

Advanced Anabolic Secrets

“How To Totally & Radically Transform Your Physique In Eight Weeks Or Less!”



A complete resource of bodybuilding information designed to help you achieve your goals as quickly as possible!

Even if you're a “hard gainer” and have been disappointed with other diets and training programs, we guarantee results!

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A Message From Doberman Dan



Dear Friend,

The information that you now hold in your hands could be the key to the physique that you've always dreamed about. The only variable is YOU!

I know this information works very well. It's been proven time and again. The only question is, will YOU have the discipline to follow these instructions and stay consistent?

The information presented in this guide will work very well without supplements. Just follow it to a "tee" and I know you'll be very happy with the changes in your physique. But some people like that "extra edge" that supplements can give you. For that reason, I've included information about some very powerful supplements that have been proven effective for muscle mass gains, strength increase, fat loss, etc.

I sincerely hope that today is the day you set some goals and get started achieving them.

Let's get started on transforming your physique!

Sincerely,

A blue ink signature that reads "Dan Gallup".

"Doberman" Dan Gallup



"Hey Dan,

In six weeks, I have gone from weighing 207 to 194 and decreased my body fat from 16% to 11%. Before starting I performed some base line tests such as 1 rep max for bench and 1 rep max for squat. On Saturday I repeated those tests and was absolutely amazed. My one rep max for bench went from 230 lbs. to 270 lbs. and my one rep max for squat went from 340 lbs. to 410 lbs.! Needless to say I was very pleasantly surprised. I don't know if this is typical, but the result was nice."

Damon Trout
Grand Prairie, TX

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Get Ready to Make Big Gains !

If you have been struggling in the gym and not making gains by following the cookie-cutter training programs...or if you have been changing programs monthly, following the drug-induced champions "training program of the month" featured in your favorite muscle magazines, then you are going to find this a very personally rewarding, result-producing program. You might find it unusual at first, compared to the multiple set, triple-quadruple split, Bulgarian, blast and bomb super-duper, chemically-enhanced programs espoused by the champs every month in the magazines, but this simple course is extremely effective for the genetically-average person (or "hard-gainer") who chooses not to involve himself or herself in the insanity of anabolic steroids. This program has been used successfully by hard-gainers to gain mass and strength for over five decades.

I understand the frustration you've felt while working your guts out in the gym, eating right, and still not making any gains in strength or size. I've struggled for years trying different programs, diets and supplements, spending hours and hours in the gym every week, and hundreds of hard-earned dollars on the latest fad supplements, with only marginal results. It wasn't until I faithfully followed this very course that you are holding in your hands that I experienced the rapid gains in strength and muscle mass that I had been dreaming about for years. If you faithfully follow this program with consistency, determination, and enthusiasm...and when you are in the gym you give it your best effort...then I am confident that you will make great gains on this program.

Will you gain 20 pounds of muscle in eight weeks? Many factors can affect how much muscle you will gain. Some of those factors like training, diet, and mental attitude are directly within your control. Other factors like genetics, recovery-ability, hormones, etc. are out of your control. I know that hundreds of hard-gainers like yourself have gained 25 pounds or more in eight weeks on this program.

Don't worry about those factors that are out of your control. Concentrate your energy on those

factors that you *can* control and give them your all. Set a goal, write it down along with a date that you want to complete it, focus on it, visualize the results you want, and GO FOR IT!

Break down your big goal into smaller chunks, like weekly goals or poundage/rep goals for each workout. How do you eat an elephant? One bite at a time! A gain of only 2 1/2 pounds per week on each of your exercises might not sound too impressive, but imagine how big and strong you would be after six months! As Dr. Robert Schuller says, "Inch by inch, anything's a cinch. Yard by yard, it's hard." For a more in depth study of goal setting I would suggest the classic book, "The Magic of Thinking Big", by Dr. David Schwartz and "Psycho-Cybernetics" by Dr. Maxwell Maltz. Learning to set goals and follow them can translate to success in any area of your life.

You are about to start on a program that is the most effective training and diet course for getting big and strong that you will ever undertake. This program can stand up to any other bodybuilding program hands down! This program is so simple (but not easy) that you're probably wondering why you haven't heard of it before...especially since the claims, although true, are incredibly hard to believe. In the days before steroids this type of program was well know and used to build muscle fast. But after steroids started being used by bodybuilders, they found they could build up on almost any type of training, so they started doing longer routines, using isolation exercises, etc. The bodybuilding magazines printed the newer, super scientific training programs, but forgot to tell us about the steroids. So, the effective drug free training methods were branded as old, outdated and were almost totally forgotten. The fact that the average drug free trainees gains on these newer methods were poor was overlooked, it's like everyone thought "the champs have to be right, look how big they are". So people plugged along on long training programs not suited for them, making poor gains, but hoping one day they would look like their heroes.

Let's face it, most people will have a hard time believing the claims made by this program...

myself included, at first. But even Joseph Curtis Hise, the first person to develop and use this program, encountered the same resistance and disbelief over fifty years ago, in spite of the abundant evidence that the program was working! There will always be skeptics steroids for sale, but it doesn't matter if they believe it. The only person who needs to believe is you. After six weeks on this program, if followed faithfully, you will be assured that you made the right decision.

So get ready for some hard work...some very hard work! But also get ready to enjoy the big gains in strength and size that you have been dreaming of! Believe, expect big results, train hard, eat big, and GO FOR IT!

The Basics Of The Program

One of the most effective methods for building size and strength quickly is one you have probably never heard about (for reasons we already discussed). The core of this program is one (that's right...just 1) set of squats, but this one set is probably one like you have never done before. Here is where you find out what you're made of! This is one very intense set, but you only have to give it your all on this one set. You will use a weight that you can do a normal set of squats with for 10 reps...and then you will do 20 reps! I know you are asking yourself, "How am I supposed to do that?", but we will discuss technique later. This set of squats, if performed properly, will have you huffing and puffing like a freight train, your chest will feel like it's blowing up like a balloon, and your legs will feel like rubber bands, but you will learn to love this temporary discomfort when you see the awesome growth it produces. We will also add a few other basic exercises to round out the program, but most of your energy and focus will be put into that one set of squats.

In addition to the squats, you should eat plenty of good wholesome food, drink 2 quarts to 1 gallon or more of milk a day, and get plenty of rest (at least 8 hours of sleep) between your workouts, which you will perform 2 to 3 times a week.

Don't let the simplicity of this program throw

you. It is simple but it's not easy. I wasted 10 years of training and a lot of money, trying all the fancy programs and diets only to realize little to no gains. It wasn't until I followed this program that I finally started getting the size and strength gains that I had been looking for.

There is something almost magical about that gut-busting set of squats. I'm sure that some doctor or exercise physiologist, or some other expert with a lot of degrees could explain just what happens in your body as a result of those squats, but this is how I understand it: Those heavy, high-rep squats somehow cause a release of hormones and other growth-producing chemicals in your body and super-charge your blood. This "super-charged" blood is now coursing through your body and organs because of the massive amount of work and stress that you are placing on yourself. These squats become a growth stimulus to all the major muscles in your body. Once you do a set like I will discuss later, you will experience what I am trying to describe. When you are squatting, try to visualize your blood, now "super-charged" coursing through your body, bringing those growth-releasing substances and nutrients to your muscles.

After you have pushed yourself to the limit on your one set of squats, rack the bar, walk over to a flat bench (hobble or crawl over to it if you have to), lie on your back crossways on the bench, and do a set of dumbbell or barbell pull-overs for 20 reps with a light weight. The emphasis is not on the weight here, but your breathing. Of course you will be breathing (or should I say gasping) pretty deeply after those squats and this exercise will help expand your upper body framework for the slabs of muscle that you will be packing on. Take several deep breaths before each rep, then take as deep a breath as possible while lowering the weight feeling the stretch in your rib cage, and exhaling while raising the dumbbell. Take 2 to 3 deep breaths and repeat the process for 20 reps of dumbbell pullovers.

You will then perform 2 to 3 sets of several other basic exercises and you will be done and out of the gym in an hour or less. Go home, get plenty of rest, eat well, drink lots of milk, and

grow, grow, grow! You'll be totally recuperated and ready to repeat the process in a few days... except this time with 5 more pounds on the squat bar! "What?!! I could barely get 20 reps last time and now you want me to do it again with 5 more pounds?!!!" I know how you feel, I felt the same way, but this is what I have found: You will never grow until you force your body to do more. It's called "progressive resistance" and a lot of people don't practice it and therefore don't grow. I used to think that my body would tell me when to increase the weights I was using or that I would *feel* stronger when I was ready to increase the weight. My body wanted to stay where it was...and it did...for years! It wasn't until I started progressively using more weight that I really started getting bigger and stronger. This is where the phrase "Mind over matter" comes into play. You *are* stronger than you were at your last workout if you ate well, drank a lot of milk, and got plenty of rest. You *can* do 5 more pounds on the squat for another 20 rep set...you are physically capable of doing it, but you have to *believe* that you are capable of doing it, and, as the Nike commercial says, "Just do it!" It is only a few minutes of tough effort, but you will be rewarded with the size and strength gains that you have been dreaming about.

So I hope that I have made my point clear that you have to force yourself to grow. Every workout, that's *every* workout for the 8 week period, go up 5 pounds on the squat but still do 20 reps. You will be happy that you did!

On the remaining exercises, push yourself to go up at least 5 pounds every week. If you can handle more frequent increases on these other exercises, then by all means, slap on more weight. To get bigger, you need to get stronger and you must force your body to get stronger. It doesn't just happen. Use that wonderfully powerful computer that is in your noggin, program it for success, take control of your body and *will* it to grow bigger and stronger. Think big, train big, and eat big!

So, to sum up the basics of the program:

1. Heavy 20 rep squats.

2. Go up 5 pounds on squats every workout.
3. Drink lots of milk.

(Do NOT follow this diet advice if you need to LOSE weight. Go to page 13)

Don't worry that the principle is over 40 years old. It works! Thousands of people have gained more weight in a month on the squats and milk program than they had after a year or longer on other programs. Many people have experienced gains of 20 or 30 pounds in a month. John McCallum, a great bodybuilding author and promoter of the squats and milk program, said, "If you don't gain at least ten pounds a month you're doing something wrong."

The Training Program

In addition to your set of squats (more details later), the rest of your program will consist of some basic multi-joint exercises. The basic exercises are ones that involve the large muscle groups and the supporting smaller muscles, as opposed to isolation exercises. What do I mean? For example, let's say that we are going to work chest. An isolation exercise would be dumbbell flies. A basic exercise would be the barbell bench press or barbell incline bench press. The bench press not only works your pecs, but also your shoulders (anterior delts) and triceps. The bench press is a strength and size builder, building several muscles in your upper body, while dumbbell flies isolate only the pecs and don't build as much upper body mass and power.

Your focus should be on getting stronger in the basic exercises right now. Don't expend your valuable energy on isolation exercises. If you want to do some for fun or variety, and it doesn't affect your recovery-ability, then go ahead and do a few sets...AFTER you've done your basic exercise. My opinion is that you should just concentrate on the basic exercises until you've gotten up to your desired body weight and have had some appreciable strength gains. After eight weeks on this program you will be ready for a little variety and can start doing a few additional isolation exercises.

Some of you may find that this program

causes you to over-train and you are not recovering fully between your workouts. If this is the case, I will outline an abbreviated, but very effective program that is sure to produce gains in size and strength, even on the hardest of gainers!

The Exercises

This routine may not look fancy or impressive compared to some of the slick, fancy routines in the muscle magazines, but it is VERY effective. The exercises listed below should be performed in the order listed.

Squats: 1 x 20 reps

Dumbbell Pullovers: 1 x 20 reps (Immediately after squats)

Barbell or Dumbbell Bench Presses : 3 x 6 to 8 reps

Chins: 2 x as many reps as possible

Bent Over Barbell Rows: 2 x 8 to 10 reps

Seated or Standing Dumbbell Press: 2 x 8 to 10 reps

Barbell or Dumbbell Curls: 2 x 6 to 8 reps

Standing Calf Raises: 2 x 15 to 20 reps

Stomach Crunches: 1 x 25 to 30 reps

How Often Should You Workout?

This program is normally done three days a week on alternate days, like Monday, Wednesday, and Friday or Tuesday, Thursday, Saturday. Some of you will gain better if done only two days a week like Tuesday and Friday, or Wednesday and Saturday. I personally only did the routine twice a week because my body couldn't recover fast enough between workouts three days a week. I would suggest that you try it three days a week. If you are really sore (not just mild soreness and stiffness) and don't seem to be recovering and progressing between workouts, then drop

back to twice a week. For those of you who are still not recovering and gaining from this routine, you will need to perform the ultra hardgainers routine twice a week.

The Ultra Hardgainers Routine

This routine has put muscle and strength on some absolute skeletons. This is the routine that was followed by Peary Rader, founder of Iron-Man magazine, and allowed him to gain over 100 pounds of muscle! Peary was extremely skinny and weak when he started on this program after trying dozens of other routines with no results. Peary started doing squats with only 35 pounds but soon worked up to doing 20 reps with over 300 pounds! So don't be discouraged if you're using light weights to start. Soon you will be doing big weights and growing like crazy!

Squats: 1 x 20 reps

Dumbbell Pullover: 1 x 20 reps (Immediately after squats)

Bench Press or Dips: 2 x 6 to 8 reps

Barbell Rows or Chins: 2 x 6 to 8 reps

How To Perform The 20 Rep Squat

You will be doing heavy, high rep, parallel squats. These used to be called "breathing squats" and it will be quite obvious how that name came about after you do your first set according to my instructions.

