
Greek **God**

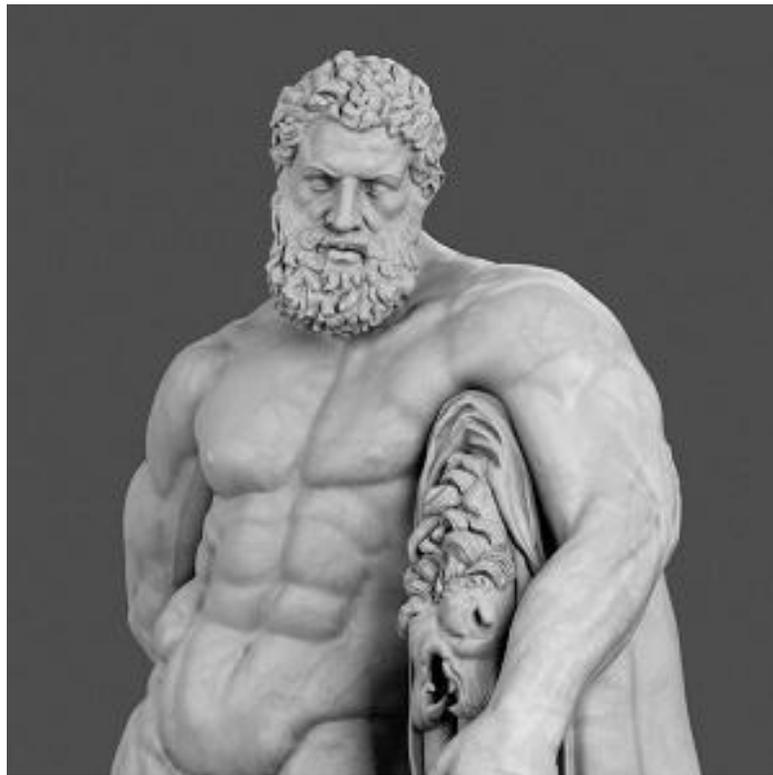
MUSCULAR ARMS

Lean Muscular Arms Guaranteed!



DANIEL C. PRZYOJSKI

GREEK GOD MUSCULAR ARMS



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[Super Human Muscles](#)

Exercises Disclaimer:

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Etched In Stone Muscular Arms



Dan Przyojski Winning the Drug
Free Masters Mr Michigan
Bodybuilding Contest

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2% Body Fat at the age of 24. I was tanning in the backyard of my parents house just two days before the Mr Toledo Bodybuilding Contest. My Dad came out and took this picture of me with an old Polaroid Camera he had that had two film shots left in it. The marks or lines on my back were from lying in the grass.

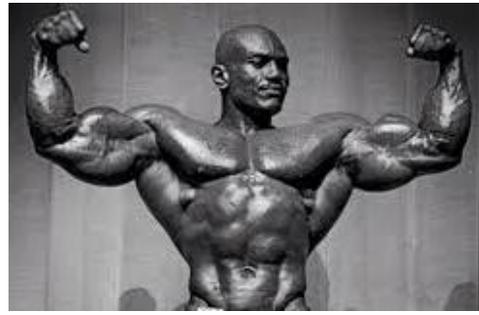
When it comes to building "Greek God Muscular Arms" I am an expert! Not to brag but building big arms is one area that I excel in because **I was born with SAS or "Small Arm Syndrome"**. Don't believe me? Look at the picture below, that's me (age 20) after almost TWO years of weight training. Then I got smart and as time went on I developed super arm building programs for both myself and later my clients...





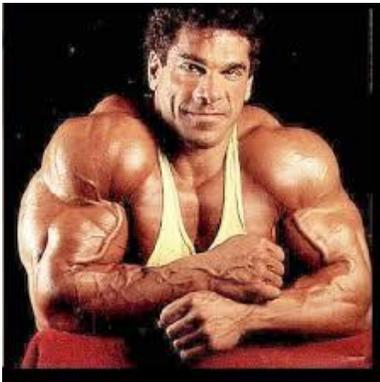
You see, almost everyone get's it wrong. They don't really know how to build big arms on a skinny guy. They use arm building programs that guys like Arnold, Sergio, Big Lou Ferrigno and Larry Scott used. You can't use those programs and get big arms, it won't work - **why??**

Because these guys were genetic freaks! Hey, they practically looked at weights and grew- you know what I mean. They had the genetic potential to build big muscles doing almost any type of weight lifting. Add to the program the steroids they took for extra growth and you have monster-size arms.



