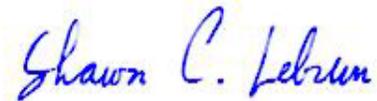


**If you're tired of being skinny or small...**

**"Could It Really Be This EASY To Gain 20 Or More Pounds In Just 8 Weeks Or Less... So You Look Better, Feel Better About Yourself, And Get Noticed More?"**

**The Answer is "YES"... And I'll show you the exact steps and specific directions to help you gain weight quickly and naturally... even if you've tried everything and failed before!**

**If you follow the tips on the page below, I guarantee you'll gain more weight and self-esteem, feel an amazing increase in strength and confidence, and never worry about being skinny again"**



**From:** Shawn Lebrun

Thursday 12 February, 2009.

If you're sick of being skinny and would like to gain more weight in less time, then this will be the most important message you ever read.

**Here's why:**

Imagine, just a few short weeks from now... having the size and muscular bodyweight you've always wanted.

Imagine having the strength to do all you want... the confidence to BE all you want. Looking better, feeling better about yourself, and getting noticed more.

If this sounds unlikely, or even impossible, then it's time we met.

It's time for you to join the thousands of clients that have experienced breakthroughs with the help of my weight gain advice.

Hi. My name is Shawn LeBrun and I'm a certified personal trainer, natural bodybuilder, and fitness expert from Portland, Maine.

I've been a fitness publisher and respected author for over 7 years now. As one of the internet's most published and *trusted* writers, I've written for some of the biggest bodybuilding and fitness sites in the world, including Bodybuilding.com and Hardcore Muscle.

Over the last 7 years, my clear-cut guidance and straightforward information about nutrition and exercise has helped thousands of men and women regain control of their bodies AND their lives.

Students and athletes have used my strategies and techniques to enhance their strength, energy, and performance.

**And over 34,540 regular people**, just like you and me, have used my clear-cut, step-by-step techniques to gain lean muscle mass and increase their strength, confidence, and energy.

I'm going to share some of their stories with you.

Like Wes Martin, one of my online students...

**Used The Information On This Page  
To Gain 24 Pounds Of Pure Muscle Mass!**



"Using your program I was able to transform my body in just 12 weeks. The program is not only designed for adults, but it is successful for teens too! At the age of 17, I gained 24 pounds of muscle thanks to your program" **Wes Martin**

**Aaron Hoberg Used The Techniques On This Page To Gain 15 Pounds Of Muscle In 8 Weeks!**



"I've been doing your program for 8 weeks. I've gained 15 pounds of muscle and lost fat as well, without using any supplements. And I plan on gaining 15 more pounds of muscle and entering a weight lifting competition in march. I'm currently involved in wrestling and have already recieved sponsorship opportunities. **Aaron Hoberg**

**Brian Hensley Used My Secrets To  
Pack On 20 Pounds Of Muscle In Just 4 Weeks!**



"Shawn, I started your workout plan on Jan 4 as a very skinny 151. I have worked very hard the last month and added muscle growth. On Feb 1, I weighed in at 174.

max on Bench was 150, Squat was 175 and I weight 151. As of last Friday I benched 215 and Squatted 300 and weight 176.

Everyone in the GYM is asking what I'm on and I tell them all to go out and check out your website. Maybe one of these days I will be the one people that others are reading about on someone's site. Again thanks for everything. **Brian Hensley, BHensley@unumprovident.com**

These are ordinary people, like you and me, achieving extraordinary results.

I promise, right below is your gateway to a new body and better life. A life of rewarding and fulfilling moments. More spectacular than you've ever dreamed possible.

**The secrets about to be revealed to you can cause dramatic and wonderful changes in your life on *every* level.**

And not just in the way you look and feel... even more importantly, you now have an amazing opportunity to enjoy what others can only dream about... namely...

### **A Guaranteed Way To Look Better, Feel Better, and Turn More Heads!**

I realize this sounds *almost too good to be true*, but it's not. Stick with me for just a minute, because I'm going to show you how I did it, and *how you can too!*

Here's the story:

If you've tried gaining weight with disgusting shakes, pills, or hyped-up programs, you've probably been disappointed with the results.

Honestly, I'm not surprised. That's because all of these are just Band-Aid approaches to the problem.

You see, these things do NOT get to the root of the issue.

### **Why Are You Skinny?**

You're skinny for the most simple of reasons -- because you're eating the wrong foods and the wrong types of calories per meal.

This isn't your fault. You've been lied to.

Because of all the ads and marketing hype for supplements, you've been misled into thinking that the solution to gaining weight is in a pill.

And it's not.

You see, FOOD is more powerful than any prescription pills, because the FOOD that you eat can either make you THIN or FAT.

You're not skinny because of a lack of weight lifting.

Chances are, you're skinny because you're eating the wrong amount of food and the wrong number of meals at the wrong times each day.

It's not really any more complicated than that.

The lack of calories from food in your diet will result in you being skinny.

I mean, it's no surprise that people lose weight from dieting. Dieting is nothing more than reducing the amount of calories.

Well, the opposite is true as well.

A surplus of food is how EVERYONE gains weight. But it has to be the right kinds of foods, in the right amounts, at the right times.

And the worst part is...

**If you keep doing the same things you're doing now, you're going to get the same exact results.**

The only difference between gaining weight and not gaining weight is the result of doing a few small things differently. Things you're not doing now.

But that's okay, because when you learn better, you can do better... when you DO better, you GET better results.

And you can learn anything you need to learn to achieve anything you want to achieve -- and that includes building a bigger, more muscular physique that makes you feel proud, confident, and good about yourself!

## **Here's the Inside Scoop On Gaining Weight**

I want to give you the key areas that you MUST focus on if you're going to gain the weight and size you want.

Eating is the first and **most** important key to gaining weight. It's simple -- you need to eat more calories than you burn off. After all, you can eat 8 times a day, but if the calories don't go over your daily needs, you **WILL NOT** gain weight!

I'm sure you've heard the saying "To get big, you must eat big!" And it's true, *to a point*.

You also have to know **when**, **what**, and **how much** to eat.

