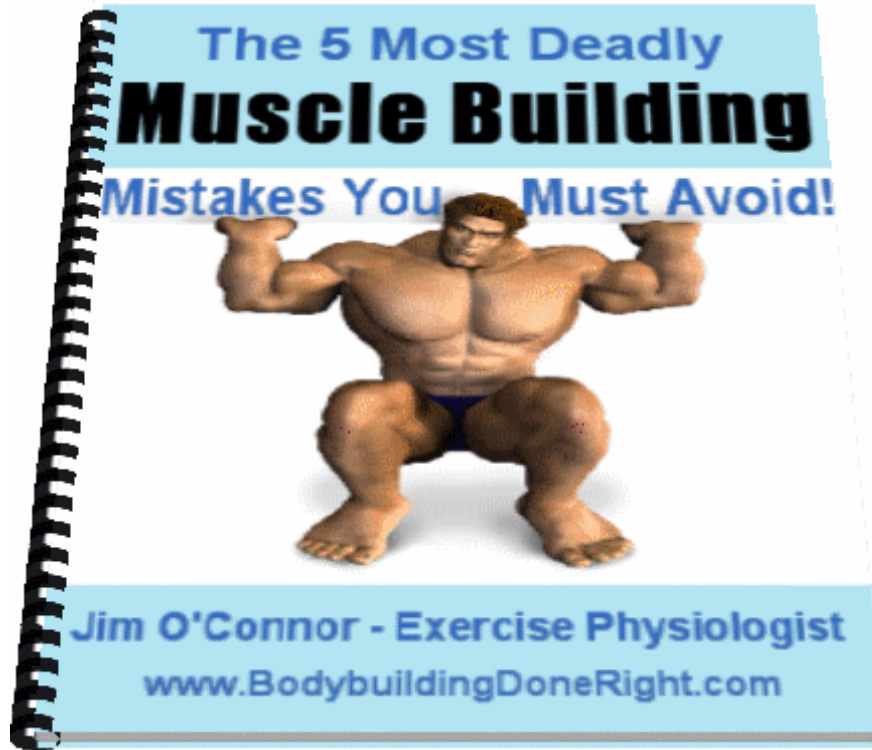


\$37 US



## **A Special Muscle Report**

**“Please Avoid These 5 Major Muscle Building Mistakes That Sabotage 99% Of Bodybuilders From Ever Reaching Their Full Muscle Potential!”**

This report is brought to you by [Bodybuilding Done Right](#), a product of **Wellness Word, LLC**. It is always recommended to clear the information within this report with your physician prior to beginning any exercise program. Strongly consider your personal medical history prior to program design.

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\* This is a Special Report brought to you by **Wellness Word, LLC**, and **Jim O'Connor**. The goal is to **SPREAD** this ebook around to help as many bodybuilding enthusiasts as possible. Let's Spread the truth by getting this information into the hands of as many people as possible!

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## Don't Let Your Bodybuilding Friend Be A



## Pass These Secrets On!

### **“Will You Learn From My Mistakes?”**

Beverly Hills, California

From: Jim O'Connor, Exercise Physiologist

Dear Friend,

Do you know that I could have maximized my full genetic muscle potential within one year of training? With the information I know today, it would have been a snap. However, it wasn't. Along with my successes came a huge amount of heartache from bodybuilding wrong. I would have saved thousands of precious hours, and numerous headaches when competing in bodybuilding shows only if I knew what I know today.

What if I can teach you my 5 biggest bodybuilding mistakes so you don't have to make the same mistakes I once made? If you avoid my deadly muscle building mistakes I mention below, your muscle growth will be guaranteed to skyrocket!

See, I always listened, and watched other bodybuilders in the gym in order to learn growth producing tips and techniques. Later, after training for years at Gold's in Venice, did I find out how much I was misinformed, and



mislead. Surprisingly, I noticed I was not alone because everyone else was also utilizing training strategies that were counter productive to effective muscle growth.