Hey, I admire the size and definition of their arms - but I tried all their programs and you know what? - my arms actually got SMALLER - no kidding!

So I want to help you get bigger arms naturally - I don't want you to make my mistakes and waste precious time and money on worthless programs and supplements that "Don't Work."



Why You Have Failed To Build the Arms You Desire

After four fruitless years of following the arm workouts and other muscle building routines and diets of the bodybuilding stars of the day I almost gave up. I was getting smaller instead of bigger & more muscular yet spending a lot of money on courses and supplements. Guy's like Arnold, Dave Draper, Franco Columbo and Frank Zane were the big boys back then and I blindly followed their every word. What a mistake that was.

I was always training the arms, performing many sets and reps and doing every arm exercise know to man and maybe some stupid ones yet unknown. I used super strict form, watched how I breathed, visualized my arms growing and "looking like mountain peaks" just like Arnold said I should do. Taking every damned supplement that was advertised in the muscle magazines and getting eight to nine hours of sleep a night, even on the weekends. I was doing everything right (according to what I was reading) but in reality I was doing everything wrong! So what changed it all around for me? What workout did I do that finally made my arms develop in Greek God Muscular Arms?



With My Plan You Will Build Greek God Muscular Arms

What did I do that created such drastic physical changes in my arms?

All I did was change my training frame of mind.

How did I do that?

I started looking into "alternative" training methods." I got as far away as I could from the mainstream muscle building workouts and training routines.

I packed up all of my muscle building courses, magazines and diet books and put them into a box and in the attic.

Why?

Because I finally figured out that all of this commercial literature (books and magazines) that I was reading was just about routines and diets for guys whose bodies were best suited for building muscle. These genetically gifted guys had it made, they basically lifted weights and their muscles grew. On top of that all of these guys were taking anabolic steroids to boot. No way on earth was this going to work for me.

It would be like a skinny Ectomorph person telling an overweight Endomorph person how to diet. The Ectomorph person can eat anything and everything and not gain weight. His or her diet will NOT work for the Endomorph person who naturally carries more body fat.

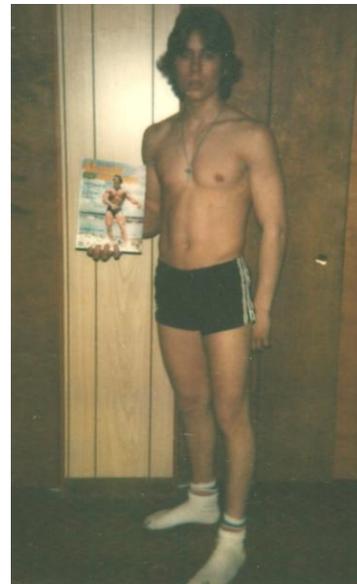
What exactly did I do?

I got new role models. I looked for people who had been skinny like I was at the time and found out what they did to build muscle.

I found out how they trained and what they ate. Then I took that information and developed even better methods. Methods that would go beyond what others had done.

Their workouts and diets were good but they still added extra elements of exercises that were unnecessary and held back advanced progress.

Some of the diets were good but then again they concentrated a bit too much on certain macronutrients which in turn compromised the balance of the diet, a healthy diet that is.



What about supplements? Well I was no longer spending \$50 to \$75 bucks a week on supplements (\$50.00 was a lot of money in 1981) but again some of the supplements they advised taking were really useless, magic dust at best. I researched and looked for only the proven Nutraceutical type ingredients in a product and stuck with that. I'll talk more about that later.

Two Principals for Success That You Need To Follow

#1 No miracle routines: It seems like everyone is searching (I used to) for that one special magical blueprint arm routine that will perform a miracle of muscular growth in a matter of days. Sorry but such a program does not exist. There is no such thing as a fantasy unicorn workout routine, only real world target-specified progression exercises that take you to your God given natural genetic limits. And you will never know what those limits are until you quit following the steroid user workout routines and stick with the time tested and proven muscle building progressive programs.

