



# SUPER HUMAN MUSCLES

How To Build Bigger Stronger  
Muscles In 7 Days!

DANIEL PRZYJOJSKI

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SUPER HUMAN MUSCLES



# SUPERHUMAN CHALLENGE

Dear Friend,

This is a personal challenge, not a competition. The goal is for everyone to make consistent progress and build bigger, stronger more powerful muscles and a healthier body using the power of Super-Human-Habits. That said, if you're interested in following along with my Super Human Challenge progress I'll be updating my <https://www.superhumanmuscles.com/blog> each week. I'll be experimenting right along side you.

Your Friend and Personal Coach,

Dan Przyojski



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N.F.P.T. Certified Trainer

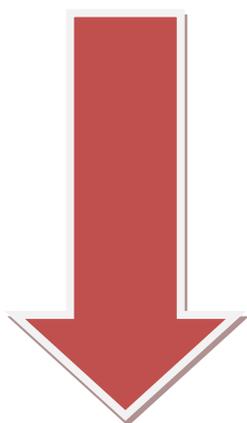
Mr. Toledo Bodybuilding Champion

Trauma Accident Survivor

Masters Mr. Michigan Bodybuilding Champion

# ***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 during 2017. This book is written as an autobiography in the fashion of a guide to building bigger, stronger, more powerful muscles faster.



# ***Gains in Muscle, Strength and Health Every 7 Days***

Dear Friend,

For the next 20 weeks, I'm going to lead the charge on The Super-Human Muscles Challenge. Along the way, you'll learn how to build better health habits, avoid injury, and get leaner and stronger in the easiest way possible.

Please let me explain how this is going to work and, more importantly, why I can guarantee that this will work. **At the end of the book you'll see how I want to reward you for completing the challenge.**

On January 20<sup>th</sup> last year I turned 58 years old and wanted to see if I could make improvements in arm strength and size. At the beginning of February 2017 —I did four sets of six rep dumbbell curls. During that first week, I did this with 40 pound dumbbells. A very easy weight for me that did not even get my heart rate up (-:

The second week, however, I added one pound to each dumbbell before doing my four set workout. The third week, I added another pound.

I continued the pattern until I reached a weight of 80 pounds on the dumbbells. I had not used that much weight since I was in my 40's. Every Monday, Wednesday, and Friday I would do four sets of six reps in the dumbbell curl exercise after I warmed the arms up with two sets of 20 reps with 25 pound dumbbells. When the next Monday rolls around, I added one more pound and then completed my three workouts that week at the new weight.

I wasn't perfect of course. At times I had to repeat the same weight because I skipped workouts due to work, kids' a super busy schedule, and one time I injured my right elbow in a mini bike accident. But generally speaking, I kept increasing the weight by one pound every week.

After a few months passed, I started to realize something out of the ordinary. I was definitely stronger because I was lifting more weight, but the workouts still felt easy. The weight was progressively climbing week by week, and yet, the difficulty was practically the same. As the weight got up into the area of 65 pound dumbbells, I cut the workouts down to twice a week. At 58 years old I could not recuperate fast enough (that happens when you age, don't fight it) and progress kept on coming.

Slowly, I began to apply this same model of weight training to other exercises: squats, bench press, overhead press, and the barbell deadlift. The same thing happened. I made positive gains in strength, size and muscularity at the age of 58. I applied the same manner of progression to the chin-up exercise for my daughter Sarah. Sarah was not able to do one complete chin-up. I created a workout plan for her along with better eating habits, and by the end of the summer she could complete 8 unassisted chin-ups.

This personal experiment in 2017 is what sparked my imagination and gave me the idea to start a self challenge contest I named the "Super Human Muscles Challenge."

You see inside all of us we have the capability to achieve more than we thought possible. We can become Super Humans. Our belief in ourselves and the proper application of exercise, diet and rest are the only things stopping us from building the healthy, lean, muscular and strong body we desire.