Because different body types need different amounts of calories to gain weight. If you eat too few calories for your specific body type, it's impossible to gain weight. And if you go too far over your daily calorie needs, you'll gain mostly unwanted body fat instead of muscle.

So it's **very** important to learn how many calories you need for your specific body type.

And in just a moment, I'm going to show you a simple, step-by-step formula you can use to find your daily calorie needs. And it's based upon your *unique* body type.

I'll show you HOW many calories to eat, WHAT types of food to eat, and WHEN to eat them. I set up your nutrition so there's no more guessing!

But there's more to gaining weight than just eating a lot...

## **The Correct Approach To Weight Training**

In order to gain lean muscle weight, you must lift weights **correctly!**

If you don't lift weights, the majority of any weight you gain will be fat - not muscle. You have to create enough overload to force your muscles to grow. That's the only reason muscles get bigger -- lifting weight forces them to grow so they can handle future demands.

**But here's the thing...**

I can honestly say that most people I see in the gym today are **DEAD WRONG** in how they train to build muscle.

It's true. They do too many reps and sets and actually lose muscle in the process. It's called overtraining.

Not only that, if you fail to use the best exercises, the most effective number of reps, and the proven number of sets, you're leaving behind a ton of potential muscle growth!

This is muscle growth you *could* be getting ... **just by making a few small changes to your routine!**

Look, you don't need to train for hours a day, seven days a week like they lead you to believe in the magazines! The truth is, **too much exercise is counter-productive!** If you work out too often, you don't give your muscles enough time to recuperate and grow from the workout.

Don't worry, I'll show you the proven rep and set range that's guaranteed to speed up muscle growth... while minimizing muscle breakdown. That way you save time and energy in the gym by doing only what matters.

Let's just say, as a competitive natural bodybuilder and personal trainer, I've learned how to gain muscle from "in-the-trenches" experience. And I'll show you exactly how to pack on more muscle as well.

## **Do You Need To Use Supplements?**

Let's get this straight... to gain weight, you do NOT need supplements. You need calories from food.

some supplements will help you gain weight quicker.

However, they supplement an already good diet and training program. They don't take the place of them.

Creatine monohydrate and meal replacement shakes are 2 of the best supplements for gaining weight. I'll show you which other proven supplements are worth taking so you can save your hard-earned money and time by avoiding the useless ones.

So instead of focusing on which supplements to take, instead, focus on...

### **The Correct Balance Of Protein, Carbs, and Fats?**

If you don't get enough protein, you will NOT gain muscle.

If you consume too many fat calories, you'll gain mostly fat and not muscle. So it's important that you get the right breakdown of protein, fats, and carbs for your specific body type.

I'm going to give you a simple worksheet you can use to figure out your daily calories needed to gain muscle weight. It takes into consideration your unique goals and body type.

### **Should You Do Any Form Of Cardio?**

The wrong approach to cardio will burn off your hard-earned muscle. I'm positive you don't want that to happen.

Doing cardio too often (frequency) or for too long (duration) leaves little recovery between workouts. This can lead to a lack of muscle growth. Unfortunately many people fall into the mind set of "more is better" and because of it, kill their chances of gaining weight.

There's a correct way to structure cardio into your workouts so that you can gain weight *faster*. The main factors to consider when doing cardio are the time of day, the intensity, and the length of your cardio sessions.

Each one plays an important role in effectively burning body fat, but not at the sacrifice of burning lean muscle tissue. Do any of these wrong and it's a surefire way to stop all muscle growth.

**For example, did you know that doing cardio first thing in the morning, on an empty stomach, is a sure way to LOSE muscle mass... and not fat!**

I'll show you the proven-effective way to set up cardio to help you get AND stay lean!

### **Now You Can Cut Out The Guessing And Start Doing What Works!**

These are the key areas to focus on if you want to gain weight as fast as possible.

spending now...

**Just by making these few small changes to your current routine.**

Now, I realize I went over these rather quickly, and I wish I could get into them in more detail.

But it's tough to put all of my ideas and information down on this one web page.

So I want to teach you, step by step, the same weight gain system I personally used to pack on 20 pounds of lean, solid muscle in just 8 weeks time.

You can use it to instantly change the way you eat and train. And doing so will help you gain weight faster than you ever thought possible!

### **How Would You Feel?**

Take a minute and imagine how you'd feel gaining 20 pounds in just a few short weeks from now. Being bigger, having more confidence, and loving what you see in the mirror.

Picture the people coming up to you, saying how much better you look because of the gains you've made. Getting admiring glances from others because of the weight you've packed on. Or being respected as the "go-to person" in your sport.

How would you feel if you weren't afraid to approach others? If you were no longer embarrassed or ashamed of your scrawny physique? No longer embarrassed taking your shirt off.

Feeling more confident when you walk the streets with your friends or family.

Hitting the beach with a body you're more proud of, walking the sand with your shirt off, having people admire your muscular build. Looking better so you feel more attractive, sexier, and more outgoing.

### **How Would You Feel If You Had A Body That Turned Heads And Stood Out In A Crowd?**

Maybe it would ignite the passion in your current relationship, making it more special and more romantic.

Would increasing your self-esteem and being more confident help you find the love of your life? Or the job of your dreams?

Now, is all of this impossible? Is it a gimmick or some miracle supplement?

**Of course not. Like I mentioned above...**

**It's From Learning How To Train And Eat *Correctly!***

Honestly, the main reason most people end up keeping the same old body, year after year, is because they never learn the TRUE secrets to gaining weight. They stay ***stuck in a rut*** using the same ineffective program that hasn't been working.

Don't let this happen to you.

Clearly, the fastest way to gain weight is to copy a method that's *already* been proven to work. You need a guide you can use, over and over, to maximize your gains. **That way, there's no guess-work at all.**

And for a long time... my friends, family, and coworkers have been watching me pack on muscle mass at will. Not only that, they've seen the success I've had with my personal training clients as well.

They all said "You have to write a book... You have to write a book..."

So that's what I've done. I've taken the time to write down everything that I've learned and discovered in my new book in plain, easy-to-understand language. I learned how to publish the book online and make it available to you for instant download.

