



How to **FORCE** Your Body to Build Muscle and Strength...

**Even When Nothing Else
Seems to Work**

**A Special Report From Nick Nilsson
The "Mad Scientist" of Muscle**

If you want muscle, you've come to the right place.

Right now, you're going to get a PhD in how to build muscle and strength FAST and blow through ANY training plateau.

In this report, I'm going to give you my best comprehensive science-based training and eating strategy that will literally FORCE your body to build muscle, even when it seems nothing else seems to work.

**Because Here's the Thing...I Know
EXACTLY Where You're
Coming From...**

Before I started weight training, I was a high-level endurance athlete...145 lbs soaking wet.
I could rip out triathlons without even training for them...



Nick Nilsson



7/28/1991

But I wanted MUSCLE...

And after years of training and research (and plenty of failures), once I figured out these training and eating strategies to maximize muscle mass (the ones I'm going to share with you right now)...well...I carry a bit more muscle now...



Nick Nilsson



Today...

I fought genetics and I WON... YOU CAN TOO...

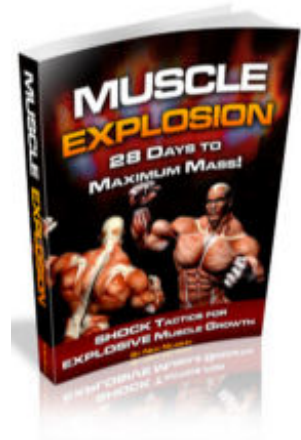
Now, just so you know right up front, the strategies in this report form the framework of my very powerful Muscle Explosion program.

Don't worry, though...

This is going to be VERY useful stuff.

I'm going to give you a TON of great info that you can apply to your own training regardless of whether you decide to try Muscle Explosion or not.

The overall concepts and training ideas you're going to read about here are invaluable.



You're going to learn how, by doing just about everything **WRONG** according to conventional wisdom, you're going to achieve the best gains of your life.

I'll tell you right up front...my goal with this training strategy is **NOT** to bury you...

My goal is to make you grow like a WEED.

So here's a quick outline of what you're going to learn...

Phase 1: Controlled Overtraining

Today, you'll learn my overall strategy for the training that will **FORCE** your body to build muscle even when nothing else has worked for you in the past.

Phase 2: The Slingshot Effect

A detailed look at the first phase of the Slingshot Effect. You'll learn my biggest secret for building serious mass...no hints, and I **PROMISE** you'll think I'm **INSANE** for it.

Phase 3: Massive Overload

The second phase of the Slingshot Effect and the beginning of Controlled Overtraining. This is where the magic happens. During this phase, you overload your body to the point where it has to build muscle pretty much just to survive (not kidding...it is that hard).

Phase 4: Expansion

The final chapter...you'll learn how to properly build on the massive overload you just experienced by giving your muscles room to grow and pulling back on volume to allow supercompensation in your strength levels.

Let's get right into it...

Phase 1: Controlled Overtraining

Your body does not function in a straight line. It operates in cycles, constantly adapting to whatever demands are placed on it.

Perfect example, you go out in the sun, you get a sunburn, it turns into a tan.

When you apply this to muscle building, it's the same idea...you work your muscles, they get damaged, they rebuild stronger.

That's how it should work...IN THEORY.

In practice, it's a lot more complicated than that.

Hormones, nutritional state, training loads, exercise selection, training frequency...all of these factors determine whether you build muscle or not.

And if you don't know EXACTLY what you're doing with all of these factors, I'm sorry to say, you could end up without any muscle growth at all.

Any program that operates in a straight line and doesn't take into account your body's responses to training workload is, to be brutally honest, doomed to fail.

You may get results for awhile, but you will absolutely hit a plateau when your body either can't keep up with that workload or gets so used to it that it has no reason to adapt anymore.

That's where Controlled Overtraining comes in...

Controlled Overtraining is a simple concept. First, you overload and overwork your body ON PURPOSE to force it into a state where it's furiously trying to keep up with the demands being placed on it. You're trying to achieve a state of acute overtraining

And here's an important point...

Chronic overtraining is the "bad" type that everybody is trying to avoid.

Acute overtraining (i.e. short-term overtraining) is where the REAL results are. You MUST get to this point in whatever program you do in order to maximize results.