In my Garage Gym Teaching My Daughter How To Train



Josh and Sarah Training Together

## ***How The Super Human Muscle Challenge Works***

This challenge is really simple. The basic idea is to start with a weight that is easy for you and increase that weight by a very small amount each week, so that by the end of the Super Human Muscles Challenge your new "easy weight" is at least 20 pounds heavier. Think about that for a moment. Twenty pounds heavier...most people never achieve that kind of progress in a whole year. What ever body part you are training will most certainly be stronger, more muscular and defined.

### **Did I Invent This Guaranteed Muscle Builder Method?**

No, I was just smart and creative enough to take a 2,000 year old workout template from the *Great Milo of Croton* and develop a complete workout program that will build an incredibly strong and muscular physique in record time if applied correctly. Anecdotes about Milo's almost superhuman strength and lifestyle abound. His daily diet allegedly consisted of 20 lbs of meat, 20 lbs of bread, and 10 liters of wine. How did Milo build his Super Human Strength? It is recorded that Milo developed his strength by lifting and carrying a calf on his shoulders each day from its birth. As the animal grew in size, so did his strength. You see, Milo challenged his muscles with small but continual poundage increases and slowly but surely built a body of muscular power and might. And do you want to know something else? You can do it too!



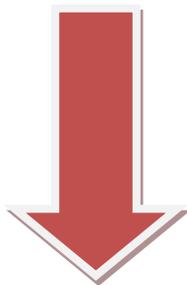
## There are three steps:

Choose a body part or muscle group you want to improve then choose the exercise that you will use and start with an easy weight.

Add one pound per week for the next 20 weeks. (Or 0.5 kg per week.)

If you want, email me your progress and I'll post on my Blog.

At this point you may be wondering a few things. How do I only increase by one pound? How do I know what weight to start with? What if I want to jog, run or do bodyweight exercises instead of lifting weights? I have answers to these questions and more in the "Questions and Answers" part of this booklet.



## What To Do Next

The Super Human Muscles Challenge starts next week. I'll be in my garage gym today to kick off the first day of the challenge, so I can post it on the website. You are welcome to start anytime this week.

Overall, the challenge will run for the next 20 weeks (or longer if the progress keeps coming). When 12 to 16 weeks in the future arrives, you're going to be at least 20 pounds stronger, more muscular and a heck of a lot healthier!



Making progress in the gym doesn't have to be complicated.

Just one extra pound per week for the next 20 weeks will create Super Human Muscles! Let's make this happen!!

