

THE BULLSHIT REPORT



SETTING THE RECORD STRAIGHT ABOUT
HARDCORE TRAINING AND LIVING LIFE AGGRESSIVE

Notice: The report that I'm about to unleash below may happen to rub you a bit wrong, but to be blunt and totally honest, I'm completely fine with that.

It could even get some people out there really pissed at me... and I'm totally cool with that as well.

And it most certainly will get the haters out there, hating even more...

That's all okay with me, because in this report I've written below, I've poured my heart and soul into it and this is the complete uncut truth as I see it.

I'm going to give it to you straight with no fluff or sugar coating... ***I'm going to tell you like it is...***

So, let me talk about what it is I do and what it is that I love most...

It's a Sunday afternoon and here I sit in a cold, 20 degree "garage gym" as I type this report out for you.

It's a freezing winter day here in Nebraska and during this time of year, there really isn't all that much you can do other than sit inside and stay warm.

For me, sitting in this cold gym is the exact place I would want to be right at this exact moment.

For this is the very gym that I busted my ass for years to build, *The Forged Athlete*. (Of course I didn't do all this on my own as I have a kickass biz partner and best friend Joe)

Just like this gym helps construct lethal and strong machines through hard work and determination; it equally has helped me build up my way of life and business.

Typically at this time, there would be some overly LOUD music blaring over the speakers with a unique mix of serious lifters, MMA fighters, high school athletes, police officers, military personnel, and even some pretty badass chicks throwing down in the gym.

Each of them would be in their own worlds just EARNING their results and getting themselves better through hard work...

As for now, it's empty as I just got done going through one of my own insane training sessions and now, I'm just cooling down a bit, collecting my thoughts writing you this report.

HERE's a Pic of my gym...



You'll notice my gym isn't anything spectacular or fancy... Just all the old school essentials needed to mold and shape a total gladiator.

Things like... dumbbells, kettlebells, sandbags, barbells, ropes, chains, sleds, kegs, and other “homemade” odd objects.

Again, nothing fancy, just the bare-bones necessities...

But most importantly, this *is* the gym. This is the battlefield. One of the very few places you'll find that has a camouflaged garage door...

Typically I set up shop here after I hit a training session in the early AM or on a Sunday afternoon.

At this time I'll work on programs after I train when it's nice and quiet. Just being within this environment helps me think more clearly and create better ideas on training and programming.

Anyhow...

Over the last few months I've really taken notice to many different things happening within the strength training realm that I'm just sick and tired of seeing. I really felt the need deep inside my gut to get this report out to you as soon as possible as I know the New Year is right around the corner.

I feel that this report needs to be read by serious lifters and athletes out there that may be stuck looking for answers.

Also, I feel that it is only right that I would write this report to let you know exactly where I stand and if you're smart enough, and you feel the same way, you'll stand on the same side as me.

But, I'm sure you're wondering why you would want to listen to me as well as wonder where exactly I'm coming up with the information I'm about to share with you within this report.

That's a natural thought for sure...

For over 5 years now, I've been training athletes and serious lifters who have the upmost desire to train hard to achieve their goals.

I've helped countless amounts of these people get stronger, bigger, faster, and more explosive than I can count.

For me, all I want you to know is where I stand and how I want you to side with me because I know there's a ton of bullsh*t advice and crap talk out there when it comes to training. I don't want you stepping in this BS and if you're already stepping in it, it's time to get you on clean ground my friend!

For this purpose, I want to expand my reach because I know that when it comes to designing training programs, delivering the best results for my clients and athletes, and *living life aggressive*, it's about what works!

Below, is the *Aggressive CREED* I live by day by day when it comes to Living Life and Training Hard!

I WILL MAKE NO EXCUSES...

I WILL NEVER QUIT...

I KNOW and BELIEVE THAT THERE IS ALWAYS A WAY TO WIN, IT IS UP TO ME TO FIND IT...

I WILL TAKE 100% RESPONSIBILITY FOR EVERYTHING I HAVE AND DO IN LIFE...

I WILL LEAD BY EXAMPLE...

I WILL NOT BE AFRAID...