#2 You will NOT find the "Secret" on the internet:

Friend, let me save you a whole lot of time, trouble, money and heartache. The World Wide Web does NOT hold the answers to muscular growth, strength, health and fitness. There are some good info posts but not many. If you keep searching the internet for the answers you'll become more confused and unsure in your quest for the truth. There is a lot of info coming from both uneducated people as well as people who just want your money. When you learn to process information with your brain and not your desires and emotions you'll be able to distinguish the good from the bad.

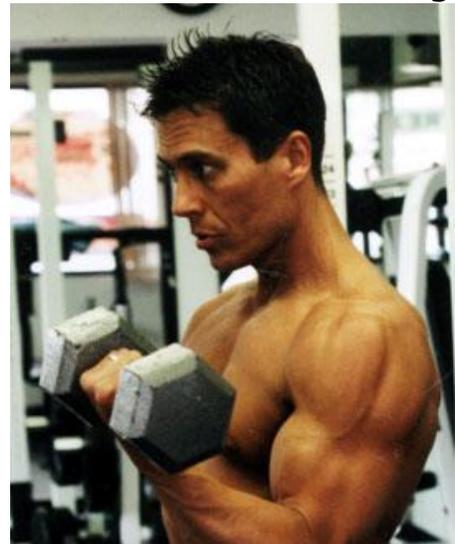
The Best Exercises for a Complete Muscular Physique Explained

It may seem too simple and uncomplicated to believe but the truth is the truth. The most efficient and straightforward exercises are the most productive exercises.

The classic exercises will NEVER go out of style because they are time tested and proven to be the most productive muscle building exercises anyone can use.

Many commercial interests try to reinvent the wheel, so to speak, with gimmicks and twists in doing an exercise in a "new" way but that is nothing more than hype.

I still see people at the gym doing the "Arnold Press" and I think "can't they not tell that the exercise feels downright awkward and actually hurts the joints". Why do they do it? Because Arnold said so that's why. Do the exercises that WORK!



The Best Exercises I recommend for You to Use

Quads	Back squat, front squat, leg press, split squat
Hamstrings	Deadlifts, leg curls
Lower Back	Deadlifts, hyperextensions
Calves	Standing calf raises barbell or single leg dumbbell
Chest	Flat or slight incline bench press, dips, push-ups
Back	Barbell or dumbbell rows, pull-ups, deadlifts
Biceps	Standing curls, barbells or dumbbells, chin-ups
Triceps	Close grip bench press, dips, triceps extensions, close grip push-ups
Neck	Neck curls to the front and back
Forearms	Wrist rolling barbell or dumbbell
Shoulders	Overhead barbell or dumbbell press
Abdominals	Ab crunches (every morning), cable crunches, planks. Deadlifts and squats work the abs indirectly

The Best Reps for Building Greek God Muscular Arms

I have been using this General Goals Table Chart for over 30 years. I have made dramatic physical changes in my physique considering I was not built for bodybuilding. I always use this same chart when training clients or writing up workout routines for my Client Consultation business. **The numbers are NOT set in stone and at times I make small changes.** Overall the chart is the best guideline one can use and much better than just going to the gym and doing countless sets and reps with no real progressive goal in mind.

	Endurance	Strength	Hypertrophy	Strength and Hypertrophy
Rep Range	>10 reps	1-6 reps	2-10 Reps	1-10 Reps
Total Volume	>4 reps	1-4 reps	>4 reps	>4 reps
Intensity	< 60% of 1 RM	>80% 1RM	>60% 1RM	60-90% 1 RM

My Workout for Building Greek God Muscular Arms



If you really want to build Greek God Muscular Arms you will need to focus on both strength and hypertrophy training. The combination of the two systems combined with the correct exercises, diet and rest days can and will produce an awesome pair of eye-catching muscular arms that other people will admire and envy.

4-Simple Steps For Greek God Muscular Arms!

Step #1: Cycle you arm training starting with heavy, mass building sets, reps and exercises. You have to reach your potential in "arm muscle size" before you start arm specialization training.

You do this not only once and then forget it - you should do this cycle at least two or three times a year to see if you can get anymore added growth to the muscle tissue. This is exactly how I added an extra inch of arm size. I have done it for many a client also!

Step# 2: You Have To Specialize

Once you get past the first cycle - mass building, and you want to reach a specific goal, you have to get very specific about your training. This goes for growing bigger arms. Don't think small or you'll get mediocre results. Spend your time in the gym working towards one main goal, in this case, bigger arms. So, if you want freaky-big-arms, don't be afraid to put extra concentrated effort on them, even if it means cutting back a little on some other time and energy draining body-part for several weeks.

