have been running more in the near hill, but other duties have taken my time, and the hot days and nights have taken their toll, too... ( 42 degrees Centigrade as tops ).

I have had mixed feelings towards this picture thing. I must Tell you, that I have

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been sort of ashamed of my arrogance to take part in this picture campaign. But as I told you in my essay, my main goal was to try to encourage older people to train with weights.

I will be very happy, if even one person will get a kick to start taking care of his/her body after seeing my before and after photos.

My Best Regards to you and your beautiful wife. You both are doing a great job to help people all over the planet to live a strong and long life. Your loyal customer.”

**Aimo Ruoho**

*Torre Vieja, Alicante province, Spain*

## “90 Days Later Charles Has Abs At 52 Years Of Age!”



After 90 days of your program

“After 90 days of your program and writing here is my photo prior to not being able to workout for 3 years due to an auto accident.

I’m 52 years old and just absolutely “had to” start making these positive changes in my life. What has amazed me is the corresponding changes in my life on a mental and spiritual level that is nothing short of a miracle!

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

This is just my first 90 days on a new lifelong journey and I thank you for your advice and dedication to your calling.”

**Charles Dray**  
*Plant City, FL*

And even “Skinny-Fat” guys use my info to go from obese to ripped (and land on the cover of International magazines...

## “COVER BOY IN INDIA’S LARGEST HEALTH MAG”



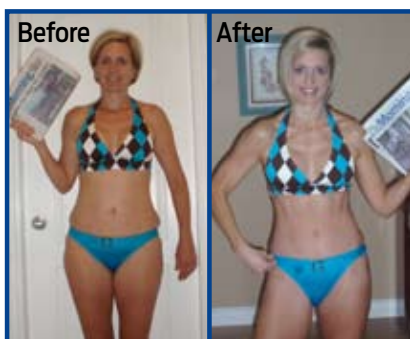
“I want to thank you as I have achieved one of my life goals of being featured as cover Boy in India’s largest Health Magazine - “Men’s Health”. I purchased and followed your 6 pack abs quest program for 4 months religiously and got my 6 pack ab sheet. I reduced from 18% body fat to 2.9 % body fat to be shoot ready. I was obese since birth and by the time i finished high school i was hefty 119 kgs. With waistline of 44 inches but i started jogging and reduced my size to 85 kgs. in 9 months but still six pack was evasive and due to constant slow and steady cardio my metabolism went sluggish.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

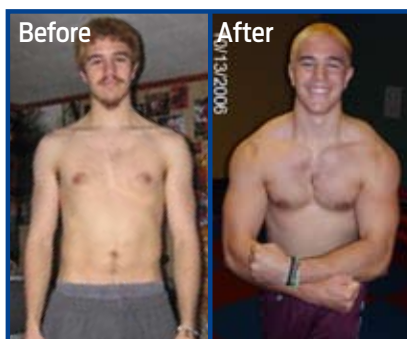
That time my body fat was 18 % and I hit the plateau. Then, I came to know about your program. I again want to put on this on record, without your training and diet principles it would have been impossible for me.”

**Amit Sidhwani**  
India

## OTHER TRANSFORMATIONS



Sondra St-Amand



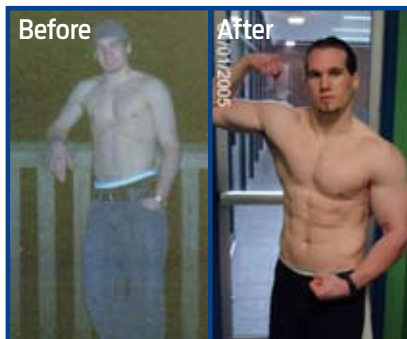
Joel



Pedro



Daniel



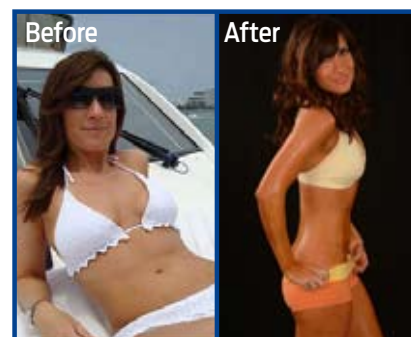
Brian



Riaan



Jason



Megan Kelly

Then of course there is my own record-breaking transformation story that has been featured all over the world...

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## About Vince



Hi, this is Vince DelMonte and I am the author of No Nonsense Muscle Building, the number one rated bodybuilding program on the Internet (as per Clickbank.com). I am also the author of the best-selling ab and fat loss program, Your Six Pack Quest and the top bodybuilding audio program, Ultimate Muscle Advantage.

For the past few years I've been considered the world's top "Skinny Guy Expert" and have more than 20,000 customers in over 100 different countries.

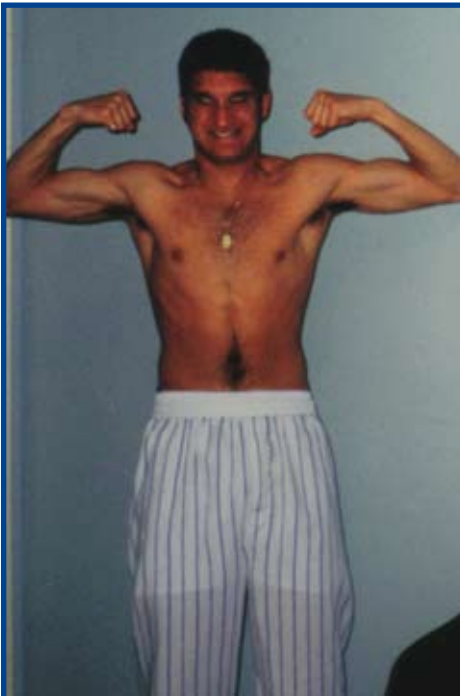
I have an Honours Kinesiology degree from the University of Western Ontario, I'm one of the most sought out fitness professionals in my area, a regular contributor to Men's Fitness Magazine, and I'm on the Advisory Team for Maximum Fitness Magazine.

I'm also a regular contributor to dozens of online and offline magazines. In 2005, I ventured into the fitness modeling world and won the Canadian Fitness Model Championships.

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My own Skinny Vinny transformation has been featured on Bodybuilding.com and in Maximum Fitness Magazine.

If you stay with me I can promise that I will not let you down, and in a few short months you'll have a brand new body, a brand new outlook and a brand new life.



**BEFORE:** When I was taking massive amounts of supplements and blindly following what the magazines told me to do, I was an embarrassingly scrawny 149 pound and my nickname was "Skinny Vinny".



**AFTER:** I discovered the truth I shot up to an impressive 190 pounds of rock-solid, ripped muscle mass in under 6 months...and became a national champion fitness model!



**NOW:** I'm a solid 210 lbs and 10% body fat... and I'm going to show you how to build 10, 20, 30 and even 50 lbs of rock hard muscle (without getting fat in the process)!

Currently my book, No Nonsense Muscle Building has helped over 20,000 thousand skinny guys and gals, in over 100 different countries, defeat their skinny genetics without drugs, supplements and training less than before. Yes, I want to sculpt my body and turn heads now!

I practice what I preach, which is why you see me without my shirt on, unlike many other authors who talk about building muscle and getting ripped but are hypocrites and just looking to make an easy buck with rehashed hype.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

Be sure sign up for my 10 FREE Video Coaching Lessons (below) and I'll send you my free no nonsense newsletter and e-report: Avoid the Top 20 Ways to Screw Up in the Gym. You'll discover that I'm the real deal, live and breath fitness and am truly committed to helping you transform your body.