Later on, after studying Exercise Physiology, training thousands of individuals, and learning from the pros that really understood the Science of Bodybuilding, I finally got it! I then spent 1/10 of the time in the gym, and developed muscle at a rate I never thought possible.

This is why I am writing you today. Because I want you to experience the same muscle building success I do today without making the same bone headed mistakes I had once made for years on end. There really is a most effective, efficient way to train, and I am going to share, quickly, a few little tips that will help turn you into a fat burning, muscle generating machine

Here is to your new improved body, and newfound time away from the gym! I hope this special report opens your eyes and starts to empower you with the bodybuilding truth.

To Your New Found Muscle Growth,



*Jim O'Connor*

Jim O'Connor – Exercise Physiologist

**“The 5 Most Deadly Bodybuilding Mistakes You MUST Avoid!”**

## 1. Following Other Bodybuilders “Canned Programs.”

When it comes to gaining muscle mass, and losing fat, we tend to seek out people in the gym that look the way we want to look. We not only seek them out, but have a tendency to copy exactly what they are doing. Since they have nice shaped arms, and do 25 sets of bicep curls, we do the same.

Other bodybuilders will dig into Muscle and Fitness, Flex, Muscular Development, and Ironman, only to believe everything they read. Since it worked for Arnold, it will work for me, they believe.

How do you know it will work for you? How do you know you are on the most efficient, effective bodybuilding routine? How do you know the bodybuilders you are modeling don't relying on steroids, or have freaky genetics?

Don't follow other people's canned programs! Even though they look big, and cut, 99% of them are not training in the most effective, efficient manner. Therefore, they are underachieving, and spending more time training than is necessary.

The problem is these people also learned by following others. When you follow others, how do you know if your routine is based upon sound, scientific bodybuilding principles? You don't. Sometimes what you see is not what you get.

My first advice for you is to master and understanding a few sound scientific bodybuilding principles. When you understand these principles, you will turn from becoming a follower, to a cutting edge leader that others will seek to follow. You will be a leader who knows how to get the most muscle growth, genetically possible, in the least amount of time. I detail the complete groundwork for each of these core scientific bodybuilding principles you must to know in my 1.5 hour audio seminar called [Bodybuilding Done Right](http://www.BodybuildingDoneRight.com). Feel free to discover more in detail by visiting <http://www.BodybuildingDoneRight.com> .

Following other Bodybuilders routines will **surely** lead to **overtraining**, and **frustration!**

Don't make the mistake of not having a well thought out **roadmap**, or sound **plan** before implementing your bodybuilding routine. Understanding and planning are valuable keys to the muscle building puzzle.

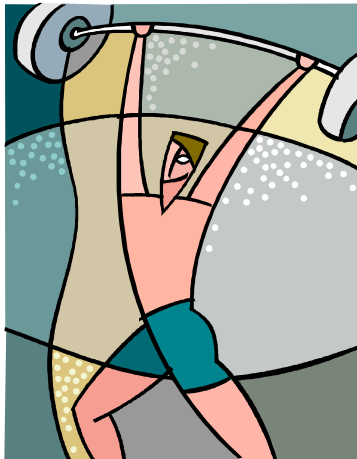
Bodybuilding programs need to be created on an individual bases considering specific goals, and medical history.

## 2. Training At Too Low of INTENSITY!

Just take a stroll throughout your local gym. Notice the people who are doing set after set, and always seem to have an extra rep or two left before they are unable to finish the set. They are missing the boat. It is not the first 9 reps that count, but the last, gut wrenching rep that stimulates muscle growth.

The people you are watching in the gym always seem one rep short of making muscle gains. Bodybuilding can be that precise! If they continue to train in this manner, they will continue getting what they have always got (same muscle size/strength.)

When you walk into the gym you need to possess the mentality of a warrior! Your job is to conquer, and control the weight, and not let it control you. It is this particular mindset that will deliver significant fat burning muscle growth.



