

Adonis Golden Ratio: Review of "The Perfect Body Formula" Released By DietsAndFitnessGuides.com

Summary: The Adonis Golden Ratio a new fitness program Men's Health magazine has dubbed "The Perfect Body Formula" is reviewed by DietsAndFitnessGuides.com.

The Adonis Golden Ratio program which intends to help men achieve "the perfect male body" has just been released to the public sending shock waves through the fitness world and prompting a review by DietsAndFitnessGuides.com's Vince Delmonico.

"In my years of reporting on fitness training programs I have never seen a product create the amount of mass commotion The Adonis Golden Ratio has garnered" reports Delmonico. "The program creators are both top fitness experts in their own rights, so this collaboration is really a unique event, and we were eager to write a comprehensive review for our website visitors."

The Adonis Golden Ratio program was created by John Barban a leading consultant in the performance supplement industry and has been released in collaboration with leading fitness model, muscle building and sports nutrition thought leader Kyle Leon.

Delmonico explains the unique approach the Adonis Golden Ratio takes to crafting the ideal male physique:

"While most fitness training programs have vague goals like 'losing weight' or 'building muscle' the Adonis program has one very specific goal in mind. The Adonis Golden Ratio was designed to help men attain a specific shoulder to waist ratio, that has been judged as the most attractive by a panel of 109 female test subjects," says Delmonico. "In fact, Barban's research has proven that this golden shoulder to waist ratio is actually so powerful that it causes women to feel 'involuntary attraction'. And as Barban points out, this is the true motivation behind most men's efforts in the gym."

The Golden Ratio is achieved through a specially customized workout and nutrition plan designed to burn body fat while simultaneously building lean muscle over a twelve week period. As explained in Delmonico's review, The Adonis Golden Ratio program is available digitally online allowing customers instant access to the Adonis Golden Ratio Training Program, Video Coaching Library, Nutrition Program, Custom Nutrition Software and additional training materials.

"Men's Health Magazine recently called The Adonis Golden Ratio "The Perfect Body Formula" because it's the first program specifically designed for guys seeking to build these 'perfect' proportions," reports Delmonico. "While powerlifters and bodybuilders may opt for a more hyper-muscular physique, this program may be ideal for men wishing to attain the 'Adonis' look."

~~**Those wishing to purchase The Adonis Golden Ratio, or for more information, click here.**~~

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Adonis Golden Ratio review is available at the following web address:
<http://www.dietsandfitnessguides.com/adonis-golden-ratio-review/>

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