



Lesson #1

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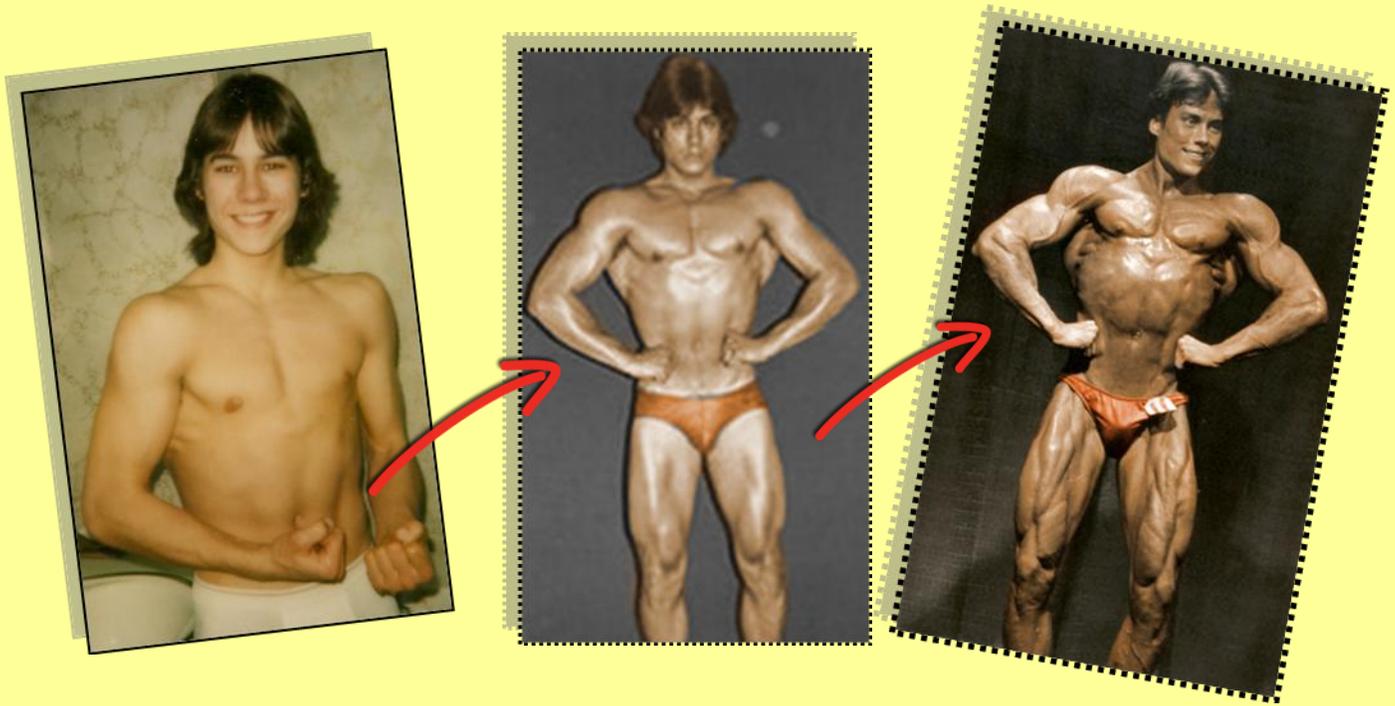
MILO MUSCLE BUILDING COURSE

**Guaranteed to Make Your Muscles
Grow Bigger, Stronger, Faster**

IMPORTANT - READ FIRST - DISCLAIMER

The information in this book is meant to supplement, not replace, proper weight training. Like any sport involving speed, equipment, balance and environmental factors, lifting weights and diet poses some inherent risk. The authors and publisher advise readers to take full responsibility for their safety and know their limits. Before practicing the skills described in this book, be sure that your equipment is well maintained, and do not take risks beyond your level of experience, aptitude, training, and comfort level. Always see a physician before starting this diet or training regimen to make sure you are in a healthy condition to do so. This book is an actual account of how I have trained and dieted for over 30 years. This book is wrote as an autobiography in the fashion of a guide to building bigger, stronger more powerful muscles faster. [I train my own kids at home using the Milo Muscle Building Course.](#)





I welcome you to my "[Milo-Muscle-Building](#)" Course...

