



HOW YOU CAN **BUILD**
3KG OF **LEAN MUSCLE MASS** EVERY MONTH

SKINNY NO MORE

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Calling all Hardgainers & Skinny Guys....

Who Else Would Like to Defeat Genetics and Build 3kg of Lean Muscle Mass Every Month?

Dear Friend,

- Do you struggle with genetics that make it hard for you to put on more weight?
- Are you sick of being skinny and being teased about it?
- Have you been told too many times by your friends and family that you need to gain some weight so as not to be mistaken as a refugee?

If you answered **"YES"** to any one or more of the above questions, your quest stops here.

You've probably been told or read somewhere that the secret to packing on more muscle mass was either:

- "You need to train harder!"
- "You need to eat huge portions!"; or my favourite...
- "You need to take a bunch of supplements!"

WRONG, WRONG, WRONG!

In fact, this advice will only make it HARDER for you to overcome your stubborn "skinny guy" genetics!

Let me elaborate why this is so.

Training hard will not get you anywhere. Remember those days back in school when you studied hard and you still didn't get the grades you wanted?

Remember, the key is to **train SMART**, not hard.

Eating huge food portions will make you look like a whale. And worse, it will burn a big hole in your pocket. I'm sure you are not going to like either.

Honestly, I don't know what goes into the supplements and whether there are any long-term consequences on the human body. After all, supplements are artificial and many have not even been approved by

the Food & Drug Administration (FDA)! There have been proven cases of heart issues, buildup of ketone bodies and even infertility.

So what DOES work for building more muscle as fast as humanly possible?

I'll gladly share with you in a short while. But first let me congratulate you as there has never been a better time to start building muscles and gaining weight than **right now**.

With the opening up of new sporting facilities island-wide and free access to public ActiveSG gyms, realise your dreams of **building 3kg of lean muscle mass** today.

It has always been part of your resolution to do something for yourself. And yes, I know if you follow my advice, you will improve how your body looks, boost your self-esteem and increase your libido.

3 Proven Ways How You Can Bulk Up And Gain Muscle Once And For All

Adapted from Men's Health, the world's leading fitness authority, and proven by our clients since 2009, you know what I am going to share with you is the real deal.

Here are 3 proven yet simple methods on how you can bulk up and gain muscle once and for all.

Method #1 – Do not go overboard with your cardio. The good news is you only need to **do cardio at most twice a week for 30 minutes each time**. Anything more than that is not going to help you. It is best to do your cardio on non-workout days.

Method #2 – You need to increase your food intake from the **current three meals to six meals**. As your body prepares itself for muscle growth, it needs nutrition in order to do just that. You should be eating small meals once every three hours. By 'food intake', I'm referring to actual food and not supplements. Steer clear of weight gainers as they are full of artificial sugars.

Method #3 – Embark on a 90 day body transformation programme. As the saying goes, *“Rome wasn’t built in a day.”* You will need three months to see great results.

I recommend you adopt the Push-Pull-Legs workout split as this groups all the muscles involved in pushing (chest, triceps, front and side delts), all the muscles involved in pulling (back, biceps, rear delts, and traps), and the lower body (quads, hamstrings, calves, and core) together in their own workouts.

By separating your body parts by function, you'll optimize your recovery and growth because the muscles you're working on any given day aren't still sore and exhausted from the previous day's workout.

Here is your Push / Pull / Legs Training Split:

- Workout # 1 - Push Workout
- Workout # 2 - Pull Workout
- Workout # 3 - Leg Workout
- Repeat Workout # 1
- Repeat Workout # 2
- Repeat Workout # 3

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You can do these workouts on Monday, Wednesday, and Friday. Or you can simply workout every second day. I recommend a thrice weekly workout using weights. And make sure that you take a day of rest after each workout to allow your body time to rest, recover, and grow.

So if you're interested to know more about building muscles and gaining weight, here's what you need to do right now.

Step 1) Email me at contact@personaltrainingsingapore.com

Step 2) Include your **name, email** and **mobile number**

Step 3) I'll be asking some questions about your current lifestyle and your fitness goals. If you're a good fit, I'll share more about what you need to do to get started and how other clients have benefited from it as well.

Thanks for reading!