Heavy means different things to different people. What is heavy for you might be light for someone else...but remember...the only person you are competing with is yourself. So let me define what I mean by "heavy". You will use a weight that you can normally squat for 10 reps... and you will do 20 reps. It will not be easy, but you will do it because you have the desire to get bigger and stronger. And you will go up 5 pounds every workout. Doing this, you will experience gains in size and strength that are noth-

ing less than phenomenal!

High rep means 20 reps, but remember, you only have to do one set. For the eight weeks that you will be using this program, feel free to experiment with different rep ranges on your squats. Always do a minimum of 20 reps but you also might want to try 25 to 30 reps. Keep it somewhere between 20 to 30 reps. I very rarely did more than 20 reps. If you do your set like I am going to describe to you, 20 reps will be all you can do.

“Parallel” means that you only squat down until the tops of your thighs are parallel to the floor. That is all the further you need to squat to thoroughly work the muscles. Going below parallel increases your risk of injury because your back starts to round out. Keep your back as flat as possible and keep your head up with your chest held high. It helps to pick a spot on the wall above your head level and look at that spot while you are squatting. Take an empty bar and practice your form in front of a mirror before you start your workout. This will also help you warm up.

Some people place the bar high on their traps and others place it lower. The higher the bar, the more strain will be on your lower back. Since I have had a nagging back injury for years, I always place the bar lower on my traps, similar to how a powerlifter would squat. If you choose to try this technique, there is a natural “groove” for the bar when you grab it, bring your chest up high, your elbows back, and your head up. You may have to experiment a little bit to find your groove, but you’ll know when you’ve found it. The bar actually rests on the top of your rear delts.

If you are very thin or find the bar cutting into your skin, it’s OK to wrap the bar with a towel or some kind of foam rubber pad. You need to concentrate on your squats, not how bad the bar is hurting your shoulders, so use some kind of padding if necessary.

OK, now we are ready to get started. Step under the bar and find your “groove”. Keep your back flat or slightly arched, chest held high,

shoulders back, and head up, and push the bar up off of the racks by straightening your legs. Take approximately one step back and put your feet about shoulder width apart with your toes pointed slightly outward. Don’t take an unusually wide or narrow stance, just put your feet in as natural position as possible. Stay “tight” in this position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place) because you should not be shifting your foot position in between reps.

Now we’re ready to do our first rep. Still in your strong and solid position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place), look at your imaginary spot on the wall and take one deep breath and exhale. Now take another deeper breath and exhale. Take a third even deeper breath, hold it and squat to parallel. As soon as you reach parallel start driving the weight back up forcefully while exhaling and maintaining your solid position (back flat or slightly arched, chest held high, shoulders back, head up, feet in place). You may be tempted to hold your breath while driving the weight up. Don’t do it unless you want to pass out and go crashing to the floor with the weights on top of you! Exhale forcefully while driving the weight up.

Congratulations, you completed your first rep. Now repeat the whole procedure with at least three deep breaths again in between each rep. After your tenth rep you may be taking 6 or more deep breaths between each rep. Take as many breaths as you need but never less than three.

At about the tenth rep is when this really becomes a challenge and you have to get mentally tough to do what it takes and finish the set. Taking five or more deep breaths between reps helps but most of your struggle will be a mental battle. You may be tempted to quit and rack the weight because it is starting to get uncomfortable. Don’t do it! You have the ability to push past the temporary pain and complete your twenty reps, but you really have to want to do it. Think to yourself that it is only one set that you have to do and when you finish this one set of twenty reps, you

will have sparked the hormonal and chemical changes necessary to get your muscles growing. Your mind is more powerful than the bar on your back. Decide to do whatever it takes to finish this one set so that you can enjoy the exhilaration of completing this mental and physical challenge.

A secret that I learned really helped me to get through my twenty reps. I warmed up with an empty bar to practice my form (back flat or slightly arched, chest held high, shoulders back, head up, feet in place), and then did a few lighter sets for 5 or 6 reps. After this warm up I would go to the locker room and sit in a stall, close my eyes and visualize myself doing all twenty reps in perfect form. I would count each rep as I visualized myself completing each one. After completing the twentieth rep in my head I would walk back out to the gym floor and get in position and do the set. I would softly say things to myself in between reps when it really started to get difficult. I would say things like, "big and strong, no problem, I can do this, piece of cake, I'm strong, I'm getting bigger and stronger, I've got it, done deal"...etc. In other words, I spoke positive affirmations to help program my mind for success. I *expected* to finish the set and I always did.

Your mind is a very powerful thing, and you can program it for success or failure. The choice is yours. If you will take the time to read some books and learn how the conscious and subconscious mind work, you will start to understand how *you* control your success or failure, not just in completing your set of squats, but every aspect of your life.

So now you've finished your twentieth rep and you've racked the bar. You are huffing and puffing like a steam engine, your whole body feels like rubber, and your chest feels like it's about to burst. So now you can collapse on the floor for a few minutes, right? Nope. Walk (or should I say crawl?!!) over to a flat bench where a very light dumbbell or barbell is waiting for you. Lie across the bench and immediately do one set of pullovers for twenty reps. Just like squats, take at least three breaths in between each rep, hold the third breath while you lower the weight over your head, keeping your elbows only

slightly bent. Exhale as you raise the weight back to the starting position.

The deep breathing brought on by the squats, followed by a chest stretching exercise like pull-overs helps to expand the rib cage and upper body structure. When doing pullovers, combined with the heavy breathing as a result of the twenty rep squats, you will feel a definite pulling or stretching sensation in your chest. This is OK. It just lets you know that this exercise combination is working.

You should only use a light weight on pullovers. The emphasis here is not on taxing the upper body muscles, but on deep breathing and getting a good stretch of your upper body and rib cage.

After you have done twenty reps on pullovers you can relax and enjoy the satisfaction of knowing that you have finished the hard part of the workout and have set the stage for muscular growth. Rest as long as you need before going on to the other exercises.

You should try to complete your workout in an hour or less. If you find yourself taking longer than an hour and fifteen minutes, you should cut down on your rest between sets, or look at cutting back on the number of sets.

To summarize:

"Work super hard, breath very deep and get big!"

The Hardgainers Muscle Building Diet

I have heard professional bodybuilders say that eighty to ninety percent of bodybuilding success is diet. This is definitely true if you are a genetically average Joe or hard gainer. Do not ignore this diet advice and think that you will grow bigger and stronger just from training, but continuing your old diet habits. If you want to get big, you've got to eat big.

If you have a lot of body fat and need to lose weight, DO NOT follow this dietary advice for hard gainers. I have some specific, very effective dietary advice for you on page 13.

I will now let you in on one of the most exciting dietary secrets for building muscle. There is an inexpensive food, found in all grocery stores, that when consumed in large quantities, causes almost miraculous gains in size and strength. I like to call it "White Magic", because consistently consuming it, along with following this training program, will cause your muscles to grow like magic. It really does do a body good! That's right, I am talking about milk! Whole milk, not 2% or skim...and fresh raw milk if it is available from any dairies in your area. To gain weight and get stronger on this program you need to be drinking a lot of milk throughout the day, with your meals and snacks and between your meals and snacks.

How much milk should you drink? That will depend on your metabolism, but two quarts a day is the minimum. If you have trouble gaining weight or are not making much progress, the goal should be one gallon a day. I know that sounds like a lot but when you sip it throughout the day, it's not difficult at all consuming a gallon a day. At times you will feel like you constantly have milk sloshing around in your stomach. But just remember that while all that is sloshing around, that "White Magic" is building those muscles bigger and stronger every day!

I bought a gallon size thermos and took it to work every day filled with that ice cold "White

Magic". I had a large McDonalds cup with a lid and a straw and kept it filled, constantly sipping on it throughout the day. It was not unpleasant or uncomfortable at all to drink all that milk. When I got tired of doing it, I just focused on my goal of getting bigger and stronger, thought about that miraculous, muscle building "White Magic", and filled the cup up again.

Was it worth it? After years of wasted effort on other routines without results, I gained twenty pounds in six weeks. I was bigger, stronger, felt better, and put on very little fat around my waist. Almost all of that twenty pounds was muscle mass. The minor inconvenience of lugging a gallon thermos to and from work, and sipping milk all day long was definitely worth it!

After eight weeks on this program and some awesome gains, I was ready to go back to a less intense program and lose the little bit of fat around my waist. I had learned a few things that allowed me to continue gaining muscle size while simultaneously losing bodyfat. But that is the subject another manual. For now, follow this program faithfully for eight weeks and don't worry about putting on a little bodyfat.

Now if you start wearing shirts that say "Goodyear" on them, your gut starts to hang over your belt so much that you can't see your shoes, and when you wear a yellow sweat-suit, forty school children try to board you... you might want to consider cutting back on the milk. For most hard gainers this will not be a problem.

So to summarize:

If you don't feel like you've been draining a cow a day, you're not drinking enough milk. Down a gallon a day of that wonderful "White Magic"!

The Hardgainer Diet

In addition to drinking your milk, you will need to eat at least three meals every day and 3 snacks between. Your body can assimilate food better when it is spread throughout the day, rather than gorging yourself on two to three large meals each day.

The main component required in a muscle building/weight gaining diet is protein. Of course you will be getting plenty of protein in your milk, but you will need to eat a lot of other quality complete protein foods. What is a “complete” protein? That is a protein source that contains all the amino acids (protein is composed of amino acids) that are required by your body to support growth. These sources are: red meat, chicken, fish, eggs, and dairy products. Other foods like beans and nuts have protein, but it is an incomplete protein. They do not contain all the essential amino acids to support growth, so don’t depend on those to supply your protein needs. Just eat plenty of good wholesome food and try to avoid the sugary junk. A little now and then won’t hurt you, though.

Sample Weight Gaining Diet

I am including the type of diet you should follow to gain some good muscular bodyweight. Diet is very important, both myself and a lot of my trainees didn’t gain until we started eating a very large amount of protein, it makes a big difference. I don’t expect you to dive in and eat all this the first day, I want you to eat progressively (just like you will train progressively) try to eat a bit more each week.

You don’t have to use protein powder, it’s not totally necessary. You can drink milk, or you can use powdered milk instead. Any protein drink can be made with powdered milk instead of commercial protein powder.

BREAKFAST

meat 1/4 lb
3 eggs
2 slices wheat toast
milk or protein drink

SNACK

cottage cheese 1/4 lb
fruit
milk or protein drink

LUNCH

Tuna Sandwich (6 oz tuna)
cottage cheese 1/4 lb
salad
milk or protein drink

SNACK

cheese sandwich 2 oz cheese
milk or protein drink

DINNER

Chicken 8 oz
baked potato
cooked vegetable
salad
milk or protein drink

SNACK

2 eggs hardboiled
fruit
milk or protein drink

This is also very convenient because most of this food can be prepared and taken to work or school in a lunchbox or “Lil Playmate” type of cooler.

I learned a secret that many successful body-builders were doing to keep their bodies in a positive nitrogen state for growth. A positive nitrogen state means that there is always complete protein (protein is the only nutrient containing nitrogen) available in the bloodstream for growth and repair. The secret is to never let more than three hours go by without consuming some kind of quality complete protein. Constantly sipping on milk throughout the day should take care of that.

The Growth Drink

Over the years I must have spent a small fortune on all the latest powders and blender drinks that were being hyped in the magazines. Save your money. I will give you the recipe to an inexpensive blender drink that supplies around 100 grams of protein per quart and tastes like a milkshake.

- 2 quarts of whole milk
- 2 cups of skim milk powder
- 1 banana
- 4 tablespoons peanut butter
- 6 raw eggs
- 2 to 4 scoops of chocolate or vanilla ice cream

If you are worried about the raw eggs and getting salmonella, then drop them in boiling water for 30 seconds before putting them in the blender. This should kill any bacteria.

When I was in a hurry in the mornings and didn't have time to prepare breakfast, I mixed up one of these blender drinks, took it in the car, and drank it on the way to work, and throughout the day. Never ever skip a meal.

I have another tidbit for those who find themselves hitting the snooze alarm too many times and being rushed in the morning. Put 2 to 3 eggs in a bowl and whip them up with a fork, adding a little milk, half and half, or heavy cream. Stick this in the microwave for approximately 1 minute. Beat it with the fork again and add some cheese. Put it back in the microwave for another 1 to 2 minutes, or until the eggs are thoroughly cooked and the cheese has melted. Put a small pat of butter on it and stir it in until it melts. Flavor to taste with salt and pepper. This is an easy and quick way to fix scrambled eggs for breakfast.

Some people who have been brain-washed by the current low fat diet fad are concerned about fat and cholesterol in their diet. The only way a bodybuilder can make a high protein, high carbohydrate, low fat diet work is to eat outrageous amounts of food and take anabolic steroids. It is

extremely difficult to build muscle size and gain weight on a low fat diet.

If you are concerned about your cholesterol level then have it checked after a month or so on this program. I have still not seen a study done on healthy people, regularly exercising intensely, and eating lots of eggs and meat, that showed an increase in serum cholesterol. If you are really concerned about this, then I suggest you immediately go to the book store and buy a copy of the book New Diet Revolution by Dr. Robert Atkins. Dr. Atkins is a cardiologist who will prove to you in his book that this low fat, high carb diet is one of the worst things that you can do to your body. More calories will be stored as bodyfat when eating the low fat diet and it will be nearly impossible to build any strength or size.

