



INTRODUCTION

Welcome to HyperMass. This course is so much more than the highly effective 9-week Workout Program. This course is a vault of knowledge that will empower you with the tools to see the **BEST RESULTS IN THE GYM, BE MORE CONFIDENT OUTSIDE OF THE GYM, and COMPLETELY EVOLVE YOUR LIFE.** We are talking about seeing **FAST** results in the gym, because you are going to be training in a highly optimal way for perhaps the first time in your life.

It is one thing to know how to lift weights, and what to do in the gym, but something priceless in value is **UNDERSTANDING** everything that goes into the process. This concept of understanding and becoming informed is what makes this unlike any other opportunity you have had in fitness.

Imagine a college degree on how to build muscle. That is what you're getting with this course. We have taken the most important subjects and information from our years of gym experience, our years of successfully transforming others' lives through coaching, and our own college degrees and certifications - and put it all

into this easy to understand course. Why? So you can for the first time focus on the RIGHT things. So you can not just walk blindly into the gym hoping something finally might work - but instead, so you can **UNDERSTAND, BE INFORMED**, and most importantly - **TRANSFORM YOUR LIFE**, forever. Don't feel scared or overwhelmed because we are literally going to show you **EXACTLY** what to do to see the best results of your life. We are now your guides. With the investment of this course, not only do you get the workout program and all the priceless information you'll need for a lifetime, but you also have our community, and us as your coach to **MAKE SURE** you succeed. We are laying it all out for you. We are saying "Do this, and THIS will happen."

We will get a bit "sciencey" in order to really dive deep into these important topics for your understanding, but if you ever feel like you don't quite get it - don't worry! At the end of each and every section we have a "Summary and Application" section where we simplify and show you how to apply the concepts into your training. Not only that, but this course is suited for all levels. The writing portion will be further in depth for those who are extra zealous becoming a **MASTER** in fitness. The video portion will be an easier and quicker way to absorb all this valuable knowledge for those who would rather go back and read later.

From this course, you will come to learn things about how our bodies work, how muscles really grow - that almost no one else in the gym knows. Truly comprehending these important concepts will completely set you apart from everyone else that is chasing fitness goals. You will be on another level. You will be a fitness expert. But most importantly, you will be able to use this knowledge, and our guidance, to become a newer, even better you.

You can begin the workout program immediately by simply going to the Program Module, but it is highly recommended to go through this course in its entirety as soon as you get it. Once again, your training will forever change as you come to

understand the concepts we will teach you. The quicker you learn the concepts, the better your gym performance will become - and the sooner your transformation will come.

We will order the Modules according to their importance for you to know immediately, though all that we will teach you will find to be helpful and valuable information for long term success in fitness!

