

## **Visual Impact Muscle Building: Review Examining Rusty Moore's Training Program Released By DietsAndFitnessGuides.com**

*Summary: DietsAndFitnessGuides.com releases a review of Rusty Moore's Visual Impact Muscle Building, a fitness training course designed to help one achieve the lean "Hollywood look".*

"Rusty Moore's Visual Impact Muscle Building system has quickly become one of the best selling fitness guides for men," reports DietsAndFitnessGuides.com's Vince Delmonico. "A lot of what Rusty is teaching flies in the face of conventional fitness wisdom, so we were excited to review the program for our website visitors."

Visual Impact Muscle Building was created by renowned fitness blogger and physique guru Rusty Moore. Moore who launched his fitness blog in 2007 soon realized that the mainstream fitness industry's idea of an "ideal physique" was far out of step with most peoples idea of what looks good. Moore has said that it was his fan base that convinced him to create Visual Impact Muscle Building to provide them with a blueprint for achieving what Moore calls the lean "Hollywood look". Moore has also recently released a women's course entitled "Visual Impact For Women"

Delmonico explains the difference between Visual Impact Muscle Building and other conventional fitness programs:

"Visual Impact Muscle Building is all about getting a lean, toned body so that you'll look good in clothes, and you'll also look when you take your shirt off at the beach. For some reason most fitness experts seem intent on promoting the body builder physique as the ideal, while the vast majority of men realize this look just isn't very attractive to women, or very healthy," says Delmonico. "Have you ever tried to buy a suit when you have 20' biceps? It's impossible, and when you get that big, no matter how low your body fat is you are going to look fat and bulky when you are wearing clothes."

Moore's Visual Impact System teaches men how to build hard, full muscles rather than the soft bloated muscles sported by many gym rats. The course allows users their choice of resistance exercises in order to achieve these results whether they prefer body weight exercise, kettlebell training, free weights, or machines. In addition to the main training manual which details Moore's three phase fitness plan customers also receive a 227 page book of exercise demonstrations and printable workout charts.

"If a guy is working out to get huge and be a power lifter then this isn't a course I'd recommend," says Delmonico. "But, if you want that kind of body that turns heads and gets women noticing you then this might just be the system that makes that happen for you."

Visual Impact Muscle Building is available digitally online allowing customers instant access to their training materials.

**[Those wishing to purchase Visual Impact Muscle Building, or for more information, click here.](#)**

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's review of Visual Impact Muscle Building Panic is available at the following web address: <http://www.dietsandfitnessguides.com/lean-hollywood-look-visual-impact-muscle-building/>

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