Since strength training for the average individual is huge in today's society, I coach, and observe many people working out. The biggest mistake I see today is people are not working out at a high enough **intensity** to deliver sufficient results. This is partially because they don't understand the muscle building principles; and they don't want to be uncomfortable.

I train my consulting clients to reach the "uncomfortable zone." The uncomfortable zone delivers results! Strive to reach this zone.

You are missing the boat if you are not strength training at the **utmost intensity** necessary to **stimulate muscle growth**. The **last rep** should be practically impossible to complete. Don't be a 1 rep shy of growth bodybuilder. Get in the "**uncomfortable zone**." Be a warrior, or warriorette!

### 3. Overtraining – Not Enough Rest Between Workouts

Isn't it logical to do one additional set of bicep curls in order to force your biceps to grow larger? What if you do ten additional sets? They should grow ten times larger, right? **WRONG!** Many people feel more is better when it comes to building muscle. The more days of training the muscle, with more sets, the bigger they will become. Wrong, wrong, wrong! This is against one of the most fundamental bodybuilding principles that must be understood. Please, please, dear reader, don't fall into this trap.

*It is the quality or intensity of exercise that stimulates muscle growth, not the volume.*

I still see at least 95% of bodybuilders, including pros, overtraining. They are not resting enough between workout in order for optimal muscle growth, and recuperation to occur.

Training more is not the answer. The answer is training harder, and smarter. Overtraining will not only decrease your muscle size, but also make you more prone to burnout and potential injuries. Willing your way to growth is not the answer, training smartly is.

Remember what I said in mistake #2, bodybuilding training should be precise. It is crucial to supply the **EXACT, OPTIMAL** amount of stimulus, and rest in order to maximize the growth process. To calculate your optimal intensity, and rest time between workouts, you should not follow Jane or Joe Bodybuilder, but personally calculate it for yourself. This exact detailed process, beyond the scope of this report, is spelled out in the [Bodybuilding Done Right Audio](#) seminar.

In bodybuilding, get rid of the more is better mentality. Getting **enough rest** between workouts is as important as the workout itself. Make sure you don't follow other bodybuilders rest routines, and **figure out precisely your own** using the detailed system outlined in our **Bodybuilding Done Right Audio**.

### 4. Following Mythical Nutritional Principles

I remember reading an article in one of the muscle magazines titled, "There is no such thing as overtraining, just under eating." Wow! What a statement! Talk about a faulty approach to bodybuilding, and a great approach to fat building! It is muscle we are after, not fat. Please be aware that you can't eat your way to muscle size. You can eat your way to fatness, but not muscle.

The fact being your body needs optimal nutrition to facilitate the growth process, not thousands of extra calories which will be converted to fat. Your body only needs approximately 200 – 500 extra calories per day above maintenance to satisfy hard training and muscle growth.



Beware of the miracle, muscle building supplements found in all of the muscle magazines. It is an intelligent, optimal training program with optimal rest that will yield massive muscle gains, not anabolic power packs. Don't fall into the magic supplement trap. However, certain supplements do have

their place in a bodybuilding program. Most just result in expensive urine, while there are others outlined in the [Bodybuilding Done Right Audio](#) that can actually be an asset to muscle growth.

**Don't eat your way to size, intelligently train your way to size! Don't believe all the hype when it comes to muscle building potions, and powders.**

## 5. Not Following A Systemized Intelligent Approach To Muscle Growth

Just as I mentioned in mistake #1, you first need a plan. The plan must be built on specific, sound scientific bodybuilding principles. The plan includes your goals, and how you are going to measure your progress. You need a personal bodybuilding roadmap to accomplish specific goals. Next, you just need to execute the plan, and have a system of checks, and balances in place to guarantee you are heading in the right direction.

This plan must be backed by viable, scientifically based, core bodybuilding principles.

