

A Page Stolen From an Athletes Journal

Thursday Sept 15th 2005

You know what makes me nuts? Watching people make DUMB training mistakes. This morning for instance, I'm in the gym training...guys to the left, guys to the right, a girl who looks like she's never even *glanced* at a slice of Cheesecake...and what are they all eating before they train? One of the "monkeys" has a banana, the guy to my right is drinking some fluorescent goop from a plastic bottle, and Cheesecake girl's pounding a teeny little *one-size-fits all* nutrition bar. I tried to ignore it all, but I happened to catch the guy by the squat rack eating the worst possible thing...it couldn't be...yep, he was actually munching a low carb rice cake...Yuck! I just about laughed myself right off the incline bench. I ain't no genius, but geez, even I know that eating anything before or during my training that can't maximize my efforts is more than a mistake, it's just dumb!!! You don't have to be a genius to know that "dumb" will stand in the way of progress. I felt like telling them all 'hey, dummies...don't you know the key to gaining muscle and losing fat is giving your body an optimized macronutrient ratio with an emphasis on protein" (but I didn't). Then banana boy asked me to spot him. I did, then said "would you like to ditch the monkey food for something a lot tastier and a lot better for you?" I told him that making a smart pre-training choice was as easy as drinking a Beverly Muscle Provider shakes...that if he wanted to add mass, he should take Muscle Provider before and after training." (He just stood there like a deer in the headlights) afterwards I was feeling cocky so I strolled over to 'cheesecake girl' and told her she was already smoking hot, but if she wanted to add lean tissue while staying lean, even get shredded, than she ought to try Muscle Provider before and after training instead of the carb covered cardboard bar. I told her I'd even mix one up for her. She must've liked the idea...I got her number. I guess being a helpful guy does have its rewards...

Muscle Provider (MP) delivers more than 76 grams of the best protein on the planet in every 100g serving! Compare a 100g portion of Muscle Provider with any protein on the market and you'll see there is no comparison. Available in Vanilla and Chocolate, flavors so delicious you'll wonder how it could be good for you! But, with it's 100% money-back guarantee - your results will speak for themselves. Try M P it'll unlock your growth potential.

For a FREE report that will show you how Muscle Provider will help maximize your training and conditioning call 1-800-781-3475. It'll tell you precisely why Muscle Provider is something no serious athlete should be without, and how easy adding Muscle Provider to your regimen can be. Read the report...then you can share your new found wisdom with someone else who might be making pre or post training mistakes (*like that poor guy who keeps choking down the rice cakes*). As for getting phone numbers and dates...hey - you're on your own...

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