

**FREE REPORT**

**THE DEATH  
OF BULKING**

**RIP**

**1930-2011**

**TRADITIONAL  
BULKING**

By Vince Del Monte & Lee Hayward

[www.21DayFastMassBuilding.com](http://www.21DayFastMassBuilding.com)

# THE DEATH OF BULKING

**FREE REPORT**

Compliments of:

By Vince Del Monte and Lee Hayward

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**The 21-Day Fast Mass Building Program**

if officially released on January 11th, 2011

It shows you how you can gain up to 12 pounds of pure muscle  
using The Anabolic Amplifier Effect in just 21-days.

Because you downloaded this report and The Anabolic Amplifier report, you're on the exclusive invite list... if you want it, at that time, you'll get it before anyone else, AND at the pre-sale discount plus the biggest announcement Lee and I have ever made...

## **Smart move for taking action!**

Now, onto the killer info...

Congrats on picking up **The Death Of Bulking** report and the primary reason we are ecstatic to share this groundbreaking info with you is because:

***You don't have to buy into the bulking-up nonsense anymore!***

***This means no more unhealthy fat gain that can damage your physique and health (and make it harder to build muscle in the long run)...***

***This means you can pack on pure muscle mass with virtually no body fat!***

### **How in the world can you build muscle with virtually no body fat?**

The Anabolic Amplifier Effect! The most exciting leap forward in bodybuilding nutrition. Lee has already written an amazing report that will rock your bodybuilding world. Get ready to discover a way to flood your body with a natural, powerful "hormone cocktail" that produces substantial and rapid increases in muscle mass. Real insulin, testosterone, insulin-like-growth factor-1 (IGF-1), etc. The hormones that pack on mass like nothing else in the world! And the most exciting part is "the source" of these hormones will never run dry because this source is your body.



## **“WHAT THE HECK?”**

We're dead serious... the primo source of muscle building hormones you'll ever find is your own body!

But before we tell you how The Anabolic Amplifier Effect (TAAE) is more powerful than traditional bulking up, let's examine ten reasons why super high calorie bulking up is a really poor approach to trying to achieve your physique or performance goals.

*“How do we learn? By taking action, analyzing our results and tweaking them until we get the results we're after. The key is to be willing to change and try different approaches if you're not getting the results you want.”*

*— A famous quote by yours truly*

**NOTE:** If you're a student of Lee or I then you know bulking is a must if you wish to gain serious muscle mass. The question is, the degree of the bulk.

Lee and I are **sick and tired** of seeing young guys with good muscular potential – who are lean and have decent shape to begin with – ruin their physiques by bulking advice of Internet “gurus” who advise eating as much as you can, even if it's junk food. All this does is ruin the potential of a great physique and get you fat.

Like everything, there is a right and wrong way to do things. The dumbest way to bulk up is eating everything in sight, which leads to minimal absorption, overtaxing the digestive system, poor nutrient uptake and not being able to maintain a regular meal cadence to control hormones. These faulty combinations lead to gaining far more body fat than muscle (if any muscle is gained at all) and ends up damaging a metabolism that was once fast and efficient.

# THE DEATH OF BULKING

## **The Purpose Of This Information:**

To ensure you clearly understand the risks and downfalls of traditional high calorie bulking diets (also known as “Dirty Bulking”) and provide an alternate approach to:

- Getting stronger and fitter.
- Looking bigger and more cut.
- Feeling healthier and more energetic.
- More balanced relationship with your body.

Most importantly, this plan guarantees to make you look as good or better than these guys (and I’m not referring to Lee and I)... LOL!



Lee and I in Vegas in a questionable pose.

## ***Problem #1 With Bulking: Most bulk up diets always involve junk food... and bad decisions***

When I was a runner I used to think that running 60-100 miles a week granted me immunity from the effects of bad foods. It does not.

Nor does it apply to your muscle building goals.

Just because you're training hard in the gym with weights does not protect you from the harmful ingredients of trans fats, corn syrup, monosodium glutamate, unhealthy amounts of salt, sugars, fats... and vodka.

And if you're like Lee and I, when you are in bulking mode, it's easier to justify bad choices like the one below:



I'm not sure if it's worse that I'm drinking straight vodka or that Lee is doing a most muscular in one of the classiest clubs in Las Vegas?

## **Take Home Message:**

Bulking up can lead to bad decisions

It's easy to rationalize statements such as "A little junk food won't hurt you," or "I deserve this piece of cake because I just trained hard" or "I'm in bulking mode so my customers will understand that I'm drinking vodka straight up!" In Lee's case, taking off his shirt in a nightclub is nothing out of the ordinary.

Lastly, on a serious note, one of the reasons I believe bulking diets are so popular is because it gives people the excuse to eat junk food and pack on enough blubber to feed a family of starving Eskimos.

Remember, bad habits are not easily broken. Bulking up on bad food choices can make it extremely hard to find the discipline and willpower to eliminate bad food choices when it comes time to cut.

Ultimately, bodybuilding should be a 365-day lifestyle that you are truly in love with – just like a committed relationship. When you're in love with something or someone – divorce is not an option.

**The next point ties right in...**

## ***Problem #2 With Bulking:*** **It can be overwhelming...**

The truth is, to gain weight; there is a degree of importance to the quantity of calories you must eat. There is no escaping that fact.

In fact, during my bulking cycles I would follow a meal plan that included at least one freebie meal a day, which makes it a little more manageable.

As you look at my plan, what do you think the problem is? Where do you think I struggled the most?