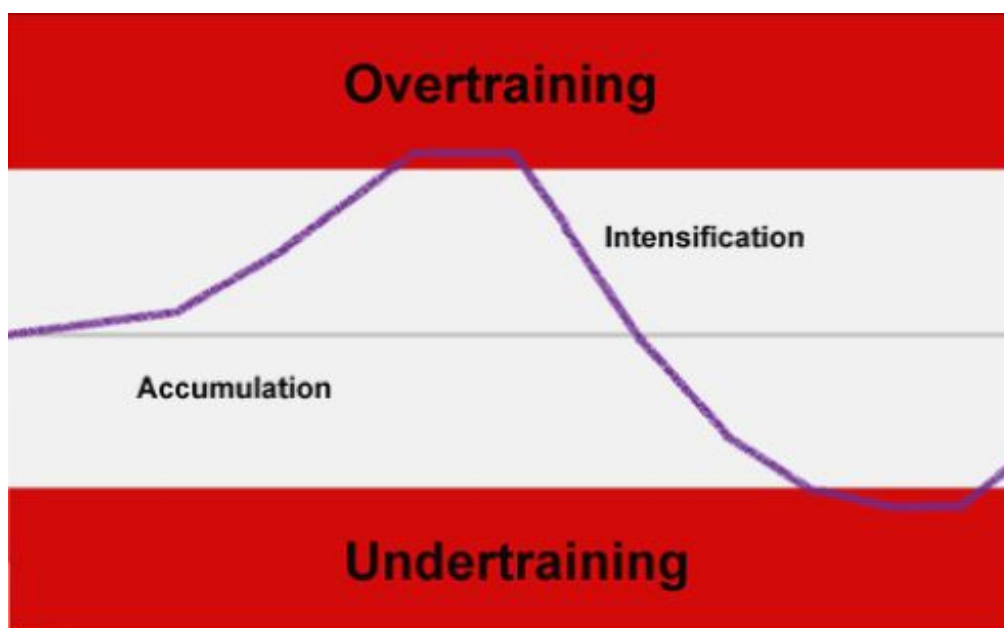
So this phase will give you big gains in muscle mass because of the sheer volume and ever-increasing workload being placed on your muscles.

Then, just when your body is about to hit the breaking point...when it just can't keep up anymore and you think you're going to crash and burn, you immediately back off on the workload.

Your body is still trying to recover from that massive overload while CONTINUING to operate at that high level of recovery.

It's during this phase that you will see MASSIVE gains in strength.

Here's what a graph of this looks like:



When your body has recovered back to baseline levels, you can ramp back up again, repeating the cycle.

This training framework will give you results every single time, keeping you in the optimal training zone longer.

I like to compare Controlled Overtraining to a car going up a very steep hill.

As you're going up the hill, you have to put the pedal to the floor just to keep a decent speed. You might be pushing 8000 rpm while going just 20 miles an hour.

This is the ramping up phase of training where your putting massive overload on your body.

As you come to the top and start coming down the other side, what do you think will happen if you **KEEP THAT PEDAL DOWN** and keep the rpms at 8000?

You'll pick up speed FAST because while the demands being placed on your car (i.e. your body) are a lot less, the DRIVE is just as strong.

This framework will literally FORCE your body to build muscle and strength.

So now that you know how to structure your training, it's time to learn how to structure your EATING for maximum muscle growth...

...and it's NOT what you think...

Phase 2: The Slingshot Effect - My Biggest NUTRITIONAL Secret For Building Mass.

I'll tell you right up front...building muscle is not rocket science but it IS science.

And that's exactly what this nutritional slingshot strategy is all about.

You'll be using scientifically-based eating patterns to manipulate your body's hormones so that you set up the perfect conditions to build muscle...

...so perfect, in fact, that body practically has NO CHOICE but to build muscle.

This is truly one of THE most anabolic secrets around, yet it's very rarely used. It has the potential to dramatically increase the results you get with ANY muscle-building program, and especially a program like Muscle Explosion that is designed specifically to take full advantage of it.

So let's get right to it...

Step 1 - Low-Carb, Low-Calorie Eating

I get it. It's completely counterintuitive to go on a DIET when you want to build muscle.

Here's thing though...going on a strict, low-carb, low-calorie diet does several things.

First, after 5 to 6 days of low-calorie eating, your body will start to go into "famine mode." It starts to become more efficient with nutrients and calories you're putting since there isn't very much to go around.

This increase in efficiency is exactly what we're after.

Second, since you'll be primarily doing low-carb eating, your body will become more sensitive to the effects of insulin.

This part is HUGE.

Insulin is one of THE most powerful muscle-building hormones in your body (it's secreted in response to carb/sugar intake).



There's a reason pro bodybuilders shoot themselves up with it...it's incredibly effective for building muscle since it's your body's primary storage hormone. You're going to achieve a similar result NATURALLY through your eating patterns.