CONGRATULATIONS

...on your desire to build a healthy and MUSCULAR physique! I have received your enrollment form, and pleased you have chosen Me, Dan Przyojski, as your muscle building coach. I offer the most EXCLUSIVE MUSCLE BUILDING COURSE available. By taking the simple first step of enrollment, you can now consider yourself someone special -- a person who wishes to improve them self -- you're a MUSCLE-BUILDER!

Hello My Friend,

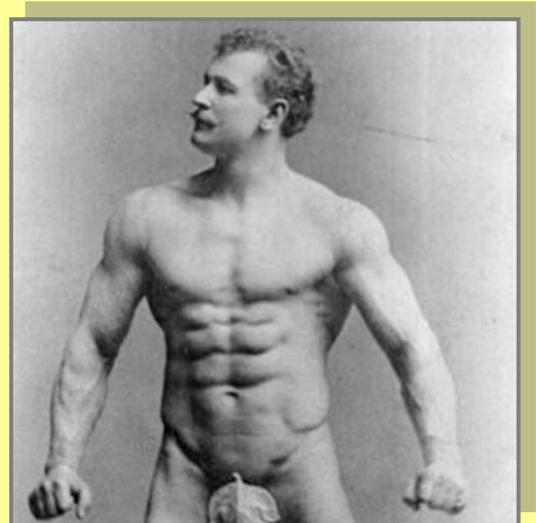
My name is Dan Przyojski. Over the past 37 years I've tried almost everything you can think of to alter my horrible genetics so I could pack on muscle size and strength. I found the secret to packing on so much muscle size and strength that I became a bodybuilding champion winning Mr. Toledo, Natural Masters Mr. Michigan and made the cover page of several fitness magazines. After years of trial and error with diet and weight training

experiments on both myself and other "hard-gainers, I finally discovered "Milo's Secret" to building massive muscle and strength that really works for skinny guys as well as for the genetically gifted person. I coined my muscle building program "MuscleBuilder Rx". But to successfully gain lean muscle mass and strength without piling on layers of fat, you must understand the "Laws of nature for muscle growth" and apply them. What I am about to teach you is not "information", what I want to give you is "knowledge". If you want to be successful you'll need to remember this "Knowledge can only be converted into personal success, if that knowledge is implemented".

Ever since the fitness craze in the 1980's, we have become a nation increasingly aware of our health and physique. Millions of dollars are spent every year in the quest for a perfect body. Gyms are big business, personal trainers are making a tidy living helping people stay fit, and body building supplements are at an all-time level of performance.

In actuality, the sport of body building has been around for quite some time. In the late 19th century, the man known as the "father of bodybuilding", Eugen Sandow was credited with inventing the sport by inviting people to view his body in muscle display performances.

Sandow built a stage performance around displays of strength and agility as well as showing off a "Grecian" physique which was considered the ultimate body. He became so successful, he created several businesses around his fame and was among the first people to market body building products bearing his name. As he became more popular, he was credited with the invention of the first exercise equipment marketed to the masses.



Sandow was also credited with beginning the first body building contest called "The Great Competition" held in London. This competition was the basis for many others to follow

including the Mr. Olympia competition that remains the most popular body building contest to date.

When World War II broke out, men in the country were inspired to become bigger in their physique, stronger, and more aggressive in their behavior. Training techniques were improved, nutrition was focused on more than ever, and body building equipment evolved into effective means for working muscles in ways never thought of before.

It was also around this time that many body building organizations came into being including the Amateur Athletic Union and the International Federation of Body Building. In the 1970's, body building was taken to a new level when the film "Pumping Iron" was released starring Austrian newcomer Arnold Schwarzenegger.

Through the years, body building has just grown in popularity becoming almost an obsession for many people. Women have started to take an interest in honing their bodies, and the sport has evolved into a real competitive arena.

THE PROBLEM IS....