If you stay with my me can promise that I will not let you down and in a few short months you'll have a brand new body, a brand new outlook and a brand new life.

My Fiance and I in Punta Cana for my 30th Birthday. I'm living proof that you can have it all.



# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## Who the heck am I and how can I really help you double your muscle size and strength?

Believe it or not, I'm probably very similar to you.

All my life I was skinny and average. I was so thin growing up I was nicknamed *Skinny Vinny* all through high school. The only thing I wanted was to be big and muscular. But no matter how hard I tried, I remained the same.

Skinny. Scrawny. Weak.

### “I Mean I Had No Muscle Mass Whatsoever!”

What made matters worse was when I headed off to college all 4 of my roommate were **JACKED**. I'm talking 6 packs... 8 packs and guns the size of Howitzers!

#### The intimidation was unbearable.

I wanted what they had, but no matter what I tried, I couldn't come close to achieving it.

Like you, I read all the magazines... and wasted thousands of dollars on worthless supplements. I watched my buddies getting all the girls, while I spent my nights killing myself in the gym.

#### Still... I looked like a skinny little runner and my social life was non-existent.



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So... I gave up. I figured everyone was right. I was destined to be “Skinny Vinny.” But I still wanted to make the most of the skinny little body I was cursed with. Since I was built like a runner... I became a runner. More than that; I became a triathlete. You know... those mean and lean running, swimming, and biking dudes. Sure, it wasn’t bodybuilding but at least it was something. I actually got pretty good at it too. I even represented the national team in competitions. But still it wasn’t what I wanted.

**Just like you, I wanted muscle and strength.**

**Just like you, I wanted cuts and definition.**

**Just like you, I wanted all the things I figured I could never have.**

## “Then A Tragic Event Rocked Me To My Core...”

That day changed who I was... and who I was meant to become.

That single event turned me from “Skinny Vinny” to an international hard body and Canadian Fitness Model Champion.

That fateful day helped make me become one of the nation’s most sought after fitness coaches.

That one horrific moment helped get me all the female attention I could ever imagine.

The random accident that lead me to be known as the “Skinny Guy Savior...”

**And when I tell you how it happened, it will blow your mind.**



## **“The Surprising Truth About That Horrific Day When I Thought I Was Going To Die!”**

I was competing in a triathlon, actually on target to finish in the top 3. Then the worlds dumbest cop - the one whose job it was to protect us from traffic - decided to take a donut break.

**A huge truck came out of nowhere.**

I don't remember all the details, but...

**What happened next was devastating.**

I didn't stand a chance.

**The bone-crunching impact!**

Everything turned black. I was for a brief moment... blinded. I woke up in an ambulance, not really knowing what had happened.

**One thing I did know... there'd be no more triathlons for me. Heck... at that point I wasn't sure I'd ever be able to step foot into a gym again.**

But I'm glad I eventually did.

**“What finally motivated me back into the gym wasn't a drug. It wasn't a supplement. But it worked better than both...”**

And I'll reveal it to you at the end of this report.

What you need to know right now is that I got myself into the gym and started working out again... this time using these completely new tactics that I uncovered.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

Tactics that only a precious few trainers alive today even know about. The same tactics you're looking for to build muscle mass where now you have nothing but skin and bones.

**Once I started training this whole new way, it was absolutely unreal.**

I began to see and feel a difference in my body. My muscles got thicker... denser.

And I was using heavier and heavier weights each week. All thanks to these simple muscle building tips I had executed!

**As soon as those first 20 pounds came, I felt INVINCIBLE...**

**“Over 4 months I gained another 20 pounds  
and became the talk of the gym!”**

I began competing in Natural Fitness Model shows.

In my very first show I finished 17th. Next show I finished 5th. And just recently, I was 1st place at the Canadian Fitness Model Championships in Windsor, Ontario. In June 2008 I placed 3rd at the Canadian Fitness Model Championships and I'm preparing for my next show in April 2011!

Let me stress... this is “Natural” fitness.

**“No steroids, no special supplements and no  
endless hours in the gym!”**

I started testing out this muscle building/weight gain and fat loss formula on all my private clients. Males, females, athletes, non-athletes, skinny, overweight, young, old and everyone in between.



After 6 months  
of training

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

The results were so over-the-top, I got a reputation as the “**transformation specialist**” because everyone I worked with started bulking up fast and getting super shredded.

Other trainers joked... “**Vince is about to do another ‘extreme makeover!’**” Over the course of 5 years of running a personal training department of a dozen full time trainers I became the most sought after trainer in my club... and eventually my city.

**That is because I know the secrets!**

This is the shocking reality...

Knowing what I know, I can confidently say that almost everyone who you see at the gym is DEAD WRONG about how to train and eat to build muscle mass.

**[Click Here To Check Out MORE  
Vince Del Monte Success Stories Since May 2006](#)**

**Here’s the most important part:**

All my trainees are simply ordinary people, with average genetic potential. And every single one of them got these extraordinary results using no drugs at all.

If average people like them can fulfill their dreams, there is no reason you can’t as well!

Whether you are young or old. Short or tall. Skinny or really skinny. Or skinny with a pot belly. It doesn’t matter!

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

**At the end of this report I'll show you how you can get your hands on my No Nonsense Muscle Building system...**

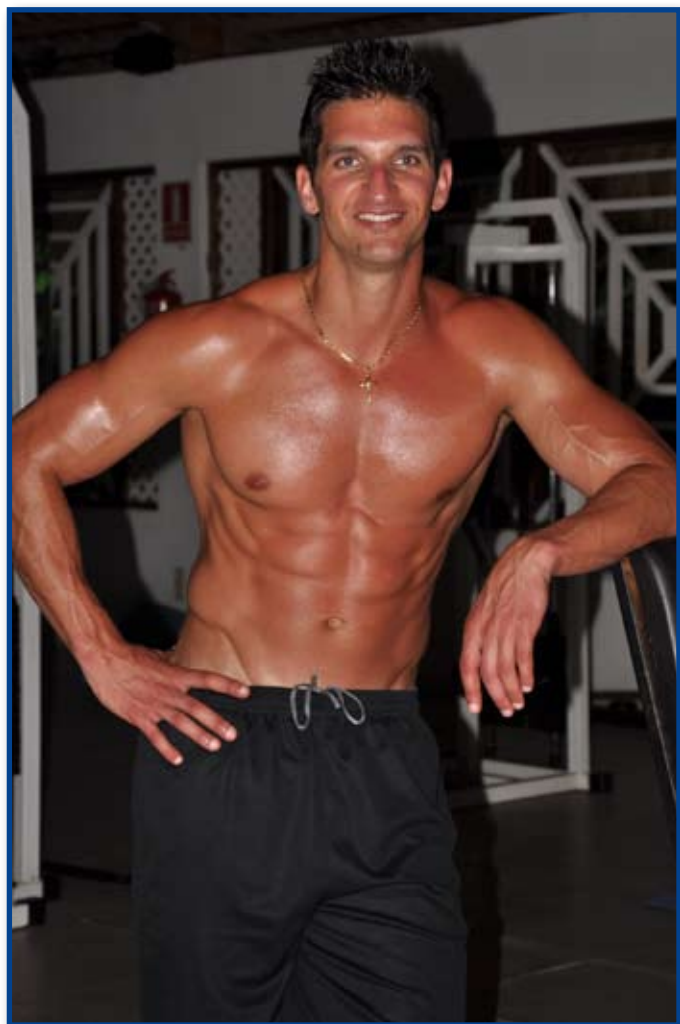
Averaging only 3 hours of weight training per week!  
Performing only 2-4 unique muscle crunching sets!  
Training each muscle only 2 times every 5 days!  
All in less than 6 months!