### **Meal One (5 minutes upon waking):**

Super Greens + 10 grams Fish Oils + 2 scoops Iso-Smooth Protein  
1 cup of oatmeal (measured dry) + cinnamon

### **Meal Two (1 hour later)**

3 whole eggs + 6 egg whites  
1 cup of spinach + 1/2 tomato and 1/2 onion  
1 cup of Ezekiel cereal (mixed with water and cinnamon)  
Multi + Digestive Enzymes + Joint Product

### **Meal Three (3 hours later)**

8 oz of steak  
1 cup of brown rice  
1 greens salad with almonds, sunflower seeds, cashews etc

### **Meal Four (1 hour before workout)**

Big slice of white fish  
1 cup of white rice

### **Pre Workout + Workout + Post Workout:**

10 grams of BCAA  
10 grams of Creatine  
10 grams of Glutamine  
5 grams of D Ribose  
1 scoop of Karbolyn (faster than dextrose)



1 scoop of Iso Smooth Protein (only with post workout)  
(Yes, I would bring THREE different water bottles to the gym)

## Meal Five (1 hour after workout)

1 cup of egg whites  
6 oz of ground turkey  
2-3 cups of veggies  
1 cup of tomato sauce  
(Mix them all together)  
1 scoop of Super Greens  
10 grams of Fish Oil

## Meal Six

FREEBIE MEAL! Eat whatever you want. This helps keep you sane since the rest of the day is A LOT of food. Take your wife out for dinner, go on a date, eat some wings with your buddies, order in a pizza... Whatever you want goes here.

## Meal Seven (2 hours later)

1 large salmon  
1 greens salad with mixed nuts  
Multi + Joint Product + Digestive Enzymes

## Before Bedtime

Fish Oils  
ZMA

## ***Pretty hardcore right?***

So what do you think the problem was and where do you think I struggled the most?

***Was it the grocery bill?*** Nope. I shop smart.

***Was it the food prep?*** Nope. I cook in bulk.

***Was it all the cleaning?*** Nope, but that was very annoying because I don't have a dishwasher.

***Was it the crazy supplement schedule?*** Nope. I actually like taking my supps.

**Was it all the eating?** You're getting hotter but I did find my body adapted to the higher food intake over time.

**The problem was...**

**All** of that combined!

*I could only maintain this kind of eating frenzy for two weeks at a time before I started going crazy! The thought of more and more food was making me sick and nauseous and that's your body waving a red flag.*

**Bottom line: IT'S NOT A LONG TERM SOLUTION**

Between the constant meal prep, eating, cleaning and grocery store trips, I was caving in mentally and I have a lot of willpower. There was no way I could eat like this for 3-4 months straight and I was burning out and losing my attraction for food.

Even though your body adapts to higher calories over time I found that I needed a break from eating around the two week mark...

...which lead to some experimentation and the formation of a **100 Man Test Group** to put our theory to the test.

## My 21 Day Results

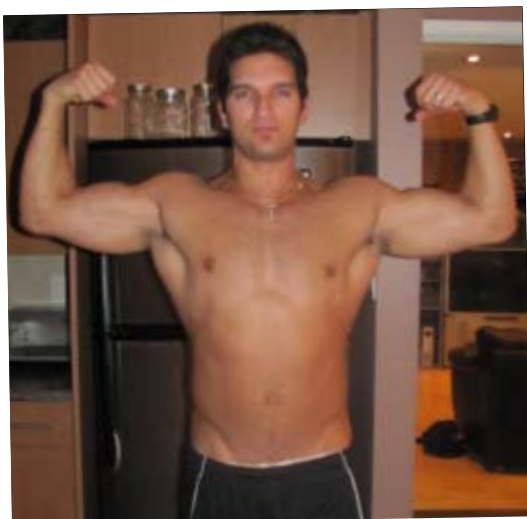
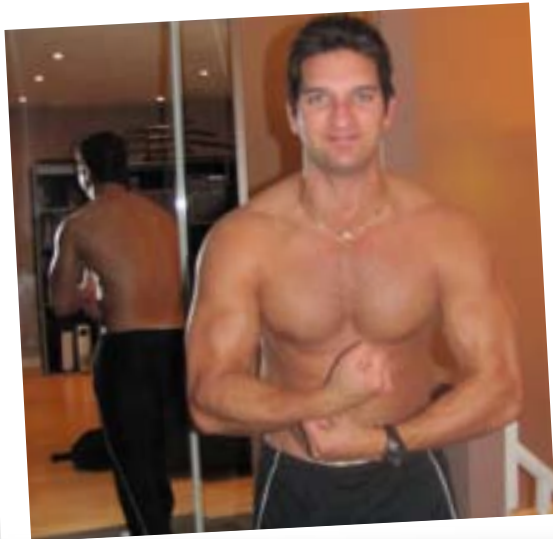
Below you'll see the first set of pictures from two separate 21 day cycles using the **Fast Mass Building Program**

**Before Picture – October 25th, 2010**

Age 30  
Height 6 ft 1.0 in  
Weight 214.4 lb  
Fat % 15.5%  
Fat Mass 33.2 lb  
Fat Free Mass 181.2 lb

**After Pictures – November 17th, 2010**

Age 30  
Height 6 ft 1.0 in  
Weight 220.6 lb  
Fat % 14.5%  
Fat Mass 32.0 lb  
Fat Free Mass 188.6 lb



**Before**

**After**

## **Final 21 Day Results:**

Increase of 7.4 lbs of Fat Free Mass

Decrease of 1.2 lbs of Fat Mass

**AMAZING** right?! (And I'm not talking about how quickly the hair on my chest grows in 21 days... Come on, I'm Italian.)

What percentage of that 7.4 lbs was dry muscle and what percentage was water weight and glycogen? I have no freaking idea but I know I'm stronger, bigger and feeling firmer. I definitely want to get my body fat down but I'm extremely happy with gaining 7.4 lbs in the first 21 days.

Imagine what kind of results I could get with a few more 21 day cycles? You'll have the chance to test this out on yourself on January 11th.

**A few notes about this 21 days because I know you have a million questions so here's some solid info that you can apply to yourself today...**

» I was sleeping 8-10 hours a night. Even though I was traveling a bit through this transformation I was sleeping A LOT. I didn't have an alarm clock the entire 21 days so I was waking up when my body told me to wake up.

