

**If you're a drug-free person  
who wants to pack on muscle mass  
as fast as possible -- then try....**

**Milo**

**Muscle and Strength**

**Program!**

**Dan Przyojski: Founder of Bodybuilding Without Steroids**

**Copyright 2014**

PHYSIQUE"



I used to be so skinny that my girlfriend who weighed 108



pounds asked me if I would "Give her my diet so she could lose 5 pounds". No matter how much I ate, no matter how hard I trained I could NOT gain weight size or strength!!

Dan Przyowski age 19 after training for almost two years - I still remained skinny and weak because I followed the main stream media of training and nutrition methods!

Hello My Friend,

My name is Dan Przyowski. 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. 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 give you is not "information", what I want to teach you is "knowledge". Let me explain.



# ***Muscle Building Myth***

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!

[illegible]

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!

# I Discovered Milo's "Secret" for Building Muscle & Strength!

Greek legend has it that Milo of Croton (6th century BC) was an Olympic wrestler who was famed for his athletic feats and great strength. How Milo developed his strength has been passed down for over 2000 years. It is reported that *'as a boy, Milo was tasked by his father to carry a young bull calf around a field. Every day he had to repeat this feat. Overtime the bull calf grew into a large adult but as the bull grew so did Milo's strength. Even when it was a full size adult Milo was still able to carry it around the field'*.



# Know The Truth - Apply The Truth And The Truth Will Make You Massive!

This tale has an **underlying message and truism**. To build strength Milo was **progressively challenged (overloaded)** to increase his strength thorough his developmental years. The **load was progressively increased** such that as the calf grew Milo was continually challenged. The time required to build this level of strength is also suggested as being over an extended period seeing **lifelong gradual strength gains**. The tale also infers **exercise consistency** 'everyday, he had to repeat this activity' with repeated lifting and carrying cycles. This activity may also have been **work or task specific**. Modern-day sports scientists and athletes look to develop maximal strength such that it can benefit their specific sporting demands. Were they farmers or did Milo not get along with his dad?! For those of us who have had the challenge of carrying a dead or static weight the thought of moving a live animal which may not be too happy about it will bring in an additional and lively challenge. Is this in fact the **origins of core stability?! What I developed next is the most result producing muscle and strength building system TODAY!**

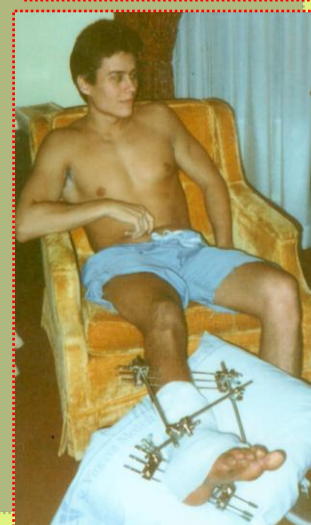
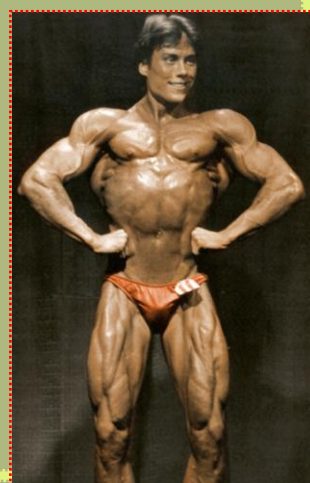




# **Now That I Knew Milo's "Secret" for Building Muscle & Strength I Had To Develop A Modern Day Version To Make It Work For Me!**

With this simple but "scientifically true" information I now had, I set out to create a "modern day" version that I could use to transform my body from the skinny kid who wrestled in the 98 pound class but only weighed 96 pounds to a modern day Milo! With over three years of following the main stream magazine's diet and training routines, I reaped minimal results at best. After applying my new "Milo System", over the next two years I made such fantastic gains that I entered the Mr. Toledo Bodybuilding Championships and WON. I was the first ever contestant to win the title on my first try.. and yes my competition was tough! Others wanted to know the secret of how I dramatically changed my physique, so by request, I started a consultation business up to help others. Male and female.