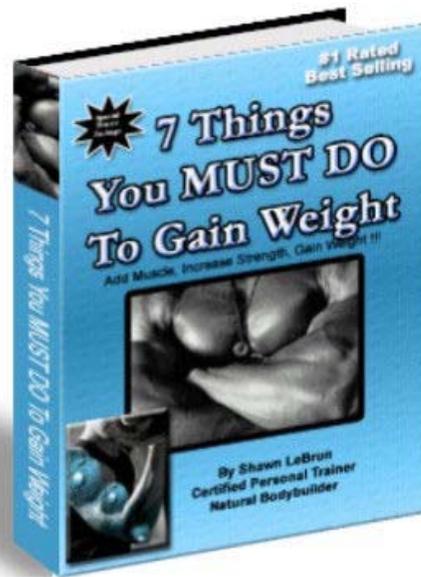
That means you can get **ALL** of the training and nutrition secrets I used to gain 20 pounds of lean, solid muscle mass in 60 days... for a tiny *fraction* of the price my personal training clients have to pay.

I've decided to publish this manual as an 'eBook'... which means that you can download it and start learning these secrets immediately— right from the privacy and comfort of your computer...

It's *literally* a **step-by-step** blueprint you can use as a shortcut to success.

I've spent the last few years learning everything there is to know about getting the body of my dreams. That means you can learn in **one day** what took me **years** to discover!

**Here's My Simple, Proven System For Gaining  
20 Pounds Of Lean Body Mass In Just 8 Short Weeks!**



"7 Things You Must Do To Gain Weight" is a step-by-step workout and nutrition program designed to be the fastest, safest, and easiest way to gain the *maximum* amount of weight you're capable of.

Now you can get bigger with less time and energy spent and you'll avoid the frustration that comes with trial and error. Not only that, you'll gain weight *without* using costly supplements or dangerous steroids.

Look, I guarantee you won't find these unique techniques in any muscle mag, course, or book -- because they're MINE... straight from many years of trial, error, and experimentation.

That's why my advice is unlike any other weight gain information currently online. Not only have I gained a lot of weight myself using this program, I also make my day-to-day living teaching others like yourself.

**Helping people gain weight is what I get paid to do. And I do it very, very well.**

Best of all, you don't have to think about anything other than your weight training and nutrition. This guide is packed with easy-to-follow, "**do this, then do that**" directions that cut through the confusion of what it really takes to gain weight.

You just follow the plan and not waste time with the unimportant stuff. Plug in my proven nutrition and weight training system so you'll know exactly what to do, how to do it and WHEN to do it.

### **Everything Laid Out For You Step-by-Step**

I'm talking about an actual weight training routine you follow. Exercises, reps, sets, and everything else you need to know to gain more muscle in less time spent in the gym.

Not only that, you'll also learn exactly how and what to eat, week after week, month after month, so you're completely in control of your muscle-building potential! Lists of food and sample meal plans included.

Believe me, there are **NO** crazy diets you need to follow and **NO** costly foods or expensive supplements you have to buy. The information in the program shows you how to train correctly and choose healthy meals based upon nutritious, inexpensive food choices.

As you can see, not only will you gain more weight in less time, you'll have more free time outside the gym!

## **Here's Just A Small Sample Of What This System Will Do For You**

▶ **Learn how to find your daily calorie needs for your own unique body type.**

No more guessing how many calories you need to gain weight. I'll show you exactly how to find the calories you need for your specific body type. This will drastically speed up the weight gain process so you get more results in less time.

▶ **Discover THE single-most important thing you can do to gain weight**

Add quality, fat-free muscle weight that you won't get by downing nasty, expensive weight-gain shakes! Failing to do this one simple, powerful thing WILL prevent you from gaining weight!

▶ **Learn how this amazingly quick and simple technique, before and after your workout, will successfully add up to 25 lbs. of rock-hard muscle mass to your frame in just 8 weeks.**

If you're fed up with being rail-thin, learn how this one simple technique (that takes about 30-seconds to do) will help you get a bigger body that gets attention, turns heads, and makes your confidence levels soar.

▶ **Learn how, what, and when to eat in order to gain weight as fast as possible.**

Since eating is THE key to gaining weight, you'll learn how many calories to consume, how much protein, carbohydrates and fats. That way, you save time and money by eating exactly what you need to reach your goals!

▶ **Learn the 3 things you should NEVER, ever do if you want to gain weight.**

If you're doing any of these 3 things, gaining weight will be next to impossible!

**your strength and add more muscle mass to your frame.**

And it's not the ineffective, 3-sets-of-10 you may be doing now. In fact, this **one small change** in your weight training routine will help you turn every rep and set into a muscle builder.

▶ **Learn how to cut down the total amount of time you spend in the gym to 3 hours (or less) a week, while gaining even more muscle.**

Save a ton of time and energy by only doing what you need to do. Spend more time with friends and family and show off your new and improved muscular physique while you're at it!

▶ **Find out the 10 specific weight training exercises you absolutely MUST do for the most muscle growth possible.**

Sculpt your chest and widen your shoulders with the most effective exercises. If you're not doing these, you're leaving behind a ton of muscle growth. Start training with deadly-effectiveness and avoid the time-wasters for good! (And I'm willing to bet you do some of the time-wasters)

▶ **Find out how often to work out each week for the best weight gain results.**

One or two days more or less will ruin your best muscle gains! If you're working out too many, you'll cut off a few days, saving you time while improving your results.

▶ **Find out what you MUST do immediately after your workout to speed up the weight gain process!**

Skip this and your gains are dead in the water... do it (it takes 30 seconds) and you'll gain a lot more muscle weight.

▶ **Find out exactly how much protein you need to consume to gain muscle!**

If you're wrong with your protein intake, gaining muscle will be next to impossible! You'll uncover an easy, step-by-step formula for finding your exact needs. This way, you can eat the right amount for building muscle.

▶ **Discover 7 sure-fire ways to totally eliminate training plateaus forever and learn how to smash through a plateau if you're in one.**

This way, you can keep training and gaining muscle without worrying about plateaus slowing you down!

