



# High-Intensity Bodybuilding: Rules and Principles for the Natural Athlete

*Christian Schramm*

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**High-Intensity Bodybuilding: Rules and Principles for the Natural Athlete** Christian Schramm

This book has been written to help **YOU** - the natural, drug-free bodybuilder - actualize **your FULL muscular and genetic potential**.

The vast majority of athletes **FAIL** to achieve their bodybuilding goals - and, therefore, **NEVER** actualize their full potential - because nobody ever taught them the **FUNDAMENTAL RULES AND PRINCIPLES of productive BODYBUILDING**.

Armed with the knowledge contained within this book, you'll learn how to get **STRONGER, BIGGER, FITTER and FASTER** than ever before - and without wasted effort! - up to the point where you'll reach the **UPPER LIMITS** allowed by your genetic potential.

High-Intensity Training is - by far - the most **EFFICIENT, PRODUCTIVE and SAFE training system** ever conceived for natural trainees.

All the other existing training systems don't train the muscles **INTENSELY** enough to properly stimulate an adaptive response, i.e. **GROWTH**. And - even when they do work the muscles hard enough - their workouts are **SO LONG** that they tend to **COMPLETELY EXHAUST** one's limited recovery ability therefore making growth impossible.


**Only HIGH-INTENSITY BODYBUILDING can make a drug-free, natural athlete actualize his FULL muscular and genetic potential.**

**EVERY RULE AND PRINCIPLE OF IMPORTANCE IS COVERED INSIDE THIS BOOK.**

The time has come for you to:

- **READ and RE-READ this book**
- **MASTER the MOST POWERFUL training system ever conceived and**
- **UNLEASH your FULL muscular and genetic potential.**

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