

## **Get Shredded In 8-12 Weeks!** **Gain 10-20lbs Of Lean Muscle Mass In 12 Weeks**

Would you like to get shredded in 8 to 12 weeks? Would you like to put on 20lbs of solid muscle in 12 weeks?

Email or call John Seif and he can help you reach your goal "guaranteed" if you follow all of his advice. He will evaluate you from week to week on your training and dieting. If you have the heart, discipline, and drive you can reach your goals with John's help. John has helped over 60 competitive bodybuilders, fitness, and figure competitors get absolutely shredded while holding on to every inch of muscle that they have worked for in the off season.

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Here is my present mass building diet and some supplements that I will be taking to add some lean muscle mass.

### Meal 1

- 20 egg whites
- 2 cups of uncooked oatmeal

### Meal 2

- 6 oz. of steak
- 1 Metrx shake
- 2 cups of rice cooked

### Meal 3

- 6 oz of chicken
- 2 baked potatoes
- 1 cup of veggies

### Meal 4

- 6 oz of tuna steak
- 1 Metrx shake
- 1 yam

### Meal 5

- 8 oz of salmon
- 2 cups of cream of wheat
- 1 cup of veggies

### Meal 6

- 20 egg whites w/fat free cheese
- 2 cups of veggies

### BLAST YOUR CHEST

- Incline Barbell Presses/5 Sets of 8-16 Reps
- Incline Barbell Presses/5 Sets of 4-12 Reps
- Flat Barbell Presses/5 Sets of 8-20 Reps
- Flat Dumbbell Flys/3 Sets 8-16 Reps
- Dumbbell Pullovers/3 Sets of 10-12 Reps
- Cable Crossover and Dips/2 Sets(Superset to Failure) 1-100 Reps