As the years rolled on I kept making great gains and even used my new found knowledge of nutrition and training to save my leg from amputation after suffering a trauma accident at a



steel factory.

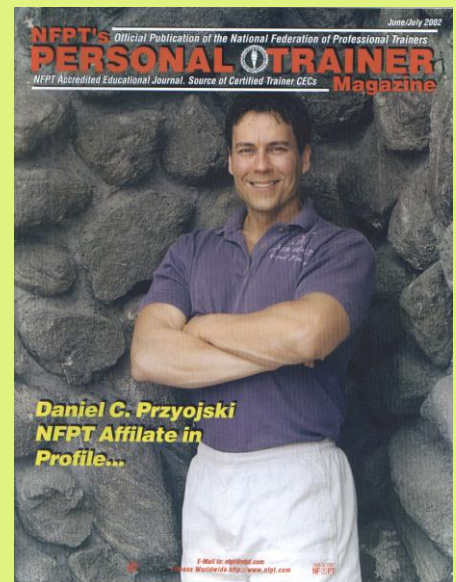
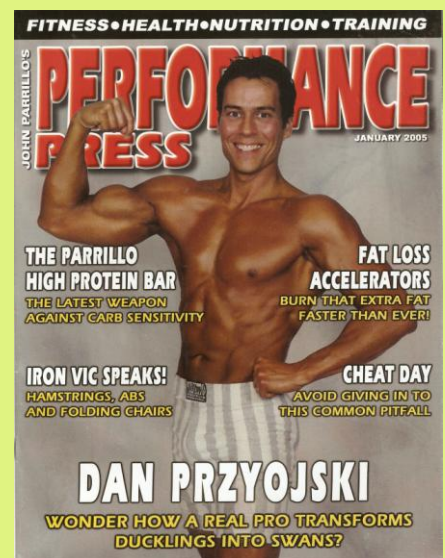
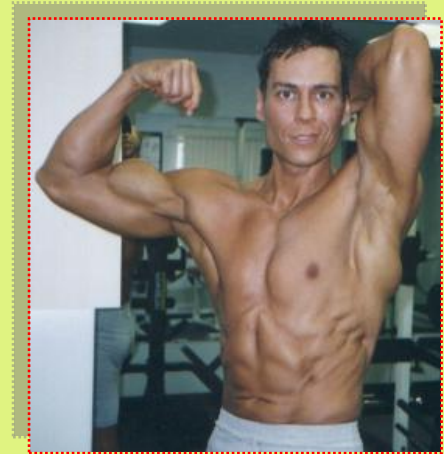
I then applied the "Milo Secret" to win the Masters Mr. Michigan Bodybuilding Title which landed me on the cover of several fitness magazines. I became friends with the late Bob Kennedy and started writing

articles for his magazine called "Reps Magazine". Bob Kennedy was a great source of inspiration for me. Through Bob Kennedy and the late great Vic Boff I learned much knowledge of the history of strength and muscle building, drugs and supplements and the myth, commercialism and outright lies in the world of muscle building.

SO.....

## Please... Let Me Help You!

My friend, I want to help you achieve your personal fitness goals and not suffer through years of struggle and effort with little to show for it. That's what happened to me but doesn't have to happen to you!