Step #3: Volume Is The Name Of The Game

You should feel invigorated, spending your workouts smashing out lots of reps and sets of arm training. You should feel great the following day when your arms are so sore they feel like they want to fall off. You know what? That's what it takes if you want big arms!

For hypertrophy (mass building) to take place efficiently, you need to keep your volume (amount of work being done) fairly high as this causes the most muscle damage and, ultimately, growth.

Rule Step# 4: Don't Forget To Feed The Muscle

You could follow the best training routine - sleep eight hours a night and take supplements till they come out of your ears, but if you do not follow a "balanced" diet you will get minimal results. Balanced diet means protein, carbs AND fat! Too many people concentrate on only one or two of these macronutrients and fail - why? Because you need all three nutrients to produce testosterone and create an anabolic effect on the muscle tissue.

So let's get on with the training program - simple and direct!

CYCLE #1 MASS

4-WEEK CYCLE

Do this arm workout "EVERY" third day - Do NOT layoff!

EXERCISE - Biceps	SETS	REPS	COMMENTS
Standing Barbell Curl:	6	12-10-8-8-6-20	Increase weight each set - decrease weight by 50% on last set
Hammer Curl	6	12-10-8-8-6-20	Same as above

EXERCISE - Triceps	SETS	REPS	COMMENTS
Close Grip Bench Press:	6	12-10-8-8-6-20	Increase weight each set - decrease weight by 50% on last set
Standing Barbell Over-Head Extensions	4	10-8-8-20	Same as above



After every workout drink a high-protein/high carb/5%fat Blender Drink

For the Mr. Michigan contest I did this arm workout every three days - everyone is different so you must follow what is best for you.

I actually have used this mass cycle for up to seven or eight weeks If I am making gains in size and strength. As long as I am making gains I do not stop the cycle.

**TAKE A FULL 7-DAYS OFF OF ARM TRAINING
BEFORE YOU START CYCLE #2**



CYCLE #2 SCULPTING

WEEKS 5 - 6 - 7

DAY	EXERCISES	SETS	REPS
Monday	Barbell Curl	4	25
	Triceps Pressdown	4	25
Tuesday	Dumbbell Curl	4	25
	Standing EZ-bar Triceps Extension	4	25
Wednesday	Barbell Curl	6	5
	Close-Grip Bench Press (inside shoulder-width hand spacing)	6	5
Thursday	Preacher Bench Barbell Curl	5	7
	Lying EZ-Bar Triceps Extension	5	7
Friday	Concentration Curl	3	20
	Triceps Pressdown (use rope)	3	20
Sat/Sun	Rest and Recuperation / You Will Need It!		
Rest Times	1 Minute Between Sets 3 Minutes Between Exercises Perform Each Set To Positive Failure		

CYCLE #3 SCULPTING

WEEKS 8 - 9 - 10 SPECIALIZATION CYCLE

DAY	EXERCISES	SETS	REPS
Monday	Barbell Curl	5	25
	Triceps Pressdown	5	25
Tuesday	Dumbbell Curl	5	25
	Standing EZ-bar Triceps Extension	5	25
Wednesday	Barbell Curl	7	5
	Close-Grip Bench Press (inside shoulder-width hand spacing)	7	5
Thursday	Preacher Bench Barbell Curl	6	7
	Lying EZ-Bar Triceps Extension	6	7
Friday	Concentration Curl	4	20
	Triceps Pressdown (use rope)	4	20
Sat/Sun	Rest and Recuperation / You Will Need It!		
Rest Times	45 Seconds Between Sets 3 Minutes Between Exercises Perform Each Set To Positive Failure		

CYCLE #4 SCULPTING

WEEKS 11 - 12 - 13 SPECIALIZATION CYCLE

DAY	EXERCISES	SETS	REPS
Monday	Barbell Curl Tri-Set: Close-grip Bench Press Standing EZ-Bar Triceps Extension Lying Dumbbell Triceps Extension	5 2 2 2	10 20 20 20
Wednesday	Close-Grip Barbell Bench Press Tri-Set: Barbell Curl Incline Dumbbell Curl Concentration Curl	5 2 2 2	8 20 20 20
Wednesday	Barbell Curl Close-Grip Bench Press (inside shoulder-width hand spacing)	7 7	5 5
Friday	Preacher Bench Barbell Curl Lying EZ-Bar Triceps Extension	6 6	7 7
Friday	Concentration Curl Standing EZ-Bar Triceps Extension	5 5	10 10
Sat/Sun	Rest and Recuperation / You Will Need It!		
Rest Times	45 Seconds Between Sets 3 Minutes Between Exercises Perform Each Set To Positive Failure Perform Each Set To Positive Failure		

REST TEN DAYS THEN REPEAT THE ENTIRE CYCLE - YOU WILL GET BIG ARMS!

