

Here's the problem with of most guys... 🤔

Here's why most guys QUIT the Gym before completing their 1 month.

They want to see results as soon as possible.

Every guy wants to look like they have been sculpted like marble, but no one has the patience and work ethic.

Now, In today's society when social media influences reality.

Influencers like Andrew Tate, Jake Paul, Sean Strickland will ask you to work hard on your physical appearance and JOIN the Gym. Immediately!

That's Rubbish

Rubbish for a cause you are not at a point where they are at.

They have been practicing for nearly decades now while you are just starting out.

Hence their advice is not applicable for you. Right Now!

Listen, I am neither against these individuals nor Gym.

Moreover, I promote working out like none.

But you have to understand that there is a specific technique.

But I can tell you from personal experience and the experiences of my students....

The person who really made success in the Gym

1. Know the technique before each workout session.
2. Ways to Target specific muscles effectively.
3. Goals Oriented Training (Aesthetic/ Bulk).
4. Delayed Gratification (Most don't even know).
5. Proper Dietary Planning.

I can seriously go on and on and on....

But most guys are so obsessed and act so impulsively that they take the Gym membership without mental preparation and ultimately fail.

That's why I crafted an eBook on 7 prerequisites for working out in THE GYM!

It's called "The Start" and I want you to have it for F-REE.

Just Click the link below and I will send you 📧

>> <https://www.MindxMuscle.com/TheStart>

Regards,

Jimmy Rogers.