**GUARANTEED!**

Fast forward to 2010, five years since I released No Nonsense Muscle Building and have helped over 30,000 users in over 120 different countries transform from scrawny-to-brawny, regular-to-ripped and fat-to-fit. Today I devote all my time, efforts, resources to help others live the life of their dreams by beginning to transform their body first.

So here I am. Through the power of the Internet and my humble "Skinny Vinny" transformation story at [www.vincedelmontefitness.com](http://www.vincedelmontefitness.com), I have helped thousands of muscle-seeking enthusiasts maximize their size and strength without drugs, bogus supplements and training less than before.

And it's all done with an underlying theme of no nonsense, no hype and no BS...



# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## The Art of No Nonsense

Look, let's be honest. There's so much hype, lies and scams in the bodybuilding world and far too much conflicting advice. Information-overload.

This report is not meant to overwhelm you with hundreds of pages of overhyped promises, academic debate and confusing theories. I'm not going to try and impress you with technical mumbo-jumbo.

**It's all about keeping it simple and relying on the basic info** that has worked for top physiques since the 60s and 70s. No Nonsense baby!



I have half a dozen paid programs that go into step-by-step detail about workouts, nutrition and supplements. But today I want to share my favorite 7 steps that will have an instant impact on your muscle size and strength.

I'll be honest, you might look at some of these strategies below and say, "I knew that". However there is a big difference between knowing what to do and actually DOING IT.

True knowledge results in behavior change and transformation. So to be frank, if you don't have new muscle mass or strength to show for the knowledge below, you don't really know it.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

Let that be a friendly wake-up call to take responsibility of your body, results and life (and maybe even a kick in your butt too).

You'll also find your No Nonsense Action Step after each section so that you can take IMMEDIATE ACTION.

So here they are, in no particular order, and here to save you from a skinny body, lame life and wimpy future!

I wish you nothing less than an attention-grabbing body...

Signature file (you can get from [www.vincedelmontefitness.com](http://www.vincedelmontefitness.com))

Vince Del Monte

Author, No Nonsense Muscle Building

Author, Your Six Pack Quest

Creator, Maximize Your Muscle Monthly Series

...and many more killer products

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## Muscle Maximizer #1 Set A Deadline

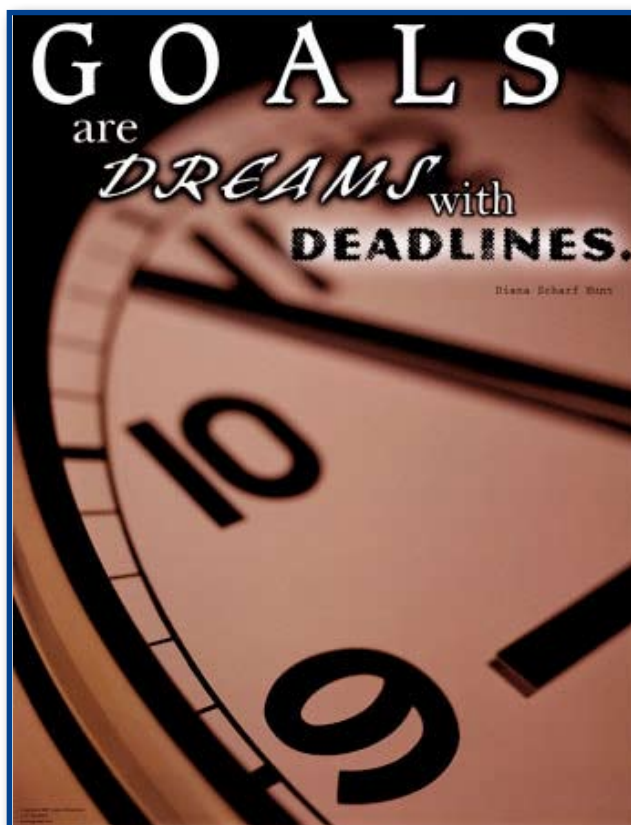
My father always told me, ***“Goals without deadlines are simply dreams.”***

Prior to making a true commitment, most people train on sporadic schedules whenever they feel like it.

They also attain the attitude of “Well, it would be nice if I was able to tone up in the process.” What kind of lame approach is that to achieving your goals?

Do you think Arnold, Lee Haney, and Ronnie Coleman wake up each day and say, “I’m going to try and get to the gym today, and we’ll see how I feel if I get there, and maybe train some upper body and hopefully build some muscle...” YEAH RIGHT!

The instant you make a deadline with a goal - something will shift inside your mind. The clock will start ticking and it will force you to focus.



# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## GOALS WITHOUT DEADLINES ARE FAR LESS EMPOWERING, MOTIVATING AND POWERFUL COMPARED TO GOALS WITH DEADLINES.

Essentially, deadlines are like a gun to the head!

What goals do you have that do not have deadlines? You probably want to build some muscle or lose some fat when the time is right. However, these are just goals without deadlines.

Once you have a deadline, all sorts of things will start to happen that would not have happened otherwise. Big goals require incremental sacrifice. They require daily attention. And in my opinion, they are accomplished because of these deadlines.



Think about the power of deadlines in your own life. Think about every significant accomplishment or milestone you've achieved in your own life with the use of deadlines. I bet you were unaware of some of them:

- Booking the dates for a vacation.
- 12-week physique transformation contests.
- The day of your wedding forces you to ensure it's a go.
- Join a class to learn a new language.
- Getting shopping done before Christmas day.
- Completing a final report by a specific day.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

- Graduating through school with exam days.
- Final day for a job application.
- 24-hour sale forces you to make a decision fast.

Notice that all of these deadlines are linked to an associated reward. It's usually encouraging to know that if you meet your deadline it will be acknowledged and rewarded. Deadlines act as positive pressure, time-limits, and cut-off dates to ensure a goal or promise is fulfilled or achieved. In the absence of a deadline, your fitness goals will not probe you or spur you on towards the finish line.

## **NO NONSENSE ACTION STEP #1**

Set a deadline to have this report read.

Better yet, set a deadline to apply each individual section of this report. Do you want to build 5 pounds of muscle? Set a deadline.

Do you want to compete? Pick a show and register today.

Do you want to gain 50 pounds of muscle? Set a deadline.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## MUSCLE MAXIMIZER #2 Get Rid Of These Muscle Robbing Foods

**SODAS AND JUICE** - excluding or including can be the difference between doubling, tripling and quadrupling your muscle size and strength. Sodas and juice full of sugar or artificial sweeteners often contain artificial colors and flavors and other chemicals you probably can't even pronounce (that should be a hint it's not healthy).

Some fruit cocktails come in a thick sugary syrup, and there's more sugar in a glass of fruit juice than in a candy bar and as much as in a glass of soda (grape juice has about 40g of sugar in one serving). You get no fiber from fruit juice, and the stuff usually has preservatives added to it.

Go ahead and read for yourself on your next 'healthy' fruit juice the amount of sugar. You have two ingredients- sugar and water (plus a bunch of ingredients you can't even pronounce!)

**HIGH FAT PROCESSED MEAT** - sausage, pepperoni, bacon and related foods are loaded with the type of fat that will shorten your lifespan, and are also loaded with sodium. Don't confuse these for good sources of protein.