**get bigger and stronger.**

Feel better, look better, and be admired more! Attract the man or woman of your dreams!

▶ **Find out which basic exercises are proven to literally add 1-3 inches of muscle size to your arms and calves in as little as 6 weeks time.**

Your pride and confidence levels will skyrocket with the weight you gain. Feel bigger, more powerful, and more proud of your size... not small and inferior. Be more comfortable around friends and family and start turning heads by showing off your bigger arms.

▶ **Learn how you MUST set up your weight training to gain more muscle mass in less time... how many reps, sets, and exercises you must do to gain rock-solid muscle.**

Get stronger and bigger for football, hockey, or any other contact sport. Become the "go-to" person for your school!

▶ **Discover the very best weight training routine to use in the gym for muscle size and strength increase.**

Become more athletic, more powerful, and more competitive for the sports you play! Drop the ineffective exercises and start focusing on the exercises that will help you gain the most muscle and strength.

▶ **Use these proven weight gain tips to pack on size, so that you're bigger and able to defend yourself against larger opponents.**

Gain more respect and be more confident walking with your friends at night. Stop being picked on and called "Small Fry"

▶ **Use a simple but amazing tip in your weight training to explode your strength and power the very first day you try it.**

Get stronger and add weights to all of your lifts the first time you use this tip in the gym. This simple yet powerful technique that supercharges your strength involves warming up correctly.

▶ **If you want to try supplements, learn which supplements are proven safe to help you to gain weight.**

Save your hard-earned money by only using supplements that are proven to help pack on mass, skipping the bogus ones!

▶ **Learn a proven weight lifting method to shock your body into muscle mass growth.**

Gain more muscle mass using this important technique and stop being embarrassed when you look in the mirror.

▶ **Uncover the "right" approach to cardio so you're not burning off all your hard-earned weight.**

Feel bigger and stronger by keeping lean muscle tissue, not losing it from cardio. If you set up your cardio wrong, you **WILL** lose muscle mass!

▶ **More importantly, learn how to gain weight safely!**

You DON'T need steroids, a ton of exercise, or other hyped up supplements or solutions. You just need a few, all-natural weight gain techniques this program will show you. Say "Good-Bye" to having an average physique!

▶ **Learn from someone that has gained weight AND has helped others gain weight as well.**

As a personal trainer, not only do I help others pack on size, "I've been there and done that!"

▶ **Once you discover how to gain weight using these 7 explosive tips, you'll be able to gain as much weight, size, and strength as you want.**

Continue on with your success, never having to worry about feeling small or skinny again!

And that's just the very beginning of the proven strategies you'll find in this step-by-step guide.

I can *honestly* promise you this: An improvement in muscle size, strength and appearance — dramatic and impressive gains — all within the first 30 days of using this system. You simply cannot fail by following these techniques.

### **4 Pounds In Less Than 2 Weeks**

Just thought I'd drop you a quick note. For the first time ever something I've tried to gain weight doing seems to be working! I've gained 4 pounds in the less than 2 weeks on your program. Again thank you for helping me.

**Scott Pfeifer**

### **Gained 5 Pounds**

Thanks Shawn! I have indeed started to implement most of your tips in my daily routine, and things are well on their way for me!! Already gained about 5 pounds and lift heavier weights. Thanks again.

**Sébastien Rousseau**

I have already read your book from front to back and I am truly excited about finally getting the body I always desired.

**Jim Ondrako**

### **Gained 10 Pounds In 1 Month**

I've been doing this program for about a month and am definitely seeing some results and I've gained about 10 pounds.

**Chris Atkinson**

### **Pounds Have Been Put On**

I have had your online program for about 8 weeks now. I've seen a lot of improvements. shoulders, chest, triceps... everything. i definitely have lost a lot of body fat and I'm skinny. Pounds have been put on. Props to your program, it works wonders.

**Gregory Hinderliter**

"I recently got your book on how to gain weight.... and it has changed my whole outlook on how to gain weight. I can say that I learned a lot of things from the book, and am happy I got it."

**Josh Seeger**

"I've gained 5lbs since starting 2 wks ago."

**Jack Cavezza**

"I love your program "7 things you must do to gain weight" I have only been on it for 2 weeks but have noticed big gains in my lifts from when I

**Jimmy Wilson**  
**Australia**

I've done your program for 6 weeks and gained 10 pounds."

**Corey Klein**

"Thanks so much for the book - I'm only 3 1/2 weeks into the programme and Ive already put on 11 pounds.

**Robert Byrne**

Shawn, I got your weight gain program because I start football in a couple weeks and I want to get bigger and bulk up. After reading it, I'm positive I'll play a lot better and be a lot bigger than I've ever been. Thanks for making the weight gain process so clear.

**Jay Androssi**

### **Gained 8 Pounds In One Week**

Shawn, 8 pounds in a week, my friend! You're right, gaining weight is about more than just lifting weights. I followed your program like you mentioned and I've been extremely pleased with the results so far. Take care.

**Mark Junio**

### **Gained 10 Pounds In 4 Weeks**

Hey Shawn, the program is really promising. I have only been on it for about 4 weeks and have already gained 10 pounds. My muscles are looking bigger and a lot more ripped than they ever have. I have gone up at least 20 pounds on my bench press and have been getting comments from all of my friends and family who notice my growth.

**Joey Davidson**

Shawn, I wrote to you about one week ago regarding my fitness concerns and to see if your book "7 Things you Must to Do to Gain Weight & Strength" ~~would be right for women as well~~. First, I just wanted to

encouragement I needed to buy your book.

And second, an even bigger THANKS for writing such a motivating, clear, simple to read book! It is everything you said and more. This is just what I have been looking for not just getting a better body but mind as well. Again, thanks so much for everything you're such an inspiration for me!

**Sonseeawhray Scales, Michigan**

**It's important to note that these are from ordinary people, just like you and me.**

You can get the same results, or *even better*, by following the step-by-step instructions I've laid out for you in this program.

Imagine... having the lean, rock-hard mass you've always wanted... a tightly-defined midsection... a sculpted chest and powerful pair of arms that demands attention, makes you feel better about yourself, and gets you noticed!