I WILL RELENTLESSLY PUSH FORWARD TO ACHIEVE MY DREAMS...

I WILL LIVE AGGRESSIVE...

I hope that YOU too can find a way to live by this Aggressive CREED and apply it to YOUR life in all aspects as well...

Now before I start diggin' in too deep about what's really bothering me, I can't begin to imagine that everyone reading this report knows who I am exactly. And so for the sake to let you know exactly who I am, let me give you a proper introduction...

I'm the kid that grew up around athletics his whole life. I was always searching for the best ways to improve speed, power, and strength for sport. I spent all of the money I ever earned growing up from summer jobs and allowance on training DVD's, manuals, and books.

I also wasted a ton of that money on bullsh*t supplements and training gadgets.

I was obsessed with training as I lived in the weight room. I won every award you could imagine in both high school and college for "*Lifter of the Year*" and "*Most Dedicated Athletes*".

After achieving ALL-American in college for football and testing out in multiple NFL combines around the country, once I knew I didn't have quite what it took to make it to the next level, I switched my focus from myself to helping other serious athletes and lifters make the most of their training results.

At first, I started out in a corporate gym where I grew to HATE the fitness industry and training all together. The atmosphere did not sit well with me. Instead, it angered me. I was constantly surrounded by negativity and laziness plus, the corporate gym I worked for was not at all interested in my clientele but rather only cared about how much revenue I was going to be bringing in for them that next month.



I got sick of that real quick and left to construct my own gym, *The Forged Athlete*. I built the Forged Athlete for one purpose and that was to build complete beasts. Within the walls of my gym, nothing is ever given away but only EARNED. Each member of my gym must have the right mindset and be ready to go balls to the wall. **NO EXCUSES accepted!**

Today, it stands stronger than ever, growing bigger and more powerful each and everyday with more highly dedicated and motivated athletes including professional MMA fighters, Olympic wrestlers, Pro Football players, highly specialized military personnel, high school athletes, and other serious lifters with all sorts of different backgrounds and goals.

To stay on top of my craft, I continue to travel around the country to learn and to train with the best strength and conditioning coaches in the world and I also continue to live what I preach as I train in the trenches myself. I don't only *talk the talk* but *I walk the walk everyday* as well and I will continue to do so until the day I die.

Now, I'm not telling you all of this to impress you. I could really care less if you're impressed! That is not what's important to me...

Rather I want to let you know that if you're willing to put in the work to achieve the things you want in life, I got your back on this as I know what I'm talking about.

This is my passion! I do this for the pure LOVE of it, not the money... This isn't just a job for me! It's my life!

The sorry fact is that there's way too many *keyboard coaches* out there hiding behind their computers that are full of complete sh*t and don't know a thing about living a real certified aggressive strength lifestyle.

I'm here to help you steer clear of their nonsense...

But, before I go any further, I want to clear up the term, "*Hardcore Training*".

This is SUPER important and I need you to understand this as this is a term that is being used and thrown around just about everywhere lately and I just wanted to clarify what I truly feel it stands for.

To me, real *Hardcore Training* is training that is done with true purpose and passion that drives you to push harder for what it is you want in life most.

For me, I use *hardcore training* as a vessel to get me to different places in life.

I don't consider my training to be "*hardcore*" just because I train unconventionally with odd objects or because "*hardcore training*" sounds tough... Those are nothing more than facades.

Rather, I consider my training to be *Hardcore* because it's what helps me define who I am.

I treat training as a means to not only get myself PHYSICALLY stronger and healthier, but also MENTALLY stronger and more powerful as well.

It goes way beyond just "training" to "*workout*". It's a part of my life!

That's what true "*hardcore training*" is for me...

It's not just a name I slap on to my training programs to make it look tough and badass. It's the truth!

There's always a purpose behind the type of training I do. No matter what.

So now that we have that established and you know more about me and how I feel about "Hardcore Training", I want to get into some of the things that are really pissing me off. This is the type of BULL SHIT I want you to avoid...