Most people in this country believe that the low fat thing is the way to go to stay healthy and lean. This belief has been repeated by the media for over ten years, but Americans have statistically gotten fatter every year and the average age for heart attacks will soon be 20 to 25 year olds! Just because something is repeated for years by the media and self-proclaimed experts, doesn't mean it's true! Read Dr. Atkins book and learn the truth.

Supplements for Hard Gainers

I have not talked about supplements yet but I do believe in taking them. Supplements can give you that “extra edge” in building muscle mass and strength.

The basics should be a good multi-vitamin/mineral supplement. A good meal replacement powder or a high quality protein powder are very helpful in your quest for more muscle mass. They both can be good substitutes for whole food meals.

Creatine Monohydrate has also proven to be very helpful in gaining muscular bodyweight and strength. Some people have noticed that they have some gastric upset and diarrhea when they start their creatine cycle with a 20 to 25 gram “loading cycle”. And I’ve found that the commonly recommended maintenance dosage of 5 grams a day is just not enough for many people to get maximum benefits.

Here's a plan that should help you get the maximum cell volumizing and muscle building effects from creatine without much (if any) gastric distress:

WEEK #	DAILY DOSAGE (grams)
1	10
2	20
3	30
4	40
5	40
6	30
7	20
8	10

This cycle is a fairly long one which allows you to retain the cell volumizing effect for a longer period of time. This provides more opportunity to gain the benefits associated with creatine usage (strength increase, increased rate of hypertrophy, etc.) You may not start seeing and feeling benefits until the third week of the cycle. The third week is usually about the optimal dosage for most people.

If you have any gastric upset or diarrhea, adjust

the dosage downward until the problem stops. Then increase the dosage by small amounts to avoid any gastric problems.

So here are the supplements I recommend for people who need to gain muscular body weight and strength:

- ***Creatine Monohydrate***
- **Nitrobol**, Anabolic Inducer
- **Jacked Up!** safe, all-natural testosterone booster

Diet Information For Fat Loss & Lean Muscle Gain

You may have a hard time believing some of the concepts presented in this book because they will probably be contrary to what you have heard or read in the past. I know how you feel. I had a hard time believing it, too, but the evidence overwhelmingly supported these ideas.

For starters (and especially for all you Doubting Thomas, “analysis until paralysis” detail-head type guys) I would strongly recommend obtaining a book by Dr. Robert Atkins entitled “Dr. Atkins New Diet Revolution”. Dr. Atkins is a cardiologist who started treating heart patients, obese people, and diabetics with a special diet that was producing amazing results. He wrote about his findings over twenty years ago in his first book, “Diet Revolution”. Now, more than twenty years later, he is still prescribing this diet and espousing it as the ultimate diet for not only fat loss, diabetes, and other ailments, but as the best diet for maintaining your health.

In his book, Dr. Atkins explains all the medical and physiological reasons that this diet produces fat loss without an accompanying loss of muscle tissue. It is beyond the scope of this book to go into depth on that. Just realize that this diet produces results and get Dr. Atkins book if you want to know why it works.

Some facts about the frequently advocated low fat/high carbohydrate diet:

- High carb diets increase water retention (3 grams water/H₂O to every gram of glycogen - stored muscle sugar) making you look soft and puffy as well as stopping your body's ability to burn fat.
- 70% of your body's energy, when at rest (not exercising), comes from fat, not carbohydrates, but high carb diets stop you from accessing the fats.
- High insulin levels in your body from eating lots of carbs lower your body's anabolic re-

sponse, growth hormone secretion, immune response, and boost fat storing enzymes at the same time.

- Obesity in America has risen more than 33% over the last ten years despite a decrease in overall fat consumption.
- 75% of the American population are physiologically unable to benefit from a high carb diet.
- Certain fats stop fat storage and stop muscle breakdown while increasing fat-burning and metabolic rate.
- Working out with weights for more than 60-75 minutes can cause your body to burn muscle, sugar, and protein, but not fat.

So if a low fat/high carb diet is totally ineffective for fat loss, what is the best diet to follow to lose fat while building muscle? A high fat/high protein/low carb diet is the magic diet if you want to lose bodyfat and maintain or build muscle.

A diet that is 65 to 70% fat and less than 5% carbs?!!! This guy must be nuts!!! I would have probably agreed with you just a few short months ago. But when people like Dr. Robert Atkins, M.D., a cardiologist, Dr. Greg Ellis, PhD., inventor of the Somatech ultrasound body composition technology, and Dr. Mauro Di Pasquale, M.D., one of the leading sports medicine experts on drugs, food supplements and nutrition, all recommend this diet as the best method for reducing bodyfat while increasing muscle size, you have to view this plan with an open mind. If you still don't believe it, buy Dr. Atkins book and read it. After that, if you still have a hard time accepting these ideas, try the diet on yourself for six to eight weeks. The results will speak for themselves.

The program that you have in your hands now is for the bodybuilder who wants to lose bodyfat without losing precious muscle size or who has been stuck at a certain weight for a long period of time. For these people, the program works great! What does “works great” mean? A

10 to 15 percent increase in lean muscle mass with a decrease in bodyfat - and in only 12 weeks!

If you're a hard gainer and have followed my previous dietary advice for bulking up, you might also want to try this diet for a period of 6 to 8 weeks. In the process of bulking up you may have put on a little body fat. That's OK, this diet will strip away that body fat almost like magic!

The high fat diet works because by increasing fat intake and reducing carbohydrate consumption, you manipulate hormone levels in the body, primarily levels of natural growth hormone, insulin, and glucagon. You end up increasing growth hormone and glucagon, and you suppress insulin, which creates a natural anabolic effect.

The basics of the diet are this: For five days (I use Monday through Friday) you follow a high fat/high protein/high calorie diet, with less than 45 grams of carbs a day. Then on the weekend you eat high protein/high carb, including even simple carbs in moderation (junk food like Twinkies, ice cream, etc.). Sound too good to be true? Read on!

What kind of foods and fats should you eat? All kinds of meat, whole eggs, butter, and heavy cream...as much of these foods as you want...no limit! This includes the following foods:

- Butter
- Margarine
- Whole eggs
- Red meat
- Pork
- Fowl
- Oils, especially flax seed oil
- Organ meats
- Bacon
- Baloney
- Sausage
- 4% milkfat cottage cheese
- Fish & Seafood
- Heavy cream
- Some cheeses (check the carb content)

The most important thing is that you drop your carbohydrate intake to 45 grams a day or less. This is essential! Ingesting more than 45 grams of steroids online carbs a day will counteract the whole system. Just to give you an example of how few carbs that is... the average baked potato has approximately 30 to 40 grams of carbohydrates! So if you eat one potato, you have had your limit of carbs for the day.

This diet will only be difficult for the first 3 to 5 days while your body adjusts to using fat for fuel. After that you should have no problems. When you start craving that pizza, ice cream, bread, or potato, just remember that you will be able to chow down on all those things on the weekends.

One thing that does not change on this program is that you will be eating more than three meals a day. You should be eating 5, 6, or 7 meals a day just like I suggested for underweight hard-gainers. Basically all your meals will be meats, whole eggs, cheese, butter, margarine, and oils. Buy a carbohydrate counter and select your carbohydrate foods like watercress and other vegetables that are low in carbs so you can eat more volume yet still stay under your carb limit of 45 grams a day. You need to be careful of hidden carbs, too, like ketchup and sauces, or breading on your deep-fried chicken or fish. If you use a protein powder, check it for carb content per serving. A 100% egg protein powder would be a good replacement if your present protein powder has too many carbohydrates. And remember that you can't use milk, half & half, or fruit juice to mix with your protein powder. Use either water or heavy cream thinned out with water. The hidden carbs can add up, too.

You don't *have* to carb-up on weekends. It sure gives your mind and taste buds a break if you do, though. Some guys stay on the diet seven days a week and get good results. I've found that loosening up the diet and eating high carb/high protein on the weekend somewhat mentally renews me and gives me an increased pump and energy when I train.

Vince Gironda always recommended a meal

of just pasta every five days when following a high fat/high protein diet. Gironda claimed that you will flatten out, lose vascularity and not get a very good pump in the gym if you do not get some carbs into your system every five days or so. This may require some experimentation on your part. Try following the diet straight through on the weekends for about two weeks and then carb up on a weekend and evaluate it for yourself. I would be very interested in hearing about your individual results.

This is not a diet that you can half heartedly follow. There's no sense in doing it half way, because it won't work. Like any other area of your life, it requires discipline and commitment if you want to achieve success. If you exceed 45 grams of carbs a day, you won't get the proper manipulation of hormones to create the anabolic/lypotropic (fat-burning) effect.

Sample Fat Loss Eating Plan

These ideas are intended as a guide. You should obtain a carbohydrate counter booklet and begin to plan your own meals, keeping your carbohydrate intake under the prescribed 45 grams a day.

BREAKFAST

- Scrambled eggs (no limit)
- Bacon (no limit)
- Cheese (watch the carb content of some cheeses!)
- Coffee with Equal® and heavy cream

(For a delicious, quick, and convenient breakfast, you may want to try my quick and easy breakfast described later.)

LUNCH

- Meat (no limit)
 - Hamburger patty
 - Pork
 - Steak
 - Chops, lamb or pork
 - Bacon

Liver
Chicken Livers
Turkey
Chicken
Fish
Meatloaf

- Eggs (Any style, no limit)

DINNER

- Small dinner salad with any style dressing
- Meat (All kinds, no limit)
- Eggs (Any style, no limit)
- Sugar-free Jello® topped with special zero carbohydrate whipped topping. (Pour a little heavy cream in a blender, add one packet of Equal®, and blend at medium speed until mixture thickens. You will think you're eating sugary junk food and cheating on your diet! It's awesome!!!)

You should nibble on meat and/or eggs in between each of your meals and also eat a high fat/high protein meal before bed. For your in-between meal snacks you can sip on the high fat/high protein/low carb blender drink described later.

Secrets To a Quick & Easy Breakfast

Breakfast seems to be a challenge for most people. Some people claim that they just don't feel like eating in the morning and would rather grab a cup of coffee and go out the door. Others don't allow the time to prepare a breakfast of eggs and bacon in the morning, so they hurry out the door with nothing in their stomachs. Skipping breakfast can literally kill your bodybuilding gains. I have a solution to both of these problems.

For those of you who don't feel like eating in the morning, a high fat/high protein/low carb blender drink is the answer. I have used the following mixture for breakfast and for between meal feedings, or even as a substitute for a solid

food meal while following this fat loss plan:

- 2 to 4 raw eggs
- 2 to 3 tablespoons of flax seed oil
- 8 to 12 oz. Water
- 4 to 6 oz. Heavy cream
- 1 to 2 packets of Equal®
- 1/3 to 2/3 cup of a low carb protein powder

Blend at low speed until thoroughly mixed. If you like your blender drinks very cold, then crush ice cubes in the blender before adding the other ingredients. For variety, you can add McCormick® flavorings like coconut, banana, strawberry, etc. These flavorings have little to no carbohydrate content in them.

If you are worried about using raw eggs because of the salmonella possibility, then put the eggs in boiling water for about one minute before cracking them open and putting them in your blender drink.

I discovered a secret for preparing a healthy breakfast in just a few minutes in the microwave oven. Bacon can be cooked in the microwave very quickly...about one minute per strip of bacon. There are special dishes made for cooking bacon in the microwave. If you don't have one you can put four to five paper towels on a regular plate, lay the bacon on top of the layer of paper towels, and cover with two to three paper towels. Place in the microwave for approximately one minute per strip of bacon.

While the bacon is cooking, put two to three eggs (or however many you want) in a bowl or large microwave-safe coffee mug. Add a little heavy cream and beat with a fork. When the bacon is finished, place the scrambled eggs in the microwave for approximately three to four minutes, stopping the microwave every minute or so to beat the eggs with a fork. When the eggs are almost fully cooked, add cheese, and small pieces of your previously-cooked bacon, and mix with a fork. Finish in the microwave until eggs are fully cooked and cheese is melted. Add butter, salt and pepper to taste. This makes a delicious and fast breakfast that is perfectly compatible with the low

carb fat loss diet.

Training Information For Fat Loss & Lean Muscle Gain

It's nothing new or revolutionary, just follow the same routine outlined earlier for hard gainers. It's one of the most effective for building muscle and increasing strength.

You might want to add 2 to 3 twenty or thirty minute sessions of aerobics (bicycle or treadmill) per week if you have a lot of body fat to lose. If you choose to do aerobics, do them at a moderate pace. A good rule of thumb for fat loss is that you should be able to carry on a normal conversation. If you're huffing and puffing, then you need to back off the intensity and slow down.

Suggested Supplements For Fat Loss & Lean Muscle Gain

- [Thermabol](#), Scientifically Engineered Fat Loss Accelerator
- [Nitrobol](#), Anabolic Inducer
- [Jacked Up!](#) safe, all-natural testosterone booster

SPECIAL FREE BONUS!

HERE'S YOUR *TWO FREE ISSUES OF*

DOBERMAN DAN'S Hardcore TRAINING JOURNAL.

Dear Fellow Bodybuilder,

I hope the two FREE enclosed issues of ***DOBERMAN DAN'S Hardcore TRAINING JOURNAL*** gives you a chance to personally see why others have been calling it the *hottest underground bodybuilding newsletter* available today. I have offered you these free issues because I feel it is the only way for you to *see for yourself* that my newsletter is a risk-free, completely guaranteed way to make all your bodybuilding efforts far more effective than you ever dreamed possible.

Paid subscribers get all the back issues along with my special bonus report, "*Extreme Fat Loss Secrets.*"

This newsletter is based on my bodybuilding strategies and techniques that have generated an average of 20 lbs. of lean muscle gains per year for my personal consultation clients.

