

Muscle Gaining Secrets Review

Muscle Gaining Secrets by Jason Ferruggia is an interesting approach to muscle gain. He starts out by telling you that there are 5 big reasons as to why every skinny guy is dead wrong in their approach to muscle gain. We'll take a look at those five reasons below and then we'll quickly take a look at why this product could be right for you.

Reason number one is to do with "progressive overload" which is basically the term used to describe constant increasing of weight or reps. If you never increase the effort your body has to work through, you'll never see any serious weight gain – you have to shock your body every time you work out; no predictable, mundane workouts.

Reason number two is to do with frequency of your workouts and making sure that you are letting your body recover whilst still working each muscle group more frequently than once per week. Most people get this wrong and Jason's program deals specifically with this and teaches you how you can work each muscle group upwards of 100 times per year (rather than the usual weekly 52 times per year) without hurting yourself.

Reason number three is that you're probably training with too much volume. In other words, you're probably doing more than you need to. Jason's get in and get out approach is unique and offers hard gainers like you the chance to really build muscle fast – and it stops unnecessary muscle soreness.

Reason number four is fixed when you buy Jason's program and it's all about not having a proper blueprint or program to follow. So many people make up their own system and that's fine – if you know what you're doing! Following a step by step approach is the best way.

And finally reason number five is to do with cycling your training and making sure that you alternate things without letting your body get used to each workout. You need to keep your body guessing and that's what this program is all about.

There are some pretty interesting testimonials that go along with Muscle Gaining Secrets and I have to say they are pretty convincing. I mean, Jason himself claims that he went from 155lbs to 176lbs (pure muscle gain) in just over one month! That's pretty incredible for someone who's just like you and finds it hard to gain weight.

Check it out and let me know what you think about it – feel free to leave comments below.