

**VISUAL IMPACT  
MUSCLE BUILDING**

STRATEGIC MUSCLE GAINS FOR A VISUALLY STUNNING BODY

Gaining 20 pounds of muscle is NOT impressive if 15 pounds of that is on your butt, thighs, and waist.

**Why Simply Gaining XX Pounds of Muscle  
"Wherever it Winds Up"  
is Not the Route to An Attractive Body!**

My (NEW) Women's Program Here ---> ["Visual Impact for Women"](#)

Gaining untargeted muscle is easy and over-rated. The problem with following the standard advice of concentrating on the "big 3" lifts (squat, deadlift, and bench press) is that it will most likely create a terrible looking, bulky physique.

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