I think the main root for all of these different items and thoughts I'm about to discuss is just pure laziness. In this day and age, people are looking for easier way outs and while we may think of the next few things I'm going to talk about as "*smart ideas*" and is what we should all resort to for better results, you're sadly mistaken!

The Power Plate... I had a few clients ask me about this and I just rolled my eyes.

Yeah there's probably some sort of positive results that comes out of these things but I would much rather prefer you do some sprint or kettlebell complex in place of doing some squats on a stupid overly-priced machine to lose weight or gain muscle.

Don't lose your mind!

How did the regular old bodyweight squat lose it's overall effects and when did it go wrong?
The power plate is just another expensive fad that's total bullshit!

Kudos to your gym if you have one or a whole row of these things as I expect you don't have the kind of people in there that prefer to work hard for their results.

You won't find one in my gym... Ever..

The next up on the BS list is the HCG Diet... All I know is that you take an injection then basically cut your calories down to abnormally levels and just let the weight fall off your body.

Again, what the f*ck happened to eating healthy and training hard?? Did that stop working some time recently and I didn't know about it??

What is the common sense in this diet?? Basically you strip a person from being a real HUMAN as you restrict them from doing exercise and eating naturally while you inject synthetic hormones into their body.

Sounds like cheating to me...

My only guess is that most people on this diet gain all of their weight back. Plus on top of that, with the restriction of not being able to work out like they ought to be doing, they not only gain their weight back, but now they are weak as all hell from not having been working out. Have we gone crazy???

Actually, I don't have to guess as I KNOW this is what typically happens. This doesn't teach people the right way to live...

Just pure laziness in my eyes...

Again, good old fashioned healthy eating and training hard never stopped working last I checked.

Now, since we're on talk about injections and such, I think I should drop my two cents on the use of steroids and illegal performance enhancing drugs...

First off, if you use, you're a f*cking cheater! No way around that. When you take roids you've basically just told the world that you can't do it on your own and that you need to cheat to win.

I guess if you not cheating, you not trying right?? Still bullsh*t.

I really don't care about the way you go about it, if you take it, you're a cheater. Use what God gave you naturally and work your f*cking ass off to get what you want.

There are a TON of great examples of athletes and people that have achieved phenomenal physiques and outstanding performances without the use of illegal drugs. These people “*got it*”. They understood the importance of hard work and dedication. Some people don't get it and simply result to the easy way out...

Yeah some of those people that were able to achieve greatness with their physiques and performances may have had better genetics than most of us, but what are you going to do? Complain about it??? I say don't worry about other people and do what YOU are capable of doing!

In my mind, it comes down to INTEGRITY and being able to do the right thing even when there's no one else around.

When I was in college playing football, I had a couple of different chances to use steroids and even though I knew that I would never be caught in a million years, I still knew that deep down within myself that I would always know that I was a cheater. I would have to live for the rest of my life knowing the fact that I had to cheat to achieve my goals.

I can look back now and to today, the results I have achieved have all been EARNED the *right* way and 100% by what I did to get them. Not from some f*cking drug I had to take.

I just feel it's way more authentic and *REAL* when you do it on your own through hard work and commitment.

Hope you feel me on that!

Now, with all the talk of steroids, I'm really fired up now which brings me to all the bickering and complaining and trash talk we have going on amongst strength coaches and fitness professionals around the world.

This sh*t makes me sick!

You've got power lifting guys talking sh*t about the Crossfit crowd while you have the Crossfit crowd looking down on the hardcore bodybuilding population. And then to top it off, you got the functional fitness crowd bitching about strongman training and it never ends...

It's a vicious cycle...

But yes, I agree there are some sh*tty coaches out there that post their stuff up on YouTube and other places on the web that make their particular style of training look terrible, but to totally bash a philosophy of training is another thing...

It natural to side with the style or philosophy of training your most accustomed to and known for, but to start downgrading other philosophies and schools of thought is completely idiotic.

If you're a SMART coach and know how the world really works, you would know that you can take bits and pieces from ALL forms of training no matter how diverse or different it is from your own thoughts and use it for some sort of benefit.