Third, this low-carb eating pattern will deplete the glycogen from your muscles and liver (glycogen is how your body stores carbs for later use).

This sets up a substantial nutritional void in your body...and your body HATES a nutritional void. It'll do just about anything to balance things back to where it feels it should be. You'll see the significance of this in a minute.

For now, it's enough to know that you'll follow this type of low-calorie, low-carb eating for a period of 6 days and your training should be targeted fully towards fat-loss.

After that time is up, we're going to take full advantage of the massive REBOUND that we're setting up that's coming fast on its heels...

Step 2 - Protein Deprivation

"Ok, what?" I can hear you saying. You've almost starved yourself for 6 days, hardly eating any carbs and now you have to cut out protein, too?

That IS insane...right?

Or is it...

After eating low-carb and low-calorie for 6 days, on the 7th day, you'll eat nothing but fruit. Yep, just fruit.

This will totally deprive your body of protein for one single day. Your body will use up it's free amino acid pool and be hungry for a protein source.

That's nutritional void #2...

Your body is now TOTALLY PRIMED to reload everything you've deprived it of...and reload it in MASSIVE quantities.

Step 3 - Massive Intake

This is the fun part. The goal here is to take in BIG quantities of carbs, protein and (some) fat and drink so much water that you're practically sloshing when you walk.

Here's why...

First, we're reloading the body with carbs to get the glycogen stores back up. When you carb deplete then reload, your body stores about 1 1/2 to 2 times the amount of glycogen that it originally had in it.



This means an instant increase in muscle size and an increase in internal water stores in the muscle, due to that increase glycogen storage.

Increased water levels in the muscle is INCREDIBLY anabolic.

It pushes on the cells walls to help expand them and it provides more "soup" for the growth processes to occur.

Plus, more fuel storage also means more fuel to TRAIN with (which will be key with the training you'll be doing).

The second reason for massive intake is protein.

Remember how we set up a nutritional void of carbs then a nutritional void of protein?

It's payback time.

Your body stores protein as MUSCLE (see where I'm going with this?) and this rebound will give your body a reason to hold onto more protein.

Coming back from this double nutritional void will set up a **TREMENDOUS rebound** that we're going to take full advantage of as we go into the Massive Overload phase...

Phase 3: Massive Overload...

What Doesn't Kill You Makes You Stronger

And I'm NOT kidding when I say "what doesn't kill you"...this program is going to come close :).

The goal of this phase is to push your body to the limit, setting up an emergency response so that it has no choice but to grow in order to survive.

When done correctly, this 5-day period of training can yield results comparable to SIX MONTHS of normal training.

I'm not actually exaggerating or hyping this up. This is real.

And believe me, you will WORK for every bit of it.

So before I tell you about the training, let me first take you back to the Nutritional Slingshot...the one we used to set up the PERFECT anabolic conditions in your body for building mass.

You deprived your body of carbs and calories for 6 days, leading to an increase in insulin sensitivity and metabolic efficiency as well as set up a nutritional void for carbs/glycogen.

You deprived your body of protein, setting up a desperate need in your body for protein.

Then you started loading MASSIVE quantities of food.

The stage is set...now it's time to load your body with MASSIVE training volume to take advantage of that rebound.

Enter: Compound Exercise Overload Training

For this massive overload phase, if you're not using the Muscle Explosion program, you may decide to use another type of high-volume training like German Volume Training or Escalating Density Training.

However, this C.E.O. method is THE single best form of volume training I've ever found...bar none.

It allows you to load your body with near-maximal weights for large numbers of sets and for longer periods of time...perfect for the conditions that the nutrition part of this plan have just set up.

Here's how it works...



You'll do this with just ONE exercise to maximize the impact (I suggest deadlifts or squats the first time through).

First, take a weight you could normally do for about 6 reps. Now do 3 reps with it. Take 30 seconds rest. Repeat until you can no longer get 3 reps in a set. Reduce the weight by 10 to 20 pounds (depending on the exercise - the higher end for bigger exercises like squats and deadlifts) then begin the cycle again.

One thing that is VERY important to note here...**DO NOT go to failure on ANY set.**

This will overwork the nervous system. The goal here is to overload the muscular system.

What this training style does is allow you to work at a relatively high "momentary" intensity.

What this means is as you fatigue, your 1 RM drops naturally. This training style keeps you in that sweet spot of 80 to 85% of your CURRENT 1 RM for the ENTIRE workout...for ONE exercise.

Your nervous system gets tuned perfectly to that exercise due to the high volume, leading to extremely fast increases in strength because of the sheer amount of PRACTICE you're getting at it.

