

## **Mike Chang's Monster Mass: Review Examining Muscle Building Workout Program Released By DietsAndFitnessGuides.com**

*Summary: DietsAndFitnessGuides.com releases a review of Monster Mass, Mike Chang's new "extreme" home muscle building course.*

Mike Chang's Monster Mass has just been released to the public creating a buzz of excitement through the online fitness community and prompting a review by DietsAndFitnessGuides.com's Vince Delmonico.

"Mike Chang has quickly become one of the world's best known fitness gurus thanks to the popularity of his YouTube channel and Sixpack Shortcuts training course," reports Delmonico. "We recently reviewed Chang's Insane Home Fat Loss course which has proven to be extremely popular with our website visitors. Naturally when Mike announced the release of his new Monster Mass program we were eager to thoroughly review the program and see what Mike has prepared for his followers looking to beef up."

Chang's Monster Mass program is a home training course for men looking to build lean muscle. The course is available digitally online allowing customers to stream the content on their home computers and workout alongside Chang. (Chang has stated that the first thousand customers will also receive a complimentary DVD set.)

Delmonico explains the popularity of Monster Mass: "Building a big, strong muscular physique like Chang's takes a great deal of effort, careful attention to diet, and a high level of motivation," says Delmonico. "A lot of guys who try get frustrated because they don't get fast results. With Monster Mass guys get to learn directly from Mike. He walks them through everything they need to do nutrition-wise, supplement-wise, and then when it comes to the workouts they can work out right along side him from the comfort of their own homes. And from the before and after pictures on Chang's website it's evident that guys are making some remarkable gains."

Monster Mass is based on the use of so-called "Monster Sets" an advanced and by all accounts intense muscle building technique where opposing muscle groups are trained back to back as super-sets to maximize muscle pumps, and trigger muscle growth.

"Monster sets are a great tool for muscle growth," says Delmonico. "I've used them consistently for years and a lot of hard-core trainers swear by them. That said, Mike Chang's Monster Mass is the first program to really focus this intently on exactly how to properly train with monster sets in order to get huge. Then he also gets into all of the diet, supplementation, and mindset tweaks that guys need to get to where they want to be."

"You're gonna feel the pump like crazy," says Chang in an online video describing his Monster Mass workouts. "You are going to feel so jacked up, it's an unbelievable feeling, and it's gonna help you put on a lot of muscle."

Mike Chang's Monster Mass course is currently available on the official Monster Mass website. In addition to the core training program Chang has also made a number of bonuses available for the first 1000 customers including: The Monster Mass 15 Universal Laws of Muscle Building, The Monster Mass Diet, a month's supply of "Afterburn Fuel, the pre-workout supplement Chang uses to gain muscle, as well as a substantial discount on the course itself.

"When you are a skinny guy, getting started putting on muscle can be confusing," says Delmonico. "While it always takes hard work, guys using Chang's program will undoubtedly benefit from his years of training and experience, not to mention the support and motivation his virtual coaching provides."

**[Those wishing to purchase Monster Mass, or for more information, click here.](#)**

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com.