» The only cardio I did was during the two-week Overload Phase and that was only 3 x 30 minute sessions a week.

» I hired a trainer at my gym. Something I have never done in my entire life although I've had training partners. Having someone train you for an entire 60-90 minutes is completely differently than just having a training partner. I know apart of my gains happened because I had 12 perfect workouts over the course of the 21 days. Every one was amazing.

» I was around 4,000 calories a day and they were clean. Hardly any junk calories at all and all my carbs were timed at breakfast, pre, during and post workout. The only time I spiked my insulin was around the workout – that made a HUGE difference.



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» I was taking high dosages of glutamine, creatine, BCAA, Super Greens and fish oils. Almost double the normal dosages I normally take and I am confident that played another huge role.

And there was ONE THING I did COMPETELY different that set my body up to gain all that muscle and that is the one critical ingredient that you can discover at <http://www.21DayFastMassBuilding.com>



"This is YOUR year to **DOMINATE** your body!"

## **Problem #3 With Bulking: Accepting the “calorie is a calorie” nonsense**

This entire idea that “a calorie is a calorie” is nonsense. Calories from avocado and turkey are great for building muscle; calories from chips and cookies are not.

I hear it all the time, “Vince! A calorie IS a calorie. Eat fewer and you lose weight. Eat more and you gain weight. Simple!”

Wrong. Nothing about the human body is as simple as that statement begs to imply. Hey, I’m a wishful thinker too!

Instead of turning this section into a book I’ll share a simple comparison that Dr. John Berardi shared with me. A tad extreme but you’ll get the point:

*If I agreed with the idea that a calorie is a calorie, then I’d have to believe that my body would behave the same way if I ate 3000 calories a day from celery (yes, that’s a lot of celery) as it would if I ate 3000 calories a day from butter. Is a calorie just a calorie, or might some of the fibrous content in the celery fail to be absorbed, decreasing the amount of calories actually reaching the cells?*

*Since some of the fibrous calories will indeed fail to be absorbed, we can see that during the first step of physiological food processing (digestion), the inherent caloric value of food is already altered and fewer of the ingested calories reach the cells. So, 3000 calories of celery are certainly different from 3000 calories of butter. If you’re eating only celery and 3000 calories constitutes deficit eating for you, then you’ll get far less calories than you’d hoped.*

*In the end, my point here is that reading food labels doesn’t give a good indication of the exact amount of calories that’ll actually reach the cells for energy provision or storage. Functionally, a calorie is not a calorie.*

I understand the desire to keep nutrition simple. Buying into the “calorie is a calorie” lets you manipulate your caloric intake so that it’ll be below, match or exceed your

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calorie needs so you can gain, maintain or lose weight. But the next problem is that eating different foods can change the metabolic rate. A prime example is the thermic effect of food. Protein increases metabolic rate more than carbs or fats so it should be obvious that metabolism will be higher after more protein is consumed. Again, functionally, a calorie is not a calorie.

When low glycemic carb diets are compared to high glycemic carb diets, it's clear that the groups of individuals eating mostly high glycemic carbs have higher body fat percentages, higher fasting glucose and insulin levels, and have higher risks for cardiovascular disease. Functionally, a carbohydrate isn't even a carbohydrate, let alone a calorie a calorie!

We could go on all day but in the end you must understand that bulking up on the wrong kinds of calories will make your body look completely different compared to bulking up on the right kinds of calories. Anybody who tells you otherwise should not be giving out nutrition advice and their knowledge is either outdated or they are close minded.





## **Problem #4 With Bulking: You can't "force" muscle growth**

Before I began my first transformation I had this brilliant idea of outsmarting my body and gaining muscle faster than everyone else. I thought.

*"If my body needs 4,000 calories to build muscle... wait a second... I'll take 6,000 calories instead to force more growth!"*

If it'll grow with 4,000 calories then it must grow bigger with 6,000 calories, right?

**Wrong!**

Your body can't produce more muscle growth by simply overfeeding your muscles. This premise is fundamentally flawed.



Do you need more than a maintenance level of calories to gain muscle? Of course, we all agree on that. Do you need thousands of excess calories?



**No.**

Charles Poliquin puts it like this: "Bulking up diet programs won't produce any more muscle growth than ingesting an ideal amount of nutrients. Sorry,