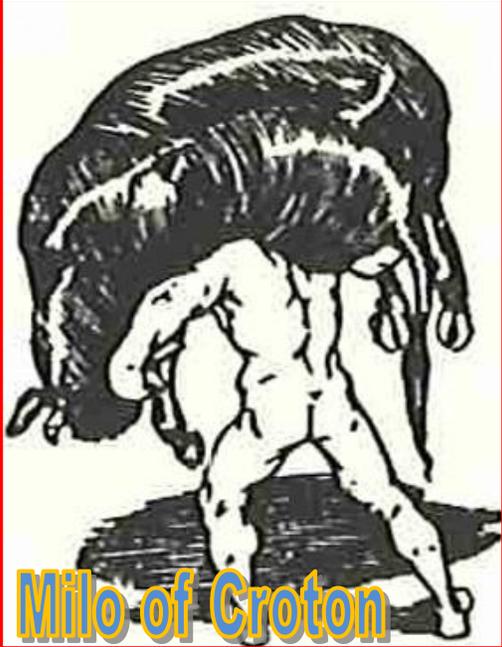
With all the hype and popularity of muscle building came the problem of commercialism. The "real" method's or system's for building a bigger, stronger and healthier physique got lost in the business of making money ! What was once "Physical Culture" turned into 'Physical Cult".

Most muscle building literature is dominated by people whose genetics are most suitable for building muscle. Yes they give you some photo shopped pictures or a before picture of themselves when they were 14 or 15 years old (pre-puberty) then an after picture that was taken several years later after they "grew-up". But that is just lies and deceit and most importantly it's not you and me! I personally have many contacts in the fitness world and know firsthand that many so called "drug-free" muscle builders are far from being natural. In fact lots of people today use testosterone which is not a steroid it is the male hormone. So these people who use testosterone say



they are "steroid free" and are not lying. They just don't tell you that they are using a just as potent, maybe even more potent than steroid pharmaceutical drug.

Typical muscle builders don't have genetic advantages needed to build huge muscle, and should not be foolish enough to experiment with drugs. The average muscle and strength builder (hard gainer) needs to be able to identify the difference between reality and commercialism. If you want to succeed in building a powerful and muscular body, you don't want to waste precious years of training and diet on fruitless methods sold by people who only want what's in your wallet!



If you've always wanted to learn how to build your body to that "Grecian Ideal" envisioned by Eugen Sandow, there can be a lot to learn. But even Eugene Sandow built his muscular and strong physique using the muscle building principals of a much more athletic and world renowned person. That person was the great Milo of Croton! I first read about Milo in a local newspaper that was reporting on the use of anabolic steroids by Olympic athletes. In the article it detailed the diet and some of the training methods of Milo and compared it with the diet, training AND use of anabolic steroids used by modern day Olympic athletes. I needed to know

more! SO...

I went to the library and read as much as I could about Milo and his life. I was amazed at what I was learning and could see that for the last few years I was doing everything WRONG! I was following the mainstream media of muscle building magazine articles and muscle building courses on training and diet and getting nowhere. Why? Because these methods were developed by men who not only had the perfect genetics for building muscle and strength but were also using anabolic steroids. I was never going to reach my genetic potential using diet and training routines that were created by and for people that were so much different than me.

It is from these "Secret's of Milo" that I developed a series of training and diet regimens for getting bigger and stronger week in and week out. It's what I used to build my weak and frail body into a championship winning physique. I have also helped many other people, both men and women to do the same. I wrote this Muscle Building Course to guide you through the fact's & myth's of muscle and strength building technique's. I want to give you the "Real Muscle Building" diets and training routines that work! I don't want you to waste years and time (like I did) with hit and miss training and diet regimens that don't work or don't work very well. So let me explain a bit about Milo to you.

Milo of Croton Story

This is the story of a man named Milo and he is one of the defining characters in all of strength and conditioning lore, he is from Croton, which is in Greece. The story of Milo goes like this, when Milo was a child he had a young bull calf and every day for four years he would go and lift the calf on his shoulders. After four years he lifted the now full size bull on his shoulders and carried it around for a little bit then slaughtered it and ate the entire bull in a day.

Has this story been fabricated? No, it is 100% fact. Even if it is not, here are some more fun facts about Milo taken from his [Wikipedia page: His daily diet consisted of 20 lbs. of meat, 20 lbs. of bread, and eighteen pints of wine](#) (nutrition challenge anyone?). It is said that Milo carried his own bronze statue to the place in Olympia where it still stands; he could snap a band fastened around his brow just by inhaling and making his temples swell, and he was compared to Hercules in terms of strength. Can all of these be exaggerations? I hope not, this guy is my muscle building hero.....my mentor? Moving on, here are a few reasons why you should look up to Milo of Croton.

