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Adonis golden ratio

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That's the Golden Ratio.This fully adaptable training program can be applied no matter what your age or current workout plan. This is because it will take your personal DNA, and therefore body type, into account.By doing this it allows you to tailor your workout and nutritional program to burn fat for energy, and build lean muscle mass at the fastest possible rate.What's This Golden Ratio Thing All About?You know those first impressions you get of people? This is a big part of it.When men achieve this shape (and anyone can, because it's about proportion, not 'big') it commands a higher level of attraction from women and more respect from men! And it all happens within the first 4 seconds of meeting someone without them ever knowing why.But it's even more than that. Because when your body has this this perfect shoulder to waist ratio, it becomes easier to shift fat, build muscle and perform better. Your body achieves kind of a natural form that nature intended.So the Adonis Golden Ratio training program concentrates on showing you how to quickly get and then keep this 'golden ratio'.And it does this by taking into account that there are many different body types. The systems flexibility allows you to tailor a training program which is not 'for everyone', but specifically for you.Note: We hope you love the products we recommend in this site as much as we do. But just so you know, our site may receive a small referral fee if you choose to buy as a result of following a link on this site. This does not affect the price you pay or our opinions of any products.Who Is Behind The Adonis Golden Ratio Program?The guy who created this is John Barban, with help from Kyle Leon. You won't know John, but it would be pretty hard to find anyone more qualified to create this system. Apart from the 10 years he's spent as THE consultant for most the sports supplements industry, he also teaches Human Performance at Florida University.Watch the video here to learn more about the science and this program:- And when you see the shape he's in, you know he practices exactly what he teaches!So after his many years of experience and learning the hard way, he devised this system specially to give you the perfect body tone and ratio in a crazy 12 weeks.What Do You Get?When you buy Adonis Golden Ratio you will receive a fully downloadable workout program. Which means you can download the complete 12 week system instantly. Which is cool, no waiting for shipping!Inside you will find detailed information on what types of exercise you should be doing, and just as importantly the exercises you should AVOID. Those dead lifts and weighted abdominal crunches you've been doing - bad idea says John, and he'll show you why.There are 78 advanced video lessons in total making up the training and fitness guide. These clearly explain how to perfect your techniques, so you get maximum benefits from each workout session you complete.Nutritional SoftwareWe all know that 'you are what you eat' etc etc. But don't skip this because like pretty much all of us, you've been given at least some bad advice which you think is helping. Yes, there is such a thing as too much protein.This comprehensive nutritional guide will advise you how to improve and customize your diet to your own personal 'Adonis Index'. It's also push button easy to use, so don't think this part of the package is going to get all technical on you Supplement GuideThis guide book is different to any other supplement information you've ever read.Remember, this is coming from the guy the supplement industry go to for advice.There's a ton of money spent in the sports supplement industry. And most of those companies want your money without caring a hoot about your real results.As John says, 9 out of 10 protein supplements are a total waste of money. And he's found only 1 fat burner that's of any use (bet you've never heard of this one when he tells you what's in it either!).All of which is outrageous of course. But that's why John now only trusts 2 brands (he also shows you a neat trick to save big on those too).Is This Suitable For Everyone?The great thing about this approach to training is that it really does tailor to you individually. Your body type and genetic makeup is the biggest factor in getting results - so any program that doesn't take this into account dooms you to failure.Of course there is one thing to be very aware of.Please don't think this will be a walk in the park! If you really want an AGR body this will challenge you. But you and I know that any workout system that claims to be 'easy' is not being honest - and ultimately won't work.And of course if you don't already workout or train, please don't expect this to work without putting in some big effort. You want big results, right? They won't come if you just watch the videos and then do nothing And whilst this comprehensive package is suitable for anyone no matter what shape or size you currently are - if you are in pretty bad shape, you should of course talk to your doctor before starting any fitness routine.How Much Does It Cost?You're probably expecting a figure in the hundreds here. But the full training package will actually only set you back \$37. That's everything including the nutrition software. They also throw in some neat extra bonuses (see below). And because it's all an instant download thing, there's no shipping costs to pay either.I hope they keep that price, because frankly they could charge a lot more so it's a bit of a steal. But don't tell them I said that 100% Money Back GuaranteeYou won't need this anyway, but it's nice to know they really stand by their product. To the point they give you a pretty darn generous 60 days to try everything out.Try it and don't like it? Just ask and you will get a full refund (I know for a fact they DO stand by this too!). So if you're not sure consider it risk-free.Get the program direct from Kyle & John's official website here - instant downloadSome Extra BonusesThe main program itself is all you really need. But they are throwing in some extra bonuses I should mention because you will like them too First, you get lifetime upgrades for FREE of the main package. That means, when they add something new or improve it - you get those upgrades too at no extra charge, for life.Pretty cool, and not at all expected (who else does this!).Then there's an extra manual for those looking for an 'abs and arms booster' - makes sense, who doesn't want bigger arms and better abs. I warn you though it's a tough program, but if you want to be bigger, you'll like this.Finally there's a bonus that's not by John Barban. This is a bit different, and wasn't really my kind of thing. It's all about making your body look significantly better crazy fast by using some sneaky water/carbs tricks. It's the kind of stuff competition body builders use, so it works. But as I said I'm not into this kind of stuff, but other Adonis Golden Ratio reviews loved it. And it is an interesting read anyway, and free, so not really complaining.In ConclusionOK, so is it any good and worth buying?This really is a comprehensive system that does only take 12 weeks. Just take a look at some of the before and after photos on their website below!It helps you to quickly understand your body's genetic makoup. And once this is understood, you can then set goals for yourself.It gives world class expert advice on nutrition and supplementation, which many other programs overlook or simply get wrong. The importance of good nutrition cannot be stressed enough when building muscle mass - you can work as hard as you like, but get this wrong and your results will totally suck (been there, done that!).And it all comes as an instant download package that you can access immediately. At a price that I can only really describe as a bit of a bargain (less than the price of a fitness magazine subscription - which is full of confusion and lots of adverts!).So if you've ever found your workouts failing to achieve what you think they should, this is for you. Or if you haven't even started yet, but don't want to be looking back in a couple of years wondering why all that effort didn't work nearly as well the trainer said it would, start now with a system based on real science.Where Can I Get It?This program is only available online direct from Kyle and John. You can't get it on Amazon, nor can you get it in any local stores.Get the program direct from Kyle & John's official website here - instant download

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