Many of these foods, especially cured meats such as bacon and hot dogs, use nitrates to preserve color and maintain microbial safety. Nitrate is harmless, but when converted to nitrite, can form nitrosamines; a powerful cancer-causing chemical in your body. Whenever possible, look for nitrate-free preserved meats. When you do eat foods containing nitrates, take Vitamin C, as it's known to inhibit the conversion to nitrosamines in your stomach.

**FROZEN DESSERTS AND ICE CREAM** - again, more sugar to transform your six pack into a keg. Sugar and oil-laden sauces – whether it is ketchup, barbecue or horseradish sauce - the majority of nice packaged sauces are quick injections of spiced-up high fructose corn syrup.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

*You're better off spicing up your meals naturally without all the sugar and extra empty calories.*

**MOST PROCESSED FOODS** – make sure your warning sirens go off when you see anything packaged in colorful wrappers, boxes, bags or containers. These foods promote “healthiness” but fail to admit the degree of processing it went through. Do your own experiment - next time you are unsure of a processed food just take a look at the ingredient list.

***If you see more than 5 ingredients that you cannot pronounce then you have to wonder what the heck you are putting in your body.***

Most of these foods have an exhaustive list of “fillers” that preserve the shelf life and have nothing to do with nutrient value. Avoid this stuff at all cost!

**COOKIES** - refer to the above.

**CRACKERS** - refer to the above but you get to choke down a mouthful of sodium too.

**WHITE FLOUR PRODUCTS** - like white bread and bagels - manufacturers first remove the wheat seed's bran, its six outer layers, and the germ, which results in more than 75% of the vitamins and minerals being lost and over 95% of the fiber being lost. It gets worse. What little is left gets bleached in chlorine dioxide to give the bread a shelf life. It is further whitened by adding chalk, alum, and ammonium carbonate to make it feel and look more improved for the customer. An anti-aging salt that I do not even know how to spell or pronounce is added to the final stage.

A few synthetic nutrients are then added back into the white flour and labeled “enriched”, but in reality there has been no real ‘enrichment’ of the original product, only deception and destruction. Did you know that rats will die within seven to 10 days after being put a diet of white flour?

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

**BAKING SUPPLIES** - more chemicals to wreak havoc on the human body.

**POTATO CHIPS** - a cumulative batch of chemicals to put an enormous amount of strain on the pancreas, which is forced to protect your body from these chemicals. Bottom line: if it's packaged, boxed or wrapped, it can't be good for you.

**MYSTERY FOOD IN ROTTING TUPPERWARE CONTAINERS** - even though Aunt Wilma makes a mean turkey dinner and has supplied you with leftovers until next Christmas, there is no reason to test its life span! Do an inventory once a week and chuck any foods that have exhausted their expiration date.

## **NO NONSENSE ACTION STEP #2**

Go into your cupboards and perform a wide sweep of your arm to knock all these foods into the garbage bin. It's that simple.

Never shop for these foods again. Never bring them into your home again. You're home is your haven, a place of safety and protection. If you're getting fat in your own home, you should be embarrassed of yourself because you're the only person who has the keys to your front door!

How's that for no nonsense?

I support you and refuse to sugar coat the truth on why people don't achieve their physique goals. I want you to get your best body ever so be prepared to not show like the rest of the population if you don't want to look like the rest of the population!

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## MUSCLE MAXIMIZER #3 Add These Muscle Gaining Foods

Since your fridge is probably looking bare like your college days, it's time to stock it up so that even Chef Pasquale would be very happy.

Again, this is not the David Letterman Top 10 list but it is a very good start to being fully prepared to having the ammunition required to build massive muscle.

### ADD THESE FOODS TO YOUR KITCHEN

**BEVERAGES** - *Get ready to start drinking a lot of water.* I am a 215 pound male and drink at least 4-5 liters of water each day. I like to start my morning with 1.5 liters before I do anything else.

Invest in filtered water and avoid tap water if you know your local area comes from poor sources. Also, drink 2-3 cups of green tea a day for its high antioxidant profile and more than a handful of health reasons. Chuck the killer fruit juices and soda!

I personally don't respond well to any form of milk (just ask my wife to verify this ugly truth) so don't drink it for that reason alone. Dairy products are highly individualized and a hot topic amongst nutritionists that I don't personally care to debate. My body doesn't like milk so I don't drink it.

**BONELESS CHICKEN BREASTS** – If your budget permits, aim for free-range chickens (organically raised) as the most superior choice. If you cannot afford these regularly than go for the grain-fed, store-bought type because they carry minimal body fat.

**COOKING SPRAY** - Only buy the ones made from canola or olive oil.

**CHEESE** - Typically the cheeses that have a stronger taste will serve more purposes. They have a better protein and fatty-acid profile and they provide more taste to your food. Cheese is higher in fat so use it in moderation and aim for a variety of

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

cheeses, such as feta, goat, Havarti, aged white cheddar and Parmesan.

**DRIED FRUIT** - This is a great source of easy calories. Just a small handful of some dried fruit has the same amount of calories as a large apple. If you're trying to gain weight, then dried fruit can work to your advantage, but if you are trying to lose weight then be very cautious. Good sources are currants, dates, pears, mango, apples, and banana. Just don't eat the extrasweetened ones loaded with hydrogenated oils as an additive.

**EGGS** - Omega 3 eggs should always be chosen because they are laid by chickens that were fed a diet rich in ground flaxseed. Eggs are probably my favorite muscle building protein. I cook a dozen hard boiled eggs each morning and leave them in the fridge, they are almost just as convenient as a protein shake and far more nutritious.

**EGG WHITES** - Egg whites can be a little pricey if you buy them in the cartons, but can save you the headache and mess of cracking and storing half your fridge with egg carton boxes.

Instead, buy a few cartons of pasteurized egg whites that are a great substitute to top off an omelet with some high quality protein. Egg whites are also great to throw into protein shakes, but don't be surprised if your significant other runs away because of wicked stink bombs.

**EXTRA LEAN GROUND SIRLOIN** - Always go for the leanest sources available. Your local grocery store should meet your requirements but feel free to venture down to a farmer's market and go for grass-fed beef freshly ground. I eat beef at least once a week and if I'm in a serious bulking phase I'll have it two or three times a week.

**FRUIT** - Always go for an assortment of colors and make sure your fridge is always stocked with fresh fruit. I typically shop for seasonal fruit from a quality perspective and cost perspective. If you can, go for local and organically grown produce. Examples are apples, grapes, bananas, kiwi, raspberries, blueberries, strawberries, mango, oranges, tangerines, and pineapple.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

**EXTRA VIRGIN OLIVE OIL** - 100% dark extra virgin olive oil is loaded with antioxidants, is an easy source of calories and can be used with salads and sauces. Use very MINIMAL amounts for cooking.

**GREEN TEA** - Go for the one without any extra flavoring or fillers. An organic green tea without any extra herbs is the best.

**GRAINS** - Here is some safe ammunition on the grain side: oats (not the instant oatmeal loaded with sugar), oat bran, whole flaxseed, quinoa, whole barley and wheat bran. Instead of buying unhealthy weight gainer shakes, I often create my own by blending cooked oatmeal into a protein shake with a banana and natural peanut butter. This is an excellent muscle gaining meal replacement.

**LEAN TURKEY AND CHICKEN SAUSAGE** - This is great to mix things up, and while you might not want to buy this all the time there is nothing wrong with the occasional street meat!

I personally don't eat much turkey or chicken sausage but it's certainly a better option than the processed meats.