- First of all we all need to look up to him because the man was a literal giant.
- Second, he is the father of weight lifting, can you think of a better example of progressive overload?

- Third, he was at the peak of his sport for 24 years, that's pretty much a quarter of a century performing at the top of athletic prowess, very, very impressive.
- Fourth, as legend has it he died by a pack of wolves when he was trying to rip a tree stump asunder, how many would even attempt ripping apart anything besides an orange or grapefruit?

SO.....

What can we learn from the life and death of such a man? Mainly we can learn that great feats of strengths and accomplishments can come about through patient training, what I mean by that is Milo didn't wake up one day and become an Olympic champion he started training at a very young age and didn't stop. Secondly, we can learn that for beginner and advanced lifters, the best way to gain strength and add pounds to lifts is to progressively add weight to your lifts every week until you can no longer lift the weight. Finally, and most importantly what Milo of Croton taught me is that if you want a body like Hercules all you have to do is go buy some basic weight training equipment and start lifting and eating correctly on a consistence basis day in and day out and you WILL build the muscular and strong body you desire!

My limitations in genetic potential meant that I had to train smarter, study all resources, learn and experiment more often, and ponder on how I could train my physique to create the image of the body I held in my mind's eye. I succeeded and so can you!

So..... That's why I'm here. I want to reveal Milo's Muscle Building Secrets to YOU.

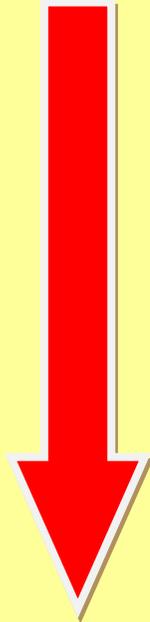
Your Muscle Building Coach,

Dan Przyojski





IMPORTANT..... you will need to know a few important factors for being successful.



DETERMINATION

If you're really intent on building a healthy, low fat, muscular physique, nothing, and I mean nothing can stop you! If you can put your heart and soul into your training and diet you WILL IMPROVE -- absolutely nothing can keep you from success! It's a scientific fact that the body responds to progressive exercise and correct dietary habits -- it would be impossible NOT to improve while following the MuscleBuilder Rx Course! Thousands of satisfied students, clients and readers have given me accounts of their success. I know my muscle building course is great when I read the letters and emails I receive most every day! And I'm sure you'll have the same results!

IMPORTANT

Before starting the Milo MuscleBuilder Rx Course (or any new physical endeavor that's new to your life style), make sure that you are in good health by having a physical check-up with your doctor. I say this because I'm looking out for your overall health, it is only a precaution for your own good! Take my course to your doctor -- show your doctor the diets and exercise programs. I have no doubt that your doctor will be happy to see you starting a progressive, healthy muscle building program -- that you're going to tone up your muscles and build better health. If your doctor finds that you do have some limiting physical impairment -- a weak back, heart, shoulder -- or if you are a bit older than the average muscle building student, ask your doctor to advise you on which exercises he, or she think will be best suited for your present condition. Later on, as your health improves, you will be able to add the exercises that are a bit more demanding.

COMMON SENSE

Using good old fashioned common sense is important when considering safe equipment and healthy foods! So you will have no "accidents" to interrupt your training, make sure you use quality weight training equipment, strong bars, bench's, dumbbells, racks and stable, steady ground! Always think "safety first" when training. Nothing is more disheartening then being careless and then having an injury that sets you back weeks or even months and knowing all along the injury could have been "avoided".

THE Milo MuscleBuilder Rx Course

The Milo MuscleBuilder Rx Course consists of several lessons (from start to finish) . The lessons should be followed on that basis. All lessons are given in the proper numerical order. Some lessons may be tougher and need more time of use for your muscles to adapt to and gain the full benefits of the lesson. If you feel you want or need more time on a certain lesson, by all means stay on that lesson until you are no longer growing stronger and more muscular! Building muscle can be faster for some and slower for other's. Go at the pace that "BENEFITS YOU" the most! REMEMBER - you can always email me and ask questions. As your coach I am here to help you succeed.