This is a full How-To-Course on my confidential physique building process. Each issue is the equivalent of attending a seminar session each month and you will be among the first to learn my "never-before-revealed" Strategies and Techniques. *This is new and powerful bodybuilding information not taught in any currently available publication or web site.*

I hope that you accept my invitation and become a subscriber to ***DOBERMAN DAN'S Hardcore TRAINING JOURNAL***. Whether you are just starting off, or are a seasoned bodybuilder, I promise that the information presented to you will be many times more valuable than any book, course, or manual you've ever bought or any seminar you have ever attended.

What I will be sharing with you is so powerful and accurate that I offer a risk free subscription. Try it for a full year, and if you don't agree that it is worth more than all your other newsletter or magazine subscriptions combined, call us and we will send you a 100% refund.

WHAT YOU CAN LOOK FORWARD TO IN YOUR NEXT ISSUES...

☞ ***ISSUE THREE: "ANABOLIC STEROIDS. A SAFE WAY TO CYCLE THEM AND KEEP YOUR GAINS"***

Are you confused about anabolic steroid use? There's been a lot of outright B.S. about anabolic steroid use. In this issue, you'll learn the truth. If you're considering using anabolic steroids, learn a safe and sane way to cycle anabolic steroids for *maximum results with minimal side effects*. Whether you love them, hate them, or are undecided, steroids are here to stay! The trick is to make sure if you decide to use them, you do so with all the knowledge that you can learn, ensuring safety at all times. Most importantly, in this issue you'll learn the correct way to cycle anabolic steroids so you gain quickly and, more importantly, keep what you've gained when you cycle off the drugs. You'll also learn how you can find an affordable, reliable source for any physique enhancing anabolic steroids you want.

☞ ***ISSUE FOUR: "A STEP-BY-STEP CASE STUDY OF HOW TO BUILD AN EXTRAORDINARY PHYSIQUE"***

It's one thing to learn new and powerful strategies, but often it's more important to see a step-by-step example of *exactly how it's done*. This case history shows you what one of my "inner circle" clients did to build an

(Over, please...)

extraordinary physique in only six months! After this whole process he was only 4 weeks of preparation away from contest condition. Everything will be laid out in an easy-to-understand format. Training, diet, steroids...everything! It doesn't matter if you need to gain muscle mass, lose fat, or even get in contest shape. This issue explains it all.

WHAT YOU WILL LEARN IN FUTURE ISSUES...

- ☞ How to stay motivated and consistent with your goals week after week and year after year.
- ☞ **How to build up stubborn or lagging body parts.**
- ☞ How to break through any training plateaus.
- ☞ How you can increase your energy level so you'll never "run out of gas" in the gym.
- ☞ How you can workout less and see more results in half the time!
- ☞ **How you can make better gains by training with less intensity!** *(This might be the only time you'll ever hear this jealously guarded secret!)*
- ☞ Learn an exact step-by-step plan to totally transform your body in 12 weeks or less.
- ☞ How to gain size and strength without using steroids. The all natural way! Several very highly paid strength conditioning coaches recommend this workout. Why? Because it produces fast results!
- ☞ Find out about the supplements that really work. (If it's not on this list it's probably a bogus supplement!) Believe me, there are plenty of rip-off supplements out on the market right now!
- ☞ **The best way to burn body fat during any cardio session.**
- ☞ The most effective anabolic steroids for massive and quick muscle gains.
- ☞ You'll understand all the confusing "steroid lingo" terms like "receptor sites", "stacking", "cycles", and all the rest of the common, yet very often misunderstood steroid terminology. *(Once you understand this, you'll know how you can use this knowledge to achieve your muscular goals faster and safer.)*
- ☞ Training on and off steroids - Including training and cycles for the beginner, intermediate and advanced steroid users. See actual workouts, cycles and stacks, notes on the importance of measuring progress, splitting routines, and much more.
- ☞ **Gains attainable today. Do you know how much you can realistically expect to gain with or without steroids today? Cut through the nonsense and hype stories you hear about and get the real truth.**
- ☞ Tired of paying outrageous amounts of money on supplements? I'll show you where I buy mine dirt cheap!
- ☞ Safe steroid cycles, stacks etc. for bulking up, lean muscle gain only, or fat loss.
- ☞ Side Effects. A look at the two most common side effects, "water retention" and "acne", and how to

combat them; as well as an overview of the other documented side effects.

- ☞ Secret arm workout to get big arms FAST! (*This workout has been sold for over \$40.00! But you get it FREE with your newsletter subscription.*)
- ☞ Find out about the secret diet that burns off tons of fat without any other activity. (No, it's not the Atkins diet. It's way more effective!)
- ☞ And there's still much, much more!

For only \$29.95/year, or \$49.95 for two years, you will receive an eight to twelve page, power-packed issue ten times per year that will turn your bodybuilding efforts around.

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What I will be sharing with you is so powerful and accurate, that I will take all of the risk for your subscription. Try it for a full year, and if you don't agree that it's worth more than all your other newsletter and magazine subscriptions combined, call us and we'll send you a 100% refund.

GET THESE VALUABLE FREE BONUSES WITH YOUR SUBSCRIPTION

If you order now, along with your one year subscription, you'll receive this exclusive Bonus Report...

- ☞ **Bonus #1: "Physique Transformation Diet Plans. Gain Muscle! Lose Fat! Completely Transform Your Body In 8 Weeks...Or Less!"** - a \$29.95 value. Trust me, if you follow any of these incredible diet plans for 8 weeks (*and I promise you'll never be hungry*) you'll lean out like never before while packing on enough muscle mass to make a thoroughbred racehorse jealous of your quads!

But...if you'd like a two year subscription to **DOBERMAN DAN'S HARDCORE TRAINING JOURNAL** for only \$49.95, I'll not only give you a discount on your second year **but you'll also get the following two FREE bonuses:**

- ☞ **Bonus #2:** FREE copy of my just released **DOBERMANABOLICS DIET software, a \$49.95 value.** The **DOBERMANABOLICS DIET** software will customize a nutrition plan for you based on body weight and how many grams of protein per body weight you need to eat.
- ☞ **Bonus #3:** You'll also get the special **DOBERMANABOLICS DIET BONUS REPORT, a \$29.95 value.** You'll learn how to use the **DOBERMANABOLICS DIET** software and the exact timing for all your macro-nutrients so you can make maximum muscle mass gains while burning off body fat hour by hour.

To place your order simply **call us toll free at 888-758-2969, Dept. ASB.** You may also FAX or mail your order on the order form provided. (MasterCard, Visa, Discover, and American Express accepted. We can also take your check by phone or FAX.) These bonuses may not be repeated in the future, so call your order in today.

Sincerely,



Doberman Dan

P.S. The bottom line is that you'll be receiving my most powerful bodybuilding techniques, strategies and case histories that you can use to produce extraordinary gains. Your subscription comes with a 100% one year guarantee. If you don't feel it has done more for you than all your other bodybuilding publications combined, just call and ask for a "no questions asked" refund. **Call 888-758-2969, Dept. ASB and order now.**

HERE'S WHAT PEOPLE ARE SAYING ABOUT *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL ...*

"*DOBERMAN DAN'S HARDCORE TRAINING JOURNAL* is unreal. I started the program weighing 152 and came out weighing 176 after only 8 weeks. There was an increase in strength that I used to dream of! I also gained the size to go along with my increase in strength. The other guys in the gym would watch me in awe as I kept coming back to the gym throwing more weight on the bar. All of the work in this program was worth doing. The gains I made showed me that! I recommend that all hard gainers, who want to get big, subscribe as soon as possible."

Bill Ergenbright - U.S. Air Force, Germany

"Only three weeks after receiving the first issue of *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL*, I gained a solid 6 pounds of muscle. I had my bodyfat tested to see if I had put on any fat and it came out at only 11.4%. Thanks for this great bulk-building information. It was worth every penny and I will be sure to tell other people about it."

Steve Zorn - Warsaw, IN

"I had been skinny all my life, people told me I was light boned and that I would always be that way. I subscribed to *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL* and have made astonishing gains. It really works!!! I gained 17 pounds of muscle!"

Dan Rudewicz - Atlanta, GA

"I wanted to drop you a line to tell you how happy I am with the progress I've made with your newsletter. I started as a 6' 163 pound 45 year old, and finished up 8 weeks later as a 6' 173 pound 45 year old. I wish I could tell you how hard it is for me to make any gains in size and weight. Over the last 10 years I have spent untold hours in the gym, as well as trying nearly every legal supplement available, to get my weight above 160 and my measurements big enough to have clothes fit well. In just two months I have doubled what it had taken 10 previous years to accomplish!"

David Polley - Austin, TX

"I read your issue on how to gain 25 pounds for the average guy. Let me tell you I went from 132 lbs to 155lbs in 8 weeks. I thought that was great."

Lou Nicoletti - Windsor, Ontario Canada

"I thoroughly enjoy reading your newsletter. You have kept the theme simple, and in this high tech age of pseudo-scientific training info, your newsletter is a pleasure to read. I am sure many of your subscribers will make some great gains using the information provided."

Dennis B. Weis - former bodybuilding champion and author of the books *Mass!*, *Raw Muscle*, and *Anabolic Muscle Mass*, is a feature writer for such popular worldwide bodybuilding magazines as *IronMan*, *MuscleMag International*, and *Powerlifting USA*.

"There are many programs and they all claim to be the answer, but most produce more frustration than muscle. If you follow *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL* you will gain muscle-big time! I strongly urge you to subscribe."

Paul Becker - professional training and fitness consultant and author of the book *Truly Huge*.

"I have had the good fortune to be introduced to your newsletter. I am 53 years of age and am only sorry I did not get to hear of your newsletter years ago. It would have saved me a lot of money and needless experimentation. The good news is:
1. A well-developed back 2. V-shape and shoulders doing solidly well 3. My chest is up and protruding - the first time it looks 'striking' in a mirror. Most of all, I'm delighted with the overall strength of body that I feel. My legs too are taking on definition. I like the simplicity of the routine. It doesn't take too long to do each session. What you say about the hormone and chemical changes is true. I find that even though I'm in my fifties, my sex drive is quite virile at night and early morning."

Barry Casey - Mackay, Australia

"Last year I tried your mass program and added 23 lbs. After a year of other fat loss programs, I went from 215 to 183 (8.5% body fat) but just couldn't get the ripped abs even though I could feel they're underneath that small layer of fat. I've just started your 'Guide To Lose Fat & Increase Muscle' in your newsletter and it's working pretty quickly. I went from about 12% body fat to 10% in 3 days and added 1 lb. of lean mass!"

Jeff Tate - West Bountiful, UT

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DOBERMAN DAN'S...



HARDCORE TRAINING JOURNAL

VOLUME 1

ISSUE 4

***NO B.S. BODYBUILDING STRATEGIES PROVEN EFFECTIVE
FOR BUILDING YOUR PHYSIQUE AS RAPIDLY AS POSSIBLE.***

Dear Friend,

In the last issue I gave you a crash course in the safe use of anabolic steroids and a suggested Dianabol cycle for mass gains.

In this issue we're going to be talking a little more about anabolic steroid cycles and what you need to be prepared for if you decide to use them.

If you choose not to use drugs, I'm also alpha tren going to share a new discovery with you that I think may possibly be one of the few really effective all-natural substances that can significantly raise your testos- terone levels.

Most pro-hormones have been a big disappointment as far as boosting testosterone levels, but it looks like I've found something really powerful that is safe, all-natural, and has documented double-blind studies that prove it is an honest-to-goodness testosterone booster.

I'm planning on releasing this information soon on my websites but this issue will be the first time I have ever disclosed any of this research.

But we'll get to that a little later because...

THERE'S SOMETHING I JUST GOTTA GET OFF MY CHEST.

There's no doubt that steroids work for helping you gain muscle mass and lose body fat more rapidly than training drug-free. But they're not a shortcut. Training and diet are still the most important things.

I don't want you to get the impression from the last issue that I'm recommending you use anabolic steroids. That's a decision you have to make yourself, and I hope it's not one you make hastily. I hope you do plenty of research and make an informed, intelligent decision about what you think is best for you.

And make no mistake about it...whatever decision you make is ultimately your responsibility, along with the consequences of that decision.

All I'm trying my best to do with this newsletter is cut through the B.S. and misinformation to help arm you with correct information to make your own decisions.

And I implore you...heck, I'm begging you...before you even *consider* a cycle of anabolic steroids, please make absolutely sure you really are at a plateau and have exhausted all the natural means available to make further gains.

See, I trained drug-free for 15 years before I even seriously considered a cycle of anabolic steroids. I wanted to be absolutely sure I had done everything I could to gain as much as I could without the drugs. I realized now that I'm in my late 30's, my natural hormone levels were going to continually decline.

(Go to page 2 ...)

Sorry to break the news to you, but that's the truth. As far as your natural hormone levels go, it gets continually worse each year from the mid 30's and onward.

And I realized once I crossed over that line and started doing steroids, there would probably be no going back...at least if I wanted to continue making gains.

Even if you consider yourself an advanced trainee and have been doing this stuff for years, I strongly encourage you to try the routine in issue 1 & 2. It's only for 8 weeks. What have you got to lose?

One of my subscribers, Christopher Fales, is a pretty advanced trainee. He's been tossing around some pretty heavy iron for quite some time and already had a well-developed physique. He weighed over 200 pounds and had been doing some pretty advanced split routines.