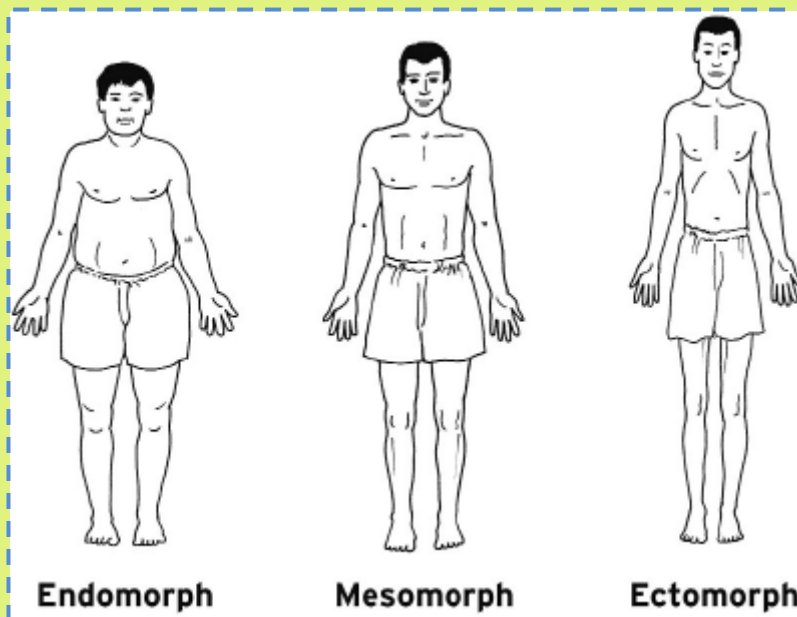




# What Is A Hard Gainer?

A hard gainer is someone who finds making gains in size and strength hard to come by. It can be a broad statement since most lifters find making gains difficult but we're not all identical in severity of "hard-gainingness" so some of us have a real hard time gaining strength and mass.

Just how "hard" a hard gainer you are, only you know. The harder you find gaining to be, the more thought and consideration you will need to put into your training and diet needs.



Endomorph carries more fat and is stout. Mesomorph is ideal for any athletic endeavor and the ectomorph (skinny guy) has the toughest time of all gaining muscular size and strength!

**So what should you focus on if you want to build bigger, stronger more powerful muscles?**



# Focus on Compound, Free Weight Movements

There are two main types of exercises you can perform in the gym: compound movements and isolation movements.

Compound movements are those that involve the use of multiple muscle groups, while isolation movements only involve the use of a single muscle group. In order to achieve the greatest gains in overall muscle size and strength, you should be putting most of your focus on big, basic compound movements. Forget about wimpy little pec-deck machines and tricep kickbacks. If you want to see big gains you must perform the **big** lifts. Here are the basic movements that you should be focusing on:

- Barbell Squats
- Deadlifts
- Bench Presses
- Barbell Rows
- Chin-Ups
- Overhead Presses
- Dips
- Lunges
- Leg Presses

These movements will stimulate the greatest total amount of muscle fiber and will have the greatest overall anabolic effect on your body. They should form the cornerstone of any effective workout routine. Isolation lifts can still have their place (movements such as barbell curls or tricep extensions) but certainly not in place of these proven compound lifts. And you MUST CYCLE YOUR LIFTING PROGRAMS IF YOU WANT TO GET BIGGER AND STRONGER!!

