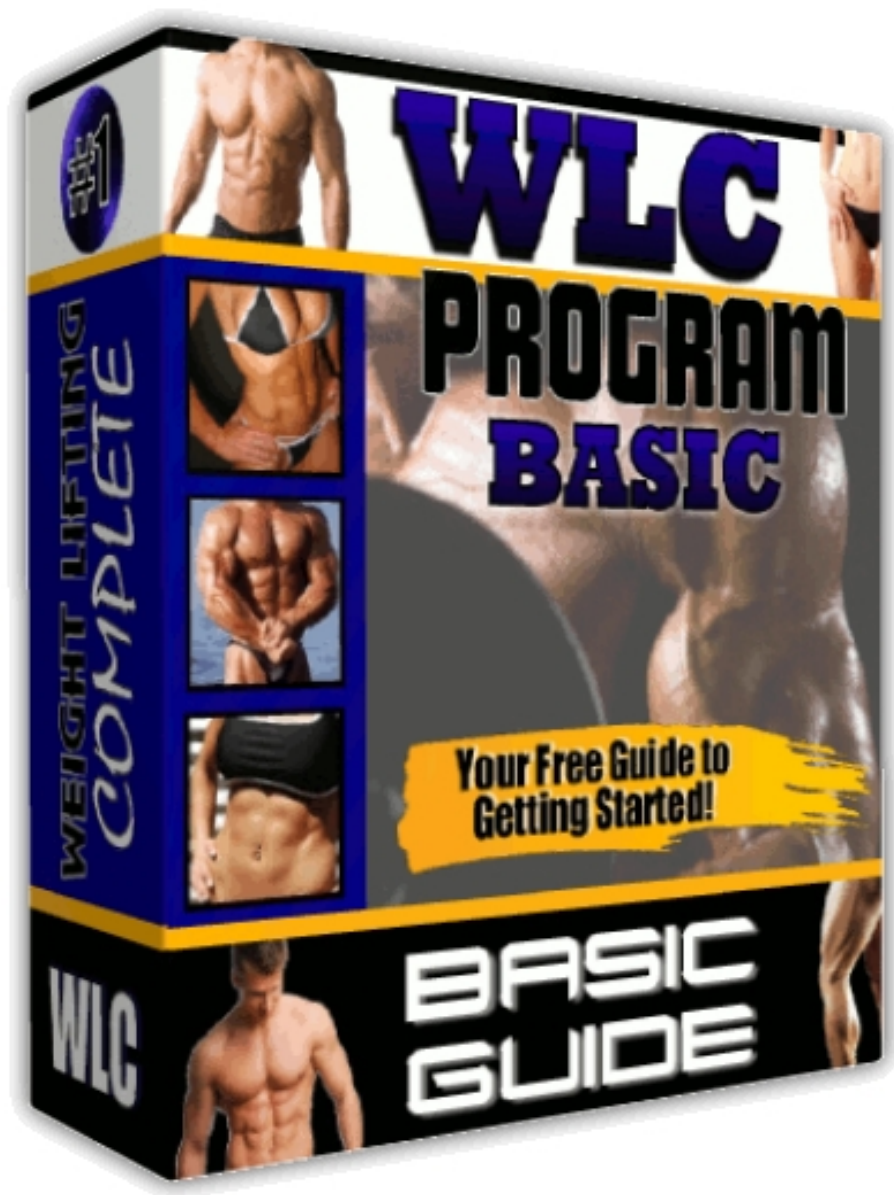


10 Things You MUST Do to Get a Great Body

Your Free Guide to Getting Started
"The Basic WLC Program"



Compliments of Weight-Lifting-Complete.com

Disclaimer

Always consult your physician before beginning any exercise program, diet, aerobic exercise, weight lifting, or any other physical exercise.

Your doctor should give you a physical just to ensure you're healthy enough for weight lifting, cardiovascular exercise, and other activity. You should get a physical periodically. Talk to your doctor.

Your doctor knows your health status better than anyone. So, make sure you get permission from your doctor before changing or implementing anything related to diet, exercise, supplementation, or anything else related to the WLC Program contents.

The Basic WLC Program and its contents are for educational and informational purposes only and are not intended as professional or medical advice. The purpose of the WLC Program is to provide healthy people with a complete exercise and diet program that helps them to lose body fat and build muscle.

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And to further help me, please report any Internet crime that you have come across on websites, message boards, and forums by sending an email to:

josh@weight-lifting-complete.com

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Thanks for your understanding,

Josh

Introduction

This manual is a guide to getting started on the right track to getting the body you've always wanted. This is a free guide to getting started and only some of the basics of the WLC Program are covered here.

The Full WLC Program is a complete package that I've developed over the last 10 years that is guaranteed to help you get the body of your dreams in the shortest possible time.



If you enjoy this free manual, please consider the [Full WLC Program Package](#). Your results will vastly improve, and the body you've always wanted will become a reality much sooner than you expect.

You have no risk at all with the WLC Program. You can try it for 60 days, and you're covered by a full money back guarantee. I trust and believe in the WLC Program that much!

If you want more details on the Full WLC Program Package, you can go to the [web page link](#) or you can [take this link](#) to another section of this manual.

I hope you enjoy this free manual. You'll get a great start with this manual, and then you can continue to build upon the basics with the Full WLC Program Package.

Good luck and let me know if you need help with anything. I'm more than willing to help you with any questions you might have. Don't hesitate to ask.

Warm Regards,

Josh

Email: josh@weight-lifting-complete.com

P.S. Optimal results are achieved through the Full WLC Program Package. You can get instant access to the program today. The cost is only \$49 today. You can [get your copy right now](#).

Now, let me tell you about **10 things you MUST do** to get the best results of your life. If you're serious about getting a great body very quickly, you need to do these 10 things...

Navigation of this Manual

In the top right corner of each page, you will find a link to the main table of contents for this manual. Each and every page has this link to make navigation of this manual much easier for you.

The main table of contents, shown on the next page, includes links to each section of this manual.

Please read this manual in its entirety before beginning the Basic WLC Program. If you have any questions that need answering, please email me: josh@weight-lifting-complete.com

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10. Get the Full WLC Program Package

1. Weight Lifting Basics

In this section, you're going to learn the bare essentials of weight lifting for building muscle and strength. **These are the basics only.** Full weight lifting details are given in the Full Package.

If you learn the basics of weight lifting, you'll be years of ahead of others that never took the time to start out correctly. Let's get started...

1.1. Required Equipment

In order to perform the Basic WLC Program, you're going to need access to some basic weight lifting equipment. I'm going to show you what you need...

#1: Power Rack



A good power rack is a must! This is the center piece of any gym. A good power rack will have a chin up bar and possibly dip bars.

A power rack provides you with everything you need to work out safely. You don't need a workout partner. You don't need a spotter. Spotter bars are included with every power rack.

See the power rack in the image to the left. I've searched for the best power rack I can find that doesn't cost thousands of dollars.

If you are looking for a good power rack, [this one](#) includes dip attachments and a chin up bar.

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