

SOMANABOLIC MUSCLE

MAXIMIZER



Weight Training (hours per week):

Weight Training Schedule:

Muscle Maintenance: meals

Goal:

Calorie Target: meals

Conversion food (ENTER meals):

Food Groups:

	Total	Needed	KJ	W.F.s	S.F.s	W.D.s
Meal 1 (breakfast)	Serving					
<input type="text" value="Rice"/>	Meals	Meals	Calories	Protein	Fat	Carb
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* Meals/Protein Recommended

	Total	Needed	KJ	W.F.s	S.F.s	W.D.s
Meal 2 (snack)	Serving					
<input type="text" value="Rice"/>	Meals	Meals	Calories	Protein	Fat	Carb
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KYLE LEON

Awesome!

Hey, it's Kyle here.

I'm pumped because you're about to experience the most, unique, custom, anabolic approach to nutrition ever created and I know what it's going to do for YOU!

The **SMM** was created to quickly have you packing on the most pure, lean muscle mass humanly possible without any fat!

This is partially achieved by customizing your nutrition to everything about you including your age, weight, height, metabolism, and most importantly your somatotype and your weight training regimen.

The screenshot displays a software interface with the following fields and values:

- Name: Brady
- Sex: Male
- Height: 72 inches (with a red "<=Select units" link)
- Weight: 180 pounds (with a red "<=Select units" link)
- Age: 28 years
- Weight Training (Hours per Week): Five Hours (Ideal)
- Weight Training Schedule: After Meal 2
- Muscle Maintenance: 3297 calories
- Body type: Endomorph
- Goal: muscle gain
- Caloric increase: 10%
- Calorie Target: 3627 calories
- Serving Units: grams
- Conversion tool (ENTER value): 8 oz. = 227 grams

Buttons on the right include "Results Graph", "Clear All Stats", and "Export Stats".

As difficult as this is to do properly, if you have access to a really good fitness nutritionist and a lot of time and money to spend, this can be achieved.

However, what makes this system so unique and special is the **SMM's 4 patented formulas** that are protected and cannot be used anyone. Anywhere.

These 4 formulas took years of testing and tweaking with world renowned nutritionists, fitness models and big time bodybuilders to perfect.

These **4 formulas** are programmed deep inside the software and are more exact than anything you could ever imagine.

Being exact and not guessing is necessary if you are serious about achieving the very difficult feat of packing on slabs of ripped muscle quickly without any fat.

This system will show you exactly what to be eating, how much, and when to give your body the precise amount of protein, carbohydrates, and fats needed to bulk up the new way.....The right way..... [The Somanabolic Way.](#)

Also, your pre and post workout nutrition along with your water requirements are completely customized to you.

Water Intake - Recommended:	120 oz.	Actual:	116 oz.	÷		
Post-workout Recovery Shake:	45 g	Protein	72 g	Carbs	468	Calories

Actually, you'll notice NOT A SINGLE thing about the SMM is generic in any way! Everything is customized to your body.

Gone are the days of trying to “bulk up” by crushing very high, random amounts of calories and just *accepting* ugly fat gain!

It's a shame, but this is exactly what a lot of so called “muscle building experts” out there would have you do. The meal plans they provide can definitely put on weight because of the high amount of calories you're consuming and they hope you'll be happy just to see the scale move.

Muscle building experts always knew that in order for you to build muscle they had to put your body in a caloric surplus (eat more calories than your body burns) but until now there was never a way to figure out how to give your body exactly what it needs to build muscle without fat.

This system will have you staying lean and turning heads all year while packing on the most muscle possible without having to experience all of the horrible things that can come with trying to “bulk then cut”.