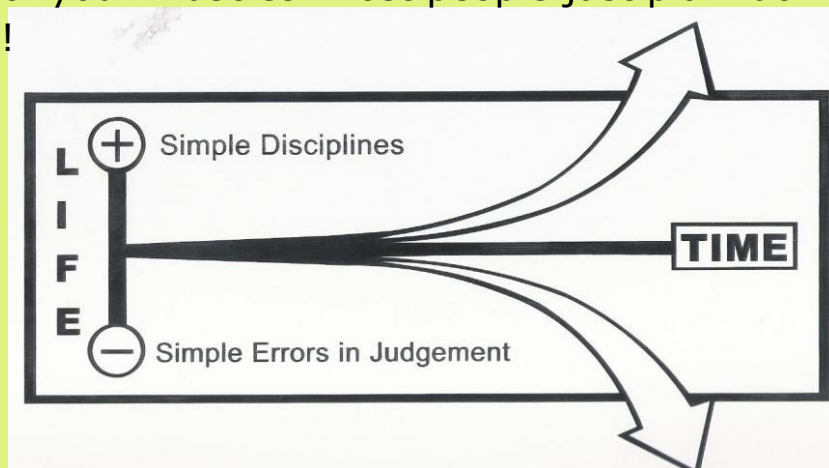


# *Train With 100% Intensity*

Your muscles grow by adapting to stress, plain and simple. When you lift weights, you create small micro-tears within the muscle tissue, and your body responds by rebuilding the muscles larger and stronger in preparation for the next workout. In order to achieve the greatest response from the muscles, you must always train with full effort and intensity. This means that for every set you perform in the gym, you must continue until the point of muscular failure.

**Muscular Failure:** The point at which no additional reps can be completed using proper form.

In other words, you must perform each set until you are physically unable to complete any additional reps. In doing this you will place your muscles under the greatest amount of stress possible and the body will respond by dramatically increasing the size and strength of your muscles. Most people just plain don't train hard enough!



Simple little things you do each day, day in and day out add up to success!



# *Train Each Muscle Only Once Per Week*

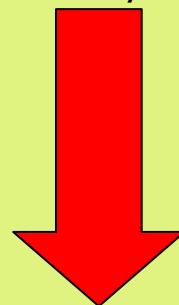
Pictured- Eugene Sandow around 1905 or so.  
No drugs and no supplements back then!



Yes, Muscle Building In The Past Was About  
Building Muscle Size and Strength!



When it comes to training for muscular size, more is certainly not better! You must let go of this way of thinking and realize that in order for your muscles to grow, they must be given proper recovery time. If you train too often you will prevent your body from rebuilding your damaged muscles, and you will severely halt the muscle-growth process as a result. Because of this, you should only train each individual muscle group once per week. As long as you train with 100% intensity and effort you will not require any more than this.

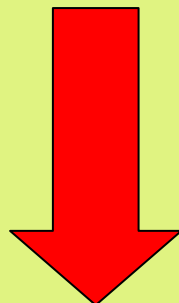


# ***Do Not Spend Excessive Amounts of Time In The Gym***

As far as each workout is concerned, you should try to complete it within one hour. This doesn't include warm-ups, but comes into play beginning with your first high-intensity set. As your workout drifts beyond the one-hour mark, your mental focus and intensity will rapidly decline. Your body will also secrete a powerful hormone called "cortisol" which will stimulate the breakdown of muscle tissue for energy. If you're looking to build and maintain as much lean muscle mass as you possibly can, you must avoid cortisol at all costs! By completing your workout within one hour you will keep your body in an optimal hormonal state and will prevent yourself from overtraining.