MUSCLE BUILDING NUTRITION!

Okay,

So if you are going to spend quality time in the gym breaking down the muscle tissue with extreme targeted training - you better commit to extreme muscle building nutrition!

Don't expect to build 18" or 19" inch arms eating chicken breasts, salad and rice!

Diet can play a very important role in your progress, but you'll have to be attentive to such details as how many grams of protein, carbohydrates, fats and calories you take in daily. Then you can experiment by adding more of one or two ingredients, and subtracting that which seems to be defeating your purpose, etc.

For instance: you might be gaining too much fat tissue, so you cut way down on carbohydrate grams to see if this is the culprit and try the low-carbohydrate diet for a few weeks. Or you could cut down on fats; or even a combination of both, Experiment! Why? Because you might be also getting entirely too much protein, which, after body maintenance and tissue-building has been taken care of, will often be stored as fat rather than being eliminated or used up. And some people respond to fats and oils in a negative way and remain smooth and soft in appearance; others can utilize fats to aid their metabolism and actually get cut-up on a high-fat diet.

I will give you some guidelines that are general requirements for your physical type. Many of you are combinations of the two types, so you may experiment from that point. I cannot be specific since I don't know how much energy you use (or waste!) during your workouts...or any other thing about you as an individual. Remember: There is not any secret, miracle formula to use all the "tools" at your disposal with an intelligent purpose and direction.

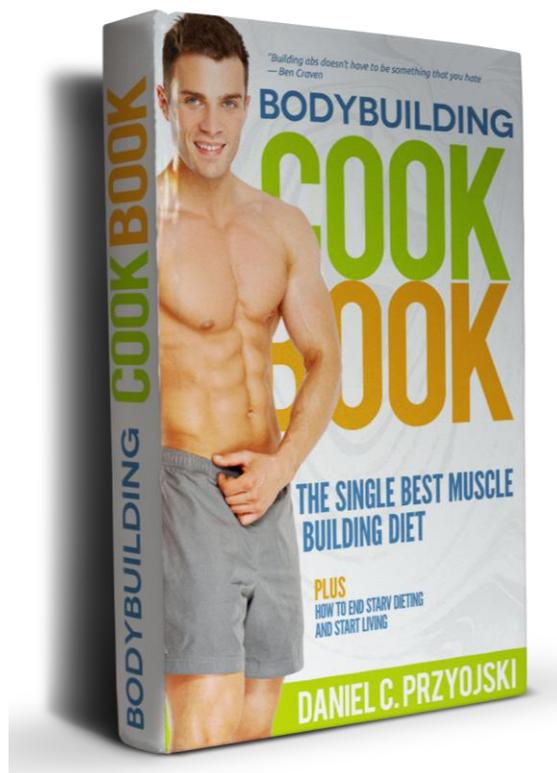
Here's a few general rules to follow:

1) If you are an ectomorph type, get about 150 to 200 grams of protein daily, then a total of 5,000 calories (derived from all the foods you eat) each day. Start out easy to get this much food (see 2-week's Menu Suggestions at back of book which shows how to play the "6-meals-a-day" eating routine) so you won't get sick to your stomach. If this doesn't work, take in more fats and carbohydrates for energy so as not to use the protein for energy. You can even go up to around 7,000 calories per day. You don't need more protein at this point; in fact you may never need more than 200 grams of protein daily since it all depends on how much you utilize and not waste.

2) If you are the mesomorph type, get around 175 to 225 grams of protein daily, then get about 4,500 calories total daily from all the foods you eat); about half 'n half, fats and carbohydrates, then experiment from there.