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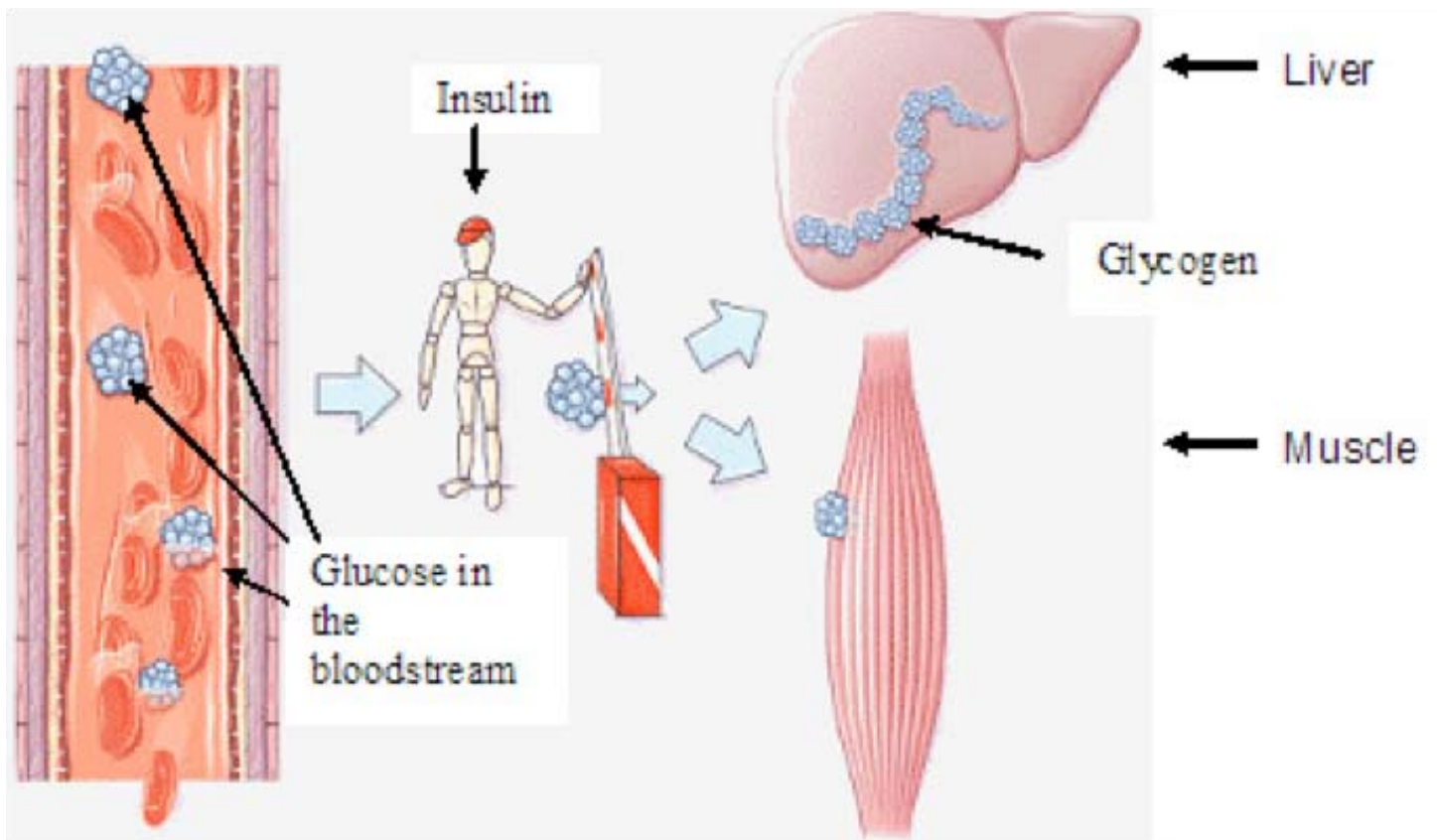
but it's simply not possible to force additional muscle growth by overfeeding.”

The primary back-bone of muscle growth is to shuttle nutrients to your muscles to re feed them after they have been broken down from training; and supply your muscles with the necessary energy when you are training.

The only problem is that your muscles are like a warehouse, they only have so much storage capacity.

Consider your fat stores as the friendly backup warehouse that has an endless supply of storage space. Once your muscle warehouse has reached full capacity, your body has nowhere to shuttle the remaining food but the fat warehouse.

Normally, meals any larger than 1,000 calories per sitting will lead to excess fat gain.



**BOTTOM LINE:** Leaner individuals can eat more nutrients, including a lot of pizza, without getting fat.

## ***Problem #4 With Bulking:*** **Body fat will decrease muscle gain**

We obviously all know that to add some quality muscle mass you're going to have to pack on some serious weight. This is the entire premise of the bulking phase where bodybuilders try to gorge on food and gain as much weight as they can.

The old school mentality that has been passed down since the 1930s is that the greater the weight gain, the greater the calories partitioned to muscle and hence greater the muscle gain. This is why you see many bodybuilders fat in the off season.

We now have research to support that it is unquestionably clear that higher fat levels can decrease muscle gain.

### **Want to see the evidence?**

**Forbe's Theory:** In 1980's, Forbe's showed that there is a logarithmic relation between fat gain and lean body mass gain. He showed that the extent of LBM gain or loss depend on the initial body fat in humans and other species.

Basically, lower your body fat, better your muscle gains when you overeat. As you put on more fat, your muscle gain tend to decrease. Lean people show 30-70% of LBM gain and obese people show 30-40% of LBM gain with overeating.

**Anecdotal Evidence:** There has always been some anecdotal evidence that natural folks tend to gain the most muscle at 10-15% body fat. Beyond 15%, you tend to gain more fat and less muscle.

### **How and why in the world does this happen?**

**Insulin Resistance:** The decrease in muscle mass with increasing fat can largely be attributed to the insulin resistance in the muscle with increasing fat accumulation. The recent animal study was the first to show that increase fat levels can directly blunt muscle protein synthesis via the insulin pathway. Mice fed a high fat diet and

loaded (akin to weight training) for 30 weeks. The mice in high fat group put on 31% more weight than the low fat group.

The results showed a significant decrease in the muscle mass and the activation of key members of the muscle growth pathway in the high fat group. (It's an animal study so take it with a grain of salt).

Christian Thibaudeau, a popular and well respected muscle coach echoes Poliquin's concern.

*"The more fat cells you have, the easier it is for your body to store fat. And when overeating for a significant period of time, your body increases its number of fat cells, which are impossible to remove without surgery. By adding new fat cells to your body, you're actually making it better at gaining body fat, and worse at losing it."*

If you think about it, the constant bulk/cut cycle, when taken to extremes, is the same thing as a yo-yo diet, which we know is very damaging.

