

AMD 2.0: Accelerated Muscular Development Review

A leading muscle building program, the AMD (Accelerated Muscular Development) system is certainly one to consider. It's been featured in Men's Health Magazine as well as many other leading fitness magazines and is actually created by the Men's Health Training Advisor, Jim Smith. With all the popularity and hype surrounding this product, it's time to find out if it's really worth the price tag.

One of the most intriguing and impressive testimonials on the sales page is that of Tom Lawlor who is a Professional MMA fighter as well as The Ultimate Fighter 8 contestant. His training was all based around the AMD 2.0 system and his results speak for themselves. There are a few other testimonials on the page which seem more "real world" and include a high school student who managed to gain 16lbs of muscle in 16 weeks and is still growing as well as a guy who managed to gain 9lbs in 8 weeks.

The results seem to speak for themselves but what do you actually get when you buy the AMD 2.0 system?

With training, nutrition and 24 weeks-worth of workouts and exercises, the AMD 2.0 system is certainly jam packed. There are chapters on muscle growth which include diagrams and the science behind it – as well as how to activate your muscle building hormones for maximum results.

There are results-driven templates that basically tell you exactly what to do, why and when to work out to get the best results. It pretty much covers everything you could ever need to know about muscle building and it's probably one of the best systems available on the market today.

When you buy AMD 2.0 you also get a load of bonuses such as the workout plans, recovery guide and power core manual. These alone are probably worth the overall price tag – the information you get is unbelievable – it's definitely a complete system.

One of the best things about AMD 2.0 is that they offer a massive 8 week money back guarantee. At \$97 you can basically buy the system, try it for 8 weeks and if it's not working (which it almost certainly will be by then!) then you can get your money back – no questions asked.

Go and grab your copy today and let us know how you get on. We'd love to hear from you after having used the AMD 2.0 system for a while. Is it as good as people say?