



LIVING THE SUPERHERO LIFESTYLE

SUPERHERO **BULKING** **PROGRAM**

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The Superhero Lifestyle

The absolute beauty of this course is that it will serve your lifestyle immensely. You'll be able to build a downright incredible physique lifting three days per week and eating big and incredible meals each and every day.

You'll even be able to enjoy a few drinks on the weekend and indulge in some delicious desserts regularly.

Best of all, you're going to experience the best results of your life. You'll even blow past people that seem to be putting in 10x the effort.

You know those broscientists that are training everyday, eating every 2-3 hours and spending hundreds of dollars a month on supplements.

They're going to see you and just assume you are genetically blessed or using drugs. You can try and explain why training less and fasting is actually more effective, but most of them will not listen.

And I say, who cares! Lead by example and let your actions speak louder than words.

Eventually, those that you can help will come to you and ask for advice.

Fitness Will Enrich Your Life

The point of all this is that finally, you'll be able to reach your physique goals in a way that enriches your life without having to compromise or settle in anyway.

Nothing has to get in the way of building the physique you want. And because of this, I recommend living life to the absolute utmost!

Fitness and Your Social Life

Your fitness goals will no longer be an excuse for having a lame social life. I mean what's the point in looking great if you don't get to enjoy yourself. It's a total lack of perspective!

One of the advantages of building the Superhero Physique is that women will be much more attracted to you, at-least initially.

If you don't believe me, just download Tinder and see for yourself or walk into a room filled with women and see what happens.

So I say, if you're not with your dream girl right now, then make use of the fact that girls will be strongly attracted to you and go out and meet the type of women you want in your life (or download tinder).

You owe it to yourself and you owe it to them! For a long time I just focused on my fitness and work life and let my social and dating life slide.

This was a huge mistake! We're social creatures and we're wired for reproduction. If we're not socializing and sharing incredible moments with a quality woman (or women), that we're deeply attracted to, then what are we doing here?

Have Awesome Activities To Do On Your Rest Days

The fact that you invested in this program tells me that you want the absolute best for yourself and you're willing to work for it.

You want to build the best physique possible and you probably want to have a superhero dating and social life (if you don't already).

So make that happen! Me personally, I love walking, playing sports or doing awesome activities with my buddies on rest days. This beats the hell out of cardio.

Having fun rest day activities is a great way to build a great social circle. When you meet new cool people you can invite them to hit up an activity with you.

Maybe it's hiking or walking through a fun part of your town, maybe it's playing some basketball or practicing martial arts. We're humans and we're meant to be physical.

So do it!

Share Your Company with Beautiful Women

If you're not with the girl of your dreams, you know, your perfect ten out of ten, then go out and meet her.

Or maybe you prefer to not be tied down. No judgment there! The point is, unless you're fully satisfied with your sex and dating life, then do something about it.

All the extra time you will have saved from working out excessively and eating six times per day, share some of it with people you enjoy spending your time with.

By building the physique of your dreams, you know, the superhero physique, there's simply no excuse to not be with the girl of your dreams or have the dating and sex life of your dreams.

That is even if you're not at your fitness goal already. The fact that you're working towards them and progressing each week is amazing! Don't wait until some future moment to live your life.

Life is NOW. Life is never not NOW. As long as you're progressing each week, then you're a ten out of ten. And you deserve the type of girl you want.

Don't tell yourself that you have to be some arbitrary weight and body fat percentage before you work on your social/dating life. Start living the superhero lifestyle now!

Alcohol & Frozen Yogurt

If I'm meeting up with a girl for the first time, it's either drinks or frozen yogurt. Elaborate or expensive date ideas are a horrible idea.

They communicate that your presence isn't enough and you need to spend money or do something crazy to impress the girl. Not exactly what you want.

They also show a very strong investment into the girl very early. This projects that you don't have very many options.

So keep it simple – drinks or frozen yogurt – and have confidence in your personality to draw the girl in.

There's no reason why you can't have a few drinks of alcohol while building muscle and staying lean.

The key is to drink moderately, 2-4 drinks per night and 2-3 nights per week max. Your best bet is liquor and club soda.

If you're going to drink, drop your fats and carbs slightly to make room for the alcohol. This will ensure no fat gain.

Moderation is Key

Alcohol in moderate doses is an awesome tool. You will experience mild euphoria, increased sense of well being, relaxation, joyousness and increased talkativeness.

In other words, alcohol helps push you outside of your head, allowing you to become more present to the moment in situations where you'd introverted.

The key is to drink in moderation. That way you will get all the positive effects of alcohol with little impairment. Once you go beyond 3-4 drinks and start getting buzzed then you will have impaired reasoning, depth perception and peripheral vision.

You will also experience blunted feelings, disinhibition and a lowered libido. As well, when you're getting that drunk, your workout recovery and testosterone may be negatively impaired.

Oh and if you're going to get frozen yogurt, just reduce your carbs and fats to make room for it.

Simple as that.

Tinder

You probably noticed that I mentioned Tinder a couple times. If you're single and not using this brilliant piece of technology, you're missing out big time.

I've done it all, and by far, the best 'place' to meet women is through Tinder - an awesome dating app.

This is definitely true if you've built the kinobody physique. Since girls will be much more inclined to swipe right and meet up with you if you're in awesome physical condition.

I've met some absolutely incredible women off tinder. Smart, gorgeous and fun to hang around.

The beauty of Tinder is the sheer abundance. In what other way can you get matched with hundreds of cute girls in your city in a matter of a couple weeks?

You'd have to constantly approach women at bars and on the street for this to be remotely possible.

Moreover, when you meet up with a girl off Tinder, she's already invested in you.

She wants things to work out; otherwise she wouldn't be there in the first place. This definitely makes your life easier than having to 'cold approach' a girl on the street, in a bar or a coffee shop.

That said, best-case scenario would be to do both. That way you develop a more well rounded skill set and you open yourself up to more amazing experiences or opportunities.

Conclusion

This is your life and it's ending one minute at a time! So go out and create the life you deserve. Build the Superhero Life.

Create a vision on how you want your life to look and work towards turning that vision into a reality.