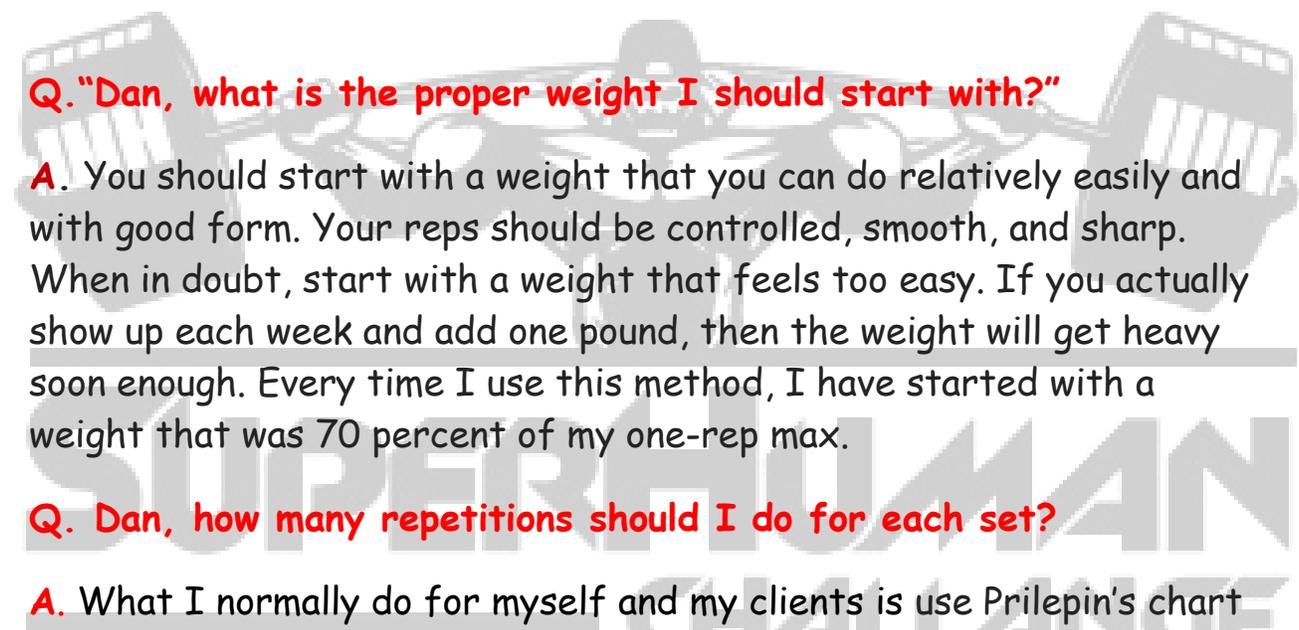
## Questions and Answers

Here are my answers to some common questions that you may have about The Super Human Muscles Challenge.

**Q. "Dan, How do I increase the weight of an exercise by just one pound?"**

**A.** The smallest plates at most gyms are 2.5 lbs, so if you want to increase by just one pound like I do, then you need to use micro or fractional plates. Most people have never heard of micro or fractional plates, which are small plates that let you add tiny amounts of weight to the bar—the smallest ones are 1/4 pound. I have a set in my garage gym. If you train at a commercial gym you could go online and order a set so you have them. Then just toss them in your gym bag since they don't weigh very much and take them to the gym with you.





**Q. "Dan, what is the proper weight I should start with?"**

**A.** You should start with a weight that you can do relatively easily and with good form. Your reps should be controlled, smooth, and sharp. When in doubt, start with a weight that feels too easy. If you actually show up each week and add one pound, then the weight will get heavy soon enough. Every time I use this method, I have started with a weight that was 70 percent of my one-rep max.

**Q. Dan, how many repetitions should I do for each set?**

**A.** What I normally do for myself and my clients is use Prilepin's chart to determine how many sets and reps we should do during workouts. This chart is based on research done with Russian weightlifters during the 1970s and 1980s. I have used it many times and find it works very well for me and my clients.

To use the chart, you start with your one-rep max. A one-rep max is the most weight you can lift for a single repetition. Then, you decide what percentage of your one-rep max you want to lift during your workout. I believe that 70 percent is a good place to start for The Super Human Muscles Challenge. So, if the most I could bench press was 200 pounds for one rep, then I would start with 140 pounds.

According to Prilepin's chart, if you are lifting a weight that is 70 percent of your max, then you should shoot for an optimal number of 18 repetitions in total with an acceptable range between 12 and 24 reps. According to the table, you can break these 18 reps out into sets of 3 to 6 repetitions. That means you can do 3 sets of 6 reps (18 in total), 6 sets of 3 reps (18 in total), 4 sets of 5 reps (20 in total), 4 sets of 4 reps (16 in total), and many other combinations. Any of those are within the acceptable range of 12 to 24 reps, and they are all very close to the optimal number of 18 total reps.

Load (% of 1RM)	Reps per Set	Optimal Total Reps	Range of Total Reps
55-65%	3-6	24	18-30
70-80%	3-6	18	12-24
80-90%	2-4	15	10-20
90+%	1-2	4	1-10

**The Super Human Muscles Challenge** is about making positive gains each week. When lifting weights, I classify positive as being one pound per week or an improvement of 1 percent, whichever is smaller. So, if you're doing barbell arm curls with 50 lbs, then you should increase to 50.5 lbs next week (+1%). If you squat 300 lbs this week, then squat 301 lbs next week (+1 lb). Because I had in the past been able to use 80 pound dumbbells in the curls, I was able to increase by one pound per week. I just dropped my workouts from 3 a week to 2 a week in the later stages of the challenge.