But Chris hadn't been making any new gains in quite some time and kept an open mind to new ideas, if they were based on sound training and diet principles. Even though he felt like it may be a step backward for him as an advanced bodybuilder, he was willing to give it his best shot for eight weeks. After all, he wasn't making any gains anyway on his present routine so he figured he had nothing to lose.

Here's exactly what Chris wrote me after a few weeks of following this routine:

"So far so good. I am now in the middle of week four of your mass gaining program and have, as of today, gained 13 and a half pounds with my waist size maintaining!"

I did not start off small though. I have been lifting for years and weighed 203 lbs. when I started this program but was not making any new gains. Your newsletter reminded me to go back to the basics and has offered much help in the way of goal setting in my workouts.

Looking forward to getting this next month started to see how much I make in gains at the end of the two months. Thanks a lot!"

Christopher Fales

This was accomplished drug-free, my dear subscriber!

I gotta give props to Chris. Some times we bodybuilders get a little arrogant, (or maybe *cynical* is the right word) and think because we've been doing all the advanced stuff, a basic program is beneath us.

Maybe all the advanced stuff is exactly the reason you haven't been gaining!

I'm not going to beat a dead horse anymore, but I really think you should be absolutely sure you've exhausted all the drug-free means available to you before you cross over the line into the "dark side."
(*Cue scary music here!*)

Actually, let's talk a little bit about the dark side of choosing to use steroids. The benefits are quite obvious, but I think you should know a few things before you delve into it.

No, I'm not going to tell you that you're going to destroy your liver, kidneys, testicles, get "roid rage" and kill a busload of nuns and orphans with a chain saw.

The fact of the matter is, there is a less than 0.1% chance of any of that stuff happening if you're a healthy individual and follow a course of safe and sane anabolic use.

But once you start taking steroids, chances are you're really going to like them. You're going to like how you feel when you're on them, you're going to like the changes in your physique, and you're going to

like your results in the gym.

Who doesn't want to walk around feeling and being big and strong?!

But here's the problem...

If you want to do this safely and sanely so that you keep your health, you can't stay on much longer than 12 weeks, in my most humble, but accurate opinion. What this means is that you're eventually going to have to come off them and stay off for at least as long as your cycle. In other words, you did a 12 week cycle, so you need to stay clean for at least 12 weeks.

"No big deal", you say? Oh, really?

Are you ready to handle the psychological let-down you're going to experience when you stop taking them?

If you follow my advice, the "down time" won't be as bad as it could be. You should be able to keep a good majority of your gains and the psychological let down should be manageable. But I make no bones about it...a let-down and even slight depression are coming, so you better be ready for it.

Let me explain...

While you're on the juice you just plain feel better. I don't really know the physiological reasons why. But there have been studies showing that testosterone replacement therapy for men has been more effective in alleviating depression than many of these popular drugs usually prescribed for it.

While you're taking steroids you can see almost daily changes in your physique. Your muscles always have that full, slightly pumped feeling. You get stronger on a very consistent basis in the gym and get incredible pumps from your workouts. You look amazing when working out and pumped up in the gym.

Geez! What more could a bodybuilder ask for?!

But then you have to make the decision to come off for a while and let your body normalize and clear out your receptor sites. (I'll explain the importance of this in a future issue.)

Within the first several weeks you're probably going to experience a decline in strength. Bummer.

You'll also start losing some of the fullness you had in your muscle bellies. You might even start putting on a little body fat even though you're keeping your diet clean. Major bummer.

You might have a loss of sex drive and have no interest in sex. (Actually, you can experience this while even on the drugs, but it's more likely to happen after a cycle.) You may not be able to get an erection. Monumental bummer!

Your joints may start to ache and make it painful to workout.

And that's just some of the physical changes you may experience. You may experience some, none, or even all of these. But the good news is, these are all temporary and should go away within 4 to 6 weeks (maybe less) after you go off your cycle.

But it ain't over yet! We still have to deal with the mental let-down.

You may have a lack of energy and not feel very motivated to train. You might also even experience some of the effects of depression. Let's face it...it sucks to go from feeling like Superman back down to Mr. Normal!

You might even want to ignore your dear old Doberman Dan's sage advice and go right back on another cycle. I know it's tempting, but all you'll do is delay the inevitable let down a little longer.

And everything I'm describing can happen even if you follow my advice and go off your cycle correctly with Clomid to kick your body back into gear and producing it's own testosterone again. If you go off "cold turkey" you better be prepared for a major let-down and a loss of most of your gains!

I'm not trying to scare you. I just want to be honest so you know what to expect if you make the decision to use anabolic steroids. You have to take the good with the bad, the yin with the yang, the sunshine with the rain, the...awwwwww...you get the idea!

In his book, *The Road Less Traveled*, M. Scott Peck said, "Life is difficult. Once you accept that, it becomes a lot easier!"

Even while you're experiencing all the wonderful effects of the steroids, if you understand that you're eventually going to have to go off and experience "the crash", it makes it easier to bear when you cycle off.

Actually, I think I've stumbled onto something that should really make getting through this "down period" much easier. I say "think" because I have no clinical data or first hand experience to back this up...yet. But all the clinical data that I do have indicates my newest discovery is a "must have" after a steroid cycle.

In fact, it could be even more important to bodybuilders who choose not to use steroids.

I actually stumbled onto this discovery while doing research for a copywriting job for a client in the sexual enhancement market. Seems like the folks in Malaysia have been taking a plant extract for sexual enhancement for years...and one of the side effects is increased testosterone production and increased muscle mass and strength.

In fact, early results from a study conducted by a Malaysian government-sponsored agency and the Massachusetts Institute of Technology found that some chemical constituents of this plant show potent anti-cancer activity.

I'm talking about an herb called Longjack, also known as "Eurycoma Longifolia" or "Tongkat Ali". This potent herb has been demonstrated in clinical trials to increase testosterone levels and muscle growth even in castrated rats!

I'm not kidding! See the following medical studies:

Study #1

Arch Pharm Res 2001 Oct;24(5):437-40

Effects of Eurycoma longifolia jack on laevator ani muscle in both uncastrated and testosterone-stimulated castrated intact male rats.

Ang HH, Cheang HS.

School of Pharmaceutical Sciences, University Science Malaysia, Minden, 11800, Penang, Malaysia

Study #2

Exp Anim 2000 Jan;49(1):35-8

Effects of Eurycoma longifolia Jack (Tongkat Ali) on the initiation of sexual performance of inexperienced castrated male rats.

Ang HH, Cheang HS, Yusof AP.

School of Pharmaceutical Sciences, University Science Malaysia, Penang, Malaysia.

Longjack looks like a truly effective breakthrough product for natural bodybuilders or bodybuilders coming off a cycle of anabolics. It doesn't suppress natural testosterone production, it actually boosts it.

(Go to page 5...)

In addition to all those wonderful things, it also increases and stimulates your sex drive.

Medical studies reveal oral intake of Longjack dramatically boosts testosterone output. Amazingly, it works even in castrated animals. That's right...castrated. Imagine what it can do for people who still have their testicles. (Sorry, ladies. I don't yet know how this product affects women or if it's even OK for a woman to take it.)

Increased testosterone production, increase in your sex drive, and possible anti-cancer benefits...what more could a guy want?!

I had Nuka Reddy, the doctor in charge of the lab that makes my products, do some intense research and formulate a product which included not only Longjack, but also other ingredients to enhance the effects of the Longjack. After a lot of testing to get everything right, he just completed the first batch. I've got 24 bottles sitting unlabeled in the order department because...

I STILL DON'T KNOW WHAT TO CALL THIS PRODUCT!

I'm having a couple bottles shipped to me right away so I can try it. I'm also inviting a small group of people to try this product and report the results. I'll keep you informed of the results.

Here's the ingredients of this new, yet un-named product:

<i>LONGJACK PRODUCT INGREDIENTS (For 1 capsule)</i>		
<i>Active Source</i>	<i>Label Claim</i>	<i>% of Label Claim</i>
<i>Tongkat Ali (Longjack)</i>	<i>250 mgs</i>	<i>100</i>
<i>Tribulus Terrestris (45%)</i>	<i>150 mgs</i>	<i>100</i>
<i>Ginseng</i>	<i>100 mgs</i>	<i>100</i>
<i>MACA</i>	<i>50 mgs</i>	<i>100</i>
<i>Damania</i>	<i>50 mgs</i>	<i>100</i>

Dr. Nuka Reddy wrote me and said, "*The aim of this product is to improve natural secretion of testosterone in the body. This, if appropriately formulated, works like Viagra and I want to make it right.*"

After a lot of testing, Nuka says he has it right. I can hardly wait to try it!

I'll make this product available right now to subscribers of this newsletter as long as you understand this product is not really officially ready for release. I don't even know what it's going to be named and we haven't even figured out the pricing yet. It looks like the retail price for one bottle will be around \$49.95.

If you're interested in being part of the test group for the Longjack product, you can order it now for \$25 per bottle to cover our product and fulfillment costs and you can have free shipping.

You'll need to call the order department at 1-888-758-2969 and ask for Dept. N4. To get this special price, it's very important to tell the customer service rep that you're a paid subscriber to *Doberman Dan's Hardcore Training Journal* and you'd like to be part of the test group for the Longjack product.

This offer is only good for approximately the next 11 days (approx. the second week of June), which is when we will officially launch the product. After it's released, you'll have to pay the retail price. And remember, since I'm personally taking 2 of the 24 original bottles, there are only 22 left for this test.

"You Can Burn Off 5 to 10 Pounds of Body Fat And Gain 5 To 7 Pounds Of Ripped, Lean, New Muscle Mass In 30 Days Or Less...Without Any Changes At All In Your Diet!"

What if I told you there was a new non-steroidal (not a prohormone or hormone precursor) supplement that could help you **pack on as much as 8 to 10 pounds of solid, rock-hard, new lean muscle mass in as little as 4 weeks...GUARANTEED!**

And what if I told you that even though it produces astounding gains in muscle mass and strength while simultaneously burning body fat...*without any change in your diet!*...and it's completely safe, even for teenagers and women.

I know, I know...you probably have a hard time believing it, don't you?

I don't blame you, I found it hard to believe, too, but hold on to your hat because it's true! This amazing new supplement has helped many hard-gainers pack on muscle mass like crazy.

And it's easy and convenient to use. All you need to do to start experiencing mind-blowing strength and size gains, along with body fat loss, is to take a few capsules immediately after your workouts and a few more before bed on an empty stomach.

That's right! You can lose body fat and gain ripped, lean, new muscle mass without any changes in your diet at all!

Introducing Nitrobol™! A Potent Anabolic Inducer That Allows You To Grow From Each & Every Workout!

☞ **Speeds Up Recovery Time By 50% !**

☞ **900% Faster Protein Synthesis Than Whey Protein Isolates!**

☞ **99% Net Nitrogen Utilization - Highest Of Any Known Protein!**

Nitrobol™ is a "Protein Synthesis Formula" consisting of a patented proprietary blend (PATENT# 5,132,113) of L-Leucine, L-Valine, L-Isoleucine, L-Lysine, L-Phenylalanine, L-Threonine, L-Methionine, and L-Tryptophan (essential amino acids that make up protein).

Nitrobol™ was originally developed to help nourish starving children in third world countries and help them build their lean muscle tissue and restore their health as quickly as possible.

Nitrobol™ is the best protein "supplement"

ever. It's the best because it has a "Net Nitrogen Utilization" (NNU) of 99%. **That means that 99% of what you take in is utilized by your body!** Compare that to whey protein alone which yields a NNU of only 12%!

Most of today's leading protein powders offer 17 grams of whey protein per serving. However, the NNU is only 2.04 grams. That means that only 2.04 grams of the 17 grams will be utilized by your body. **It's amazing that only 2,000 mg (4 capsules) of Nitrobol™ equals the 17 gram serving of today's' leading protein powder!**

Nitrobol™ is pre-digested and fully absorbed in less than 12 minutes. This means the muscle-building aminos get to your muscle cells FAST to **induce and support muscle hypertrophy (growth)**. Dietary protein takes 3 to 4 hours to be digested.

Now you can **build lean muscle mass as fast as possible** because Nitrobol has an amazing 99% Net Absorption Rate (NAR). **It goes immediately to muscle cells at precisely the right time needed for maximum muscle growth!**

☞ Accelerate Recovery Time from exercise by 50%! **Grow faster from each and every workout!**

☞ Nitrobol increases nitrogen balance when taken between meals, after your workout and on an empty stomach before sleep. **Lose stubborn body fat while building new ripped muscle mass without any dietary changes!**

☞ A high rate Anabolic Inducer, Nitrobol keeps your body in an anabolic state so **you're constantly packing on muscle tissue...not tearing it down.**

☞ Completely absorbed within 12 minutes compared to four hours required by dietary proteins. High quality muscle and strength building raw materials available to muscle cells as quickly as possible.

☞ 1 gram of Nitrobol has all of the essential building blocks required for maximizing muscle mass while minimizing body fat.

I experimented extensively with my "Inner Circle" clients to determine Nitrobol's effects on fat loss, muscle retention while dieting, and gaining lean mass. The results were nothing

short of outstanding. In fact...

In The First 30 Days, Most Test Subjects Gained An Average Of 5 To 7 Pounds Of Lean Muscle Mass And Lost An Average Of 5 To 10 Pounds Of Body Fat!

It's important to note that these results were achieved when using Nitrobol in conjunction with weight training.

It's true! I constantly receive e-mails reporting muscle mass gains well over 5 lbs in a single month with significant fat loss.