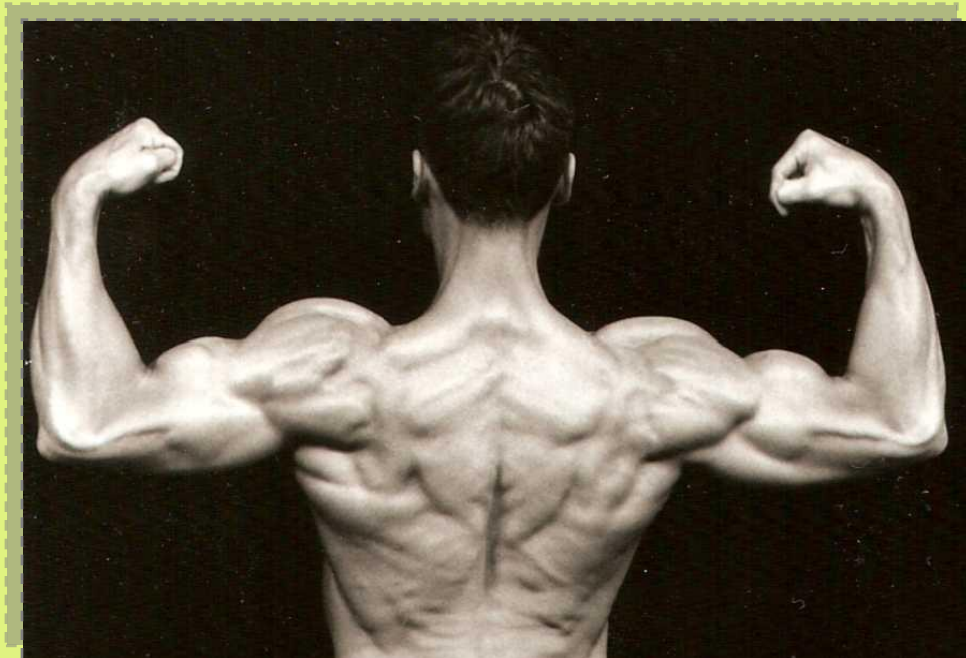


My 700 pound Leg Press day, once a week, age 55.



# Do Not Go Overboard On Training Volume

The reality is that most people train with too much volume and perform way more sets than they really need to. Your goal in the gym is to simply "spark" the muscle growth process, and any additional work will be counterproductive and eat into your recovery time. This can be accomplished without performing endless, unnecessary sets. If you always train to muscular failure, you simply do not need to perform very many sets in order to stimulate new muscle growth. In fact, there is currently no research that can prove that a second set of any given exercise has any benefit above and beyond the first one. Let go of the "more-is-better" mentality and use common sense. I would recommend that you perform no more than 8 sets for major muscle groups (like the chest, back and thighs) and no more than 4 for the smaller muscle groups (such as biceps or calves).





# ***Muscle Building Nutrition***

## **EATING RIGHT FOR MUSCLE MIGHT**

When you decide you want to undertake a body building program, the foods you eat can make a huge difference in the effectiveness of your program. Many people don't pay enough attention to the types of food they eat. But food is very important in a body building program.

Food supplies us with calories. Calories are tiny bits of energy that your body uses to perform work. Counting calories isn't as important as knowing what calories will be the best ones to consume for the maximum effect on your workout.

To have enough energy to perform your workout, you'll need a lot of different nutrients. One of the most important would be carbohydrates.

### **Carbs**

Carbohydrates are the body's main source of glucose. Glucose is a simple carb that is stored in your muscles and liver as glycogen. Glycogen is the principal form of energy that is stored in muscles. When your muscles are filled with glycogen, they both look and feel full.

Glucose also provides energy for your brain and making blood in your body. Glucose can be made from protein, but that requires the breakdown of body protein from muscle. If you're not eating enough carbohydrates, your body will start breaking down muscle tissue for glucose.

Carbohydrates should be the bulk of your daily caloric intake when you are starting a body building program. Focus on unprocessed complex carbs like sweet potatoes, potatoes, whole grain breads, oatmeal, and brown rice.

These natural complex carbs are made of long "chains" of sugar and are digested very slowly. Slow burning carbs promote consistent blood sugar levels which help to offset fatigue while promoting the release of insulin which is the body's principal anabolic hormone.

## **Protein**

Another important nutrient every body builder needs is plenty of protein. Amino acids are the building blocks of protein. Glucose molecules make up carbohydrates just like amino acids make up proteins.

Protein is involved in growing, repairing, and replacing tissues. That is made possible because proteins are the basis for body structures.

For body builders, nitrogen balance is an important concept to keep in mind when talking about proteins. Nitrogen balance is the difference between the amount of nitrogen taken in and the amount excreted or lost. If you lose more nitrogen than you consume, your body will break down muscle tissue to get it. On

the other hand, if you consume more than you lose, you will be in an anabolic, or muscle building, state.

Protein intake exceeds output, and protein is retained in tissue as new muscle is added. Obviously, this is something that you want. Watch out, if your protein output exceeds intake you would have a negative nitrogen balance. This is not good because the opposite is now happening.