WORKOUT ROUTINES

Most of the muscle building lessons will have will have a special training routine or muscle technique other than your regular training schedule. These special routines or techniques can be used for solving minor training problems, for sticking points (plateau in progress, weak body-part) or just for variety. Stick with a workout routine as long as you are making progress with it, even if it is the new month and you receive the new routine. Do not advance to the next routine until you squeeze the most you can out of the

routine you are following. Everyone is different, their muscles adapt differently and so you should always do what's best for YOUR body!

PROPER TRAINING

As each lesson goes by, you will be that much closer to reaching your physical goals. The healthy muscle building knowledge you will learn about will be priceless, and benefit you for the rest of your life. I cannot overemphasize the importance of following the instructions! You must be faithful in your training and make every effort to follow the healthy muscle building diet plans. If you train properly, you will build muscle -- there is NO doubt about it! You will obtain extra benefits because healthy muscle building gives the entire body and mind, inside and out, the feeling and appearance of vim, vigor, confidence and overall health.

POSITIVE ATTITUDE

The secret to success in all you do, not just muscle building, is attitude. Always take a positive attitude in your training. Don't just 'find time' to train -- MAKE the time. If you will take notice you'll see that the people who fail in life are always full of excuses -- it's easier for them to find an excuse than to make the effort. I'm sure you've heard of few of the excuses yourself: "I don't have the time to train;" "You have to be born with the right genetics;" "It's too hard to follow a healthy diet;" "Healthy foods are too expensive;" or "I'm too old, or too young, or not ready to exercise." Do NOT allow yourself to fall into the "failure group." Not only do they fail in building a healthy and muscular physique, but they also fail in their life's endeavors. If you can apply yourself in this bodybuilding goal and succeed, you'll find a way to succeed in anything you do. Always create a POSITIVE attitude.. always know you're going to succeed!

TOTAL BODY MUSCULAR DEVELOPMENT

Your Muscle Building Lessons cover total body muscular development! You will be able to develop every muscle from your neck to your calves. In some lesson I may put add an extra specialized body-part routine. Maybe abs or arms, or something like that. Add it to the routing ONLY if you feel YOU need it!

THE EXERCISES FOR TOTAL MUSCULAR DEVELOPMENT

If you are not "new" to weight training you most likely have used some of the exercises I am about to give you, but remember, none of you have done them the Milo Musclebuilder Rx way! There are many, many ways to train (most of them WRONG), but I know my system is the best! Sooooooo, I really need you to follow the instructions as closely as possible. DON'T add any exercises to the program -- and don't miss any exercise I give you (unless you have a limiting injury or your doctor says not to). If by chance you have any problem with the exercises (they may seem difficult) stay with the exercise routine until the exercises become easy to perform.

WHEN TO TRAIN

It doesn't matter when you train: noon - afternoon or evening -- it must be convenient for you. Most of my students train in the evening or just before dinner. If you have to train in the morning that is fine as long as your muscles are completely warmed up and will not be injured. Also, try not to train right after a meal -- your digestive system needs a minimum of one hour to complete it's process. Do not interrupt it or you will not have a good workout.

LIMIT YOUR TRAINING

Both men and women who are successful in building a top notch lean and muscular physique (without the use of drugs) train only three times a week. More training than that WILL result in over-training and staleness -- which will, in turn, will result in no muscle gain, or even muscle loss AND fat gain! By training, I mean strictly your muscle building program. You can participate in other outside activities, interests, or sports as you please -- do whatever you enjoy most in your spare time, but train for muscle building only three times a week. I know this can be hard to accept with all the programs and other info you see on TV, hear on the radio and watch and listen to on the internet. But..... following the wrong advise is the reason why over 90% of people fail in building a lean and muscular physique. Please! Believe me on this topic because I have been in the muscle building world for over 35 years and have seen it all, over and over and over again. Don't fall prey to the commercialized world of muscle builders who want to part you from your hard-earned money.

TRAINING TIME

Generally speaking, the faster you train the better. The muscle building routines I give usually take from 45 minutes to an hour and fifteen minutes tops! But everyone trains at a different pace... what might take about forty minutes for one man, may take an hour for someone else. If it takes you quite a while to get through a routine, you simply are not in good enough shape or just learning to get better. As you get stronger, you'll be able to get through your workout faster. But, train at a pace that is comfortable for you. Rest and get your wind after an exercise, then continue on.



Joshua is 12 years old!