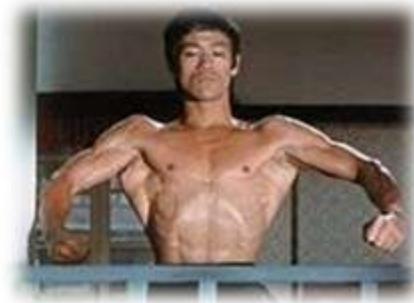
Yes, some training philosophies have their flaws, but no one style is the best.

For me, I blend a number of different styles together to form my own unique training style. If you know me and have followed my programs, you would know the power of this type of training and how well it works.

Where people get into trouble, is when they believe only ONE form of training is best and conquers all. These people and especially the coaches that believe this need to open their eyes as wide as possible and take in everything they possibly can. They need to remove the blinders!

Instead of looking at the flaws in something, look at what you can USE for good and throw out the rest. I'm sure I will be kicking a dead horse here when I quote Bruce Lee here but, it all comes back to what he said in regards to his form of *Jeet Kun Do* and his overall philosophy in life in which he stated,

"Absorb what is useful, Discard what is not, Add what is uniquely your own"



This is exactly what I have done within my own training style. I've thrown out what I've found to be useless and I've applied what I've found to work best and off of that have created my own unique approaches to training that have become highly effective and successful.

Now since we're on the talk of training philosophies, I just want to express my upmost concern for people who have the undying need for long distance running for fat loss and also address the topic of overtraining. These two things go hand in hand and I'm sick and tired of people NOT listening to me or other coaches out there that know what they are talking about.

First of all, **if you want to get completely shredded as fast as possible, STOP running long distances.** What is it going to take??? Unless you're an avid runner and just enjoy to run (e.i. you're crazy) you need to start hitting up the sprints and mid distance runs. Anything from 20 yard sprints to 800m runs are the best.

I can guarantee you that if you stop running for miles on end and start implementing sprints into your program, you're strength will naturally go up, you'll feel better, and you're race times will go down (if you're a racer).

Please, if you don't trust me, just go look at a sprinter and a long distance runner. Which one possesses more strength, natural muscle, and power??? Now which one should you do? Sprint or run??

Now along with long distance running comes the topic of overtraining. I can truly say that overtraining comes from the addition of strength training sessions and long distance runs being added together.

The two just don't fit together well. As I already mentioned, you should be doing sprints and



shorter distance runs instead of your longer 45-60 min run bouts. If you're going to be training your ass off with weights and resistance training, and you're training hard enough, you shouldn't have the extra energy to run for an additional 45-60 mins. This just tells you that you should be working a bit harder during your resistance sessions.

I've gotten emails from people wondering why they're not getting stronger, bigger, or leaner and when I ask them what they're doing, they typically say something like, *"well after my training session I run 3 miles OR before I train I run 3 miles"* ... NO NO NO...

Don't do this... Instead, focus on lifting HARD and doing short, fast sprint sessions, as I mentioned before.

I for one will confess that I've pushed it little too hard a few times and simply denied the fact that I was training too much. **Please understand me when I say that "More is NOT Better"**. It still amazes me how many people I coach and talk with think they can get away with training 5-7 days a week.

What people need to focus in on is getting in 3 HIGH QUALITY training days a week first then go from there...

Understand that you can train up to 7 days a week with the RIGHT programming but, the reality is that most people do it all wrong. They typically train the same body parts multiple times a week without allowing for proper rest to occur.

And now to make things even worse, with the rise of Crossfit, regular Joes are thinking that they too can train 3-4 times a day just like some of the elite athletes within Crossfit do. This is SO wrong!

I've received several emails from guys and gals that have never competed within Crossfit asking me how they should fit in 3 to 4 workouts into their daily schedule.

This is f*cking madness!

How about focusing in on getting ONE quality session in before you even think about getting in the next one...

You must understand that these guys and gals who are at the elite of Crossfit are complete freaks of nature and I'm not even sure how their bodies are going to react to the punishment they're placing upon themselves overtime.

I can attest as I've been competing to get to the games as well and it's not easy! It's taken a real toll on my body.

I say be smart about it and train hard when you train, but don't overdo it!