Your body is degrading muscle and other body proteins. You usually see this in people who are starving, burned, injured, or have a fever. This puts your body in what is called a catabolic state.

An anabolic state is when your body has a positive nitrogen balance. The term catabolic refers to the state of the body in which body compounds are broken down for energy purposes. In body building contexts, catabolic means muscle loss. Ultimately, your body won't grow when it is in a catabolic state.

## **Fats**

Yes, even when you are building the perfect body, you'll still need some fats in your diet. Fats are the main source of energy in the body. Fat combines with glucose for energy in order to spare the breakdown of protein. That way, protein can do what it is supposed to do – build muscle.

Fats are actually an important part of any diet. They play an important role in protecting the body's vital organs. Fats keep the body insulated, maintain healthy hair and skin as well as providing a sense of fullness after meals.



Obtaining sufficient fat in its healthy form is one of the keys to good health and well being and a great body! However, you must be careful not to overdo on the fats.

## **SAMPLE MEALS**

Choosing the right way to eat to build muscle can be a little overwhelming. But once you start eating the way you need to, it will become second nature to you. Following is a list of good foods for you to eat in each of the categories you need to concentrate on:

### **Proteins**

White meat chicken or turkey  
Canned tuna  
Salmon  
Fresh Fish  
Shellfish  
Eggs  
Red meat like steak or roast

### **Complex Carbohydrates**

Oatmeal  
Potatoes  
Yams, Sweet potatoes, Acorn squash  
Rice  
Legumes  
Corn

## **Vegetables**

All water based types.

Lettuce, Cabbage, Spinach

Asparagus

Bok Choy, Leeks

Tomatoes

Celery

Onions

Green Beans

Broccoli, Cauliflower, Radish

Zucchini Squash

Mushrooms

Carrots

Peas

## **Fruit**

1 Apple

1 Orange

1/2 Grapefruit

3 Small Apricots

1 Banana

1/4 Melon

1-Cup Berries, Grapes

1 mango, small papaya

## **Dairy**

1 yogurt

1-Cup low fat cottage cheese

1-Cup non-fat milk (I use vanilla soy milk instead!)

1/2 Cup non or low fat cheese

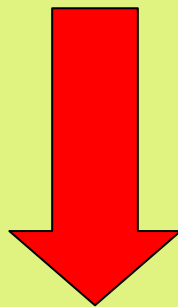
## **Wheat Products**

2 slices stone ground whole wheat bread  
1 whole wheat bagel  
2-Cups pasta  
Whole wheat tortillas

## **Snack Foods**

Rice cakes  
Non-wheat cereals  
Plain popcorn  
Raw Vegetables  
Nuts  
Dried Fruit

A good diet is well-rounded and contains some of each of the food groups. You should also include a supplement in your diet which we will get to in a later section. As I've said, you should be eating 5 or 6 smaller meals every day instead of three large ones. Space your meals about 2 to 2 ½ hours apart. Here is a sample meal plan to start out with.





Pictured here is Steve, he was my first consultation client. I put him on my Milo Course and he gained 30 pounds in three months. The guys at his gym accused him of being on steroids so he sent them to me and my business boomed! And that's how I started my consultation business.



# ***Let Go Of Conventional Wisdom and Train With Common Sense***

Muscle building, strength and health is not a 10 or 12 week experiment or something you do for just a few years. Muscle and strength building is a LIFE-STYLE! Find a way to live it daily and ENJOY it! If you don't like what you're doing you'll never stick with it.. and that's important to remember.

So there you have it. Those are some basic, highly important guidelines to follow in the gym in order to see the best results that you possibly can. My complete course, the completely NEW "Milo's Bodybuilding Book© Muscle Building and Strength Course" is available at [www.SuperHumanMuscles.Com](http://www.SuperHumanMuscles.Com)

Your Friend In Muscle, Strength and Health,

Dan Przyojski