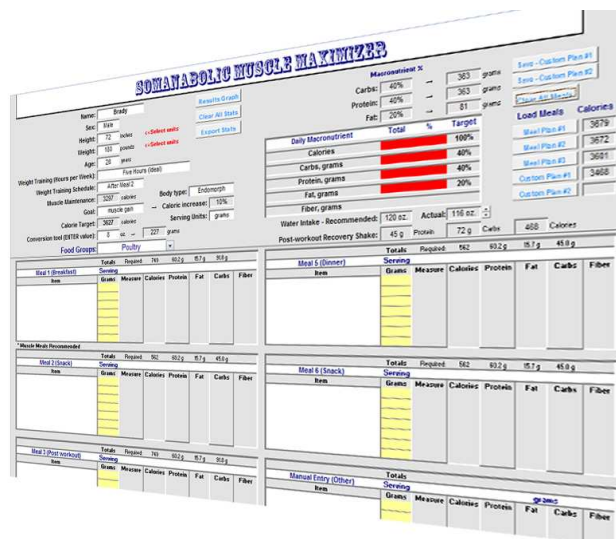
These things include:

- Fat cell hyperplasia- This is when your body creates more fat cells because of the sloppy amounts of useless calories. These fat cells never, ever go away. Even when you “cut” and get to a really low body fat percentage those new fat cells will still be there. This means you will store fat easier for the rest of your life when you mess up on your diet!
- Liver strain
- Pancreatic strain
- Increased blood pressure
- Increased cholesterol
- Fluid retention aka (Moon Face)
- Unattractive, useless body fat
- The need to go through miserable dieting and cardio when the bulk is over

None of the above negative effects occur with the **Somanabolic way**.

Actually, when using the **SMM** you can notice improvements in liver and pancreatic function as well as decreases in blood pressure and cholesterol levels.

And for the guys that know of the problems associated with the “bulk then cut”, that are instead trying to eat the “right way” to gain lean muscle, this system is nothing less than a **GODSEND**.



You see, finally the days of guessing when it comes to bodybuilding nutrition are over. There will be no more *rounded off* “3000” calorie meal plans or anything of the sort! Never again will you want to follow some generic magazine, book or online report. After a month of using the **SMM** you’ll understand when you look in the mirror why there is no way any “meal plan” could ever work like the **SMM** does.

I can’t wait for you to get started!!

But before you do, we need to cover some important information to help you understand why and how your nutrition is structured the way it is.

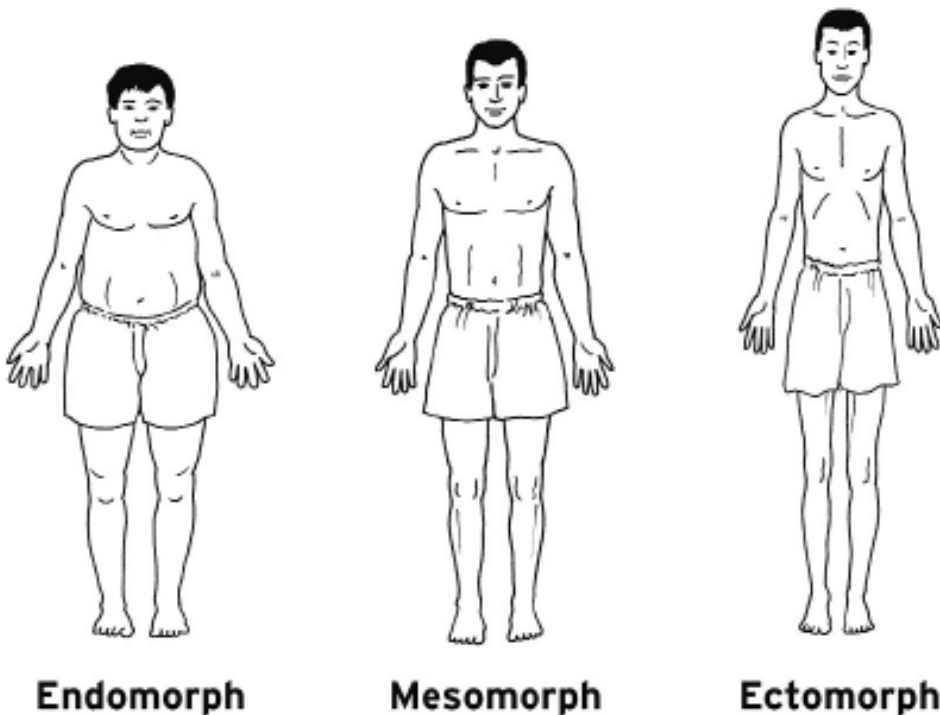
Somatotype- What body-type are you???

I won't bore you with long-winded, scientific jargon, but rather get right to the stuff you need to know.