I also find it highlights then pretty much obliterates weak points in your lifts.

Your weak point in the movement will always be the limiting factor in your training. That means using this training style, you will be pretty much training at or near the limit that your weak point allows in the lift, and doing it for MASSIVE volume.

You're essentially training your weakest point in the lift for the ENTIRE workout.

This is an incredibly powerful concept that results in major strength gains, once you recover from this training.

In the Muscle Explosion program, you will do this CEO Training for FIVE days straight, focusing on just one exercise the whole time. You will also be increasing the time you're doing it on each day AND increasing your starting weights each day.

Sound impossible?

It's not, and this single week of training will show the meaning of "what doesn't kill you

makes you stronger."

After 5 days of this massive overload training, it's time to do something that most people don't realize they CAN or even MUST do...

...give their muscles more room to grow.

Phase 4: Expansion...Give Your Muscles Room to Grow... or They WON'T...

So you've done the heavy lifting...you've done the heavy eating...now it's time to sit back and let the muscle growth happen, right?

WRONG.

Now it's time to push things even FURTHER.

It's time to give your muscles the room they NEED to grow by forcing the issue.

If you skip this step, you're missing out on one of THE most important aspects of muscle-building training and it could be what's left your muscles out in the cold.

The problem is fascia...it's the tough connective tissue that surrounds your individual muscles. Your body couldn't function without it, but it can actively prevent muscle from growing simply due to lack of space.

So the goal of these last two weeks is two-fold...first, give the muscles a REASON to continue growing and second, give the muscles ROOM to grow by expanding that tight "pillowcase" of fascia.

I like to compare it to putting on a pair of tight jeans. When you pull them out of the laundry and put them on, if you want to loosen them up a little, what's the first thing you do?



You squat down...

Your quads expand and push against the jeans and stretch them out a little. If you want to expand them a bit more, you squat up and down a bit more.

That's EXACTLY what you need to do to stretch your fascia...fill the muscles up with blood then work a stretch directly against the fascia, using those filled-up muscles to push against it.

Now, I'll be straight up with you...there is debate about whether or not you even CAN stretch the fascia with focused stretching.

Based on my experience and research, I believe you CAN stretch your fascia.

I think the people who think it can't be done simply haven't used an effective protocol for doing it...just like people used to think flight was impossible. If you don't know how to do it, then you might think it's impossible to do.

I also believe the fascial expansion that happens over time with training is the driving mechanism behind muscle memory.

If you're not familiar with the concept, muscle memory is what happens when you stop training for awhile and your muscles shrink down then, when you return to training, your muscles grow back to their original size much faster than they did the first time.

I believe the reason is NOT because your muscles remember what it's like to be that size...I believe it's because your fascia has ALREADY expanded (it doesn't shrink when your muscles shrink).

Your muscles are growing at the rate they are PHYSIOLOGICALLY CAPABLE of growing, when not limited by the constricting fascia.

So imagine how your muscles will grow when you take tight fascia out of the equation...

Now back to our plan...let's do a quick recap.

First, you dramatically reduced your eating and your training was targeted for fat loss. This set your body up for the Slingshot Effect where you then overloaded your body with calories, nutrients and training volume.

Your body has responded by grabbing and storing LARGE amounts of nutrients in the form of glycogen and protein (muscle tissue) and is also holding plenty of water within the muscles.

Now we're going to take full advantage of this incredibly anabolic state in the body and focus on USING those nutrient-and-water-swollen muscles as leverage to stretch the fascia surrounding them.

And yes, fascia is extremely tough tissue...which is why the stretch-focused training you use here must also be on the extreme side. A half-hearted static stretch at the end of your workout is not going to cut it.

Here's the secret...

Instead of that static stretch, you're going to focus on exercises that incorporate a strong stretch WITHIN the exercise itself, so you're not only stretching the fascia, you're doing it under RESISTANCE (a good example of this is the dumbbell flye exercise).

THAT is the missing link...simply filling the muscle up with blood and using a strong static stretch is good.

Filling the muscle up with blood AND stretching that muscle under resistance is MUCH better...

...and especially when it's immediately followed by a contraction-focused exercise that puts even MORE blood into the muscle right after the stretch.

And I'll tell you right up front...this type of exercise-based stretching is not comfortable. In fact, it's downright BRUTAL when done correctly.

The results you will get from it will speak for themselves, though.

You'll repeat this formula for the final two weeks. Fill the muscle up with blood then stretch it HARD. Little by little, your fascia will expand and give your muscles the room they need to grow.

So That's the Formula for FORCING Your Body to Build Muscle and Strength...

And it's also exactly how the Muscle Explosion program works...