One of the many tips I mention in [Bodybuilding Done Right](#) is to start your very own bodybuilding journal. If you write information down, it will be transformed into its physical form, and not simply just a passing thought anymore. Using this technique, you are more likely to stay focused and accomplish your goals. It is always good to look back and find out what worked, and what didn't. Your journal is power! It is much more powerful than watching a bodybuilder with 20 inch biceps train.



Use Your... ..And Look Like This!



Follow a **scientifically proven muscle building system** that delivers results. Look at the **science backing it**, and use a **rational approach** to growth.

**SPECIAL BONUS... SPECIAL BONUS... SPECIAL BONUS...**

To celebrate your newfound muscle building knowledge, I have included a **FREE** subscription to my popular [Wellness Word Newsletter](#). This is a bi-weekly “multimedia” newsletter presented in audio, video, and text. It continues to empower thousands of people worldwide with the bodybuilding and fitness truth. To access your **FREE** subscription, and an email mini-course on how to get twice the fitness results in ½ the time, simply click on [WELLNESS WORD](#), and follow the audio directions. (\$97 value)

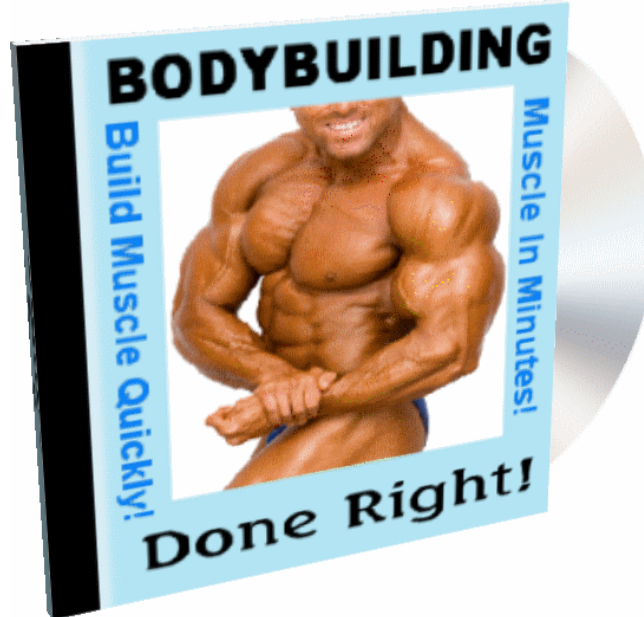
**SPECIAL BONUS... SPECIAL BONUS... SPECIAL BONUS...**

## Conclusion

Make sure you read, and re-read my **Top 5 Muscle Building Mistakes You Must Be Avoided**. These are the most common mistakes I see today working as a Professional Fitness Trainer in Los Angeles. I want to make sure I make an impact on your training results. Please learn from my mistakes and the thousands of others who are continually making the same ones. Following the few tips in this report, and the detailed direction in *Bodybuilding Done Right*, you are ensured of getting explosive muscle growth without wasting one precious second. I have empowered you with this advantage! Please use it!

### Bodybuilding Done Right™ Audio

To discover, in detail, the most effective, scientifically backed muscle building breakthrough secrets guaranteed to explode your muscle growth quickly, as well as everything else I have learned working along side pro bodybuilding guru's in Venice, California, click on the link below, right now!



**Click Here---->** [Bodybuilding Done Right](#) to discover the many more muscle building tips, tricks, and secrets that will explode your muscle growth!

Did You Enjoy This Report?  
Do You Have Any Comments?  
Make Sure To Join In On The Discussion!  
<http://www.BodybuildingDoneRight.com/blog>

Wishing You Maximum Muscle Building Success,



*Jim O'Connor*

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(Here Is How!)

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- 2.) Send them to your website (if you have one) with this report on it.
- 3.) Refer them to this link....

<http://www.bodybuildingdoneright.com/bodybuildingmistakesdl.html>

**Go For It! Train Hard, and Smart!**

P.S. Don't forget to listen to the [Bodybuilding Done Right](#) audio so many are calling the ultimate muscle building blueprint.