PERFORMING THE EXERCISES

Carefully read ALL instructions given with each exercise. Don't just glance at the exercise illustration and instructions. Read the instructions and look at the illustration until you understand it. Perform each exercise with a steady and controlled movement -- no jerky or bouncing movements. Do them evenly and unstrained. A controlled steady tempo is always better than a super fast or super slow movement.

REPS AND SETS

You'll be seeing "reps" and "sets" throughout the lessons. In case you are new to this weight lifting lingo, I will explain. "Reps" is short for "repetitions", and a repetition is one complete movement or cycle of an exercise. As an example, if you were doing a sit-up, one complete motion of lifting your head and shoulders off the floor and then lowering them back to the starting position would be considered one rep. Ten sit-ups would be ten reps. A set is a group of reps. Sets are spaced apart to give you rest. As an example, if you were to do 20 sit-ups, rest for three minutes, and then do 20 more sit-ups, you would have completed two sets of 20 reps.

WHAT TO WEAR

The best workout clothing you should wear should fit loosely but comfortably. Wear loose, comfortable clothing that will not hinder your movement as you exercise.

SORENESS

If you have not trained before, or have not trained in a while, you may not be accustomed to muscle soreness. This is natural. Muscle soreness lasts a few days. As your muscle get into better shape the muscle soreness wil not last as long or be as uncomfortable.

DON'T MISS WORKOUTS

Never miss workouts because of laziness. On low energy days, you may feel like skipping the workout -- that's when you'll have to use will power and think positive. You must be consistent in your training if you want to progress: muscle gains and increase in strength. Of course there will be days when you are forced to miss your workouts. You could get sick, have to work overtime, or you might be simply overworked. Under these circumstances it would be foolish for you to train; you would only further drain your physical resources. Don't worry about a missed workout during these conditions. Simply pick up where you left off.

NUTRITION

An extremely important aspect of building muscle is proper nutrition. I always urge my clients and students to stay away from "junk food" like white bread, sugary cereals and snacks, white rice, refined foods and so called "health-foods" that are nothing more than sugar packed cheap protein products. No person seeking to add lean muscle tissue can go wrong with protein foods like meat, eggs, fish and some milk products. I recommend different diet programs for different people. If you're underweight, I offer a diet plan containing bulk foods with a little more calories and extra protein.

If you happen to be overweight, I can help you out with a diet plan containing filling, but lean and wholesome protein foods. And yes, I have a diet plan for all you "normal's" out there too. Generally, I advise my students to substitute lean proteins, eggs, fruits and vegetables for those sugary and highly refined and processed foods you normally eat. I recommend that you eat light, well-balanced meals, and depend on nutritious snacks for extra energy during the day. DO NOT skip meals! Stay away from high caffeine products like Monster Drink® and other like products that alter your body in not so friendly ways. I'll cover more on this in Lesson #2.

FOUNDATION MUSCLE WORKOUTS

The first 12 weeks of muscle building fat loss training will alter your present physique from where it is now to a muscular, strong AND healthy body. This very workout program added 20 pounds of lean muscle tissue and powerful strength to my body, It was working so well that I stayed on it for four months. My squat went up to 405 pounds for 6 reps and 315 pounds for 20 reps. My bench press went up to 315 pounds and my dead-lift to 485 pounds. **Best of all I looked as strong as I actually was. People accused me of using steroids!!!!** I have literally trained thousands of students exclusively on this workout only, and watched them morph into physical specimens that anyone would want to emulate. Program #1 will strengthen your muscles beyond what you thought you could ever lift, and build bigger, lean muscles, the kind you have always dreamed about. If you follow the program to the T, you'll start growing so muscular and powerful that you'll want to add extra exercises, sets and reps to the workouts. DO NOT DO IT!! That is where the trainee goes off track and fails to make further progress. **Stick with what works, do not deviate from the course!** For many of you the beginning workouts will seem easy to you -- but remember, don't become over-enthusiastic. Do exactly what the routine

calls for -- don't add extra exercises, sets or reps. The workout program as described will coax and force your muscles to grow stronger, more dense and lean -- it's all a part of the Milo Progressive Training System. If you over-train, you'll just shrink your muscles and maybe even retain fat. Once you have built the maximum muscle size and strength I'll put you on the Muscle-Sculpting System. Do not try to sculpt muscle you do not have!

