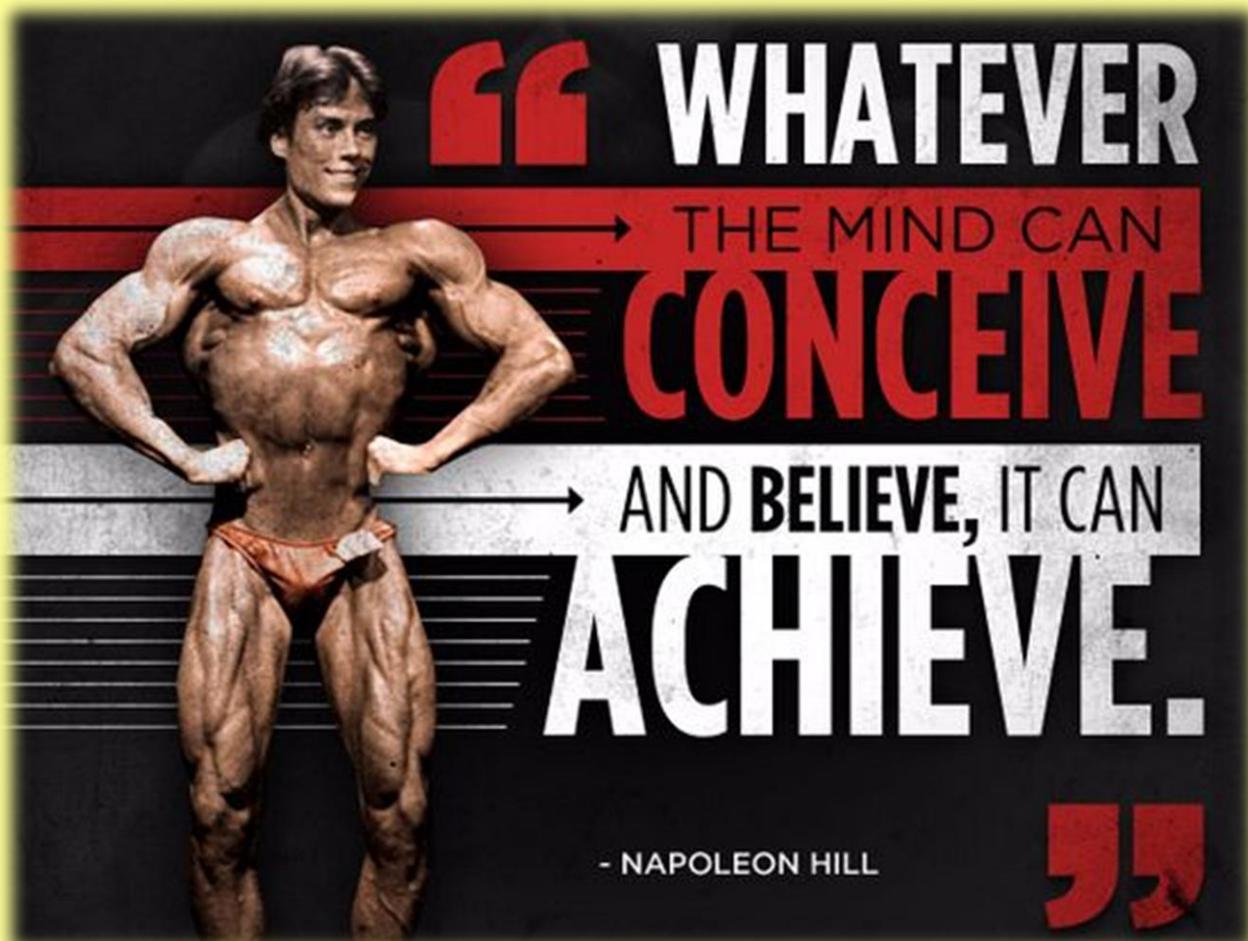


10/12/2017



**Dan Przyojski's Private Muscle Building Fat Loss Diets and
Workout Routines for Members Only Club**



Editorial

By Daniel C. Przyojski

10/12/2017

Gawkers at my Garage Gym in Temperance, Mi

Hello Friend,

A crowd has been picking up around my Garage Gym. What kind of crowd? Gawkers, and it's pretty cool. People don't actually ever see other people training in a garage or basement gym. It fascinates them, peaks their interest.

Why? Because it shows interest, interest in how simple building muscle, strength and health actually is. You don't need fancy equipment to build muscle, strength and health just desire and a will to do it.

Mike Katz of the movie Pumping Iron used to work out in his garage. Check out Pumping Iron and you'll see for yourself.

Here is a true story about the first time I met Mike Katz and like a BIG DUMMY did not take his advice!

It was 1978 and Mike Katz was in Toledo Ohio at a High School one Thursday evening giving a free seminar. He was sponsored by a company that made and sold nutritional products. At the very beginning of his seminar he started out by saying that you DO NOT need supplements. He said they can help you to get your needed nutrients in if you are not able to eat whole foods but that they will NOT build muscle any better than whole foods.

