



How To Turn Your Body Into Twisted Steel and Sex Appeal in 6 Steps w/ Free Rockstar Body Webinar

Vlad Kostovski

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Your physique is the first impression anyone gets about you, so make it the best you can. Everyone has tried and failed diets at one point or another. That's because you look at it as a "diet". In order to succeed you need a paradigm shift, think of it as habitual nutrition intake. Every guru claims it takes 21-30 days to make a habit, and I adopt the latter in this guide. Apply 1 change per month and you will be on your way to model mayhem.

There are 6 easy steps that anyone can apply and achieve an ideal physique, no 6 small meals/ day isn't one of them. These are practical changes in your nutrition intake that create an enormous impact on your body when applied.

I know this because I was 16 @ 260 pounds with astronomical body fat. I had hypertension, a rotting immune system, and high risk for diabetes, weak joints, weak body, weak mind, and weak spirit. It took me 2 years to change my life into the absolute dream it is today. My fate at the age of 16 was a sad and early life. It took me 2 years to change my direction 180 degrees and with my guidance, you can do it in 6 months.

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