

The Muscle Head: Muscle Growth Formula Review

The Muscle Growth Formula has some big claims attached to it but is it really as good as it sounds? They claim to be able to help you gain 10, 20, even 30 pounds of muscle with only 8 minutes per day in the gym! Sound too good to be true? Let's take a look.

One of the good things about this product is that it doesn't involve any supplements which means it's safe and can be done by just about anybody. However, the claims do seem a bit farfetched so let's take a look and see if we can figure out whether or not this is a product you should buy.

The Muscle Head: Muscle Growth Formula is based around a method of training that most people can achieve and it's not hard at all. It's all about working through the system following their rules and guidelines. The owner of the product has tested this system on several of his friends and acquaintances and the results seem pretty impressive.

First, he managed to train someone through the system and after 2 months the trainee had gained 18.5 lbs of solid muscle. Second he trained a guy who managed to gain 12lbs in just 6 weeks. Pretty impressive right? And all this has helped The Muscle Head improve his system ready for you.

He runs through killer mistakes that people make when trying to gain muscle and especially focuses on people who believe they are genetically set to be skinny. He seems to think that no-one is genetically skinny and that he can make just about anybody gain muscle mass with his system.

One of the standout points of this program is that it doesn't require a huge amount of work. It's for lazy people – which is great – and it still works even if you do the bare minimum. The Muscle Growth Formula isn't for everyone – very few programs are – but it will work for the majority of people from what we can tell.

There are tons of testimonials on his sales page and this usually represents a product that has sold well. Check it out and let us know what you think. Come back here and leave your comments about the program and what you think about the system in general. Is it as good as it sounds? Do you think it'd work for everyone?