3) If you are the endomorph type, get about 200 grams of protein daily; then lower the carbohydrates to around 40 to 50 grams, and get around 2,500 to 3,000 total calories per day. I know this sounds high in calories, but let's don't forget that you are using a lot of energy during your hard bodybuilding workouts...aren't you...?

These are general suggestions; be sure to remember that you will have to experiment for your special requirements to be found in the many possible combinations in my **BODYBUILDER'S COOKBOOK**...which allows you to do this easily, as in simple arithmetic problems! I show you just how simple it is.



<http://www.bodybuildingwithoutsteroids.com/bodybuilding-cookbook.html>

Greek God Muscular Arms For The Older Man or Woman



Okay my Friend,

Maybe you are a bit older like I am now. As we get into our 40's and beyond the body's natural testosterone level slows down and makes it much harder to recuperate and build muscle. So what should you do? Train hard but give the muscles more recovery time as well as time for new growth. In the following pages are the exercises, sets and reps that I now use for building or maintaining muscle as well as building Greek God Muscular Arms. I now train the arms just twice a week. It is a system I devised after much trial and error and have been using it with my middle aged and beyond clients that I personally train.

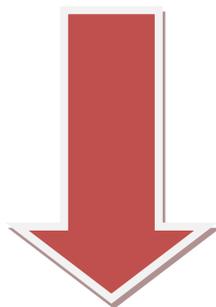
Strategy of Attack for Guaranteed Success

- You will train the arms twice a week only and for eight (8) weeks. Do this at the end of a workout or on a separate day from your regular workout.
- Each workout includes movements hitting the target muscle from a different angle
- The volume goes up and maxing out (extreme intensity) is removed
- While lifting or performing the exercise you MUST perform a full range of motion. No partial movements unless advised.
- This workout is devised for the person that has proper knowledge of the exercises and how to perform them.
- Biceps and triceps are both worked out together on the same day, no exceptions.
- When the weight on any exercise feels light then you increase the weight by 1 to 2 ½ pounds.



TUESDAY WORKOUT

Exercise	Sets	Reps
Weighted Chin-Ups	3 sets	7 reps
Close Grip Pull-Downs	5 sets	9 reps
Close Grip Rows	5 sets	10 reps
Close Grip Flat Bench	2 sets	5 reps
	2 sets	8 reps
	2 sets	10 reps
Close Grip Cable Push-Downs	2 sets	5 reps
	2 sets	8 reps



FRIDAY WORKOUT

Exercise	Sets	Reps
Standing Dumbbell Curls	2 sets	5 reps
	2 sets	7 reps
	2 sets	10 reps
Hammer Curls	3 sets	9 reps each
Curls on a Machine with an EZ Bar handle	5 sets	8 reps each
Reverse Curls	3 sets	5 reps each
Dips if non-weighted OR Weighted Dips	5 sets 4 sets	10-12 reps 8 reps
Overhead EZ Curl Bar Triceps Extensions	3 sets	8 reps
Reverse Grip Cable Push-Downs	3 sets	8 reps

EXERCISE EXCEPTIONS

If you cannot do a weighted chin-up or even a non-weight chin-up start out doing them this way instead.



And move up to the advanced below



My Monday – Thursday Workout Routine

I now use a twice a week (Monday / Thursday) full body workout for maintaining muscular strength, a bit of size and mostly health. Then on Tuesday and Friday I do my Greek God Muscular Arms workout.

In January of 2019 I'll be 60 years old and no longer have the desire or need to push my body to the limit. I have been weight training for almost 41 years, have won two major bodybuilding championships, been on the cover of several magazines and have numerous articles published in several mainstream magazines.

I have done all that I set out to do and accomplished my goals. It was never an easy task as I was not built to be a competitive bodybuilder or weight lifter. I just set my goals and then proceeded to make them a reality.

It was when I turned 55 years old that I really started experimenting with full body workouts. I needed and wanted to spend less time in the gym. Once I found my optimal set and rep range for two weekly full body workouts I never looked back. I enjoy my training as well as the way it makes me feel and look.

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FITNESS • HEALTH • NUTRITION • TRAINING

JOHN PARRILLO'S PERFORMANCE PRESS JANUARY 2005

THE PARRILLO HIGH PROTEIN BAR
THE LATEST WEAPON AGAINST CARB SENSITIVITY

FAT LOSS ACCELERATORS
BURN THAT EXTRA FAT FASTER THAN EVER!