**LEGUMES** - Kidney beans, split peas, chickpeas and lentils are excellent sources of fiber and a great addition to your arsenal.

**MEAT, POULTRY AND FISH** - There are many exotic selections to choose from and the best advice I can give is VARIETY! Eat a wide assortment and do not limit yourself to one shopping center. Rotate your shopping trips to farmers markets, the super- size grocery store and smaller grocery stores. Each will carry a different selection of meats.

**MIXED NUTS** - These are easy calories and a great source of good fat to balance out your meals. The best sources are walnuts, almonds, cashews, pecans and peanuts.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

**SAUCES AND CONDIMENTS** - There are many options that will enhance your taste buds while not counteracting the nutrient profile of the meal. Here are some safe bets: pesto, salsa, curry sauce, tomato pasta sauce, balsamic vinegar, white cooking wine, red wine, raspberry vinegar and flavored flax oil.

**SALMON** -Genuine wild salmon is better than farmed salmon because you will benefit from its higher quality Omega-3 profile and absence of mercury and toxins.

**SPICES** - Here is where the fun comes in. You don't have to be a gourmet chef to know how to use certain spice combinations but it may take some experimentation. Consider this free food and customize your spices to your dish. Focusing on just some of the basics like sea salt, pepper, fresh garlic, basil, oregano, chili powder, and cinnamon will bring your food to life.

**VEGETABLES** - If you know which aisle the chips and cookies are in better than where the fresh produce section is, then we have some work to do. You should be able to pick your vegetables from your local food market with your eyes closed. This should be the one section in the grocery store you are more familiar with than any other. Here are your staples: spinach, broccoli, peppers, asparagus, tomatoes, mushrooms, onions, cucumbers, celery and carrots. Try and aim for the colors of the rainbow - the more variety the better.

## **NO NONSENSE ACTION STEP #3**

Grab a pen and paper and write down all of these foods, grab your keys, jump in the car and drive to your local grocery store and restock your fridge.

Always keep an eye on your fridge for when you're running low on supplies and schedule a time for groceries when you anticipate being out of stock of your essentials above. You'll never have an excuse for not being equipped again.

## Muscle Maximizer #4 Avoid Over Training

Here are **3 RULES** to follow to monitor over-training:

### 1. The weight did not increase.

Aim for a 5% increase every two weeks for compound exercises. Ensure your weights goes up 5% every 2-4 weeks for isolation exercises.

Building more muscle is about progressive overload.

If you begin your workout and realize that you are not going to be able to lift more weight, literally pack and go home or turn the workout into a stretching and/or light cardio session. You have not recovered yet.

### 2. The reps did not increase.

If you are using the same weight as the previous workout (this is okay) then you'd better be able to lift more reps.

### 3. If it takes you longer to perform the workout.

Progress is driven by intensity of muscular output. Intensity is a function of time.

So even if you do the same number of reps and the same amount of weight but you achieved it in a



# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

shorter period of time then your intensity has increased.

And the reverse also holds true. If it takes longer, then you have not fully recovered and this will delay the recovery process because you are in the hole deeper. Lower intensity cannot build new muscle.

## **NO NONSENSE ACTION STEP #4**

Incorporate a **recharge phase** into your program if you have been training longer than 12 weeks consistently. I strongly suggest that you take at least one week off without any training whatsoever. This is extremely critical because if you don't, you will bring residual fatigue into a new routine

When you invest in No Nonsense Muscle Building, I need not just your muscles, but your immune, hormonal and central nervous systems, which are taxed harder and have slower recovery rates than your muscles – or else you will be starting my program in an overtrained state.

You will be amazed at how you feel once you have fully recuperated and begin this new muscle-building routine.

## **MUSCLE MAXIMIZER #5** **Avoid Relying On Nutritional Supplements**

I bet you didn't see this one coming! Virtually every bodybuilding magazine and website is disguised as a supplement catalog –beware. These are the sites that do give out decent information but realize these sites are financed by creating articles that redirect back to their supplement store where they make commission (unless they are selling their own product).

I don't need to tell you about the bodybuilding magazines – they are owned by the supplements companies so their sole purpose for existence is to sell supplements!

Now that does not mean that every supplement is not worth considering, unhealthy or a waste of money so - this section is not designed to discourage the use of supplements but rather to understand their overall effectiveness and whether you're a good candidate for them.

Assuming your training, nutrition, lifestyle, and sleep habits are operating on the optimal end of the spectrum, introducing supplements will make a 10% difference, which can be a significant difference if you're been training for a few years, like myself.

Generally I would say they make a 1-2 % difference because they only work in synergy when your training, nutrition and lifestyle are dialed in – and for most guys taking supplements, this is not the case.

*You will be more successful taking your fitness to the next level by mastering the training techniques, recovery techniques and nutrition habits that I share in this report and my No Nonsense Muscle Building book.*

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## Supplements that I used to go from 149-pounds to 190-pounds of muscle – my first muscle building transformation:

- Multi Vitamin
- Essential Fatty Acid's (Omega-3 fish oils)
- Protein Powder
- Greens Product
- Creatine

## Supplements I used to go from 190-pounds to 210-pounds of muscle – my second muscle building transformation:

- ZMA
- Fish Oils
- Protein Powder
- Creatine
- Greens
- Multi Vitamin
- Pre Workout Drink

In my book, *No Nonsense Muscle Building* I reveal specific dosages, brands and products that have been proven *safe, pure and effective* and that I endorse to my clients, readers, family and myself.

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My biggest concern with many supplements is that they are loaded with artificial flavoring, preservatives and lots of chemicals. Shakes are certainly convenient and may assist you in reaching your goal calories but do not kid yourself into believing that they will have the same anabolic effect as food. Don't let any supplement ad convince you otherwise!

Dumping chemicals, artificial colors, flavoring, sugars, sweeteners, and preservatives into your body basically turns your insides into a toxic waste dump! And did you know that this toxic waste loves to attach itself to your fat stores, making it even harder to get rid of body fat? You can imagine how much harder it will be to build massive muscle in a toxic environment. What goes in must come out.

Put garbage in and garbage will come out in the form of decreased energy, slow recovery, poor appetite, poor sleep and poor attitude – all elements critical for muscle size and strength.

When was the last time an athlete won, or a medal was won, or a team won on pills, powders and shakes? Never! Nutritional supplements – not even food – will stimulate muscle growth. But exercise does.

## **NO NONSENSE ACTION STEP #5**

Begin by investing in a high quality multi vitamin which contains the recommended vitamins, minerals to ensure you exceed your daily nutritional goals.

Also invest in an omega 3 supplement outrageously high in EPA and DHA (800mg and 400mg respectively) to improve brain function, cardiovascular health and reduce joint inflammation.

Finally, invest in an elite protein that has a unique blend of proteins (whey, casein, milk and egg isolates), essential fats and digestive enzymes to ensure you're getting a variety of delivery rates.

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You can get all these products at

<http://www.BlueStarNutritionals.com>

or

<http://www.VinceDelMonteNutrition.com>

I rotate my supplement use between these two companies. Rotating your supplements is really good idea, just like you rotate your training and foods, you should rotate your supplements.