**Q. "Dan, what if I know I can add more than one pound?"**

**A.** The Super Human Muscle Challenge will require patience. In my experience, one of the hardest parts of making continual progress is having the discipline and patience to only go up by one pound per week even when it feels easy. After a week or two of feeling good, you'll find yourself being sucked into the thought of "Oh, I'm supposed to increase from 15 pounds to 16 pounds today? I could easily do 17 lbs. I'll just throw that on there." Don't fall into this mind set. Start with something easy, stick with something easy, and make continual gains just like Milo, I, and hundreds of my clients have done. Enjoy the journey, relish the challenge and the feeling of a new accomplishment each and every week.

**Q. “Dan, how many exercises should I do?”**

**A.** Please, do NOT try to change every aspect of your training program overnight. I'd recommend you start with one exercise like I did with the dumbbell curls and pour your energy and focus into not missing workouts. Once you find that you're showing up consistently it is an easy transition to making super human muscle gains in more than one exercise.

**Q “Dan, what happens if I miss a workout?”**

**A.** If you miss a workout (or even a week's worth of workouts), then simply repeat the same weight you did before the next time. If you miss more than one week in a row, then you will most likely need to drop the weight or, if it's a pause of a month or more, simply start over.

**Q. “Dan, what if I do body weight exercises instead of lifting weights?”**

**A.** That's great! The Super Human Muscles Challenge is about making improvements in muscle, health and fitness. You can use it with body weight exercise if you want to.

**Q. “Dan, I don't want to spend any money.”**

**A.** No worries, it will cost you \$0.0. All I want you to do is challenge yourself by systematically increasing the weight of an exercise for at least five (5) months.

**Q. “Dan, where can I post my progress, pictures or ask questions?”**

**A.** If you want to share your progress or follow along with other Super Human Muscles members, then join my FaceBook page “Super Human Muscles.” You're welcome to post photos, videos, or just type in your progress. I also encourage you to invite friends to the FaceBook page

<https://www.facebook.com/SuperHumanChallenge/> and the challenge. Let's make it fun and rewarding for everyone and anyone of any age.

## Exercise Examples

Here are a few examples of how to do the Super Human Muscles Challenge for various exercises. You are welcome to adapt the principles of this challenge for any exercise you do.



**Squats:** Let's say your maximum squat is 200 pounds. Start with 70 percent of your max, or 140 pounds, the first week. Do four sets of five reps. Increase by one pound each week, so you will lift 141 pounds for four sets of five reps next week. Continue this simple but progressive process for as long as you can, and I guarantee you'll make Super Human Muscles gains like never before. Be sure to warm-up with several light weight sets before doing the actual "work sets."

**Bench Press:** Let's say your maximum bench press is 95 pounds. Start with 70 percent of your max, or 66.5 lbs, the first week. Do 4 sets of 5 reps. Increase by one half pound each week, so you will do 67 pounds for four sets of five reps next week. Be sure to warm-up with several light weight sets before doing the actual "work sets."

**Pushups:** Start with an amount of pushups that seems very easy to you. Let's say that you can do twenty pushups in a row. 5 pushups might be a very easy number for you. The first week, do 4 sets of five pushups per day. The second week, increase by one rep and do six pushups per day. Continue increasing by one rep per week.

# My Regular Workout Plan Will Look Like This

**Monday - Chest and Back**

**Wednesday - Legs and Lower Back**

**Friday - Shoulders, Biceps, Triceps**

I'll be using the big basic muscle and strength building exercises in a pyramid fashion as they have always made my muscles grow bigger and stronger on a weekly basis. I'll be using weighted chin-ups as my Super Human Muscles Challenge exercise.

Because I am 59 years old and NOT taking any pharmaceutical drugs or stimulants I need the rest periods between workouts. Rest time is when the muscles grow bigger and stronger and the workouts actually tear the muscle down.