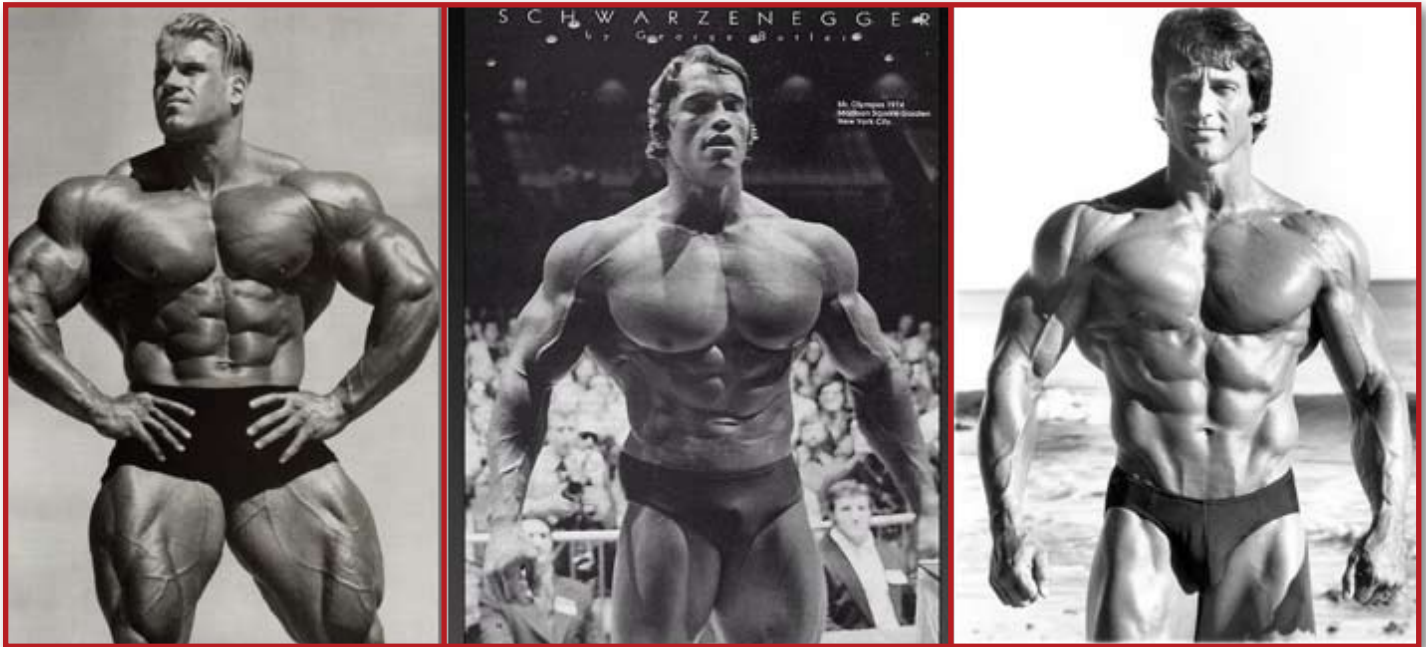
Another Take Home Message:

» Even if you don't try out our [21 Day Fast Mass Building Program](#) and prefer to stick to a gradual bulking approach, try to stay below 15% or thereabouts of body fat. The higher you go up in body fat, the lesser the muscle gain.

And 15% is a pretty generous number to play with. If you are a hardcore or competitive bodybuilder than I would recommend you keep your body fat around 10% all year round, even while attempting to gain size. Anything else is too high.

» Some interval cardio on off days can decrease insulin resistance acutely and may help with muscle gain. I personally like to have a big cardio session (30-60 minutes) once every 72 hours to ensure I'm depleting my glycogen reserves. This simple strategy helps prevent spillage from an excess of calories.

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From left to right: Endomorphic Jay Cutler, Mesomorphic Arnold Schwarzenegger and Ectomorphic poster-child Frank Zane

**What do they all have in common? And it's not drugs or genetics.**

They all relied on some form of cardio to pack on that kind of muscle mass. Success leaves clues!

This past November I was out in California hanging out with former pro bodybuilder, Günter Schlierkamp and I asked him his take on cardio while bulking and he reemphasized the same thing: at least three times a week.

Even though Günter is retired from pro bodybuilding, he's still enormous. I thought you would get a kick out of this picture:





## ***Problem #5 With Bulking:*** **Bulking up develops insulin resistance**

**First things first.**

Low insulin resistance is good. Insulin resistance is bad.

Low insulin sensitivity is bad. Insulin sensitivity is good.

Those two terms used to confuse the heck out of me! Better insulin sensitivity is also known as nutrient partitioning effect which simply refers to forcing the nutrients you consume into your muscle cells and not into your fat cells.



String bean or athlete: when you eat your proteins and carbs will determine which one you look like ... or which one you'll end up with! Likes attract likes in life.

Your entire nutrition program and training must be designed around shuttling ingested calories away from fat stores, and direct them into muscle. Makes sense, right?

## Let me break it down a tad further:

When you're in caloric excess, calories can either go into muscle or fat. When dieting, calories can either be pulled out of fat or they can be pulled out of muscle. Someone with good partitioning and a high metabolic rate is easily able to pull and utilize energy from fat, and direct energy into muscle.

**TAKE HOME MESSAGE:** the key to a clean and healthy bulk is nutrient partitioning and the lower your body fat the better your body becomes at nutrient partitioning (see how this all ties together?)

Ever wonder why physique competitors continue to get leaner and more muscular each year while the majority of gym goers pretty much look the same? It's because every time you compete you lower your percentage body fat and that makes your body better at nutrient partitioning.

Physique competitors become more effective at storing ingested nutrients in the muscle (as muscle tissue or glycogen) or in the liver (as glycogen) and less effective at storing nutrients as body fat.

Here's a picture of me from my first fitness show in 2005. Lean and muscular but lacking



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quite a bit of size – I was a 171 pounds and 5% in this picture:

Side Note: Lee Hayward did my 7 day contest prep for this show back in 2005 before I even thought of writing **No Nonsense Muscle Building**. Lee is one of the most generous guys online and helped me come in nice and lean.

Here I am in 2008 – 3 years later- at around 196 pounds and 6% fat at the same show – FAME World Championships in Toronto. I believe that staying lean helped me gain muscle size from show to show.





## ***Problem #6 With Bulking:*** **Bulking up can become a form of self-castration!**

Charles Poliquin has been quoted as saying, "The fatter you get, the more aromatase enzyme your body will produce as your testosterone is converted into the female sex hormone, estrogen."

A big problem with bulking diets is that they require a lot of calories and the easiest form of calories are carbs and fats leaving you little room to stomach fruits and vegetables.