Here's What People Are Saying About Nitrobol™

"I'm a regional bodybuilding contestant and recently started taking Nitrobol™ when I just came off a 6 week cycle of steroids. I usually lose quite a bit of my gains (approx. 50%) when I come off a cycle of steroids. This time I immediately started using Nitrobol™ according to your directions for lean muscle mass gains and it's amazing! I kept 90% of the gains I made from my steroid cycle! What's even more amazing is that now I'm starting to make gains again naturally...without steroids!"

Name withheld by request

"I'm 2 weeks into my Nitrobol™ cycle. I'm taking 12 capsules right after training because it seems to be what everyone else is doing. The only other thing that I've been taking is MetRx and I've been using that for 6 months. I'm stronger and it has to be the Nitrobol™ because since I've been taking it my bench has gone up 20 pounds. My max is 315 pounds for one and half reps. Tonight I put up 295 pounds like it was 225 so I knew it would be the night I'd break through my plateau of 315. Instead, of putting on the usual 3 plates I added a 10 on each side and did a clean 335 pound bench. I know it's not an impressive number, but I'm damn excited. Nitrobol™ is the Bomb! Thanks."

Peter Swaine, Piqua OH

How Do I Use Nitrobol™?

A dose of at least 10 capsules post workout with an additional 10 before bed on training days only is a good place to start. It is a very economical path to take while enjoying great benefits from Nitrobol. Start at this dose and experiment with higher levels when you are ready.

(Please go to page 7 ...)

The timing of **Nitrobol** intake is without a doubt the single most important factor. When taken on an empty stomach it's *instantly* delivered to the blood and subsequently to the muscles. For this reason it is recommended that **Nitrobol** be used either in-between meals, before bedtime, and the most crucial time to take it is immediately after training.

When **Nitrobol** is taken in-between meals throughout the day it can have a significant impact on maintaining a positive nitrogen balance for longer periods throughout the day. What this means is...

A Positive Nitrogen Balance Means More Consistent & Dramatic Muscle Mass And Strength Gains For You!

When **Nitrobol** is taken after workouts it has a **profound** impact on helping you gain muscle by delivering a much-needed source of nitrogen at the precise time when your body needs it most.

When **Nitrobol** is taken prior to sleep it increases serotonin levels which aid sleeping and help contribute to the recuperation necessary for accelerated muscle growth.

Many more little known but proven secrets for maximizing the building of new lean ripped muscle mass...while at the same time losing ugly body fat, are included with your order of **Nitrobol**.

When Using Nitrobol How Long Before I Start Seeing Benefits?

Assuming that you're taking **Nitrobol** at the right time and appropriate dosages are ingested, **results can be achieved in as little as one week.**

However, to evaluate the effectiveness of **Nitrobol**, you may wish to allow at least 4 weeks of proper usage. During this period a complete determination of **Nitrobol's** effectiveness may be achieved.

An overwhelming number of **Nitrobol** users claim to feel a difference after only the first week of usage.

According to Dr. Jack Dawkins, M.D., D.O. from Houston, TX and confirmed by hundreds of **Nitrobol** users...significant gains in both strength and size will be realized immediately as well as considerable reduction in post workout soreness.

Listen, anyone that isn't using **Nitrobol** after training is crazy! It's the best anabolic inducer available for getting ripped while packing on lean, rock-hard muscle.

If you take **Nitrobol** even for only one month you'll experience **astounding results**

and you'll be a customer for as long as you train. Why? Because it flat-out works! No hype. No B.S.

100% Guaranteed To Give You Increased Muscle Mass And Strength While Losing Body Fat!

In fact, I'm so sure you'll be amazed and thrilled with your results that I'm offering a 100% no-questions-asked, money-back guarantee. Use **Nitrobol** for a full 30 days exactly as suggested. If you don't see significant improvements in muscle size, strength, and body fat reduction, simply send us back the empty containers and get a 100% no-hassle refund.

It's easy to order...

One bottle of **Nitrobol™** (contains 240 500mg capsules) is only \$49.95 + \$5 S&H.

But If You Really Want To Maximize Your Results And Muscle Mass & Fat Loss Gains, We Offer Three Different Nitrobol™ Special Discounted Packages To Get You Started:

Nitrobol Basic: 2 bottles of **Nitrobol™** (each bottle contains 240 500mg capsules) for the special discounted price of only \$79.95 + \$6 S&H. **That's a savings of \$20.00!**

Nitrobol Silver: 3 bottles of **Nitrobol™** (each bottle contains 240 500mg capsules) for only \$119.95 + \$6 S&H. **That's a savings of \$30.00!**

And The Best Deal...

Nitrobol Gold: 4 bottles of **Nitrobol™** (each bottle contains 240 500mg capsules) for only \$139.95 + \$6 S&H. **That's a savings of \$60.00!**

It's easy to order but you'll have to act quickly...

My supplies of **Nitrobol** are limited. Because the exact amino acid combinations have to be so precise it takes quite a long time to manufacture a new batch.

Right now I only have 77 bottles left...and they're going FAST! And due to all the specialized work required of our lab, it can take as long as two months to get a new batch ready!

So if you want to start getting amazing muscle mass and strength gains from **Nitrobol** **you better order today!**

Just call **toll-free 1-888-758-2969, Dept. N4** any time with your Visa, MasterCard, Discover, or American Express. We can also take your personal check over the phone just like a credit card.

Order now and get the most effective and safe supplement combination for fat loss, muscle growth, and strength gain. But that's not all you get...

When you order either the **Nitrobol Silver** or **Nitrobol Gold** package within the next 10 days you'll get my new book absolutely FREE...

"Advanced Anabolic Secrets. How To Totally & Radically Transform Your Physique In Eight Weeks Or Less!"

In this book, you'll learn the exact program that has helped thousands of hard-gainer bodybuilders pack on muscle mass faster than ever thought possible.

If you need to lose body fat and get "cut up" this book also contains one of the most effective fat-burning training & diet plans, allowing you to keep all your hard-earned muscle, while getting as ripped as possible!

I normally sell this book for \$37.00, but you get it **FREE** when you order either the **Nitrobol Silver** or **Nitrobol Gold** package within the next 10 days.

Call now toll-free 1-888-758-2969, Dept. N4 to get your supply of **Nitrobol** while supplies last.

Call today and **watch the exciting changes happening in your physique every single day!**

A 5 to 7 lb. gain of muscle mass and a 5 to 10 lb. fat loss can be yours in as little as 4 weeks!

P.S. Don't forget, you'll have to act quickly. Right now I only have 77 bottles of **Nitrobol** left...and they're going FAST!

Call now toll-free 1-888-758-2969, Dept. N4 with your Visa, MasterCard, Discover, or American Express. We can also take your personal check over the phone just like a credit card.

P.P.S. If you take **Nitrobol** even for only one month you'll experience **astounding results** and I'm convinced you'll be a customer for as long as you train. **Nitrobol** just flat-out works! No hype and no B.S.!

P.P.P.S. Still not convinced? No problem. Remember, I'm so sure you'll be amazed and thrilled with your results that I'm offering a **100% no questions asked, money-back guarantee.** Use **Nitrobol** for a full 30 days exactly as suggested. If you don't see significant improvements in muscle size, strength, and body fat reduction, simply send us back the empty containers and get a **100% no hassle refund.**

At this time it looks like this product could be one of the most important new supplements for natural body-builders or anybody coming off a steroid cycle. I'm pretty excited about it.

NITROBOL UPDATE

Nitrobol has been a popular product for gaining muscle mass and losing body fat, even for people who don't stick to their diets as well as they should. I continue to get testimonials from people around the world getting outstanding results by simply taking the product immediately after training and also before bed.

You'll see in this issue of the newsletter that there has been a slight price increase. But that is because you now get 2 and ½ times more servings per bottle! Previously a bottle contained fifty 1,000mg tablets for \$31.95. A lot of people complained that 50 servings per bottle was just too small a size.

Our newest batch contains 240 500mg capsules per bottle. This means there are now 120 1000mg servings per bottle. 2 and ½ times more servings per bottle than the previous batch!

If we stayed with the old pricing the new upgraded size would cost \$79.88 per bottle. But since our lab is getting a better deal on raw materials, I'm passing the price savings along to you.

A bottle of our newest batch with 2 and ½ times more servings per bottle is only \$49.95. There are also some pretty significant savings on multiple bottle orders. Read all about it on page 6 and 7 of this issue.

One other thing that bothered me about the previous batch was the tablets had to really be heavily compressed at the lab in order to cram in 1,000 mg of product per tablet. This much compression into a tablet significantly slowed absorption once the product was swallowed.

So Nuka, the genius doc in charge of our lab, suggested we put it into capsules. This significantly speeds up the absorption of the product.

But we didn't want you to have to swallow "horse size" capsules so we only put 500 mg of Nitrobol in each capsule. So you now need to take 2 capsules to equal 1,000mg of Nitrobol. But the upside is much better and faster absorption.

So with this newest batch of Nitrobol, you're getting...

☞ **2 and ½ times more servings per bottle than previously!**

☞ **A lower price per serving**

☞ **Faster absorption of the product**

And as with everything else, I guarantee your results.

Don't miss the next issue. I'm going to share some more safe and effective anabolic steroid cycles and stacks that work like gangbusters for adding muscle mass quickly.

All the best,



P.S. I almost forgot I promised in the last issue to tell you how you can find a safe and reliable supplier for any kind of physique enhancing drug. Get on the Internet. It's one of the best sources for honest and reliable suppliers.

P.P.S. When you subscribed I told you this newsletter would be published ten times a year. July is one of the months where I don't publish a newsletter. The next issue will come out the first week of August. Until then, peace!

DOBERMAN DAN'S...



HARDCORE TRAINING JOURNAL

VOLUME 1

ISSUE 5

***NO B.S. BODYBUILDING STRATEGIES PROVEN EFFECTIVE
FOR BUILDING YOUR PHYSIQUE AS RAPIDLY AS POSSIBLE.***

Dear Friend,

Remember in the very first issue I told you...

"And I'm not too proud to admit when I'm wrong. If I find out I told you something wrong, I'll make it right as soon as I possibly can. The only thing I'm concerned about is arming anabolic steroids for sale you with the information

you need to achieve your bodybuilding goals."

It only took four issues for me to screw something up, but I'm going to make it right in this issue.

In Issue 3 & 4 we talked about using Clomid after a cycle of steroids for a couple weeks to jump start your testicles into getting back up to speed as quickly as possible.

The use of Clomid started when Dan Duchaine, one of the original "steroid gurus" back in the late 80's, started recommending the use of this drug post cycle. It looked great on paper and all the pros started using it.

To make a long story short, reliable inside sources of mine have disclosed that all of the pros stopped using Clomid several years ago because it just flat out doesn't work like everybody thought it would. In fact, my friend and fellow bodybuilding writer, Nelson Montana, says Clomid might even cause more harm than good.

Nelson brings up a good point. Most of the top bodybuilders from the 50's through the mid 70's used steroids but none of them ever used Clomid when coming off their cycles. So how did they keep from losing their gains? Moderate dosages for only short periods of time.

Let me tell you about my Clomid experiences...

The first time I tried it was after a Dbol cycle similar to what I outlined in Issue 3. I didn't feel the Clomid was doing much at all. I chalked it up to the fact that I didn't really know my supplier well and must have bought a bogus counterfeit.

One thing I did notice was a drastic increase in acne. I just thought it must be due to hormone imbalance from my post-cycle let down.

I also seemed to put on more body fat and felt pretty depressed.

All that makes sense according to what I've recently discovered. Apparently Clomid doesn't show much promise of getting your testicles producing testosterone again. In fact, what it seems to do quite efficiently is raise estrogen levels.

That would explain the acne, fat gain, depression, and what a lot of guys describe as "weepiness". Clomid itself is a mild estrogen. The theory is it is supposed to bind to estrogen receptors to keep the

(Go to page 2 ...)

“spillover” estrogen that may have aromatized from your steroids from binding with the estrogen receptors.

Hmmmm????? Since my neighbor’s house is on fire I’m going to go ahead and burn down my house to keep my neighbor’s fire from spreading and burning down my house. When put in those terms it really seems ridiculous, doesn’t it.

Here’s a sure indicator that Clomid just isn’t working. Nelson Montana assures me none of the pros are using it anymore and haven’t used it for years.

Look, these guys are at a level where anything that would even give a .01% advantage is worth using. Apparently none of them think Clomid is even worth considering. If it really worked like we were told it did, the pros would be on it year round, on or off cycle.

According to research Nelson did, Clomid cause a suppression of FSH (follicle stimulating hormone) which controls levels of LH (leutenizing hormone). The release of LH controls how much testosterone you have. It’s no wonder people always experience a “crash” after coming off Clomid!

So what are your alternatives to get the boys rocking again after a cycle of anabolic steroids.

First of all, if your anabolic steroid dosages are kept moderate and the cycles short (6 to 8 weeks or less) the suppression of your natural testosterone levels will be minimized.

There is also evidence that the use of the oral steroid Anavar (Oxandrolone) in moderate dosages for a few weeks at the end of a cycle helps solidify your gains without suppressing natural testosterone levels. More about this in a future issue.

Remember in the last issue I told you about a new product I’m working on that shows some really exciting potential? It has been perfected and is ready for release. I have waited to release this product until I notified subscribers to my newsletter first. Since you have placed your trust in me by subscribing to my newsletter I feel it’s only right to notify you first of any new breakthrough developments.

AND BELIEVE ME...THIS IS A TRUE BODYBUILDING BREAKTHROUGH.

I don’t think anyone would argue that testosterone is the Holy Grail for serious bodybuilders.