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## MUSCLE MAXIMIZER #6 Apply a “Control – Power- Squeeze” Tempo

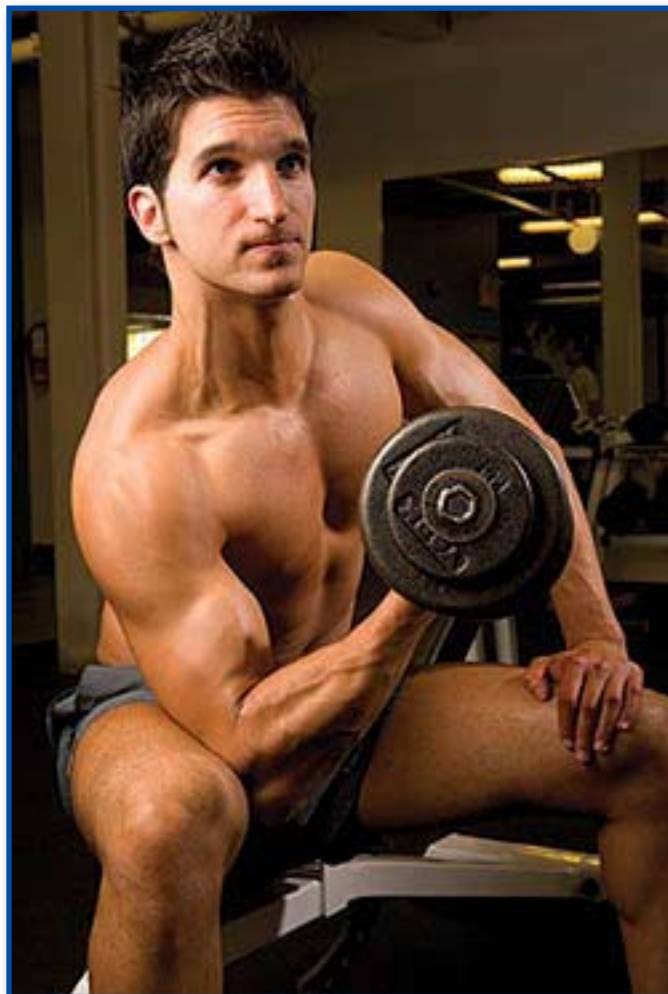
Technically this is called the 4-2-1 tempo and a critical ingredient as part of the The No Nonsense Muscle Growth formula...

**MAXIMUM TENSION + MAXIMUM LOAD + LESS TIME = INSANE MUSCLE GAIN**

You’ll notice this report does not include a training program with reps and sets and exercises and there is was a specific reason for that.

I want you to focus on *how* to train, not just what to train.

Reps, sets and exercise selection often times have **little** to do with why you’re not gaining muscle.



The majority of people in the gym train like *weight lifters* not *bodybuilders*. Weight lifters focus on counting reps, moving weight and completing sets. There is no conscious effort about isolating the muscle; selectively recruiting it from its point of initiation and concentrating on making the muscle do the work.

Bottom line, if you’re not getting an enormous skin-stretching pump that feels like you’re muscles are going to explode or rip apart, you’re probably wasting a lot of time in the gym

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Bodybuilders focus on isolating a bodypart, breaking down the tissue, pumping blood into the target muscle and ensure no momentum is involved in the lift – they are truly working their muscles hence the word “body building”

It’s okay to call yourself a bodybuilder even if you’re a 65-year old lady. Bodybuilders are people who want to build muscle and burn fat, so if those are your two goals – you’re a BODYBUILDER.

It doesn’t mean you need to compete or pose in front of the mirror but it does mean you should adopt many bodybuilding style principles and starting with lifting speed is a tremendous start.

Let’s take a closer look at *lifting speed* and why you should be concerned with it:

## **MAXIMIZE TENSION: A QUICK HISTROY LESSON ON “TIME UNDER TENSION”**

In the year 2000, Charles Poliquin first popularized the concept. He suggested a new training variable that would help influence training response by measuring how long a muscle was ‘under tension’ during an exercise by using a stopwatch. Ian King, an Australian strength coach furthered the concept by using a numerical system. An example of this system might look like this:

### **4-2-1**

Which means the weight is lowered in 4 seconds, paused for 2 seconds and lifted in 1 second. This would be considered the ‘tempo’ or ‘timing.’ Each tempo would reflect a different training response. So using this tempo for 10 reps would equal a total time under tension of 7 seconds X 10 reps = 70 seconds

I prefer to describe 4-2-1 like:

### **CONTROL – STRETCH - POWER**

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You will lower the weight with control (eccentric phase), stretch the muscle at the bottom, lift the weight with powerful force (concentric phase).

I hate counting in my head while I'm training and these words are better cues and reminders to my lifting speed during each rep.

What happens to the body based on different speeds?

**Neural adaptations** refer to increased central nervous system functions, such as an increased ability to recruit muscle fibers and increase coordination between different muscles. Neural training is another name for strength training, power training, or speed training.

**Metabolic adaptations** refer to a change in body structure, such as an increase in muscle fiber size and other connective tissues, increased substrate stores giving a 'fuller' look, increased size and function of blood vessels etc. Metabolic training is a technical way to say muscle building or hypertrophy (muscle growth).

Charles Poliquin, a strength and conditioning coach, has come up with these numbers as a guide to help determine TUT

**1. If you train for relative strength, TUT [time-under-tension] should be under 20 seconds.**

**2. If you train for size and strength, TUT should be around 40-70 seconds.**

These numbers are based on a full set. In other words your TUT should total between 40-70 seconds per set for hypertrophy, which is what most of us are looking for. Growth!

## **NO NONSENSE ACTION STEP #6**

Tonight or tomorrow while you're at the gym, I don't care which program you're following, I want you to simply follow the 4-2-1 tempo prescribed above.

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To clarify 4-2-1: All the numbers refer to seconds. The first number relates to the eccentric (lowering) phase. The second or middle number to the pause or stretch duration between the eccentric and concentric contraction. The third number refers to the concentric (curling or pushing) phase.

The fact that the first number always refers to the eccentric contraction can cause some confusion in the trainee as a percentage of strength exercises commence with the concentric contraction, especially the pulling movements such as the chin ups. However, once they become familiar with the system it works excellently. In brief, most pushing movements commence with the eccentric contraction, and most pulling movements commence with the concentric contraction.

Just remember:

**CONTROL – STRETCH - POWER**

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## **MUSCLE MAXIMIZER #7** **Buy Into the No Nonsense Philosophies...**

### **No Nonsense Philosophy #1: “Shut Up And Train.”**

At some point you're going to have to stop talking about it, stop reading the forums, stop analyzing the details, stop thinking about it and do some balls-to-the-wall training. You'll sweat. You'll hurt. You'll push. You'll lift heavy weights. You'll do high reps. You'll suck for air. You might collapse... even puke. Your muscles will beg for mercy. You'll question your sanity. This is when you'll see results. This is No Nonsense Muscle Building. Will you step up?

### **No Nonsense Philosophy #2: “Get In The Hurtbox... Or Go Home.”**

Building size and strength is no joke and is not for complainers or crybabies. You don't hit the gym to make friends. You are not here to stare at chicks or pick up phone numbers. You're not here to relieve some stress. You know why you're here. To put your muscles in the hurt box or get the heck out of the gym because you're wasting space. Every workout is an opportunity to outperform your previous workouts performance to give birth to new muscle size and strength. This is No Nonsense Muscle Building. Will you step up?