IRON VIC SPEAKS!
HAMSTRINGS, ABS AND FOLDING CHAIRS

CHEAT DAY
AVOID GIVING IN TO THIS COMMON PITFALL

DAN PRZYJOJSKI
WONDER HOW A REAL PRO TRANSFORMS DUCKLINGS INTO SWANS?

The magazine cover features a central image of a very muscular man, Dan Przyojski, flexing his right bicep. He is shirtless and wearing white and grey striped shorts. The background is a plain, light-colored wall.

SuperHumanMuscles.Com

My Fat Loss Diet for Displaying Your Greek God Muscular Body!

Listen to me my friend. It does not matter how muscular and well developed you are. If you are carrying a layer or two of fat and water over the muscles you will look like an average Joe or Mary. You need to lean out if you want to show off your muscular arms.

It's really not hard to do you just need a diet that makes you feel good, gives you energy and makes you feel strong.

Sooooooo

I have included one in this book for you to try. You can also go to my YouTube channel and get all kinds of "FREE" diets and recipes from me. I have a few hundred videos of exercise, diet and recipes that you can follow along with. Just go here....

https://www.youtube.com/channel/UCS_HVto9cQr_3_jUIhYgncg



MuscleBuilder RX

21 Day Cutting Diet

Meal #1

3 egg whites, 1 whole egg, 3 oz. turkey or chicken breast, 1/4 to 1/2 cup oatmeal (before cooking) 3 Desiccated Liver Tablets and one Bodyguard Vit/Min tablet

Meal #2 (Choose one or the other option)

[Lean Muscle Protein Formula Drink](#) (2 scoops) add enough water (and ice) to make it a like a shake or less water and ice to make it thicker like ice cream.

Or Have.....

4 oz. can of tuna, and one small orange or grapefruit

Meal #3

5 oz. lean meat (chicken or other lean protein source), 1/2 cup cooked brown rice or 4 oz. sweet potato 1 cup green vegetables (broccoli, green beans etc.) 3 Desiccated Liver Tablets

Meal #4

2 scoops [Lean Muscle Protein Formula Drink](#) in 16 oz. of water

Meal #5

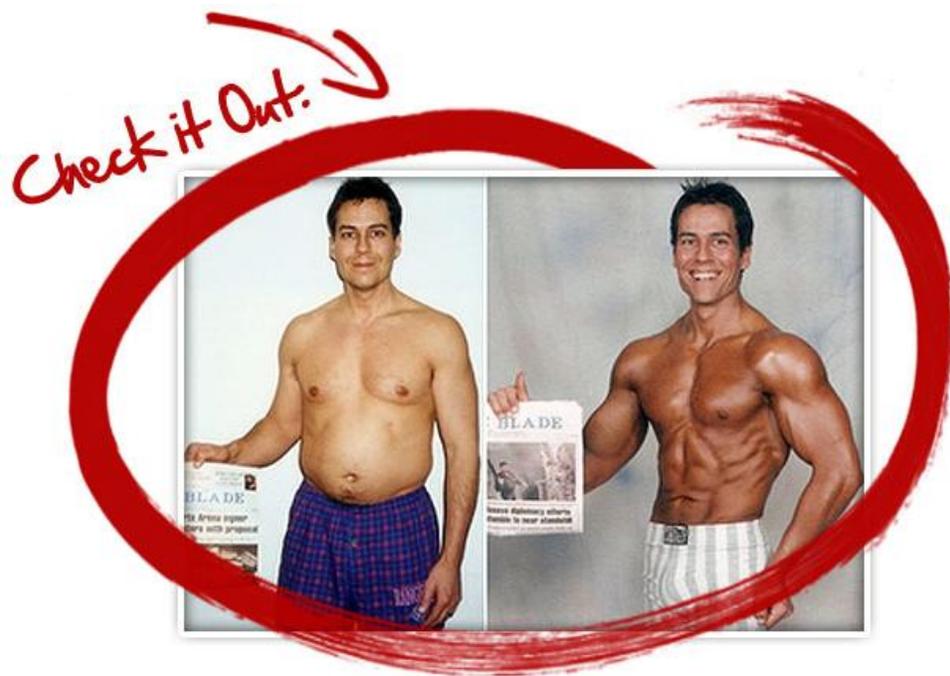
5 oz. salmon or very lean meat (chicken breast, fish, turkey breast, lean beef - sirloin, flank steak.), 2 cups of some green vegetables. 3 Desiccated Liver Tablets

BEVERAGES: Make sure that you drink at least six to eight 8oz. glasses of water each day (that's four 16oz. bottles). Limit your beverages to water, coffee and maybe unsweetened tea.