Always go for QUALITY over QUANTITY.

Also, you're not a f*cking superstar if you train for 3 hours at a time. You're just a f*cking fool who isn't training hard enough.

Any person or coach that really knows their sh*t, understands that when you're training hard, and I mean *balls to the wall*, that you're pretty much cooked at the 45 min mark. If you're a little more elite, maybe the 60 mins mark is when you start lagging. Hell, if you're going hard enough, all you may need is 20 mins tops!

In fact, another excuse that really gets me fired up is the whole "*I don't have TIME to train...*"

Motherf*cker... You MAKE TIME TO TRAIN!

In fact, I know everyone has at least 4 minutes to spare per day to get in a quick workout of some sort... It's called a *TABATA*... If you don't know what this is, look it up and use this protocol with a full body movement such as *Burpees* if that's all the time you have to work with.

Obviously, this isn't the most ideal type of workout, but if TIME is such a factor, you can use this to the best of your ability and get in your workout without any excuses.

Again, it's all about finding a way to WIN, not talk about why you lost...

It's also a ton better than settling for NO workout at all. That's what MOST people settle for... You're not most people are you???

Now, since we're on the talk about training hard, this can mean a few things... There's some people out there that think "*training hard*" simply means getting themselves so completely waxed and laid out from their training session that if they're not puking by the mid point of the session, they're not training hard enough...

BULLSH*T! Your goal should never be to puke...

Nothing pisses me off more then to see a trainer or "coach" that thinks they know their sh*t and puts their clients through absolute hell by beating them down with poorly programmed high intensive exercise sessions.

Coaches out there that just make clients "tired" and think their doing them any good need to wake the f*ck up and learn that in reality, they're not doing their athletes and clients any good. Their only doing more harm.

Any person out there can make another person tired by making them move a whole bunch in a short period of time (i.e. sprints, burpees, ect), but a true coach will be able to make their clients and athletes not only more conditioned, but more explosive, strong, and athletic all in accordance to their goal.



This goes for all the athletes and lifters out there that don't have a coach. Just understand that training hard is way more beyond just making yourself tired. You need to make sure and have a reason and goal for what it is you're doing.

Along with this are the coaches out there that fail to "*walk the walk*". They can dish out all the pain they want but in reality, they're not taking any of it back. In my mind, there shouldn't be any fat and weak strength coaches out there walking around and if you see one, I would strongly advise you walk the other way.

Now, don't get me wrong. There are coaches out there that know their sh*t but fail miserably to walk the walk... I just think it's sad and that they need to step up to the plate and drink their own kool-aid.

Remember, as a coach, YOU are the example. You set the tone. If you're fat, WEAK, and out of shape, who is really going to listen to you and take you 110% serious? It will be much more difficult to get people to do so.

Now with serious training comes serious Nutrition.

Please listen to me when I say, YOU ARE WHAT YOU EAT!

I simply don't get why some athletes and clients fail to eat right.

Why would you put in all the hard work and effort to simply throw it all away by eating like sh*t??

That's exactly what you're doing when you eat like sh*t...

It may be a lack of knowledge or simply put, a HUGE lack of will power, but nine times out of ten, it's will power!

The truth is, I honestly believe we all know what we SHOULD be eating, but when it comes down to it, are we eating what we're really supposed to be?

NO. That's why we have so many damn fat people walking around looking for answers. The



truth is, YOU already know the answer! Now just take action and follow through!

There's a million and one different types of diets out there that all can and will work if you allow them to. But really, at the end of the day, it doesn't come down to a specific diet. **It comes down to a LIFESTYLE!**

You've got to be willing to LIVE the LEAN AND MEAN lifestyle that promotes strength, power, and energy if that's what you really want.

Don't fail yourself by eating like sh*t.

If you're going to continue to go on a roller coaster ride making excuses as to why this diet didn't work or that diet wasn't any good, you're never going to get it.

And please don't give me the whole *"Eating healthy costs too much \$\$\$ bullsh*t!"*

That's total BS as I know you can eat healthy on a budget. You've just got to have the drive to do a little extra research. Don't always grab for pre-prepared crap meals.