No other hormone influences whether all your hard work in the gym results in lean, ripped muscle or flabby failure. Testosterone influences not just muscle growth, but also leanness, mood, sex, heck - even success in business.

More than anything else, testosterone levels are the difference between making maximum bodybuilding gains or constantly busting your ass in the gym with no results.

Taking testosterone and anabolic steroids is a proven method of increasing muscle gains.

The lust for higher testosterone levels isn't limited to bodybuilders and obsessive athletes. A radical change is occurring.

Testosterone is now for the masses. Baby Boomer men reaching middle age follow healthy diets, work out and do the right things. But they discover their sex drive, muscle mass and energy decline.

What's The Solution? Testosterone!

I've tried all the alleged natural "testosterone booster" supplements, including most of the prohormones, but have always been disappointed with the results. Nothing ever worked as well as they claimed it would.

But during a recent vacation in Malaysia, I stumbled onto a bodybuilding discovery that is a true breakthrough for radically and safely increasing testosterone levels.

After doing nothing but eating, drinking, and relaxing for the first three days of my vacation, I decided to find a nearby gym to get in my regular workout.

There was no problem finding a gym. In fact, there were four of them all within walking distance. That seemed a little strange to me because I didn't really think bodybuilding or fitness was a big thing in Malaysia. But after visiting all four gyms, what was even stranger was...

EVERY SINGLE GYM WAS FULL OF BUFF, RIPPED GUYS.

At first, I thought a bodybuilding competition was in town, but almost every single guy in these gyms was a local resident.

I thought it was pretty strange that a place like this in a tropical climate could have such a high concentration of ripped bodybuilders. I just had to find out why.

After my workout, I befriended the owner of the gym. He was initially hesitant about answering my barrage of questions, but after an invitation to dinner and a few drinks, he came clean.

"Look," he said, "we really don't want our little secret here slipping out to the states. It's been our insider advantage for decades."

"But do you want to know why there are so many buff guys in Malaysia?" he asked.

"There's a plant that grows here naturally called '*Eurycoma Longifolia*', '*Tongkat Ali*' or '*Longjack*' for short.

"Years ago, somebody discovered that by eating this plant, it drastically increased a guy's sex drive.

"But, we also found out...

"IT SHOOTS YOUR TESTOSTERONE LEVELS THROUGH THE STRATOSPHERE AND BUILDS MUSCLE LIKE CRAZY!"

"Once word got out in town, all the guys started taking it.

"A few years ago, we found out it works even better when concentrated and put in a capsule. That's how we've been taking it ever since.

"We've tried to keep this to ourselves here in Malaysia. So far what grows here naturally has been enough to keep us supplied. We don't want everybody and their brother storming in here and taking our little secret away from us."

I paid our tab and excused myself as fast as I could. I couldn't wait to start grabbing up as much of this plant as possible. (You wouldn't believe what I had to do to get it back through customs!)

Once I got back home, I started taking this stuff exactly according to my friend's instructions.

I was hoping it would work like they say Clomid is supposed to work.

But after taking Longjack it only took about 2 weeks to realize...

IT MAKES CLOMID SEEM LIKE TAKING A BABY ASPIRIN!

Before I used up my entire stash, I sent a sample to my buddy in New York, who has his PhD in chemistry.

After a month-long analysis, he concluded that this stuff would only grow in a climate exactly like Malaysia, and try as we might, there was no way we could recreate that climate in a lab or greenhouse.

So, back to Malaysia I went, this time, with an attorney, my PhD friend, and a small army of potential investors.

To make a long story short, we struck a deal with one of the largest growers of Longjack in Malaysia.

After years of disappointments with various supplements, there are very few supplements I'm excited about. But I'm really excited about this one.

See, I have a healthy skepticism for any kind of "natural" product, regardless of what the research says. Like I said, I've been let down many times in the past with all these "miraculous supplements" that are supposed to work "just like steroids."

I have to see results or I just don't believe it...no matter how good the research shows it to be.

So, when I took a couple of capsules of my new product "Jacked Up!" (yeah, that's what it's REALLY called!), I didn't expect any immediate results, and I certainly didn't expect to FEEL anything working.

I've taken Viagra before so I know the effects of that, and how it feels.

Let me tell you...

JUST A COUPLE CAPSULES OF "JACKED UP!" GAVE ME ABOUT 75% OF THE SAME EFFECTS AS 50 MG OF VIAGRA! WOW!

But the real test came when I wanted to see if it could restore my natural testosterone levels after an anabolic steroid cycle.

I recently finished an 8-week cycle of Sustanon and Deca-Durabolin. If I have room in this issue, I'll tell you the exact protocol I followed. If there's not enough room in this issue, I promise to give you all the details in the next issue. I made some incredible body composition changes in only 8 weeks!

Normally, I lose about 50% of my gains within a month of going off the anabolics. Even when I have used Clomid post-cycle, I still lose at least half of my gains. Now I understand that Clomid was probably partly or mostly responsible for a lot of this.

This time, post-cycle, I decided not to use Clomid but instead take 2 capsules of "Jacked Up!" a day. I took 1 capsule in the morning and another early evening. The results have been incredible!

I'm now into my 6th week post-cycle and have not lost one ounce of bodyweight or muscle mass. I'm not kidding!

And even better, I never experienced the typical "post-cycle crash". I've maintained all my size and strength gains. I've not experienced the typical depression, and don't have the expected post-cycle joint pains.

This is the first time I have EVER kept all of my gains after a steroid cycle. The only variable this time was the addition of "Jacked Up!" post-cycle.

I'm a total believer! I will never do a cycle of steroids without a supply of "Jacked Up!" to take post-cycle. In fact, I'm going to continue taking 2 to 3 capsules a day for as long as I'm not using anabolics.

I wish I would have known about this stuff years ago. Clomid always caused more problems, and didn't really work in restoring normal testosterone levels.

(Go to page 5...)

The side effects of Clomid are increased estrogen levels, acne, depression, etc. All that, and it STILL doesn't work in restoring the body's natural testosterone levels!

"Jacked Up!" beats Clomid hands down!

I had a healthy supply of Clomid on hand that I chucked in the trash. I'll never touch the stuff again.

Now I should add that in addition to the Jacked Up!, I also started on a cycle of creatine and did a few weeks of Clenbuterol.

Since I'm running out of room in this issue, I'll reveal my entire cycle and post-cycle regimen including training and diet info in Issue 6. It was an incredibly successful cycle for body recomposition, which was my goal.

I added some nice muscle mass without bulking up. In fact, I brought my body fat percentage down to a nice 9% where it is easy to maintain. I'm not ripped by competition standards but I've got a decent "4 pack".

MORE EFFECTIVE IN INCREASING TESTOSTERONE LEVELS THAN PROHORMONES

The prohormones have been a big disappointment for increasing testosterone levels. Sure, some guys get a decent boost from them, but as a general rule, they don't really do much for most people. Besides, you soon won't be able to get them in the US without a prescription if the recently proposed legislation passes banning prohormones.

Jacked Up! has proven it's value for getting testosterone levels back to normal after an anabolic steroid cycle but I think it is even more important for drug-free bodybuilders. It may be the only supplement legally available that is actually proven in double-blind studies to significantly raise testosterone levels.

And Jacked Up! raises testosterone levels by boosting your body's own production of testosterone. It doesn't suppress your own natural testosterone levels like prohormones and anabolic steroids.

If you are a man 35 years old or older, you should probably be taking 2 capsules of Jacked Up! a day just to maintain normal testosterone levels and avoid what doctors are now calling "andro-pause". Andro-pause is for men what menopause is for women.

It's a sad fact of life for men that testosterone levels start declining in your mid 30's, and continue declining the rest of your life. This is one of the biggest contributing factors to aging, increased body fat, decreased sex drive, loss of strength and muscle mass, "pot belly" etc.

If you're over 30 years old and wondered why it seems harder and harder to make gains...or...

It seems that even though you're working out regularly and intensely, doing cardio, and eating the same as always...but can't get rid of your love handles...declining testosterone levels is the most likely culprit.

By keeping your body's own natural levels of testosterone elevated with 2 capsules of Jacked Up! every day, you can avoid most of the nasty effects of "andro-pause".

SOUNDS TOO GOOD TO BE TRUE? CHECK OUT THE DOUBLE-BLIND STUDIES...

A few years ago a clinical trial was done on Longjack. It showed conclusively that daily ingestion of Longjack increased testosterone levels in castrated rats! These animals had no testicles but showed significant testosterone increases and sexual behavior after just a few weeks of ingesting Longjack!

I don't expect you to take my word for it. Check out just a few of the many double-blind studies done on this amazing substance. I've included just a few of the references to these studies. All these studies can

"You Can Burn Off 5 to 10 Pounds of Body Fat And Gain 5 To 7 Pounds Of Ripped, Lean, New Muscle Mass In 30 Days Or Less...Without Any Changes At All In Your Diet!"

What if I told you there was a new non-steroidal (not a prohormone or hormone precursor) supplement that could help you **pack on as much as 8 to 10 pounds of solid, rock-hard, new lean muscle mass in as little as 4 weeks...GUARANTEED!**

And what if I told you that even though it produces astounding gains in muscle mass and strength while simultaneously burning body fat...*without any change in your diet!*...and it's completely safe, even for teenagers and women.

I know, I know...you probably have a hard time believing it, don't you?

I don't blame you, I found it hard to believe, too, but hold on to your hat because it's true! This amazing new supplement has helped many hard-gainers pack on muscle mass like crazy.

And it's easy and convenient to use. All you need to do to start experiencing mind-blowing strength and size gains, along with body fat loss, is to take a few capsules immediately after your workouts and a few more before bed on an empty stomach.

That's right! You can lose body fat and gain ripped, lean, new muscle mass without any changes in your diet at all!

Introducing Nitrobol™! A Potent Anabolic Inducer That Allows You To Grow From Each & Every Workout!

☞ **Speeds Up Recovery Time By 50% !**

☞ **900% Faster Protein Synthesis Than Whey Protein Isolates!**

☞ **99% Net Nitrogen Utilization - Highest Of Any Known Protein!**

Nitrobol™ is a "Protein Synthesis Formula" consisting of a patented proprietary blend (PATENT# 5,132,113) of L-Leucine, L-Valine, L-Isoleucine, L-Lysine, L-Phenylalanine, L-Threonine, L-Methionine, and L-Tryptophan (essential amino acids that make up protein).

Nitrobol™ was originally developed to help nourish starving children in third world countries and help them build their lean muscle tissue and restore their health as quickly as possible.

Nitrobol™ is the best protein "supplement"

ever. It's the best because it has a "Net Nitrogen Utilization" (NNU) of 99%. **That means that 99% of what you take in is utilized by your body!** Compare that to whey protein alone which yields a NNU of only 12%!

Most of today's leading protein powders offer 17 grams of whey protein per serving. However, the NNU is only 2.04 grams. That means that only 2.04 grams of the 17 grams will be utilized by your body. **It's amazing that only 2,000 mg (4 capsules) of Nitrobol™ equals the 17 gram serving of today's leading protein powder!**

Nitrobol™ is pre-digested and fully absorbed in less than 12 minutes. This means the muscle-building aminos get to your muscle cells FAST to **induce and support muscle hypertrophy (growth)**. Dietary protein takes 3 to 4 hours to be digested.

Now you can **build lean muscle mass as fast as possible** because Nitrobol has an amazing 99% Net Absorption Rate (NAR). **It goes immediately to muscle cells at precisely the right time needed for maximum muscle growth!**

☞ Accelerate Recovery Time from exercise by 50%! **Grow faster from each and every workout!**

☞ Nitrobol increases nitrogen balance when taken between meals, after your workout and on an empty stomach before sleep. **Lose stubborn body fat while building new ripped muscle mass without any dietary changes!**

☞ A high rate Anabolic Inducer, Nitrobol keeps your body in an anabolic state so **you're constantly packing on muscle tissue...not tearing it down.**

☞ Completely absorbed within 12 minutes compared to four hours required by dietary proteins. High quality muscle and strength building raw materials available to muscle cells as quickly as possible.

☞ 1 gram of Nitrobol has all of the essential building blocks required for maximizing muscle mass while minimizing body fat.

I experimented extensively with my "Inner Circle" clients to determine Nitrobol's effects on fat loss, muscle retention while dieting, and gaining lean mass. The results were nothing

short of outstanding. In fact...

In The First 30 Days, Most Test Subjects Gained An Average Of 5 To 7 Pounds Of Lean Muscle Mass And Lost An Average Of 5 To 10 Pounds Of Body Fat!

It's important to note that these results were achieved when using Nitrobol in conjunction with weight training.

It's true! I constantly alpha pharma receive e-mails reporting muscle mass gains well over 5 lbs in a single month with significant fat loss.

Here's What People Are Saying About Nitrobol™

"I'm a regional bodybuilding contestant and recently started taking Nitrobol™ when I just came off a 6 week cycle of steroids. I usually lose quite a bit of my gains (approx. 50%) when I come off a cycle of steroids. This time I immediately started using Nitrobol™ according to your directions for lean muscle mass gains and it's amazing! I kept 90% of the gains I made from my steroid cycle! What's even more amazing is that now I'm starting to make gains again naturally...without steroids!"

Name withheld by request

"I'm 2 weeks into my Nitrobol™ cycle. I'm taking 12 capsules right after training because it seems to be what everyone else is doing. The only other thing that I've been taking is MetRx and I've been using that for 6 months. I'm stronger and it has to be the Nitrobol™ because since I've been taking it my bench has gone up 20 pounds. My max is 315 pounds for one and half reps. Tonight I put up 295 pounds like it was 225 so I knew it would be the night I'd break through my plateau of 315. Instead, of putting on the usual 3 plates I added a 10 on each side and did a clean 335 pound bench. I know it's not an impressive number, but I'm damn excited. Nitrobol™ is the Bomb! Thanks."