Ever seen a pro bodybuilders bulking diet? There are hardly any fruits or vegetables in it. Ever wonder why? Because the fruits and vegetables are very filling and would prevent achieving their goal calories with bulking building foods.

### **Take Home Message:**

Most bodybuilders take steroids to reduce estrogen dominance and assuming you're drug free like Lee and I, you should eat a predominantly whole foods diet that includes lots of fruits and vegetables (more veggies than fruits). The fiber in fruits and vegetables will help bind the estrogen and remove it through the colon. I even supplement with a Liver supplement to ensure my liver is healthy because it processes estrogen. And make sure that you are eliminating regularly. You should be passing 2-3 bowel movements per day. If estrogen sits in your colon for days on end it will be reabsorbed into your blood stream and auto-intoxicate you.

Another great way to get your testosterone levels up that many experts don't talk about is... jumping out of a plane...



Getting ready to sky dive Las Vegas...



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"I wonder what my T levels are right now."

Falling out of a perfectly good airplane.

## ***Problem #7 With Bulking:***

**Bulking up can ramp down the power of your thyroid hormone production.**

If you know anything about fat loss you know this is not good.

We learned this one from Charles Poliquin too and he was quoted as saying, “Thyroid production is essential for fat loss. The fatter your abdominal wall becomes, the less conversion there will be of T4 to T3, the metabolically active form of thyroid.”

Here’s what I’ve personally discovered: You can get away with a traditional bulk up/cut down cycle, maybe a few times in your life.

As you train longer and become more experienced, eventually you’ll hit a point that overshooting your goal ripped look before cutting becomes more and more challenging as you get closer to your genetic potential.

Let’s say your first bulk was from 150 to 200 and then you cut down? If it was your very first transformation then I’m guessing the majority of that 50 pounds was lean muscle and you only had 10 or so pounds of fat to cut? No problem. Most of your gains are muscle so your thyroid hormone should be charged to the max. This is similar to my first transformation.

Let’s say your second bulk is to go from 200 to 220 and then cut down. Again, you’ll probably have to bulk to 240 plus to end up at 220 ripped. It’s going to take longer to cut 20 pounds of fat instead of cut 10 pounds of fat.

### **Can you see a problem?**

More time cutting results in less time bulking and less time bulking means less overall muscle mass.

Another hidden problem with cutting cycles is that the longer you cut the greater the chances of losing muscle due to the caloric deficit. This is definitely not what you want.

## **The 21-Day Fast Mass Building Program**

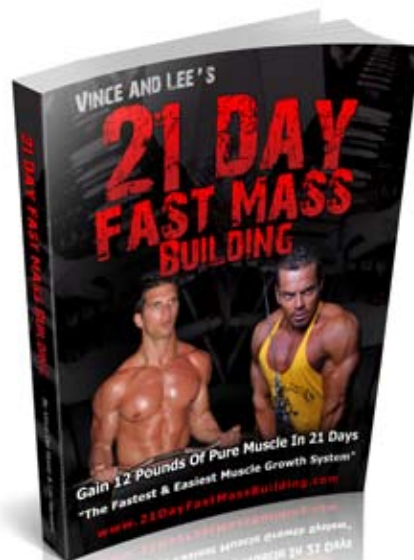
was released to the public on January 11th 2011!

[www.21dayfastmassbuilding.com](http://www.21dayfastmassbuilding.com)

As you will see in this report, I personally gained 7.4 pounds of lean muscle in only 21-days and [our website www.21dayfastmassbuilding.com](http://www.21dayfastmassbuilding.com) will introduce you to some of the top success students from our 100 Man Test Group who put our program to the test for us...

And the results are going to blow you away! We weren't quite sure what to expect but the average muscle gain was 12 Pounds Of Pure Muscle in 21 day... we didn't make that number up.

That was the average amount of muscle gained from our random test group that asked to try out our program. There is no reason you can't get similar results and even if you only gained 2 or 3 pounds of muscle in 21- days, I'm betting you'll be very happy to see new muscle exploding off your frame!



**Buy The System &  
Pack On Fast Muscle  
Today!**



## 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.



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...

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.

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.

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.

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

## **Got a question about 21-Day FMB? We got answers!**

**Q: What exactly is the 21 Day Fast Mass Building Program and how does it work so fast?**

It's simply a new bodybuilding nutrition and training approach we developed – it's quite different from anything bodybuilders are doing right now in America, Canada, the UK, Australia or Europe.

The bottom line is that if your goal is not looking like an average person, you have to "trick" the body constantly in order to have different hormonal systems primed at different times.

The secret to the system is dramatic or "whiplash" calorie cycling that sets up *The Anabolic Amplifier Effect*, which occurs after you underfeed the body for a period of time and overfeed the body for a period of time. We call the underfeed part *The Primer Phase* and the overfeed part *The Overload Phase*. By cycling your calorie intake over the correct period of time, your average fat mass will *not* increase, but your average lean body mass will go *up* significantly!



## **Q: Why is this better than going on a “bulking diet” where you overeat for an entire season and then take 12 weeks to cut up?**

In our experience (and many of our clients), this approach only works once, or twice, in your life and it really only works for ultra, ultra skinny guys completely new to bodybuilding. It's not a sustainable model to repeat year in and year for the rest of your life.

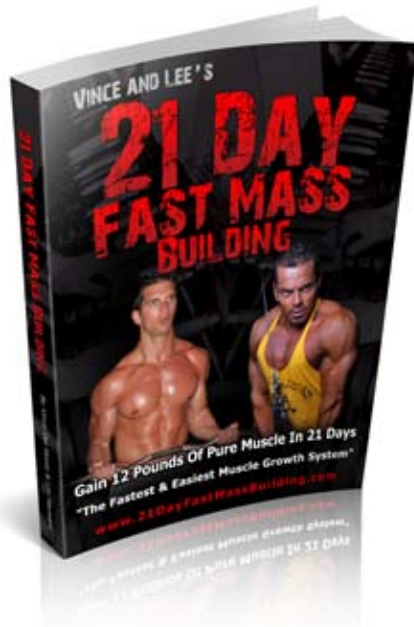
We have both tried high-calorie diets (“bulking diets”) and although they do help to get big, we found that you gain a lot more fat than muscle, and when you diet to lose the fat, you sacrifice the muscle too. You just start running in circles and don't get anywhere.