You'll gain confidence, be respected, and get noticed more. Your self-esteem will go through the roof with the weight you gain.

This is ALL within reach for you.

More importantly, you can do it...

### **Without Drugs, Without Supplements And Without Spending Endless Hours In The Gym**

And it doesn't matter if you have less-than-average genetics or if you've had trouble gaining weight before. Even if you've already tried everything else and failed, **none of that matters.**

Based on my years of practical experience as a natural bodybuilder and personal trainer, I've developed a fool-proof, step-by-step system you can use to reach your full genetic potential for packing on weight... quickly and effectively.

Just copy the exact same proven system my clients and I used.

Think of it - no more struggling to gain another pound... no more endless months without results... no more wasting your time and money with trial and error, hyped-up supplements, or unproven routines.

**No more guessing at ALL!**

Just imagine what a month... or six months, or a whole year... of sustained, dramatic muscle growth will do for you?

Like I mentioned earlier, well over **34,000 people in 68 countries** have used it with absolutely astonishing results! So it's been **proven** to work, time and time again.

It doesn't matter if you're man or woman, young or past middle age, **I cannot stress how powerfully these secrets can affect your life.**

This is scientifically-proven information that will help you gain weight, look better and feel better about yourself.

The changes you see and feel (when you put these secrets to use) will actually help you feel more confident, more outgoing, more sexy, and more attractive.

### **Why I'm Revealing My System To You**

Look, I'm *sick* and *tired* of watching nice, regular people like yourself be misled by the truckloads of bogus information found in so many muscle mags and supplement ads.

The truth is, I can no longer just sit by and watch while you keep getting handed garbage, being lied to by all the "experts".

Believe me, as a trainer with an online fitness business, I get a ton of emails each and every week from people just like you. They're **frustrated** trying to learn the truth about what it *really* takes to gain weight.

Not knowing what to do or simply doing the wrong things made them frustrated with spinning their wheels. That's when I realized that the lack of reliable and practical information was really hurting people.

People like you who want to gain weight and be more confident in their lives.

### **So I Created A Fool-Proof Weight Gain System Anyone Could Use**

I listed on paper, in step-by-step detail, the same simple and effective system for gaining weight I've used for natural bodybuilding contests.

This simple system is the same one I've developed out of *pure necessity*.

It's true. I set out to uncover these weight gain secrets so that I could bulk up quickly and naturally in the offseason, when I'm not entering bodybuilding shows.

You see, I'm a normal person and regular lifter with **average** genetics. Which means that I'm probably a lot like you...

**Someone who has to work *smarter*, and not harder, to gain mass.**

I wasn't blessed with "muscle-friendly" genes. I'm not a super-star athlete or "pro" bodybuilder that gains muscle mass easily. I can admit it. I'm a regular, everyday normal person.

## How I Discovered The Secrets That Helped Me Pack On 20 Pounds In 60 Days...

Because I was completely **fed up** with my lack of results in the past, I went on a personal mission and read and studied all of the books, tapes, and seminars on how to gain body mass.

One of the single most important things that I did was to find and learn from people who were already having the kind of success that I wanted.

I began studying the best all-natural bodybuilders, powerlifters, weightlifters, and athletes I could find. I searched for people who **already had** the mass I wanted too. That way, I could find out how they did it and just do what they did.

And since I wanted nothing to do with steroids, I studied those I knew were 100% natural.

Learning from others is vitally important... I can't tell you how many YEARS of time and effort this cut off of my learning curve... or even if I would have EVER reached success without taking this vital step.

Sure... I put in a lot of hard work and dedication on my own... but my biggest breakthroughs came from learning and observing guys who already had the kind of physique I wanted... and finding out just what exactly they did that made them so much more successful than the rest of us.

I literally became a "guinea pig" -- putting each and every workout and nutrition tip I learned into practice. And the results blew my mind because I started noticing *dramatic* improvements in muscle gains in the **first two weeks**.

As I went along, I wrote everything down. Every technique I learned, every principle I used.

Soon, I knew what worked and what didn't. And I was able to develop a simple, "foolproof" weight gain system based on the little-known techniques I had just learned.

After just 8 weeks of using this system I discovered... **I gained 20 pounds of lean muscle mass!**

**In those 60 days after the show, I went from 185 pounds to 205 pounds!**

By the way, I remained at around 10% body fat, even after gaining this incredible amount of weight so quickly.

Because being a personal trainer and competitive bodybuilder, I have to look good and be close to contest shape year round. So it was important I gained lean muscle and not just body fat.

Nowadays, it's pretty routine for me to pack on 20 or more pounds of solid mass at will, in as little as 8 weeks, because of this system I've discovered.

But more importantly, I **tested** these strategies with clients to make sure they'd work for them as well. I wanted **"real-world proof"** that *anyone* could easily copy my step-by-step method to gain weight.

While working as a personal trainer, this same weight gain system has helped some of my skinniest clients to gain weight and size a lot quicker.

### **Gained 10 Pounds In 2 Weeks**

Shawn, I bought your How to Gain Weight system, and I love it. It's working alot for me. I lost 10 pounds from being sick and within 2 weeks I have regained that 10 pounds using your program, and I plan to gain 20 more.

**Jonathan Callegari**

### **Gained 18 Pounds In One Month**

I used your weight gain program because I was tired of being thin and wanted to add some bulk. I'm 34 years old, and 6 foot tall. In the first month on your program, my weight went from 142 to 155 and averaged an inch larger in my arms, legs, and chest! This was incredible for me. I am now into my second month and am still growing.

In the first month I added 20 pounds to my squat, and 16 pounds to my bench. My most recent weigh in had me at **160 pounds**. I have never in my life been over 155 and i feel like im 18 years old! People are noticing me increase in size! Thanks so much Shawn for everything, you really are changing my life!

**Rob Bergen**

### **Gained 20 Pounds In 6 Weeks**

Shawn, I just wanted to say that I am about to go into week six of your program and I have gone from 136 to 156. I have gained twenty pounds."