Firstly, the SMM will need all of your basic information, such as your age, gender, weight, height, etc. Most importantly, before you get started, you'll have to determine your somatotype.

What is a somatotype and why is it so significant?

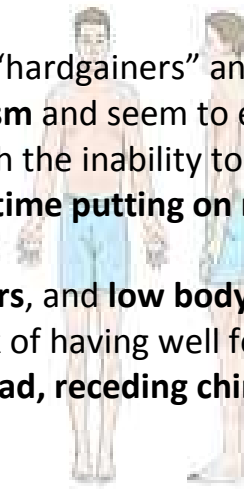
Your somatotype is another word for your body type. Original somatotypes were described under three categories with these characteristics:



Ectomorph (very skinny)

Ectomorphs are generally known as “skinny” or “hardgainers” and tend to have **long thin bones**. They have a very **fast metabolism** and seem to eat as much as they want and not gain an ounce of fat. Although the inability to gain fat is a benefit, they unfortunately have a very **difficult time putting on muscle**.

This is the linear body type with **narrow shoulders**, and **low body fat**. Their slender shape and lack of fat gives them the look of having well formed muscles. The ectomorph is characterized by a **high forehead, receding chin, narrow hips and chest, and thin arms and legs**.



Ectomorph

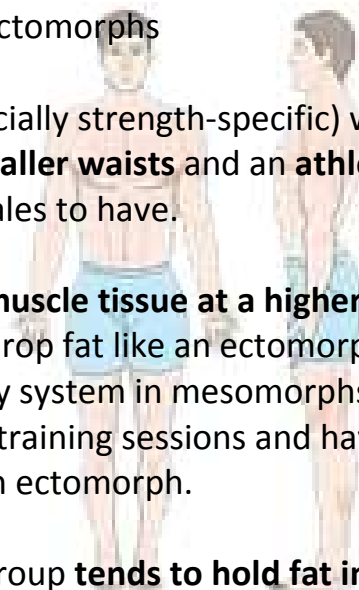
Mesomorph (naturally muscular, slightly stocky)

Mesomorph body-type is what most guys would like to have especially amongst serious body builders. They carry **large bones** and have no problem putting on muscle mass. Mesomorphs put on fat easier than ectomorphs but can also put on muscle easier than ectomorphs

Many athletes (especially strength-specific) will carry attributes of a mesomorph. **Broad shoulders, smaller waists** and an **athletic look** makes this body-type very desirable for males to have.

Mesomorphs **build muscle tissue at a higher rate** than other somatotypes and can, in some cases, drop fat like an ectomorph pending a proper diet and fitness routine. The recovery system in mesomorphs is very rapid, meaning they can endure very intense training sessions and have their bodies ready to lift again with less rest than an ectomorph.

As a side note, this group **tends to hold fat in their hips and thighs**. However, it is much healthier to carry fat in these places than the abdomen (like the endomorphs will).



Mesomorph

Endomorph (soft, prone to be overweight)

Endomorphs usually have **larger bones, carry more fat cells** and are generally **short to medium in height**. This group **doesn't have a tough time putting on muscle** but on the other hand, they **have a tough time losing fat**. Some traits of a classic Endomorph are **short legs, big bones, and a high bodyfat percentage**.

Also, **fat around the abdomen** is much deeper than fat on the hips or thighs, as this directly affects the amount of fat stored around the body's organs such as the heart, which can increase the incidence of heart disease and high blood pressure.

That's not all, there's more bad news. Unfortunately if you lean toward this body type, you are going to find it **harder to lose weight** than the mesomorph. Being an endomorph does not mean it's the end of the world, maintaining a healthy weight is what you need to aim for, this helps to reduce the amount of fat around your heart and other important organs.



Endomorph

However, because very few people can be classified as strictly belonging to any one of the three categories, more recently combination somatotyping has proven to be more accurate and much more useful. These somatotype combinations include:

Ecto-mesomorph (*skinny but with more muscle building traits than a true ectomorph*)

One who has a majority of ectomorphic traits and a few mesomorphic ones. Ecto-mesomorphs usually have a frame that is slightly heavier and tends to carry more muscle mass than a true ectomorph. The metabolism of the Ecto-mesomorph is not as "lightning fast" as a true Ectomorph.