Those meals are cheap because the food is cheap! It's made from low priced sh*t!

Dollar menu anyone???

Eat your lean meats, veggies, and good fats and if you have to spend a little bit of extra time cooking and preparing these meals, so be it!

It's as simple as that.

In order to save some cash, you may have to avoid the organic stuff but, that's fine. At least you're eating real food and not some processed sh*t.

It's KILLING us!

Remember - Don't settle on EXCUSES...

If you really want to eat organic and healthy foods that cost a little bit more money, find a way to make more money so that you can afford those types of foods. If you want it bad enough, you'll find a way to win...

Your health should be your NUMBER 1 investment in life.

Now, the last major thing I want to bitch about (and then I'll be done I promise) is the sad fact that hardly anyone has goals and inspirations.

What the hell has happened?

It seems that there is an overwhelming number of people I get into contact with that have ZERO inspiration or have never even thought about their goals.

A great quote that I've always held close to me is from Napoleon Hill who said,

"A GOAL is a dream with a deadline"

When I read this for the first time I came to the realization that I never really had set any serious "goals" myself. I had dreams that I thought were goals at the time but, I had NO deadlines.

Since reading that quote, I've been relentless at setting goals WITH deadlines and the funny thing is, ever since then, I've been getting closer and closer to my dreams.

So what I want to express my main concern about here is the **LACK of goal setting and overall inspiration people have.** It makes me ill.

How can people go through life so content with failing and not accomplishing anything? You must have a drive factor for whatever it is you do?

If you don't, you will easily let yourself fail...

And to be honest with you, being around other people that don't have some goals in mind is a huge turn off for me.

Here's a few reasons why... 1) These people are hard to coach as they have NO idea what they want and 2) These people are generally lazy and never follow through with real action and determination. Instead they suck the life out of the people around them and are a negative influence.

I want none of that in my life as you shouldn't want that as well. And, if you're one of these types of people that doesn't have a goal, its best you find out what it is you want and find it fast!

Truly ask yourself, "What do I want to accomplish?"??? Is it:

- To Gain More Strength...
- Improve Power and Explosiveness...
- To Increase Speed...
- To Have More Energy...
- Gain More Muscle...
- To Build Up More Self Confidence...
- Get A Ripped Physique...

...Or is it simply just to be the BEST you can be in your life?

Whatever it may be that you want, know one thing... You must have goals set in place. Without them, you will be lost and honestly, you will be very hard to help out!

So, once you finally get some solid goals (with deadlines!) set into place, it's time to go after them with pure relentless effort!

It's time to get INPSIRED!

This is another area I feel too many people lack. Where is the INSPRIATION???

Where's the drive, determination, and DESIRE??

Most of what I typically see is nothing but EXCUSES and REASONS for losing...

We want to ALWAYS FIND A WAY TO WIN! Not a reason for why we lost...

I say it's time to dig in and make things happen! One thing you must realize if you haven't done so already is that **only YOU have the control over your thoughts.**

If you want to look for excuses as to WHY you can't achieve something, you will. But, at the same time, if you want to find the answers as to HOW you can achieve something, you WILL! It all comes down to YOU and what YOU want.

It's all in how bad you want it and honestly, I don't see a large amount of "*hungry*" people out there.

You see, I only want to work with and be around people that are like me... I only want to work with people that are ACTION TAKERS. People that have the "*hunger*". People that are willing to take chances and HUSTLE for what they want in life.

As Les Brown said...

"You've got to be HUNGRY!"

There are too many people out there living afraid. They live afraid of failing.

Let me tell you that I've failed 1000's of times and will continue to fail, but my number one rule is to always get back up and try again.

You learn from failure and much of what I know today comes from my past faults and that's what drives me to succeed. I will never settle for failure!

The bottom line is that you only truly fail when you quit. If you don't quit, you can't fail!

It comes down to your choice!!!!

Now, with all of this info that I've just spilt out to you, how is it that you can use this to your advantage?