### **No Nonsense Philosophy #3: “The Way You Train Reveals Your True Character.”**

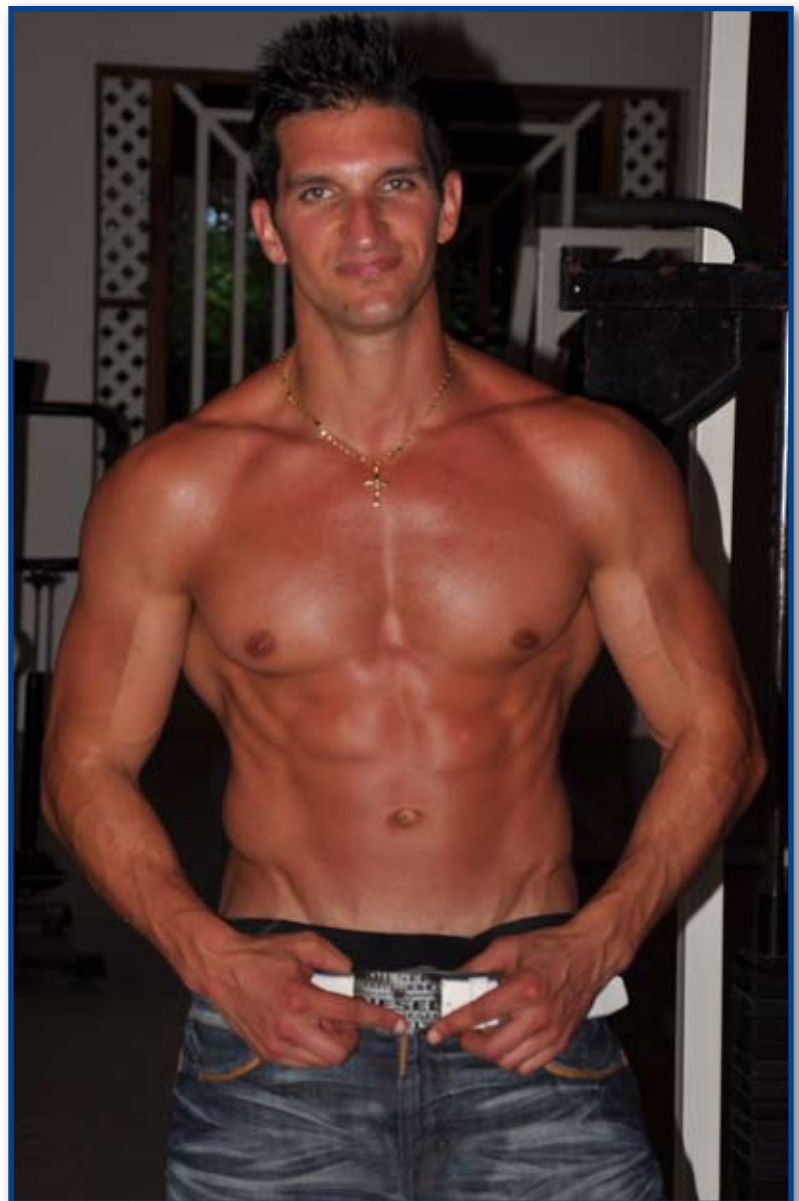
Pushing weights is like a full frontal mirror. Character is who you are when no one is looking. How do you train when no one is looking? Look at every day you train as your last. Each rep, each set, every plate matters. If you have time to talk in the gym, I doubt you're serious. You should only care about moving weight and lots of it. Nothing else. This is serious. This is No Nonsense Muscle Building. Will you step up?

## YOU WANT TO KNOW THE SECRET?

**You want to know the secret?** The secret to getting size and strength? Friend, there are no friggin secrets. Sorry. People always want that secret exercise, secret diet, or little secret pill. All the stuff that works is right out in front of your face. You just got to open up your eyes to see it. There aren't any short cuts or any free passes. You got to roll the dice and move one step at a time.

Everything that is good and worth doing takes time and effort. So don't waste your time looking for that secret, because you will find yourself treading water.

Here is what a little birdie told me once, take it back to the basics. Basic training, basic nutrition and basic supplementation is the way to go. Let's face it the basic stuff works. That is why you need to make sure your basics are covered from front to back.



# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

## YOUR NEXT SHOTTEPS...

I really enjoyed putting together this special report for you and I hope you picked up some new insights and action steps.

Remember, knowledge isn't knowledge unless you act on it and have something to show for it.

I strongly encourage you to take immediate, decisive action on your 7-brand new strategies (some of them had multiply tips in one). Focus on taking action on at least one strategy and you will see your muscle double in a few short weeks or month, not years.

As you begin to incorporate all the strategies, you will see new muscle size and strength explode off your body and your friends will stare at you awe-struck.

If you enjoyed this report, I have so much more killer info waiting for you at [www.vincedelmontefitness.com/blog](http://www.vincedelmontefitness.com/blog) including videos, articles, interviews and discussion forums.

I look forward to working with you and hearing about your success story!

To your ripped and muscular body,

Vince Del Monte

P.S. If you're ready to have me as your coach and double your muscle, be sure to watch my entire muscle building presentation by [CLICKING HERE](#).

## VinCe DeL MonTe: WhAT'S THIS guY ALL ABouT?



“Skinny Vinny”



“The Skinny Guy Saviour”

### *Read my strange but true story...*

Hi there, this is Vince Del Monte, and I'm really excited that you grabbed this report because you probably want to know why my strange but true story has anything to do with you.

You see, if you told me 10 years ago that I would become a muscle-building expert and author, I would have rolled my eyes and said, “Whatever...”

### **Why?**

First off, I used to be nicknamed “Skinny Vinny” all through high school. I mean I was 149 pounds at 6 feet tall. I was weak, scrawny, a pushover around guys, and awkward with girls.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

I was the guy who went unnoticed in the room and hated taking my shirt off at the pool or beach, especially when I went to university and ended up becoming roommates with a bunch of the biggest and most ripped guys on campus.

**I'll tell you about my buff and ripped college buddies in a moment...**

The worst thing about being skinny is that no one cares! I felt like I was a part of the "Skinny Silent Society" (I just made that term up) and wasn't allowed to complain. What people didn't know was that I suffered just like the overweight dude at the beach who was afraid to take his shirt off. Whether you are too skinny or too chubby, I know your pain.

If it wasn't for my father, who introduced me and my two younger brothers to the world of long distance running, I don't know how I would have survived the embarrassment and insecurity I suffered from being so damn skinny.

Fortunately, I became very fast at long and middle distance running and found my identity as one of those lean, mean, running machines.

I ran competitively from the age of 14 until my college eligibility ran out at 22.

I had just finished a four year Kinesiology Degree (health sciences) at the University of Western Ontario, and it was time to enter the real world.

After living with these guys, you can imagine how badly I wanted to have everything they had.

Girls. Power. Recognition. Confidence. Pride. Respect. And they were pretty darned fit too...

And it was all because of the MUSCLE.

But my luck was about to change...

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I met my Skinny Guy Savior, a natural pro-bodybuilder, from my church (of all places), who took me under his wing.

I told him about the training program I was following from Muscle and Fitness, and he laughed. He told me to burn all my fitness magazines, and to stop wasting my money on supplements. But the best advice he gave me was, “Stop over-killing your muscles...”

I started eating and training exactly how he told me.

I had no idea how big and muscular I could get, but after the first month I had gained 20 pounds of lean muscle mass!

I landed a date with the hottest Italian brunette at my gym! My buddies couldn't believe how fast I had changed, right before their eyes. My Mom thought I was on steroids and started saying, “Don't get any bigger...” No one was calling me “Skinny Vinny” anymore.

Over the course of six months I went from a 149 pound scrawny distance runner to 190 pounds of solid muscle, with around 10% body fat. I wasn't the biggest guy in the gym but I literally felt like a new man. I felt unstoppable.

