

[Insert Testimonial]

**Tired of Not Getting Results From Exercising?  
Stop Wasting Time at the Gym!  
Start Focusing Today on the One Thing That Can Make You Bigger & Stronger**

Hey Guys,

Let me know if this sounds familiar...

You spend hours at the gym working your ass off and you've got little or nothing to show for it. You've tried different diets and supplements to bulk yourself up and there's no progress.

You're still the same puny kid you were when you started and no girl would give you the time of day.

So now what?

You have two options. You can continue to waste time at the gym while everyone else is out actually doing something productive. Or you can simply quit. After all, why bother when you're not getting results?

Do either of those options sound good to you?

I sure as hell hope not because there actually is a third option. One that can give you results IF you're willing to make the effort. Do you want to know more or do you want to want to whimp out before it gets too tough?

I thought so. The third option doesn't rely on supplements or the latest trend in diets. It relies only on you to be successful. It's up to you to follow the right program to achieve the success you've been striving so hard for.

**The One Resource Designed With You in Mind**

What program am I talking about? It's called Strength Blueprint.

Yeah, you've probably heard of strength training before but probably never thought twice about it. Guess what? Now is the time to start paying attention to it. Or you could just continue wasting time expecting results that just aren't going to happen.

I know that there's a ton of strength training programs out there. Hell, I've even followed some of them in the past. The problem is that none of those other programs gives you a

complete program. Most just focus on a workout plan and that's only part of what you should be doing to get results.

Strength Blueprint is different.

First, it is a comprehensive starting plan designed for beginners. Most programs assume you know where to begin or that you already have experience in strength training. Not this one.

Strength Blueprint walks you through all the steps you need to achieve the success and results you've been jonesing for.

### **Learn Strength Training from the Experts**

How do I know?

My name is Brad Gatens and I designed this program along with Adam Schussler. I am known as one of the top trainers in Northern New Jersey. My primary focus is on helping my students gain strength through nutrition and proven strength training techniques. I recently dead lifted three times my body weight and continue to strive to improve my power lifting totals.

Adam Schussler is a Certified Personal Trainer (CPT) who earned his Bachelor of Science in Exercise Physiology from Rutgers University. He has helped numerous people reach their goals of fat loss, strength, and performance. His unique approach combines his scientific background with personal experience to produce results for anyone regardless of their goals or limitations.

As you can see, we are both committed to providing you with the information you need to achieve the kind of results most guys only dream of.

Since we can't personally train each and every one of you who's serious about getting bigger and stronger, we decided to put all of our knowledge and experience into the one thing you need to get results.

### **Your Roadmap to Success**

Our ebook, *Strength Blueprint: The Initial Guide to Building Mass*, does just that. No other program is designed like this one. Adam and I wanted to make sure we started at the beginning. All the other programs out there focus on one thing: the gym. They assume you're already training and know what you're doing.

*Strength Blueprint: The Initial Guide to Building Mass* doesn't assume anything. It is written so that you know where to begin and what steps to take to get where you want to be.

In addition to training, it covers subjects like:

- Preparing yourself mentally for the program
- Diet and Nutrition
- Supplements – what you should and shouldn't use
- Lifestyle – how you live and the consequences involved

Not sure this program is for you?

Don't listen to me. Listen to a couple of dudes who've been where you are.

[Insert one - two testimonials]

While I can't promise you'll achieve results overnight. I can promise that this program works. Why? Because it follows a complete plan.

With ***Strength Blueprint: The Initial Guide to Building Mass***, you'll have access to all of the information you need in one place. Sure you can go out there and take the time to gather all of the facts but do you really want to waste any more time? This program was written with proven techniques and strategies designed to make you strong and keep you that way.

You might be asking how much our ebook will cost you. Before we get into that, how much money have you already wasted on gym memberships, supplements that don't work, and programs that are likely sitting in your room untouched?

That's what I thought. You won't waste money after reading ***Strength Blueprint: The Initial Guide to Building Mass***. This comprehensive program will start you off in the right direction and keep you from making costly mistakes in the future. No more spending hundreds of dollars trying to get results that just aren't going to happen.

### **Special Bonus Interview**

But before I get into price, I want to tell you about a bonus feature I've included in ***Strength Blueprint: The Initial Guide to Building Mass***.

I recently had the honor of interviewing one of the most prolific and influential strength coaches of our generation, Dan John.

Dan is a contributing writer to *Men's Health* and has been teaching and coaching for over thirty years. He also publishes the newsletter *Get Up* which focuses on sharing insights on training, nutrition, and life in general. He has won the Master Pleasanton Highland Games two times, the American Masters Discus Championships several times, the

National Masters Weightlifting Championship once, and holds the American Record in the Weight Pentathlon.

Sounds like someone you'd want to get advice from, right? That's why I've included highlights from the 45-minute interview with him as a special bonus included in the ebook at no additional charge.

You'll learn Dan's insights on:

- Important principles
- Mistakes young guys make
- Individuality
- Strength Training

Remember, I've included this at no charge to you. Where else can you get inside the mind of someone who's been there and become successful from following a structured plan of attack?

The point is nowhere. Take advantage of learning some key tips from one of the most successful strength trainers out there and start in the right direction.

### **Low Introductory Offer**

The average gym membership will set you back at least \$30 a month, if not more. That's not including all the money you wasted on supplements that were supposed to give you "miracle" results.

As I mentioned already, you've probably wasted enough money trying to see a difference when you look in the mirror but so far you've been disappointed.

No need to do that anymore.

***Strength Blueprint: The Initial Guide to Building Mass*** won't set you back \$30 or even \$20. I am offering you a complete program to start you off in the right direction and give you a plan that you can follow for the rest of your life for only \$14.99.

For \$14.99, you can achieve the results you've been hoping for and will improve the way you think and live for years to come. That's less than half of what most people spend at the gym wandering aimlessly from machine to machine thinking they're actually getting somewhere.

[Insert shopping cart button]

[Insert testimonial]

**90-Day Money Back Guarantee**

Still not convinced that this program will work for you?

How about this? I'll offer you a 90-day money back guarantee if you decide that ***Strength Blueprint: The Initial Guide to Building Mass*** isn't right for you. No questions asked.

Just return the ebook to me within 90 days of your purchase and I'll issue you a refund immediately no matter what the reason. Try getting that kind of guarantee at the gym.

[Insert shopping cart button]

P.S. Remember, in addition to the program you also receive highlights from my interview with Dan John, one of the most successful strength trainers of our time. No other program is as complete as ***Strength Blueprint: The Initial Guide to Building Mass***. From diet and nutrition to mental preparation, you won't find another program that gets you started on the right track from day one.

[Insert testimonial]