



Muscle Mutilation: How I Gained 26 Pounds Of Lean Muscle In 3 Weeks

Stone Paul

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Warning : This Is No Game For Sissies! So let me guess... The word "Bullshit!" was the first thing that popped into your head after reading the cover of my book. Believe me, I get it. I grew up calling myself a "hardgainer". I read all the articles claiming that it was "scientifically" impossible to gain more than a half pound of muscle per month. In my mind, I wanted to believe the "science" behind these claims. It made me feel better about being skinny. It gave me an excuse not to try and get bigger. With time, however, my conscience started eating away at me. After all, I have never been comfortable taking the easy way out in life. One thing I knew for sure was that "scientists" will always find the results that they are paid to find. That's why medications which were once proven "scientifically" safe are always being recalled after people start dying from it. Not only that, but over the years, I had noticed that all three macronutrients had been "scientifically" proven to be deadly. First it was fat, then it was carbohydrates and now it's protein. Apparently, humans were meant to survive solely on herbal tea and love (yes, I'm being sarcastic). What About Juice-Heads? Let's not forget that anyone who has spent enough time in the gym knows some juice-head (steroid user) who has put on at least 30 pounds of muscle in a month. Yeah, some of it might have been water and glycogen storage, but it sure looked like muscle to you, didn't it? Something was fishy. If a juice-head could gain muscle mass that quickly, then surely it can be done. The lab geeks were mistaken. The question for me was how to gain that kind of muscle mass without taking any performance enhancing drugs. So about a year ago, I decided to run an experiment on myself to gain as much muscle mass as quickly as possible. I took into consideration all of the experimentation with diet and exercise I had put myself and my clients through over the years. Eventually I came up with a basic outline and went full throttle. What was the result? I gained 30 pounds of mass in 3 short weeks and still had visible abs! Don't believe me? I documented my progress with photos on my blog at StoneAgeStrength.com. Check out the archives. I shot up from 147 pounds to 177, way bigger than I had ever been. I shared my methods with a couple clients and a couple friends. Unfortunately, they weren't as strict with the regiment as I had been, but they were still able to put on between 15 and 20 pounds of muscle mass. Not bad, considering they were seasoned lifters. Fast forward to this year... I was scheduled to take some promotional photos but was feeling a bit flat. I wanted to beef up a little before the shoot. I decided to implement an upgraded version of the tactics I used the year previous. I was hoping to gain between 5 and 10 pounds. But what ended up happening? I started out at 176 and blew up to a whopping 202 pounds with clearly visible abs! I never imagined that I would be able to break the 200 pound mark in my life. Was it simple? YES! Was it easy? NO! In this "Muscle Mutilation", I am going to tell you exactly what methods I used to gain between 25-30 pounds of new muscle in 3 weeks on 2 separate occasions. The information I am sharing here can ONLY be found in this book. It comes from my very own personal experience and has never been written about before. *Why You Don't Have To Take Steroids To Pack On Serious Mass Quickly *The Simple Fail-Proof 21-Day Schedule I Used To Acquire 25-30 lbs Of Muscle Mass In 3 Weeks *How To Keep Gaining After Your 3 Week Muscle Mutilation Course Is Done *How I Grew My Calves 2 Full Inches In Less Than 3 Months Using Only Bodyweight! *How To Keep Yourself From Getting Injured And Reverse Old Injuries *My Secret For Getting Huge With Bodyweight Exercises *Why Utilizing Joint Positioning Is Crucial For Maximum Gains *How To Schedule "Pump" Routines With "Strength" Routines For Stellar Mass *How I Got Ripped Beyond Belief Eating Mostly Carbs

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