**Justin Watts**

### **Gained 18 Pounds**

I would say that I am one of your success stories so far. I bought your program to try and gain some weight and put some muscle on my wimpy skinny body. I started out about 146, 147, 148 and now I am up to 164. I regard that as quite a significant accomplishment. My wife has told me that

**Gregg Horstmeyer**

### **Gained 35 Pounds**

On a personal note, about two years ago my appendix ruptured inside of me and I was given a 40% chance of living through surgery. During my weeks of recovery I was put on a liquid diet and as a result I lost about 20 pounds.

When I was fully recovered I weighed in at a dismal 105 pounds. I was never a big guy, but at that point I was 5'9" and 18 years old so I was basically a walking stick. In the two years after that I tried everything I knew to gain back the weight, but as I headed off to college I had only gained 5 pounds back.

Since reading your information, **I have gained 35 pounds** (I now weigh 145) and I am well on my way to my goal of 170.

**Brandon Douglas**

"I already read "7 Things You Must Do To Gain Weight" once and im going to read it again tomorrow to have all the info sunk in my brain. I thank you for showing me how to put the puzzle together."

**Tim Jones**

Your ebook seven things you must do to gain muscle,weight and increase strength is excellent. I have just got to the part when your talking about reps and sets and so far I have learned a ton.

**John Latour**

### **Gained 15 Pounds**

My flat bench has increased from 80 lbs to 110, Incline bench from 40 lbs to 90 lbs and my decline bench press from 40 lbs to 90 lbs. I consider this a huge improvement since beginning. I also noticed similiar increased in my curls, extensions and pulls. The largest surprise is the reduction in the workout time and the overall physical difference relating to the arthritis. I feel better about myself. I have gained nearly 15 lbs in weight. I just wanted to thank you for all you have contributed to the program and for your insight.

## **Gained 24 Pounds In 10 Weeks**

Shawn, you've been able to simplify all the scientific research of mental, physical, and nutritional information regarding weight gain, and condense it into a very clearly explained program. With your program, I've been able to **increase my weight by 24 pounds in 10 Weeks**, which would have been more had it not been for work commitments.

It can only be complementary to your program that the big guys at the gym come to me and comment on my incredible gains over the last 10 weeks!

Thanks for your information. I've seen results that I thought would be physically impossible for my naturally fast metabolism and have become aware that weight gain is a reality that can be achieved much easier than I thought.

**Rodney Wood**

"Great, simple down to earth advice, thank you."

**Simon Odds**

"I've been doing your program about a week now and have put on 4 pounds already! I'm stoked!"

**Jamie Levett**

"I've still been on track for 2 weeks using your online guide. I've gained 7 lbs in the last 2 weeks from 134 to 141 lbs."

**Josh Carter  
Oklahoma**

"On 7/31/05 I purchased your e-book " 7 Things You MUST Do to Add Muscle, Gain Weight, and Increase Strength. 11 days later and It's already become a way of life for me. I have already increase my lifts (weight Wise) and have gained 15 pounds, while losing inches in my waist.

I have been struggling with nutrition and training for about 8 years now. I already know that I've made the right choice this time.

**Joseph Rockefeller**

## **Gained 5 Pounds In One Week**

Shawn, I'm in school so I haven't been able to read the whole program yet, but I'm psyched. I gained 5 pounds this week just from following one supplement tip."

**John Bouchard**

I wanted a change in my work out habits and came across your website. I was impressed with what you had to say but I did do some other research before trying your program. I came across several websites that reviewed the various programs on the internet and they all said your 7 step program was the best.

**Update:** Since starting your program a year ago I went from 195x6 on the bench press to 280x4...not bad for someone who s weakness was always the bench press!!

**Greg Lansac**

"It's the beginning of the second week and I have put on 3 whole pounds. I'm very excited about the weeks to come!

**Michael King**

"I weighed myself the other day and i put on 4 pounds."

**Sherisse Walker**

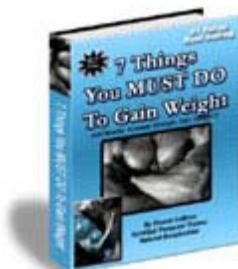
**These are regular people like you and me.**

The only thing they did was put their doubts aside and give this program a try. Unhappy with their weight, they decided to take action and do something about it!

## **Here's Exactly What You Get When You Invest In "7 Things You Must Do To Gain Weight"**

I wanted to make sure that "**7 Things You Must Do To Gain Weight**" gave you all the tools, everything you need, to start gaining weight immediately.

revealed in this powerful program. And in easy-to-use, step-by-step detail.



Here's the actual table of contents from the 110-page ebook:

- **Step 1: How To Gain Any Amount Of Weight You Want.**
- **Step 2: Calories: They Make Or Break Your Weight Gain Results.**
- **Step 3: Nutrition: Exactly How To Eat To Gain Weight.**
- **Step 4: How To Set Up Weight Training: Reps, Sets, and More.**
- **Step 5: How Many Muscle Groups, Days to Train, and Rest.**
- **Step 6: Cardio: How To Do It So You Don't Lose Weight.**
- **Step 7: The Best Supplements for Weight Gain.**

As you can see, I've left nothing out of this weight gain program. Think of it as a weight gain instruction manual that covers every detail. You can learn fast and easy from actual instructions others are using **right now** to pack on weight.

By the way, an ebook is a file that's downloaded from my site and runs on your computer.

The best part is you don't have to wait for this book to come in the mail, or drive to a store to get it. You can download it to your computer right now.

### **So What's The Cost of This Lifetime of Weight-Gain Knowledge?**

**Well, let me ask:** What price can you put on cutting out **months**, if not years, of needless trial and error?

What about ending the frustration that comes with being skinny or small.

For the same price as a jug of weight gain powder, you'll learn a proven formula for gaining weight that lasts you a lifetime. And the truth is, you can easily waste 10 times this much on useless supplements that will NOT produce anywhere near the gains you'll get from this system.

If I was to train you in-person using this same proven method, it would take me hours to cover it all.

At my current rate of \$100 per hour, you'd pay anywhere from **\$500** to **\$1,000** to have me standing next to you, giving you this same exact weight gain advice!

shipping costs. So I can make it instantly available to you at a fraction of what my hourly training fees are.