That was around the same time my personal training career started to explode.... Just like you, I wanted everything I thought I couldn't have.

All the trainers at my gym quickly labeled me as the “the transformation specialist,” because I was working with guys and gals, young and old, beginners and athletes, who also started getting near perfect bodies after using the same system my Savior shared with me.

I was happy making decent money working at the gym, and because of the new muscle on my body I was feeling great and I was confident in any situation. I became “the fitness guy” in my group of friends, and I found a new identity in my new body.

# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

Skinny Vinny was dead and Vin-Sanity was alive! That was the nickname I earned from a trainer at my gym after we trained together.

I had no interest in writing a book or making a website. I was pretty happy just servicing the 40+ clients I had at my local gym, but my clients, friends and fellow trainers kept bugging me to make my system available to the world.

I finally gave in and launched **No-Nonsense Muscle Building: Skinny Guy Secrets To Insane Muscle Gain** in May 2006. I have sold more than 20,000 copies of my book to customers in more than 120 different countries!

I continued to be one of the most sought out fitness professionals in my area, a regular contributor to Men's Fitness and Men's Health Magazine, and an Advisory Member for Maximum Fitness Magazine.

I'm also a regular contributor to dozens of online and offline magazines. In 2005, I ventured into the fitness-modeling world and won the Canadian Fitness Model Champion- ships. In June 2008, I competed again and placed 3rd at the World Fitness Model Championships.

As of today, as per Clickbank.com, a site that ranks all the top programs in the world, No Nonsense Muscle Building is the number one book on the Internet. Who would have ever thought, eh?

I say "eh" a lot since I'm Canadian. A few interesting things about me: I grew up in a very strong, faith-based home, have a huge Italian family, love to travel, watch loads of movies, listen to lots of house music, and have a massive business and fitness library of books. I am recently married to the lovely Flavia who is also a fitness professional.

Over the past six years I've fallen in love with the NATURAL bodybuilding and fitness lifestyle, and continue to practice what I preach. I am always releasing new programs and systems to give you a brand new body and brand new life.

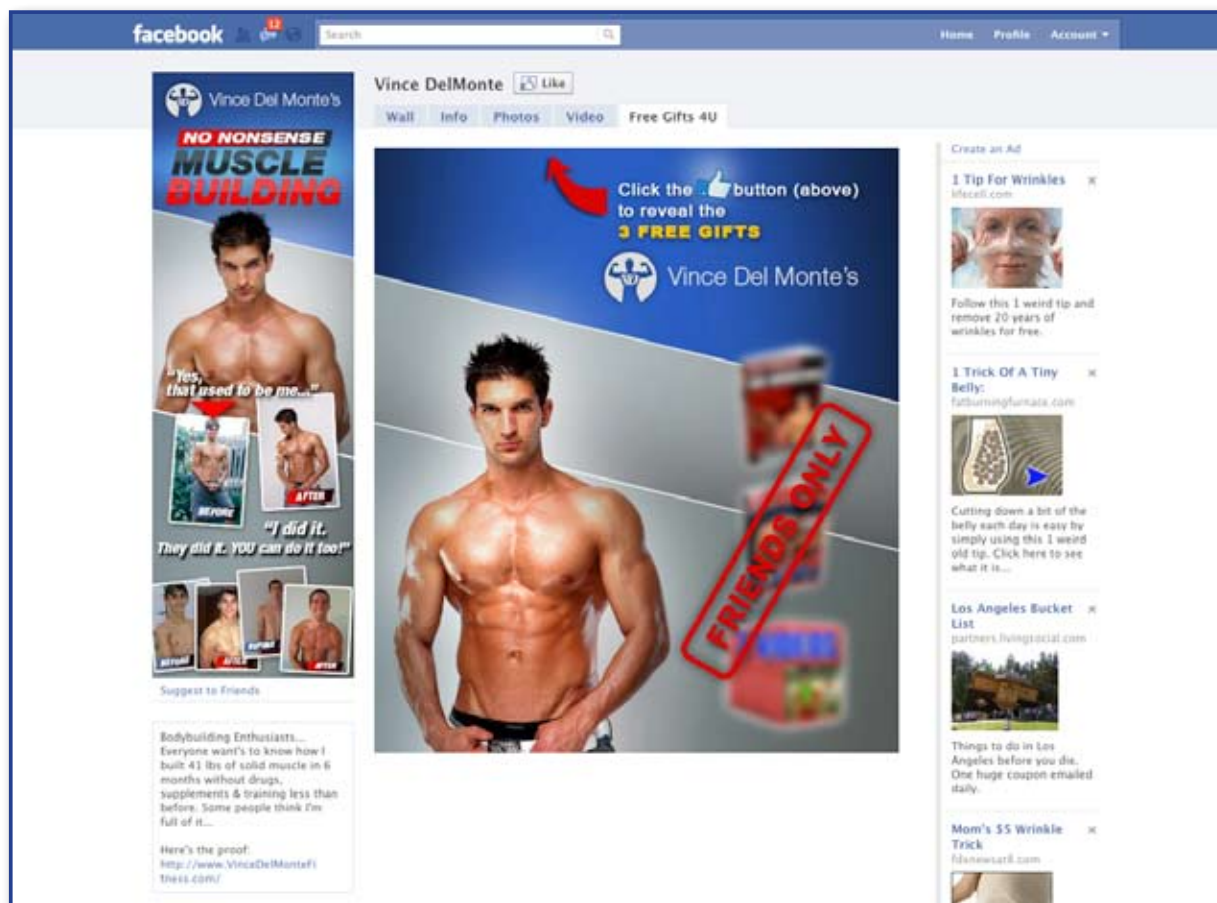
# 7 Ways to Instantly Maximize Your Muscle in 7 Days!

I'm blessed to have discovered my higher calling as a fitness professional who services the skinny guy and gal, so you don't have to make the same mistakes I did, mistakes that many guys and gals are still making today. I really want to shortcut your journey to success and get you a near-perfect body in the next few months. So that's my story. I look forward to being a part of your "story."

Please head on over to [www.VinceDelMonteFitness.com](http://www.VinceDelMonteFitness.com) to sign up for my free newsletter so we can stay in contact. I'll email you my latest and best muscle-building and fat-burning tricks and tips every few days.

Vince Del Monte

P.S. Join my Facebook Fan Page and hook yourself up with 3 additional free gifts!



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The screenshot displays the YouTube channel for Vince Del Monte. At the top, there's a navigation bar with 'YouTube', 'Search', 'Browse', 'Upload', 'Create Account', and 'Sign In'. Below this is a channel banner for 'NO NONSENSE MUSCLE BUILDING' with a 'Download Now' button for a 'SPECIAL BONUS' of 7 videos. The main content area features a video player for 'Vince Del Monte's No Nonsense Muscle Building YouTube Introduction' (4,717 views). To the right, a list of uploads includes 'Facebook Welcome Video - Vince Del' (2,000 views), 'Vince Del Monte's No Nonsense Muscle' (4,717 views), 'Bodybuilding Tips from IFBB Pro' (10,859 views), and 'The Bulk Building Workout' series. The bottom section shows channel comments, with one from 'ronchmalls99' (8 hours ago) saying 'Hello... NOW TO PLAN TO GAIN A SIX PACK ABS...'. The page is decorated with 'BEFORE' and 'AFTER' photos of Vince Del Monte and motivational quotes like 'Yes, that used to be me...' and 'I did it. They did it. YOU can do it too!'.

<http://www.youtube.com/vincedelmonte>