REST

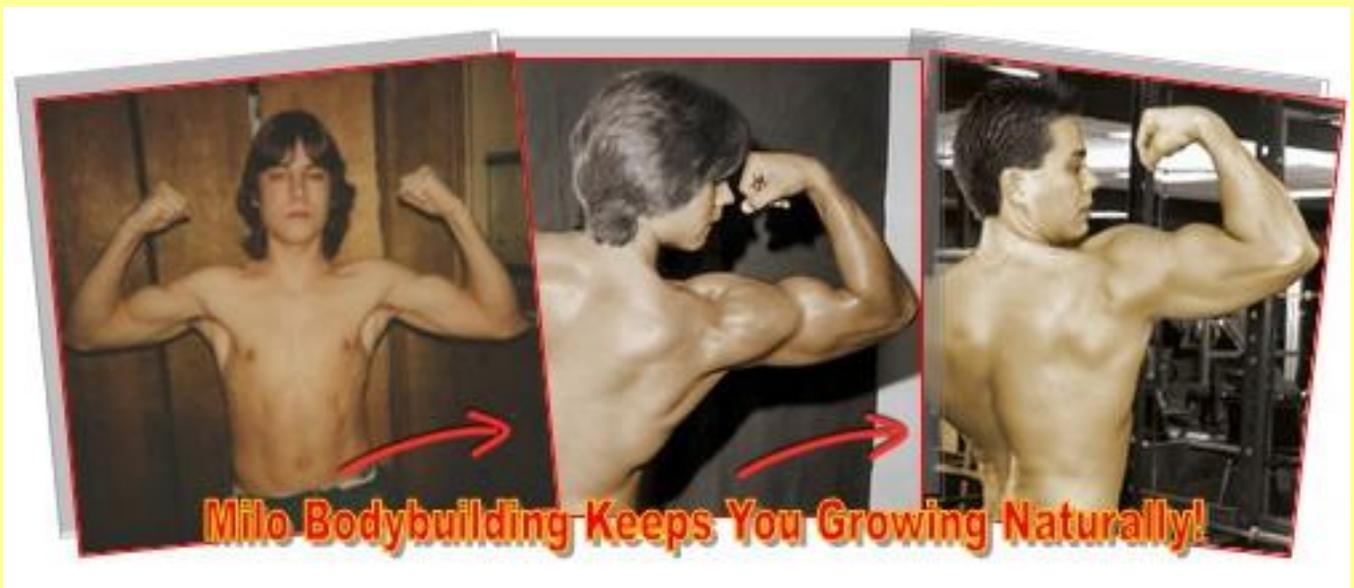
For the biggest gains in muscle density and strength, you should always get adequate rest and sleep. Of course you can still pursue your other activities as long as you get enough muscle rest and sleep. Most aspiring muscle builders listen to the wrong coach's, experts or "muscle Guru's" and over-train. If you want to build muscle's, you HAVE to give your muscles a change to rest. Anytime you train, muscle cells are broken down. When resting, these cells will rebuild and increase in muscle size. If you give your muscle adequate rest, your cells will rebuild properly (resulting in added strength and size). If you are a High School athlete and using this course that is great! Just remember to get enough rest.

REMEMBER

This course is to be followed three times a week, allowing at least one full day of rest in between workouts. DO NOT work-out every other day. Train on Monday, Wednesday and Friday, or on Tuesday, Thursday and Saturday. This schedule permits you to rest on four days of the week, two of these days together. This is necessary in order to allow your body to rest completely so that you do not slow down your training by overworking your CNS (Central Nervous System).

NOW.....

You are about to begin the course that has performed miracles on hundreds of my students and clients! Just remember this, you're starting the same way that some of the most powerful and beautiful physiques started -- at the beginning! Little by little, day by day and week by week you'll see new muscle growth -- those seemingly little gains in strength will begin to add up to larger muscles! Everyone gains at a different pace, but everyone gains! It won't be long before you'll own a powerful, muscular body that men will respect and girls will want "to touch". The more effort and adherence you put into the training and diet, the more you'll get out of it. I guarantee your gains will be nothing short of mind-boggling!!



Now that you have the knowledge to get started on the "right path" to building lean muscle, let's continue on to

Lesson #2