## **Q: How did you discover The Anabolic Amplifier Effect?**

It's a fact that the best muscle gains in your life always occur after dieting for a certain period of time. No wonder bodybuilders hit the gym right after a big show instead of taking time off! They know their body will respond like a sponge and absorb all the nutrients it's given at peak efficiency in response to the deprived state it's been in for a while.

Your body will always be primed to gain more weight in the form of muscle mass in response to the underfeed period that came before it. Basically, bodybuilders have discovered that we have a small time window – which we named *The Overload Phase* - long enough for muscle growth to occur at a rapid and substantial rate, while short enough to keep a significant amount of fat from being stored as adipose tissue.

*The Anabolic Amplifier Effect* has been around for 40 to 50 years and we simply figured out how to create mini 21-day bulking/cutting cycles – instead of spending 6 months bulking and 3 months cutting. The 21-day cycle will work very well every time you try it.



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### **Q: How many times can I use the 21-day cycle?**

We recommend doing low- and high-calorie cycles, back to back, as long you continue to gain new muscle with each cycle. For my people, it's mind-boggling to wrap their minds around an entire season of bulking followed by 12-weeks of cutting. 21-days is a period of time that anyone can put his or her mind to. If 21-days of dedicated eating and training is too intimidating, then what the heck are you doing still reading all this?!

### **Q: Will I adapt to it?**

We don't think you can. Vince has personally done two cycles and gained 7.4 pounds the first cycle and another 3.1 pounds the second cycle while only increasing his body fat 3 pounds! He has not achieved results like that since he first started bodybuilding eight years ago! The only reason you'll want to switch is for your own curiosity to try something different but I think the **21-Day Fast Mass Building Program** will be something you revisit.

### **Q: To whom do you recommend the Fast Mass Building Program?**

This is the type of muscle-building program we would *highly* and *strongly* recommend to drug free weight trainers who are trying to increase muscle mass

without gaining fat. In fact, you might even experience a loss of bodyfat while you gain muscle mass and if you do – consider that a **bonus!**

We do not recommend this program for anyone is currently obese. To be more specific, no body should start with this program if they have at least 30 pounds of fat to lose.

## **Q: Would this work for someone taking steroids?**

We're not sure about that since we're both 100% drug free. For what we do know about steroid use, we would be concerned that if someone is coming off a steroid cycle, the body's hormonal system may not function properly and will not respond to *The Anabolic Amplifier Effect* from the *Overload Phase*. If someone is taking steroids – the body may not respond positively based on the interrupted feedback loops, but in all honesty – we don't really know.

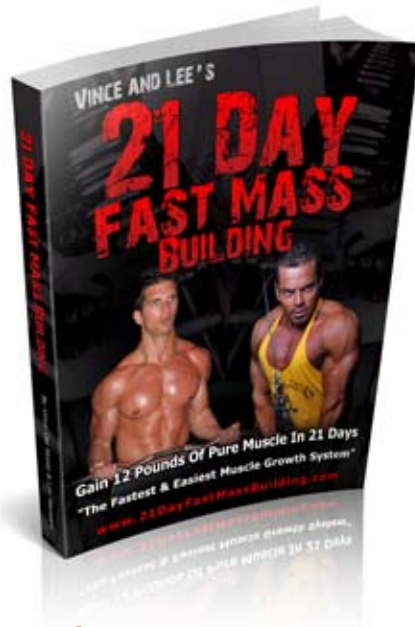
## **Q: How did you recruit your “Test Group?”**

That was the easy part! I posted a newsfeed on Facebook and got almost 50 of my friends volunteer to try out a beta-version of the program. Both Lee and I then went to our top customers and recruited another 50 people. We started recruiting people in early November 2010.

## **Q: What if I'm currently on a high-calorie diet or low-calorie diet and I want to try the program?**

If you're currently consuming an excess number of calories, you should start with the Primer Phase (low-calorie phase) to “re-prime” your anabolic engine, in a matter of speaking.

If you already on a low-calorie diet, and working towards a photo shoot or physique show, right now would be a great time to start the program with the Overload Phase (high-calorie phase).



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**Q: What kinds of supplements are involved when following 21-Day Fast Mass Building?**

Our supplement strategy is very similar to our nutrition strategy – variety and timing is vital. We don't agree with “random shot gunning” or taking supplements with no rhyme or reason. We believe that you can maximize the use of various supplements as well as save money by cycling supplements for 21-days at a time – then take a break. The body adapts to virtually everything, which is why if you don't want to stay the same – if you want to grow – you have to constantly change things.

We do recommend “stacking” certain amino acids 15minutes before you workout, 30 minutes into the workout and immediately upon completion of your workout. These ingredients slam water into your muscle cells to potentiate cell volumizing and also elevate insulin levels (to combat cortisol and transport nutrients into muscles) and glycogen storage – crucial factors for building fast mass. For full disclosure, these few supplements are not mandatory pieces of the program, but they will give you an anabolic edge.