It literally ATTACKS your body on every front, using advanced strategies that build on each other, with

each phase setting up the next for maximum results.

Your stubborn, non-growing muscles don't stand a chance.

And believe me, you can absolutely incorporate these nutritional and training principles into your own program however you like...I'm a big fan of experimentation and trying things out in your own fashion.

If, however, you'd like something completely "**done for you**," with every single day of the training and eating all laid out for you (set, reps, exercises, the works) then I would definitely suggest picking up a copy of Muscle Explosion and taking it for a test drive.

Because as great as theoretical knowledge is, there's nothing as powerful as actually experiencing this training and eating strategy for yourself and seeing what happens...

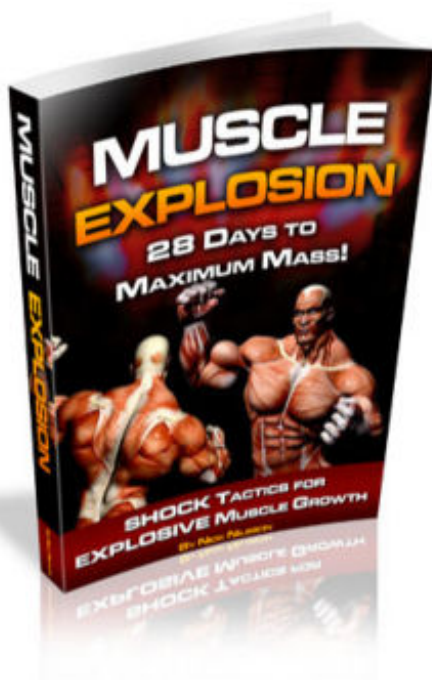
Now I've got something really cool for you...

My good friend and natural bodybuilding champion Hugo Rivera (who you got this report from) and I have put together a killer DEAL for you.

On Tuesday, July 10th at 12:01, you will be able to get the full Muscle Explosion program for 40 DOLLARS OFF the regular price.

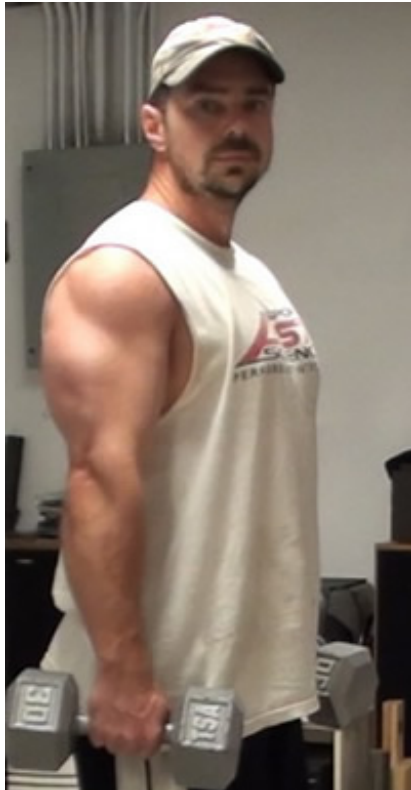
This special deal will only be available for a few days, though, so definitely keep your eyes peeled for the announcement.

Hugo will be sending you plenty more information about the program, including training info and exercises you can try out at your gym, so you can **see and experience for yourself exactly how powerful this muscle-building system is.**



About the Author

Nick Nilsson is known in the fitness world as the "Mad Scientist of Muscle," and for good reason...for more than 20 years, Nick has been creating unique, new exercises and training techniques and putting together some of the most innovative muscle-building and fat-loss programs available anywhere.



To create these unique programs and exercises, Nick puts to work his degree in Physical Education, covering advanced biomechanics, kinesiology, anatomy and physiology.

When you put his exercises and programs to work, you'll immediately see and feel exactly how this combination of science, practical knowledge, thinking outside the box and just a little bit of insanity really mesh together to maximize every aspect of your training!

Nick began his training career in high school as a 145 lb cross-country runner (and ectomorph), looking to build muscle and get bigger.

Today, putting to work all the unique techniques and exercises he has come up, Nick weighs in at a rock-solid 200 lbs and single digit bodyfat.

These days, he uses his experience as a former skinny guy to help others build the bodies of their dreams, whether it be building muscle, losing fat or both. He has helped literally THOUSANDS of people accomplish their goals and achieve results above and beyond the reach of more traditional programs.

In addition to being published in a variety of magazines (like Musclemag, Ironman, Muscle & Fitness, Reps) and thousands of training websites across the Internet, Nick is also the author of 12 bodybuilding books including several that can be found in bookstores around the world.