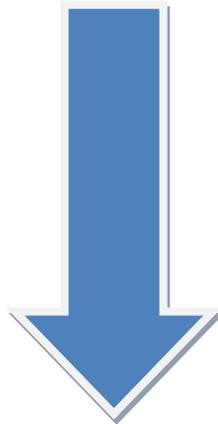
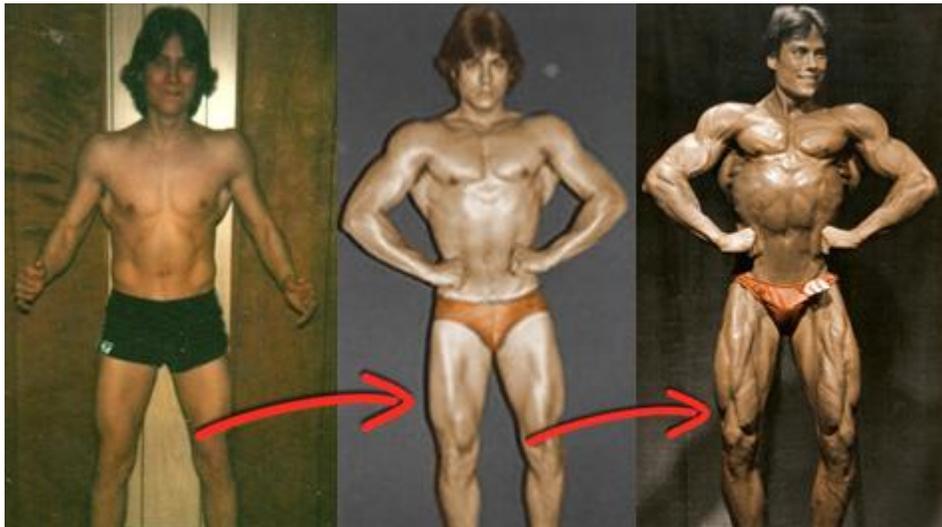
Train too often and you'll never reach your natural genetic potential. That is a fact that you need to accept. You won't hear that from all the fake Natty's on YouTube and FakeBook!

**Are You Super Human?  
Look Below and Find Out!**

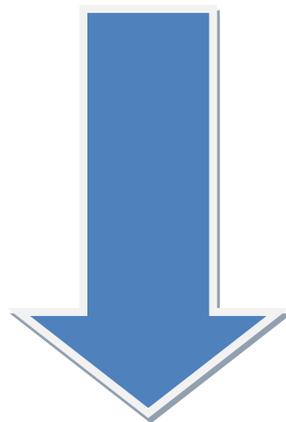


# "Everyone Can Be Super Human if They Believe In Themselves"

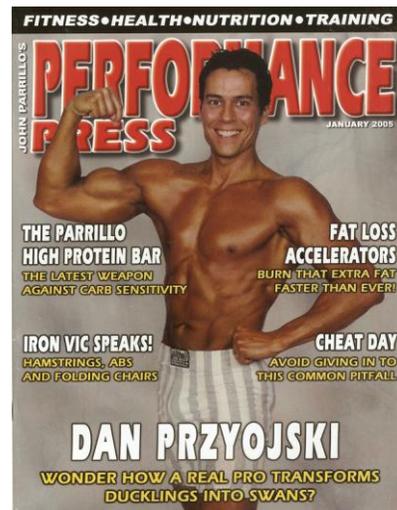
#1. I was always throughout school one of the smallest and weakest kids in my class. I wanted more; I wanted to be a championship winning bodybuilder. Against all odds I researched and educated myself on diet, nutrition and training and created my own methods and eventually reached my challenge. In my own right I became Super Human!



#2. I suffered a trauma accident; I had 10,000 pounds of steel crash down on my right lower leg in an industrial accident. For a year and a half they wanted to cut off my lower leg. I would not let them. After several bone grafts, muscle reconstruction and 11 major operations, we saved the leg from amputation. This was the second time I had to become Super Human.



**#3. With a badly disfigured and immobile foot, I decided to compete for the bodybuilding title of Masters Mr. Michigan. I had to challenge my body, my mind and my heart to believe that I could get into competitive shape after all the physical and mental pain I had been through and actually step onto the stage and not get laughed off. I competed and won the title of Natural Masters Mr. Michigan. Challenging myself and winning led to newspaper and TV interviews, making the cover of several fitness magazines and writing articles for Bob Kennedy's magazines *Reps* and *MuscleMag Int*.**



I believe that YOU are Super Human and can accomplish whatever your heart desires. But it makes no matter what I believe, you MUST believe in yourself. Let me help you by showing you how to take action TODAY, RIGHT NOW!

