

# BREAKING THROUGH LIMITS

## HOW TO BUILD MUSCLE



NADER QUDIMAT

**Breaking Through Limits - How To Build Muscle**

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# Breaking Through Limits

**How to Build Muscle**

1<sup>st</sup> Edition

by  
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[www.fitfreak.com](http://www.fitfreak.com)



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### **INTRODUCTION**

"You **can't** build muscle. You don't have the genetics, you simply weren't born to be like Hulk Hogan."

Hi, my name is Nader and I proved everyone *wrong*. With the help of this eBook, I hope **you** can do the same as well.

Before I go any further, I would like to say a **HUGE** thank you for buying this eBook and supporting my muscle gaining efforts.

This guide will cover the fundamental elements of gaining muscle.

*There are no tactics, no mimics and nothing fancy.*

**All I ask** from you, is to *understand* this eBook entirely and take action.

You're most likely spammed everyday with catchy fitness claims like: building muscle mass over night, to gaining 50 pounds in 50 days. Or that one new trick that got this 120 pound boy into a vein popping, muscle flexing monster.

*No matter how attractive the offer may sound, just ignore it. Especially if it sounds too good to be true.*

Following those claims might be irresistible, but it will just be a waste of time and possibly lead you to giving up entirely.

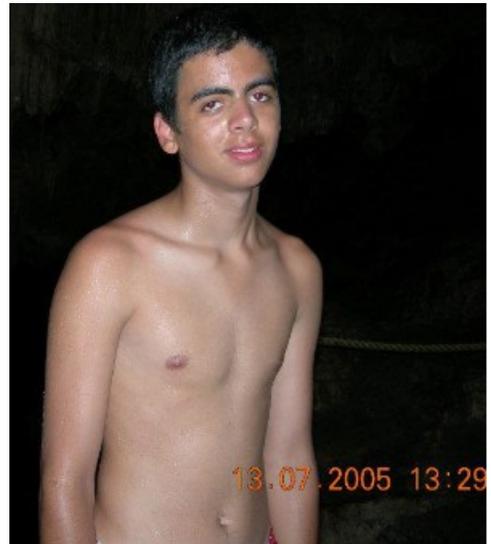
**These are the main reasons why people fail to build muscle:**

They train *far* too long and try every single method like a headless chicken.

You can try to be a jack of all trades, but that will never help you master one thing. Hard work is great, but **smart** training is key here.

The other reason is that they fail to meet proper nutrition.

They train by following the "best" routines, but their bodies can't make any



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changes if the diet remains the same. It's important to note that training is half the battle, and **nutrition is the other half**. Maybe mom was right about eating those greens!

Stick to this eBook and take your time with it. **Understand** what you read and apply the principals. This works, I know it does because it's been done over and over again for the past few decades.

### **Here's what you should expect:**

I know, it's tempting to believe we could build muscle and become the desires of our dreams practically overnight. You want to get on with the training but first you **need** to understand the truths here. Most fitness products will lead you to believe that building muscle can be done with minimal effort.

I don't want you to give up and leave disappointed.

**Here are the facts. Without accepting them, you may as well stop right here and now.**

### ***Lifting is work.***

Nothing is easy about lifting. From the very first set to the very last, it's pure effort. You will not see results overnight, but the harder and smarter you work, the sooner you'll see results. There will be days where you struggle through exercises and workouts.

That is **nothing** to be ashamed of. You will struggle, fail, and fall. But what matters is how you overcome your failure and turn it into success. And believe me, it's worth **every** struggle.

### **Excuses is your brain being lazy**

It can happen to the very best athletes. No matter how experienced you are, days will come when you realize you could spare yourself from embarrassment and avoid training altogether.

Once you get yourself together, you'll start and finish without looking back. Overcoming the mind is the toughest part.

### **Failure comes before success**

It takes time to learn and overcome obstacles during training. There will be sets where you realize you can't lift anymore. Your body will adapt and it will