**For a short time only, I'm offering a very limited HALF-PRICE DISCOUNT. If you order today, your investment in this printable weight gain ebook is now only \$59 \$39.00**

This means you can get the very same weight gain system for even less - AND you can get started right now.

It's like having me as your very own personal trainer for 12 weeks, showing you exactly what you need to do to gain muscle mass weight. But at a deep, deep discount from what you'd normally pay me (or any other good trainer).

Believe me, this weight gain program is worth much more -- in fact, I've probably spent well over \$500 on all the books, courses, and programs I've bought over the years.

And here's the best part:

**You don't have to spend the 5 years or shell out the \$500 dollars figuring this stuff out like I did.** I've condensed everything you need to know into a common sense, step-by-step plan you'll benefit from immediately.

**ORDER NOW And Receive These  
7 Gifts, Worth AT LEAST \$398.97, Absolutely Free!**

Since I know it's 100% to your benefit to say YES, I want to sweeten the pot and give you the following special bonus gifts for [acting right now](#) .

**Free Bonus Gift #1: Free Personal Training (\$99.95 value)**

Get this weight gain course now and you'll also get a **FREE month of online personal training**, for which I normally charge **\$99.95** That itself is worth more than what I'm asking for this program!

**To ensure your success with this program, order today and I'll also give you my PERSONAL email address.** Contact me directly, anytime you have a question or concern with the program and I'll send you an in-depth, knowledgeable answer within 24 hours! This will help you use the program to its fullest potential because you'll never be left without help!

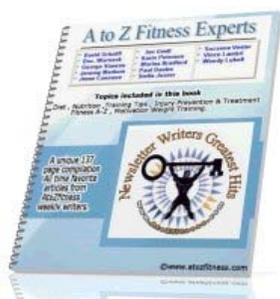
Those who purchased this personalized email training separately have told me it's worth more than the \$100 I charge. And if you order right now, it's included with this program! However, once I reach training I can do, **this ebook will double back to its regular \$79 price and I'll have to personal training.**



**Gift #2: 4 Valuable Ebooks (\$129.97 value)**

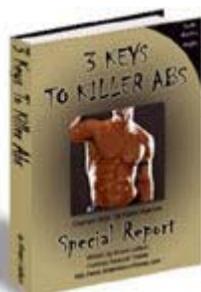
**"Bodybuilding Recipes"**, gives you dozens of great muscle-gaining and fat-loss recipes. Includes high-protein and low-fat recipes you can use to make your nutrition planning a lot easier. It includes recipes for homemade meal

replacements and protein bars, saving you money.



"**All Star Personal Trainers' Secrets**" is a special compilation of all-time favorite articles from some of the top fitness writers and personal trainers. With the help of all 13 Newsletter writers, we decided on what was the **VERY BEST** articles published throughout the years that people would enjoy reading.

"**The 3 Keys to Killer** report shows you the 3



You'll also get a free copy of my top-selling AB report, **Abs**". If you really want to get "six-pack abs", this killer things you **MUST** do to get awesome abs!



"**Testosterone Unleashed!**" A comprehensive manual for harnessing the potent power of testosterone to pack on slabs of muscle while burning fat like a furnace... without steroids or supplements!

#### **Free Bonus Gift #3 My Personal Workouts (\$19.95 value)**

You'll also get the step-by-step workout routine I used to train for my natural bodybuilding contest. It includes my exact training routine, the exercises I did, and the number of sets and reps I used. Even if you don't compete and just want to get in killer shape, you can save a ton of time by following my routine!

#### **Free Bonus Gift #4: Video Demos (\$19.95 value)**

Invest in this program now and you also get 2 bonuses that show you, in real video AND picture format, how to perform over **340 different exercises**. If you're unsure how to perform any exercise at all, these online instructional pictures and videos are a must. Get the best results possible and stay safe while lifting with correct form.

#### **Free Bonus Gift #5: Free Newsletter (\$99.95 value)**

You'll get a **free year-long** subscription to my cutting-edge fitness and bodybuilding "Change Your

yours free!

**Free Bonus Gift #6: Nutrition Database (\$49.95 value)**

Try this program now and you'll get access to a tool I use every single day of the year! At the click of a button, your nutritional approach becomes precision-accurate with this database that lists the protein, carb, fat, sugar, and sodium content for more than **16,000 foods and 100 of the most popular restaurants.**

**Free Bonus Gift #7: Weight Gain Checklist (\$100 potential)**

This 6 page special report contains the absolute vital steps you need to take in order to gain the most weight in the least amount of time. Think of it as your weight gain "cheat sheet". This special report is short, so you get the information faster. It cuts through the B.S. for you!

**\*\*New Special Bonus - For A Limited Time Only!\*\*** --  
**Free Muscle Gain mp3**

**Order "7 Things You Must Do To Gain Weight" today and get a FREE mp3 recording called "How To Gain Maximum Muscle In Minimum Time"**

If you order right now, you'll also get a **FREE 2-hour teleconference recording**, for which I normally charge **\$39.95!**

That itself is worth more than what I'm asking for this ebook!

This was a special coaching call I did for my personal training clients. The only goal I had during this 2-hour call was to lay out a step-by-step plan for gaining the most muscle mass in the least amount of time possible.

**And if you order right now, this "How To Gain Maximum Muscle In Minimum Time" mp3 recording is included with this ebook!**

But you must hurry, this bonus will be removed soon and sold separately for it's regular price of \$39.95!

The fact is, I believe in my program so much, and I'm positive it will help you achieve the results you want. I want you to believe it's possible as well.

**So I've arranged for you to read this report *WITHOUT RISK!***



**You Get An 8-Week No-Risk  
100% Money-Back Guarantee!**

Here's my *personal* promise and guarantee to you.

I want you to have your own copy of "7 Things You Must Do To Gain Weight" all to yourself **for a full 8 weeks.**

Train with it, treat it as your own, go through your own 8-week trial run...

And if you aren't *completely satisfied* with the results you get, you'll receive an **immediate refund of all your money.**

**Absolutely NO questions asked. No hassles and no delays.**

Your word is enough for me. And we'll still be friends.