Sometimes, when we see someone else accomplish something we wish we would do, the easy way out is to pass over it, chalk it up to natural talent or luck, and claim that they have it easier than we do. It takes the responsibility off of you. But the real truth is that most accomplished people — even the ones who accomplish Super Human Muscle feats — are simply more consistent than everyone else.

Success in any endeavor is about lifestyle choices, not life-changing transformations. It's your daily routine that will carry you to that goal or situation you want to accomplish.

### **If something is Important to You, Schedule A Time to Do It**

How did I stick to my daily habits with such consistency when I needed to gain weight, lose weight, lift weights or help save my leg from amputation?

Do you think I always felt motivated to work out each day? Do you think I always like to skip eating a donut (my favorite treat) or some fast food? No way. You see consistency has very little to do with willpower or motivation. Nobody is motivated 365 days of the year, year in and year out.

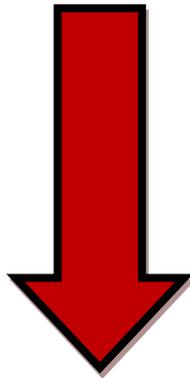
I knew what was important to me and so I scheduled it into my life. Everything has a time and place when it is going to happen. Can you say the same about your goals?

Most times we tell ourselves things like, "I'm going to eat healthier" or "I'm going to workout more" or "I'm going to start jogging more often" ... but we never say when and where these things are actually going to happen.

Carve out some time. Pick a date. Choose a place. Give your actions a time and a place to happen. Don't rely on willpower or motivation. You just need to stick to a daily schedule of healthy choices you make.

You see it's not that you need to climb mountains every day, but rather your daily habits, baby steps that matter and determine who you are and what you will accomplish. Get into making and keeping healthy daily habits and your success will seem to just magically fall into place.

Fill out The Super Human Muscles Personal Challenge below and start becoming Super Human Today!





## The Super Human Muscles Personal Challenge

Pick an Exercise and Get Started.

Here are a few important ones I recommend:

- Squat
- Deadlift
- Bench Press
- Standing Barbell Power Press
- Pushups
- Situps
- Pullups
- Chinups
- Barbell Curl
- Dumbbell Curl

My Personal Challenge Starts On.... Month\_\_\_\_ Day\_\_\_\_\_ Year\_\_\_\_

**Choose a body part or muscle group** you want to improve then choose the exercise that you will use and start with an easy weight.

Add one pound per week for the next 20 weeks. (Or, 0.5 kg per week.)

**Body Part To Be Trained:** \_\_\_\_\_

**Exercise I Choose To Use:** \_\_\_\_\_

**I Will Do This Exercise Three Times A Week On These Three Days:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**I will take the time each morning and before every workout to read this paper and commit to memory my Super Human Muscles Challenge. I can and will achieve my Super Human Muscles Challenge.**

**Signed** .....

**On this date...** Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

Week #1	Exercise	Weight	Set#1	Set #2	Set# 3

Week #2	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #3	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #4	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #5	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #6	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #7	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #8	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #9	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #10	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #11	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #12	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #13	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #14	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #15	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #16	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #17	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #18	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #19	Exercise	Weight Used	Set#1	Set #2	Set# 3

Week #20	Exercise	Weight Used	Set#1	Set #2	Set# 3

**If you made it all the way then....**

# Congratulations

I personally award you the title of

## Super Human Muscles Champion!

Just mail me your progress sheet along with full name and address to:

Super Human Muscles Challenge  
 1223 Borg Ave.  
 Temperance, Mi 48182

I'll personally send you your Super Human Muscles Champion Certificate by mail.

Your Friend and Coach,

Dan Przyojski

N.F.P.T. Certified

Mr. Toledo

Natural Masters Mr. Michigan

Email:



<mailto:mrmichigan@bex.net?subject=Super%20Human%20Muscles>

<http://www.superhumanmuscles.com>

## Now Get Started!

