

Anabolic Again

The Advanced 12 week
Muscle Building Protocol

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4 Steps to restarting your muscle growth machinery

By Brad Pilon M.Sc.



Did you know that once you reach a 15% increase in muscle mass, whether you're a man or a woman, your body will FIGHT against building any more muscle? It's true. Research has shown us that muscle is metabolically expensive, and if it's not ABSOLUTELY needed, your body will do everything it can to return to what it considers a 'normal' amount of muscle mass... basically your own personal 'muscle set point'.

Even if you work your butt off in the gym and gain an amazing 12 pounds of pure muscle, your body is going to spend the rest of its days trying to GET RID of that extra muscle. Look around you, think of all the people you know who built an impressive amount of muscle, only to get stuck or worse, lose it all...

Have you ever heard of anabolic resistance? When this happens your body becomes less sensitive to the anabolic signals that come from your workouts. It even becomes less sensitive to the anabolic signals that come from eating protein... Yep, you read that right - **you can actually become protein-resistant.**

Did you know that **there may be a way** to overcome, or even REVERSE anabolic resistance? Changing the way you workout can actually building noticeable

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