I mean it.

If, for any reason (or for no reason at all) you decide this program doesn't meet your exact needs, simply ask for your money back and you owe nothing.

**In other words... it's a FREE look.**

That's because I know you'll be satisfied using this program, but *you* really don't know that yet, until you have it in front of you.

Sure, I could get **ripped off big-time** this way... but I tend to *trust* people.

I was once there, frustrated and looking for someone who would help me reach my goals. I know you'll make the right decision based on *your* experience.

If I prove myself to you, and treat you with the respect you deserve, you'll continue to use my program. And if I don't, we part friends, and you haven't risked a penny.

So I guess what I'm saying is, don't decide now if this program is for you.

**Just get it and try it out.**

If it doesn't do everything I say and more... if you don't gain **more weight, increase your strength and confidence...**

If it isn't life-changing, if it doesn't work for you, you have nothing to worry about because you're fully protected under my no-risk, no-questions-asked money-back guarantee.

Better yet, the **\$399.00** worth of bonuses are yours to keep, even in the unlikely event you decide to take advantage of the **8-week money-back guarantee**.

### **Knowledge Is Only Power When You Take Action And Use It.**

Did you know the definition of insanity is 'doing what you've always done and expecting different results'.

Remember my earlier breakthrough that I shared with you, the one that changed my body and my life...

**If you keep doing the same things, you're going to get the same exact results. When you learn better, you can do better ... when you DO better, you GET better results.**

So please, **don't procrastinate** and "think about it". If you're tired of not having the muscle mass or the confidence you want... you need to take action to change that *right now*. If not now, then when?

And since I've already made all of the mistakes... you don't have to waste your time and energy on trial and error. Save the aggravation and use my experience as your shortcut guide to getting the body you've always wanted and deserve!

I read your book and to describe it in one word....AWESOME! I feel that book was specially made for me!!! Im pretty sure there are other people that feel that way too. Thanks again! **Chad Alayvilla**

#### **Here's what to do now:**

Click on the order button below, and you'll go to my secure order page for your credit card information (You can also order by PayPal if you choose).

When you use my secure order form, you'll be able to download the book immediately as an Adobe Acrobat PDF file.

Your transaction is secure—using our secure server, your order information is transmitted using the latest SSL encryption technology to ensure complete and total privacy and security.

### **Start Reading Your eBook In The Next 2 Minutes...**

The whole process takes just a minute and you'll be reading your book in about 2 minutes.

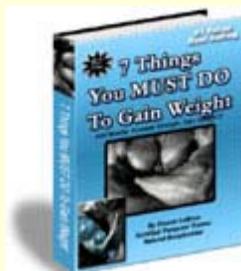
When you get the book, scan it a couple of times and read the parts that jump out at you right away—then go back and read it cover to cover.

The next time you're at the gym, try some of the techniques. You'll notice a difference right away, and it will encourage you to try some of the other ideas right away.

Click the link below now and order with your credit card, checking account, or paypal...

## Secure No-Risk Acceptance Form

**Yes Shawn!, I want to make solid gains fast! I understand there's no risk on my part because I get a 2-month 100% money back guarantee.**



"If I act right now, I understand I'll receive..."

- The 110-page "7 Things You Must Do To Gain Weight" **ebook**
- My step-by-step workout routine (12 total weeks)
- 4 free ebooks: "Bodybuilding Recipes", "All Star Personal Trainer Secrets", "3 Keys To Killer Abs" and "Testosterone Unleashed"
- Your name entered into a weekly drawing for \$100 worth of supplements!
- The 2-hour "Maximum Muscle In Minimum Time" mp3
- Video Demos for over 300 workouts!
- A year subscription to my weekly fitness newsletter
- Access to a Database that gives you nutritional info on over 16,000 foods!
- A 6-page special report that cuts through the BS and gives you a

weight gain checklist you can use to gain weight faster!

- And also, 2 more free "surprise bonuses" that are worth the price of my course, many times over!
- Full Money-Back Guarantee

**"7 Things You Must Do To Gain Weight" is not available in book stores and does not come in a printed version.** To keep it affordable, it's only sold as a printable ebook, right here through this site.

There's no shipping and handling charges and you get the download link to the ebook and bonuses **within minutes** after purchase.

## **It's Easy To Order:**

1) The fastest way to order "7 Things You Must Do To Gain Weight" is with a credit card via our secure online form. That way, **you get access to this program instantly.**

You can also order online with your **checking account or PayPal** using this same secure form. We use 100% secure servers for all orders, so your credit card information is 100% safe!


Sincerely,



**Shawn LeBrun**  
Certified Personal Trainer  
N.A.B.F. Natural Bodybuilder

**P.S.** Remember, the ONLY difference between gaining weight and NOT gaining weight is doing a few small things you're not doing now.

in a very short time. My techniques and strategies have been proven to work, so you can save time, energy, and money by skipping the trial and error.

[Click Here Now To Order - Only \\$39.00!](#)

**P.P.S.**

Be sure to check out the testimonials above. They're from everyday regular people, like you and me, achieving amazing results by using this system.

And remember, there's **absolutely no risk** for trying it out. If it's not for you, you can get your money back quickly and easily. So don't you owe it to yourself to at least try it?

Thousands of people, just like you, have used this program to gain weight quickly and change their lives. A bigger, more confident you is within your reach as well. So save the time and aggravation.

[Grab your copy now](#) and you'll be learning these secrets in just minutes!

**P.P.P.S. One more thing... and it's important.**

You must hurry if you want the program at this price, with the free online personal training. I've already had to raise the price of my program from \$29 to \$39. And I plan on raising it again soon.

These price increases are to ensure my very limited time is spent helping those who are **motivated** to get the most out of this program.

**But once I reach the limit of email training I can do, this program will double back to its regular \$79 price and I'll have to discontinue the free personal training bonus.**

So, honestly, if you're serious about changing your body AND your life, **order your copy now** before the price goes up and I discontinue the free training bonus.

[Click Here Now to Order - Only \\$39.00!](#)

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