All You Can Eat Foods: You can eat any of the following at any time, without jeopardizing your results: Sugar free gum, sugar-free Jell-O, seasonings, mustard, vinegar, hot sauce, salt and pepper.

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For the
World's
Greatest
Vitamin
and
maximize
your
weight loss
and muscle
gains
today!



Weight Loss Smoothie Recipe

Ingredients: Weight loss smoothie #1 least calories

6 fl oz water

1/3 banana

1/2 cup fresh pineapple

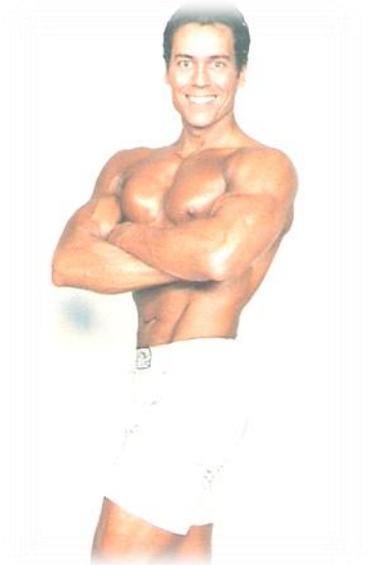
1 tbsp raw peanut butter or almond butter

1 tsp ground cinnamon

2 cups spinach packed

1 ice cube if desired

Blend all ingredients for 30 to 60 seconds



Ingredients: Weight loss smoothie #2 more protein

6 fl oz unsweetened almond milk

1/3 banana

1/2 cup fresh pineapple

1 tbsp raw peanut butter or almond butter

1 tsp ground cinnamon

2 cups spinach packed

1/2 cup non-fat Greek yogurt

Blend all ingredients for 30 to 60 seconds

Ingredients: Weight loss smoothie #3 highest protein

6 fl oz skim or 2% milk

1/3 banana

1/2 cup fresh pineapple

1 tbsp raw peanut butter or almond butter

1 tsp ground cinnamon

2 cups spinach packed

1/2 cup non-fat Greek yogurt

1 serving [Lean Muscle Protein Formula](#)

Blend all ingredients for 30 to 60 seconds



Power Pancakes

Eat Any Time of The Day or Night!

6 egg whites

1/2 cup low or no fat cottage cheese

1 tsp. vanilla

1/2 cup oatmeal

1 tsp. cinnamon

1/2 to 3/4 cup frozen blueberries

1 Tbs. flaxseed

Put all ingredients in a blender and blend to liquefy. Spray a little Pam on the pancake griddle. Heat griddle on medium heat. Pour pancake mix on griddle and swivel griddle around to make a thin pancake. Cook lightly on both sides to make a firm yet floppy cake. Spread honey or sugarless grape or strawberry jam on pancake and roll-up like a cigar. Tastes great, my kids love it.

You can spread the jam, roll it up and refrigerate to eat later as a meal or snack.

Conclusion

It's a fact that...

"You can't out-train a bad diet".

You can train six days a week with weights and cardio exercise and still not achieve "bad idea to train so much anyway" your fitness goals.

Why??

Because you are what you eat, or as I like to say, "You look like the foods you eat".

Some quick pointers are:

- Most "health foods" are NOT healthy
- Most "energy supplements" do more harm than good
- Most "modern exercise methods" do more harm than good
- Most "exercise Guru's" motivate with a whip and chain instead of a carrot and stick

If you want to drop body fat like a bad habit you need to make a few adjustments and they are:

- Be sure your breakfast is full of natural nutrients
- Be sure your energy comes from your food and not some energy pill or drink – you are destined for failure if you depend on energy supplements for your workouts and everyday motivation

- Have a minimum of four (4) feedings a day
- Train to “stimulate” the muscle and body organs NOT “annihilate” them

You control your own destiny; the choice is up to you. You can eat and train to build health and success or eat too satisfy your taste buds and emotions.

I choose success – how about you?

Your Friend and Personal Health Coach,

Dan Przyojski

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