**Q: Are there any downsides to the program?**

Depending on how many 21-day cycles you go through, you'll probably have to buy new clothes – but this means you can stop shopping in the boys section and start wearing “big boy” clothes :-)



Traditionally, high-calorie bulking diets can lead to a few unwanted effects, such as increased cholesterol levels and a greater risk of cardiovascular disease, but since our *Overload Phase* is only two weeks in length and preceded by a one week *Primer Phase* (a fat-loss phase), we don't believe there will be any adverse health consequences. All the calories in the **Muscle Power Meal Plans** are based on the top 20 muscle-building and fat-loss foods in existence. We're confident in saying the **21 Day Fast Mass Building Program** is very safe. **You should however always contact your doctor before trying any diet or exercise program.**

### **Q: What are the advantages to the program?**

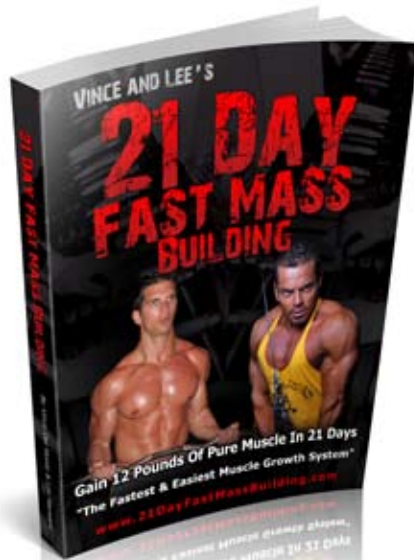
The program has various advantages over other diets, which make it much easier and realistic to follow. Our program offers variation, thus, it won't be boring to follow; it doesn't promote a lifestyle that prevents you from functioning in a social context; it's based on legitimate scientific finding; it's been tested on over 100 Test Subjects; bodybuilders have been exploiting *The Anabolic Amplifier Effect* for 50 to 60 years now; the "perfect" macronutrient ratios are not as important as the total goal calories in each phase (far easier to tackle); and the program allows you to make changes within the 21-day framework of the diet and training in terms of your individual ambitions and goals.

If you look at other diets like the ketogenic diet, the Zone diet, very high-protein diets, starvation diets, very low-fat diets, high carbohydrate diets, and high-fat diets, many of the things mentioned above are not corresponding.

### **Q: How long does it take to ship the program?**

About 10 seconds to 2 minutes, depending on your computer. After you purchase, you'll get immediate access to the entire **21 Day Fast Mass Building Program** so you can download it to your own computer and start this coming Monday.

**Nothing** is shipped in the mail so you don't have to wait for slow snail mail or wait to start adding mass and seeing results.



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### **Q: What if I'm not a "young buck", will this work if I'm considerably older?**

It's interesting because we recently surveyed our readerships and found that over 36% of our readers are males between 45-70 years of age and some of our clients in their 50's and 60's experience just as impressive results – and sometimes better than the "young bucks." If you believe age is just a number than I don't see any reason why you won't experience your *fastest* muscle gains to date.

**FYI:** muscle is a metabolic marker that tricks your body into looking and feeling younger. Ever seen a muscular 75 year old in your gym? He probably looks like he's in his 50's. **Why?** Muscle! It's never too late to start packing on pounds of muscle and be that hunk your wife wants you to be.

### **Q: I'm a female and interested. Will this work just as fast for me?**

100% *girlfriend!* Although our Test Group was primarily male dominant Lee and I would both put our ladies – Trish and Flavia – on this program. We like our ladies firm and curvy, not flabby or frail looking. This program does not favor males, a certain age, experience level or any other factor. The program works for everyone from any walk of life. The only person this program is *not for* is lazy tire-kickers.

## Q: I'm a complete beginner and wondering if I should try this program?

Man up and stop wondering! Just start with the *Fitness Model Physique* program and you're good to go. Our belief is that the best program out there is the *one that you follow*. As you print off the meal plans and follow the workouts as prescribed you're going to build some big muscle fast. My prediction is that you'll pack on 10 lbs. of quality mass in 21-days.

## Q: What if the program doesn't work for me?

Well with that attitude, it probably won't work for you :-). Our belief is that a program does not fail you; only you can fail the program.

As you can see, you really do have access to some powerful anabolic hormones – real insulin, IGF-1, and testosterone – a source you can use to pack on pounds of muscle by February 7th.

However... if after you follow the program exactly as outlined in the resources, and you do not build muscle size and strength faster in 21 days than you ever have previously, just shoot us a email and we'll give **you your money back**. No hard feelings and we can still be friends.

**The 21-Day Fast Mass Building Program just flat out makes sense.** It's backed by strong science, years of real world experience, a recent 100 man Test Group and we're predicting thousands and thousands of people saying only one thing, "*Dang... why didn't we think of this sooner... it makes so much sense and this is far smarter and faster than any other muscle building diet or program out there!*"

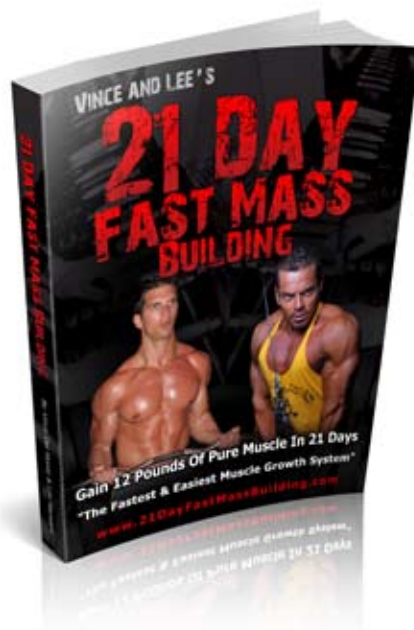
As you know, all the pressure is taken off your shoulders and placed squarely on our shoulders to deliver the results we're promising – your next step is to click **Buy The System & Pack On Fast Muscle Today!** and let prove it to you!

**The 21-Day Fast Mass Building Program** is a new bodybuilding *nutrition* and *training* approach to pack on as much as 12 pounds of pure muscle in just 21 days a powerful technique that bodybuilders have been hiding for decades.

The bottom line is that if your goal is not looking like an average person, you have to “trick” the body constantly in order to have different hormonal systems primed at different times.

The secret to the system is dramatic or “whiplash” calorie cycling that sets up *The Anabolic Amplifier Effect*, which occurs after you underfeed the body for a period of time and overfeed the body for a period of time. We call the underfeed part *The Primer Phase* and the overfeed part *The Overload Phase*.

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