I remember thinking that it was quite strange being the fact that a supplement company sponsored this seminar but I was really new to the iron game and had a lot to learn.

After the seminar I spoke with Mike in person and hammered him with questions and he answered them honestly. How can I build bigger muscles? How can I build stronger muscles? What supplements should I use? What diet should I be on? How many days a week should I be weight lifting?

He answered my questions, all of them, but I did not like the answers. Why? Because the answers he gave me was NOT what I was reading in Joe Weider's Muscle Builder Magazine. Hey, Arnold was the champ, he could beat Mike Katz so his diet and training advice must be the best and that's what I'll go with. Well that was a mistake that wasted almost four years of diet and training for me. Basically what Mike told me to do was this.

- Lift heavy weights
- Progressively lift heavier weights.
- Specifically include squats
- Specifically included deadlifts
- Train with compound movements – they target the muscle building triggers in your entire body.
- Sleep as much as you possibly can.
- Eat more calories in the form of nutritious whole foods
- Eat plenty of protein foods
- Eat plenty of clean carbohydrate foods
- Eat plenty of vegetables
- Eat some healthy fats
- Don't try and rush muscle growth
- Weight train three or four days a week tops
- Consume supplements that have whole foods in them as well as amino acids

This was the best advice I could have ever received at that time in my life and I closed my ears to it. The good thing is that I never gave up and after eventually being inspired by the story of Milo of Croton I educated myself in the proven and time tested methods of building muscle and strength and finally succeeded.

Milo was said to have carried a bull on his shoulders, he was said to have achieved the feat of lifting the bull by starting in childhood, lifting and carrying a newborn calf and repeating the feat daily as it grew to maturity. Milo was a six-time Olympic victor. He won the boys' wrestling (probably in 540 BC and thereafter five men's wrestling titles between 536 and 520. He also won seven crowns at the Pythian Games at Delphi (one as a boy), ten at the Isthmian Games, and nine at the Nemean Games. Milo was a five-time Periodonikēs, a "grand slam" sort of title bestowed on the winner of all four festivals in the same cycle. Milo's career at the highest level of competition must have spanned 24 years. Anecdotes about Milo's almost superhuman strength and lifestyle abound. His daily diet allegedly consisted of 9 kg (20 lbs) of meat, 9 kg (20 lbs) of bread, and 10 litres (18 pt) of wine. For the day that sounds like a high protein, high carbohydrate and fruit (wine was not as fermented as today) diet to me.

Well I took his training and diet to heart, modified it to fit the modern times and never looked back. I finally succeeded and you know what? You can do the same if you just do it and stick to it!

Your Friend and Coach,

Dan Przyojski The World's Leading "Natural" Muscle Building Fat Loss Expert

Mr. Toledo

Masters Mr. Michigan

N.F.P.T. Certified



MY IDEAL PHYSIQUE IS...

I want to weigh ____pounds by Month____ Day____ Year____

My biceps will look like

My triceps will look
like

My shoulders will look like

My back will look like

My chest will look like

My calves will look like

My legs will look
like

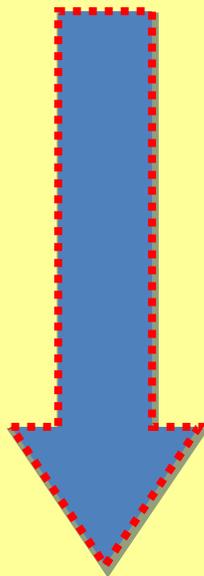
My waist will look like

3 Day Split Muscle Building Workout

I have used this program off and on for quite a few years and so have my clients. This is a standard 3 day workout routine that focuses on compound exercises, calisthenics and split routine. This workout is designed for a "one day on, one day off" schedule. I follow this routine when I am very busy and may not be getting enough rest or maybe coming off of a 10 day layoff from weight training. This is a



great beginner level workout routine designed to get you "in the swing of things". It does not overly exert your body and allows your body to adapt to moderate levels of stresses before attempting a more advanced workout routine. This program also utilizes compound exercises such as bench press, squats, lunges, etc to build up strength and endurance.



3 Day Split Muscle Building Workout

DAY 1:

Squats: 4 sets of 8 reps

Bench Press: 4 sets of 8 reps

Pullups: 4 sets of 8 reps

Military Press: 4 sets of 8 reps

Barbell Curls: 4 sets of 8 reps

Ab Roller: 4 sets of 8 reps

DAY 2: OFF

DAY 3:

Deadlifts: 5 sets of 5 reps

Bent Over Rows: 5 sets of 5 reps

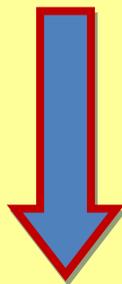
Dumbbell Incline Bench Press: 5 sets of 5 reps

Lateral Raises: 5 sets of 5 reps

Dumbbell Triceps Extensions: 5 sets of 5 reps

Hammer Curls: 5 sets of 5 reps

DAY 4: OFF



DAY 5:

Lunges: 3 sets of 12 reps

Dips: 3 sets of 12 reps

Chin-ups: 3 sets of 12 reps

Push Press: 3 sets of 12 reps

Seated Calf Raises: 3 sets of 12 reps

Plate Twists: 3 sets of 12 reps

DAY 6 AND 7: OFF

The struggle you're
in today is developing
the strength you
need for tomorrow.
DON'T GIVE UP!



