

# The truth that most GYM Trainers won't tell you....

Most coaches are so thirsty for money that they will literally lie to you to over inflate your ego and get a couple of dollars out of you.

But I'm not going to do that.

I wish I could say that morals keep me from doing a facade, but it is not a reason as well.

The biggest reason I see is that,

By giving you 100% proven tried and tested methods of me and my students you are for sure going to get results therefore you'll be more likely to buy my other programs.

So, with that being said, the truth that most coaches don't like to talk about or just lie because they're worried whether it is going to work upon you is just how much diet can improve your daily workouts and progress.

I know many of these trainers say that you can have an excellent workout session where it doesn't matter or that you just need to work volumes, but that just makes things even harder for you.

Improving your physique is akin to enhancing your dating profile; by maximizing your appeal to most women, you increase your chances of attracting attention likewise your workout regimen can solidify your success.

So, the question becomes, "How do you gain muscle while staying lean?"

It's Simple

1. You need to focus on pre workout intake.
2. Overall calorific, carbohydrates, fats and protein classification.
3. Have proper planning of what to have on a specific day.
4. And so on...

I don't care what anyone tells you. If you ignore your diet your fitness goals will remain unticked.

Being in Shape requires proper planning and a lot of sacrifice and if you think it to be easy.

Then you are a NOOB.

I remember exactly How I suffered for months when I started my fitness journey.

Ignorance was my biggest time killer because I could do it without a mentor.

I was absolutely foolish back then!

And I don't want to make the same mistake I did back then.

That's why I created this course on [Balanced Diet for Muscle Retention and Growth](#)

In this course I'll teach you exactly how to eat in a way that actually tastes good while still getting great results.

Making it super easy to stay consistent.

Plus, it's available for only \$4.99 for 1 more day so if you need help with this, you got to take action now.

All you got to do is click the link below 📌

>>[Download](#)

Regards,

Tyrone Jenkins