Meso-ectomorph (*naturally muscular but still skinnier than true mesomorphs*)

With a body that has mostly mesomorphic traits and a few ectomorphic ones, Meso-ectomorphs can easily gain muscle mass but can lose it more quickly than

true mesomorphs. Their strength is more explosive than enduring.

Meso-endomorph *(muscular with a tendency to gain fat)*

A frame that could be heavy or medium. Born with excellent muscle building capacity, meso-endomorphs have a slower metabolism than true mesomorphs and excellent muscle building genetics. Compared to meso-ectomorphs however, their metabolism is slow.

Endo-mesomorph *(gain fat easily but have good muscle building traits)*

People under this type gain fat easily, since the endomorphic traits dominate. They have wide hips, round faces and a heavy frame but tend to be strong although their muscles are usually hidden under fat.

How do you Identify Your Somatotype?

There is a numbering system we will use to properly classify your somatotype.

Here is how it works:

Rate yourself a score of 1-7 on each of the three basic body types in this order. (Ectomorph-Mesomorph-Endomorph). The number value on which you rate yourself is detailed below.

- 7. Very High
- 6. High
- 5. Moderately High
- 4. Average
- 3. Moderately Low
- 2. Low
- 1. Very low

If your score is 1-7-1 you could categorize yourself as a pure mesomorph. You see, 1 is for the ectomorphic traits, 7 is for the mesomorphic traits and the last digit is for the endomorphic traits.

So, if you score a 7-1-1 you are a pure ectomorph.

A pure endomorph would score 1-1-7.

Remember, in most cases we are a combination of somatotypes. To determine your somatotype, pick out the traits that seem to best fit you in the details given above.

Let's look at an example of a combination somatotype:

This could be a guy that is naturally skinny but responds to weights although he reaches muscle building plateaus quickly. He can put on some muscle with hard work but loses it quickly when he stops working out for any length of time. His score might be: 5-3-1. 5 being his ectomorphic score, 3 being his mesomorphic score, and 1 being his endomorphic score.

This would put him in the category of **Ecto-mesomorph**.

It is very important that you understand what your somatotype is because the **SMM** will base your nutrition around your somatotype.

You see, all somatotypes respond differently to nutrition and in order to maximize muscle growth without fat this has to be taken into account.

The **SMM's** advanced somatotyping techniques will structure the right amount of carbohydrates, proteins and fats for your somatotype so that your body has what's needed to build pure muscle without fat.

This is called **somato-specific nutrition**, and this is the bread and butter of taking YOUR physique to the next level.

Also, your nutrition is completely structured around your weight training regimen. You will tell the **SMM** if and when you are working out that day, and your nutrition is set up accordingly.

This is so important!

If you are serious about muscle growth and improving your physique there is absolutely no point in hitting the weights without proper pre and post workout nutrition.....And I'm not just talking about *protein shakes*; I am talking about the MEALS surrounding your workout.

Again, this will be completely customized to you, your somatotype, and your goal of packing-on pure shredded muscle fast without any fat.

If it is an off day for you, the **SMM** will structure your nutrition in a precise way that provides your body what is needed for extremely fast recovery of your broken down tissue. Your nutrition on non-training days is SO very important because this is when your muscles are actually able to grow and repair.

Whether it is a training day or not, the **SMM** will strategically have you consuming the right amount of nutrients at the right times of the day.

This system is designed to have you consuming certain portions of nutrients when your metabolism is highest so that they are used for muscle building and repair

instead of fat gain. This is done for both your training and non-training days.

Keeping it simple, it all comes down to giving your body what it needs WHEN it can use it and not giving it excess fuel when it can't use it!

Just remember, everything about the SMM and the way it customizes your nutrition is done for a reason and is important. Whether it is a training day or not you need to follow your nutrition provided to experience the maximum effects of this system.

You are almost ready to jump right into this advanced, evolutionary, physique exploding system!

Just take a couple minutes and watch the video tutorial provided on the download page that goes over the features of this easy to use system.

Also, in the tutorial, I will show you how the "Transformation Tracker" works. This is a great feature that will track your progress and make sure you're on a steady pace to a new head turning physique!

Thank you very much for taking that leap of faith and trusting me to help take your physique to the next level! You are in for an awesome journey and I'm honored to be a part of it!

Sincerely,

Kyle Leon.

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