The health and fitness industry says that you have to eat these exact nutrient ratios to build muscle and burn fat, you have to eat at precise meal times, and you have to eat up to six (6) times per day. The list of right and wrongs of proper foods and meal timing goes on and on and just makes it impossible to stay on a healthy diet for more than a week – you go crazy trying to keep on the diet!

Well I have great news for you – this is complete and total BS.

In fact, after much trial and error experimenting on myself and my clients I have found that a simple healthy, muscle building diet is all you need. Keep it simple and you'll lose fat, build muscle and actually won't mind following the diet. You really don't have to eat 6-8 meals a day. Unless you want to complicate your daily routine and not have a life! Seriously, who can live normally eating 6-8 times per day?

What I recommend with my simple muscle building fat loss diet is to eat 2 to 3 meals a day one "Nutrient Packed Blender Drink" and have an optional snack if still hungry in the late evening. This program will have you building solid muscle and burning fat at the same time. Remember, you **MUST** perform weight resistance exercise at least twice a week for stimulating muscle strength and bone density. Sorry but that the price to be paid if you want a lean and shapely physique. It's not my rule but it is the "law of nature", use it or lose it!

MY SIMPLE 14-DAY MUSCLE BUILDING FAT LOSS DIET PLAN



INTERMITTENT FASTING

Black Coffee

Sparkling Water

LUNCH

Chicken/Steak/Fish – 6-8 ounces

Veggies – 2 cups

Brown Rice or Sweet Potato – one medium

SNACK/Muscle and Energy Packed Blender Meal

8 Ounces water mixed with 1 serving Vanilla Lean Muscle Protein Formula, banana and pineapple, 2 tablespoons mixed granola – blend for 30 seconds and enjoy!

DINNER

Steak/Chicken/Fish – 6-8 ounces

Yams, Brown Rice Pasta, Wild Rice or Brown Rice – 1 cup

Salad or Veggies – as much as you want

SNACK

Dessert/air popped popcorn or no-fat cottage cheese.

Depending if you want carbohydrates (go for the popcorn) or protein (go for the cottage cheese) or you can have another blender drink.

REMEMBER...



DON'T

EAT

A LOT OF

HALLOWEEN

CANDY



If you have questions don't
hesitate to contact me.

Your Friend and Personal
Coach,

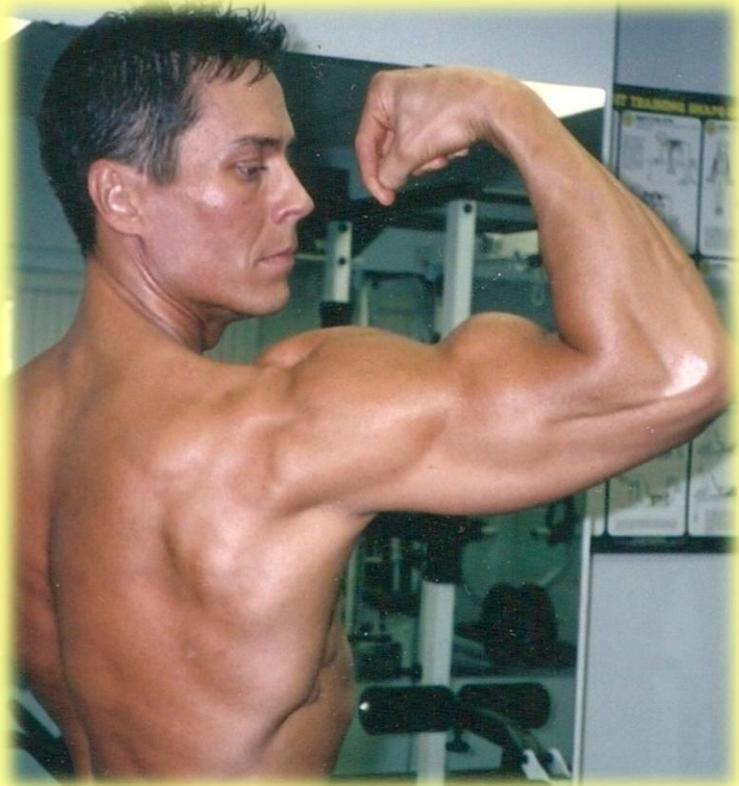
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Naturally

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P.S. If you would like to get new workouts and diet plans every month you can
join my.....

“Private Members Monthly Newsletter Club”. Every month you'll receive several
diets and workout programs as well as other tips on building muscle, losing fat and
overall health tips to keep you motivated and inspired. This diet and workout
program was just ONE of several that my Members received in their October
Newsletter.

It's only \$9.97 a month and you can cancel at any time. Just click the link below
and start building today!

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