Peter Swaine, Piqua OH

How Do I Use Nitrobol™?

A dose of at least 10 capsules post workout with an additional 10 before bed on training days only is a good place to start. It is a very economical path to take while enjoying great benefits from Nitrobol. Start at this dose and experiment with higher levels when you are ready.

(Please go to page 7 ...)

The timing of **Nitrobol** intake is without a doubt the single most important factor. When taken on an empty stomach it's *instantly* delivered to the blood and subsequently to the muscles. For this reason it is recommended that **Nitrobol** be used either in-between meals, before bedtime, and the most crucial time to take it is immediately after training.

When **Nitrobol** is taken in-between meals throughout the day it can have a significant impact on maintaining a positive nitrogen balance for longer periods throughout the day. What this means is...

A Positive Nitrogen Balance Means More Consistent & Dramatic Muscle Mass And Strength Gains For You!

When **Nitrobol** is taken after workouts it has a **profound** impact on helping you gain muscle by delivering a much-needed source of nitrogen at the precise time when your body needs it most.

When **Nitrobol** is taken prior to sleep it increases serotonin levels which aid sleeping and help contribute to the recuperation necessary for accelerated muscle growth.

Many more little known but proven secrets for maximizing the building of new lean ripped muscle mass...while at the same time losing ugly body fat, are included with your order of **Nitrobol**.

When Using Nitrobol How Long Before I Start Seeing Benefits?

Assuming that you're taking **Nitrobol** at the right time and appropriate dosages are ingested, **results can be achieved in as little as one week.**

However, to evaluate the effectiveness of **Nitrobol**, you may wish to allow at least 4 weeks of proper usage. During this period a complete determination of **Nitrobol's** effectiveness may be achieved.

An overwhelming number of **Nitrobol** users claim to feel a difference after only the first week of usage.

According to Dr. Jack Dawkins, M.D., D.O. from Houston, TX and confirmed by hundreds of **Nitrobol** users...significant gains in both strength and size will be realized immediately as well as considerable reduction in post workout soreness.

Listen, anyone that isn't using **Nitrobol** after training is crazy! It's the best anabolic inducer available for getting ripped while packing on lean, rock-hard muscle.

If you take **Nitrobol** even for only one month you'll experience **astounding results**

and you'll be a customer for as long as you train. Why? Because it flat-out works! No hype. No B.S.

100% Guaranteed To Give You Increased Muscle Mass And Strength While Losing Body Fat!

In fact, I'm so sure you'll be amazed and thrilled with your results that I'm offering a 100% no-questions-asked, money-back guarantee. Use **Nitrobol** for a full 30 days exactly as suggested. If you don't see significant improvements in muscle size, strength, and body fat reduction, simply send us back the empty containers and get a 100% no-hassle refund.

It's easy to order...

One bottle of **Nitrobol™** (contains 240 500mg capsules) is only \$49.95 + \$5 S&H.

But If You Really Want To Maximize Your Results And Muscle Mass & Fat Loss Gains, We Offer Three Different Nitrobol™ Special Discounted Packages To Get You Started:

Nitrobol Basic: 2 bottles of **Nitrobol™** (each bottle contains 240 500mg capsules) for the special discounted price of only \$79.95 + \$6 S&H. **That's a savings of \$20.00!**

Nitrobol Silver: 3 bottles of **Nitrobol™** (each bottle contains 240 500mg capsules) for only \$119.95 + \$6 S&H. **That's a savings of \$30.00!**

And The Best Deal...

Nitrobol Gold: 4 bottles of **Nitrobol™** (each bottle contains 240 500mg capsules) for only \$139.95 + \$6 S&H. **That's a savings of \$60.00!**

It's easy to order but you'll have to act quickly...

My supplies of **Nitrobol** are limited. Because the exact amino acid combinations have to be so precise it takes quite a long time to manufacture a new batch.

Right now I only have 77 bottles left...and they're going FAST! And due to all the specialized work required of our lab, it can take as long as two months to get a new batch ready!

So if you want to start getting amazing muscle mass and strength gains from **Nitrobol** **you better order today!**

Just call **toll-free 1-888-758-2969, Dept. N5** any time with your Visa, MasterCard, Discover, or American Express. We can also take your personal check over the phone just like a credit card.

Order now and get the most effective and safe supplement combination for fat loss, muscle growth, and strength gain. But that's not all you get...

When you order either the **Nitrobol Silver** or **Nitrobol Gold** package within the next 10 days you'll get my new book absolutely **FREE...**

"Advanced Anabolic Secrets. How To Totally & Radically Transform Your Physique In Eight Weeks Or Less!"

In this book, you'll learn the exact program that has helped thousands of hard-gainer bodybuilders pack on muscle mass faster than ever thought possible.

If you need to lose body fat and get "cut up" this book also contains one of the most effective fat-burning training & diet plans, allowing you to keep all your hard-earned muscle, while getting as ripped as possible!

I normally sell this book for \$37.00, but you get it **FREE** when you order either the **Nitrobol Silver** or **Nitrobol Gold** package within the next 10 days.

Call now toll-free 1-888-758-2969, Dept. N5 to get your supply of **Nitrobol** while supplies last.

Call today and **watch the exciting changes happening in your physique every single day!**

A 5 to 7 lb. gain of muscle mass and a 5 to 10 lb. fat loss can be yours in as little as 4 weeks!

P.S. Don't forget, you'll have to act quickly. Right now I only have 77 bottles of **Nitrobol** left...and they're going FAST!

Call now toll-free 1-888-758-2969, Dept. N5 with your Visa, MasterCard, Discover, or American Express. We can also take your personal check over the phone just like a credit card.

P.P.S. If you take **Nitrobol** even for only one month you'll experience **astounding results** and I'm convinced you'll be a customer for as long as you train. **Nitrobol** just flat-out works! No hype and no B.S.!

P.P.P.S. Still not convinced? No problem. Remember, I'm so sure you'll be amazed and thrilled with your results that I'm offering a **100% no questions asked, money-back guarantee.** Use **Nitrobol** for a full 30 days exactly as suggested. If you don't see significant improvements in muscle size, strength, and body fat reduction, simply send us back the empty containers and get a **100% no hassle refund.**

easily be looked up and verified in medical journals or on the web.

CLINICAL STUDIES

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- ✎ Kardono LB, Angerhofer CK Tsauri S, Padmawinata K, Pezzuto JM, Kinghorn AD. Cytotoxic and antimalarial constituents of the roots of Eurycoma longifolia. J Nat Prod. 1991 Sep-Oct;54(5):1360-7

And this is just a few of the clinical studies. In fact, results from a recent study conducted by a Malaysian government-sponsored agency and the highly respected Massachusetts Institute of Technology (MIT) found that some chemical constituents of the Longjack plant show potent anti-cancer activity.

Unfortunately due to production schedules I can no longer honor the introductory deal you were offered in the previous issue. But I want to give you first crack at getting the initial batch of Jacked Up! This product won't be officially released for another three weeks, but I'm going to go ahead and make it available to you right now since you're a subscriber.

One bottle of Jacked Up!, approximately a 30 day supply, (contains sixty 600 mg capsules) is only \$49.95 + \$6 S&H.

I ALSO OFFER THREE DIFFERENT JACKED UP! SPECIAL DISCOUNTED PACKAGES TO GET YOU STARTED:

Jacked Up! Basic: 2 bottles of Jacked Up! (approximately a 60 day supply) for the special discounted price of only \$79.95 + \$6 S&H. That's a savings of \$20.00!

Jacked Up! Silver: 3 bottles of Jacked Up! (approximately a 90 day supply) for only \$109.95 + \$6 S&H. That's a savings of \$40.00!

And The Best Deal...**Jacked Up! Gold:** 4 bottles of Jacked Up! (approximately a 120 day supply) for only \$139.95 + \$6 S&H. That's a savings of \$60.00!

It's easy to order...**Call toll-free 1-888-758-2969, Dept. N5** any time with your credit card. We can also take your personal check over the phone just like a credit card.

As with everything I offer, you have a 100% no questions asked, money-back guarantee. Use Jacked Up! a full 45 days exactly as suggested. If you don't see significant improvements in your performance in the gym (and also improved sexual performance), simply send back the empty containers and get a 100% no-hassle refund.

Best,



P.S. Next issue...the exact training, diet, anabolic steroids, and post-cycle regimen I followed to completely change my body composition, lose significant body fat and add lots of lean mass in less than 12 weeks.

HERE'S WHAT PEOPLE ARE SAYING ABOUT DOBERMAN DAN'S HARDCORE TRAINING JOURNAL ...

"*DOBERMAN DAN'S HARDCORE TRAINING JOURNAL* is unreal. I started the program weighing 152 and came out weighing 176 after only 8 weeks. There was an increase in strength that I used to dream of! I also gained the size to go along with my increase in strength. The other guys in the gym would watch me in awe as I kept coming back to the gym throwing more weight on the bar. All of the work in this program was worth doing. The gains I made showed me that! I recommend that all hard gainers, who want to get big, subscribe as soon as possible."

Bill Ergenbright - U.S. Air Force, Germany

"Only three weeks after receiving the first issue of *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL*, I gained a solid 6 pounds of muscle. I had my bodyfat tested to see if I had put on any fat and it came out at only 11.4%. Thanks for this great bulk-building information. It was worth every penny and I will be sure to tell other people about it."

Steve Zorn - Warsaw, IN

"I had been skinny all my life, people told me I was light boned and that I would always be that way. I subscribed to *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL* and have made astonishing gains. It really works!!! I gained 17 pounds of muscle!"

Dan Rudewicz - Atlanta, GA

"I wanted to drop you a line to tell you how happy I am with the progress I've made with your newsletter. I started as a 6' 163 pound 45 year old, and finished up 8 weeks later as a 6' 173 pound 45 year old. I wish I could tell you how hard it is for me to make any gains in size and weight. Over the last 10 years I have spent untold hours in the gym, as well as trying nearly every legal supplement available, to get my weight above 160 and my measurements big enough to have clothes fit well. In just two months I have doubled what it had taken 10 previous years to accomplish!"

David Polley - Austin, TX

"I read your issue on how to gain 25 pounds for the average guy. Let me tell you I went from 132 lbs to 155lbs in 8 weeks. I thought that was great."

Lou Nicoletti - Windsor, Ontario Canada

"I thoroughly enjoy reading your newsletter. You have kept the theme simple, and in this high tech age of pseudo-scientific training info, your newsletter is a pleasure to read. I am sure many of your subscribers will make some great gains using the information provided."

Dennis B. Weis - former bodybuilding champion and author of the books *Mass!*, *Raw Muscle*, and *Anabolic Muscle Mass*, is a feature writer for such popular worldwide bodybuilding magazines as *IronMan*, *MuscleMag International*, and *Powerlifting USA*.

"There are many programs and they all claim to be the answer, but most produce more frustration than muscle. If you follow *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL* you will gain muscle-big time! I strongly urge you to subscribe."

Paul Becker - professional training and fitness consultant and author of the book *Truly Huge*.

"I have had the good fortune to be introduced to your newsletter. I am 53 years of age and am only sorry I did not get to hear of your newsletter years ago. It would have saved me a lot of money and needless experimentation. The good news is:
1. A well-developed back 2. V-shape and shoulders doing solidly well 3. My chest is up and protruding - the first time it looks 'striking' in a mirror. Most of all, I'm delighted with the overall strength of body that I feel. My legs too are taking on definition. I like the simplicity of the routine. It doesn't take too long to do each session. What you say about the hormone and chemical changes is true. I find that even though I'm in my fifties, my sex drive is quite virile at night and early morning."

Barry Casey - Mackay, Australia

"Last year I tried your mass program and added 23 lbs. After a year of other fat loss programs, I went from 215 to 183 (8.5% body fat) but just couldn't get the ripped abs even though I could feel they're underneath that small layer of fat. I've just started your 'Guide To Lose Fat & Increase Muscle' in your newsletter and it's working pretty quickly. I went from about 12% body fat to 10% in 3 days and added 1 lb. of lean mass!"

Jeff Tate - West Bountiful, UT

DOBERMAN DAN'S HARDCORE TRAINING JOURNAL NO-RISK SUBSCRIPTION FORM

- ☐ **Yes**, please enter my 100% satisfaction, twelve month money-back guaranteed subscription to *DOBERMAN DAN'S HARDCORE TRAINING JOURNAL*. I understand I will receive ten issues per year with a one year subscription, or twenty issues total with my two-year subscription.

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Telephone: _____

☐ Visa ☐ MasterCard ☐ Amex ☐ Discover ☐ Check enclosed

Card # _____ Exp: _____

Signature: _____

PLEASE ENTER MY SUBSCRIPTION FOR THE FOLLOWING:

- ☐ One year subscription for only \$29.95 (*Get 1 FREE bonus*)
☐ Two year subscription for only \$49.95 (*Save \$10.00 & get ALL bonuses!*)
☐ **I'm ordering within 7 days. Please send me my FREE Bonuses:**
☒ "*Physique Transformation Diet Plans*" special report - a \$29.95 value, **FREE with a one year or two year subscription.**
☒ *Dobermanabolics Diet software* - a \$49.95 value, and the *Dobermanabolics Diet Report* - a \$29.95 value, **both FREE with a two year subscription.**

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 OR SUBSCRIBE ONLINE AT**