Just imagine for a second that you are one of my athletes or clients and we were having a one to one meeting talking about exactly what you needed to do to get the best results possible... I already told you that I'm going to tell you like it is so below, I'm going to do just that and if you're smart enough to stick with me and follow what I say, you'll be one badass mo fo!

Let's Clear Up The Bull Shit!

So let's attack this in a fast and to the point kind of way so you can DOMINATE 2012...

- More people need to realize that training like an athlete is the key to getting ripped, strong, and more powerful. Stop with the strict bodybuilding sh*t and stay off machines unless you're going in for rehab or just trying to waste time.
- Training programs that combine the use of many different types of training philosophies will be the most powerful form of training yet. I suggest you start blending your methods together.
- More and more people will realize that their wasting time waiting for the next big diet solution to come around. Instead, people need to come to understanding that it's not about a specialized diet, it's about living a LIFESTYLE of eating like man did when he first walked the earth. The way to go is Paleo!
- Nutrition is #1 and Paleo is in my mind, the eating habit of the future. Many people have already come to realize that if they eat natural, wholesome foods that they will benefit the most. It's not about some specialized diet, it's about a LIFESTYLE centered around aggressive training and this type of eating. Drop the f*cking lame excuses and eat right!
- Intermittent Fasting (IF) will be HUGE and will be the next big thing within the health and exercise arena that will change the way people think about eating forever.
- There's a proven and effective IF program that's been created and will be released soon after the New Year to which I will be helping get out into the hands of my close followers.

- The bullsh*t 2 hour marathon training session must stop and in order for you to get the best results possible from your training, your sessions must become shorter and more intense.
- People need to stop spending so much damn money on sh*t supplements and invest into the stuff that works – a solid multi-vitamin, a pure form of fish oil, BCAA's, Greens Supplement, and high quality protein powder which are all more than enough to help increase results when combined with a solid nutritional program and training regimen.
- If you take steroids or any other performance enhancing drug, I don't care what your excuse is, you're a f*cking cheater...
- Stop with the long, slow, boring running sessions and start with the sprints and hill runs. Get out and move fast!
- People need to find some sort of inspiration for WHY they train or live by creating goals with deadlines. Once this is in place, people will have a reason to train hard and not make excuses so easily.
- Become a LEADER by doing and leading by example. Don't wait for the masses to switch over to the way we live, which is the AGGRESSIVE lifestyle! Start the trend now!
- Align yourself with likeminded people and avoid all that is negative. Be the positive inspiration in people's lives by taking the lead and living the NO EXCUSES lifestyle!

The BULLSH*T Stops Here!



So listen, I figure the reason that you're reading this report right now is because you DO want to better yourself both physically and mentally.

You may be looking for answers but at the same time, you don't know where to look.

You're tired of all the conflicting information that's out there and rather than it helping you out and pointing you in the right direction, it just confuses the hell out of you and leaves you stuck and frustrated.

You're tired of not seeing the results you so badly desire to see.

And I'll bet that you're also getting pretty tired of putting in some serious hardcore work and effort to only see nothing in return.

I totally understand where you're coming from and I can feel you when you say you're tired of the same old "normal" sh*t.

Well, I don't settle for normal and neither should you!

So, if YOU'RE pissed off and disappointed with YOUR overall physical abilities and appearance, YOU'LL want to start making the changes I discussed within this report NOW instead of trying to do the same old sh*t over and over.

The key is to take AGGRESSIVE ACTION and do it NOW!

Once YOU stop sitting around waiting for someone else out there to tell YOU it's OK to go ahead and start taking on life with some relentless force and a head full of steam, that's when things are going to start happening!

YOU will now finally rid the excuses, train hard the *right way*, eat clean, and have the proper mindset!

...YOU will start putting everything together and become an unstoppable force.

For me, it was only until I finally realized the true power of putting those three things together that the true RESULTS and changes started to occur.

MINDSET. NUTRITON. TRAINING.

I know the same will happen for YOU! Bottom Line – This is how it works!

Here's to a STRONG and POWERFUL 2012!

If you found this report to be valuable, please [CLICK HERE](#) and drop a comment on my blog. I'd be very appreciative of it.

Live Aggressive and Get Strong!

Travis