

21 Day Fast Mass Building: Review Released By DietsAndFitnessGuides.com

SUMMARY: *DietsAndFitnessGuides.com* the premier fitness training review website releases a review of *21 Day Fast Mass Building* a muscle building guide from Vince Del Monte & Lee Hayward revealing their system for strategic "cyclical bulking".

The 21 Day Fast Mass Building system which bills itself as "the fastest and easiest muscle growth solution in existence" has quickly become the go-to guide for men looking to put on lean muscle mass in a short period of time. The programs popularity and news of it's effectiveness have prompted an investigative review by DietsAndFitnessGuides.com's Shana Simon.

"This time of year, as the weather warms up men everywhere are looking for effective ways to put on lean muscle mass so that they can look great on the beach," reports Simon. "While traditional bulking plans have been somewhat effective at helping folks put on muscle, any muscle gained is accompanied by pounds of unsightly fat, which pretty much defeats the purpose. So, when we were informed about the 21 Day Fast Mass Building program we were eager to review the course for our website visitors to see if it is indeed a more effective method for fast fat free muscle gains."

21 Day Fast Mass Building creators Vince Del Monte & Lee Hayward designed the bodybuilding nutrition and training course to take advantage of what they refer to as "whiplash" calorie cycling. The idea is that by strategically underfeeding one's body for a limited period they call the "Primer Phase" and then overfeeding one's body during the following "Overload Phase" one can manipulate the body's hormonal systems into producing dramatic lean muscle gains.

"While some bodybuilders may enjoy traditional bulking diets that have them eating all sorts of junk food, most folks agree it's just not worth it to gain all that weight, just to add a few pounds of muscle," says Simon. "One of the reasons 21 Day Fast Mass Building has been so well received is because you don't need to get fat to gain muscle; the entire cycle is done in just 21 days. The program utilizes what they have dubbed the Anabolic Amplifier Effect which improves protein synthesis and nitrogen retention spurring rapid muscle growth."

Simon's 21 Day Fast Mass Building review reveals that the program is available digitally online, allowing customers instant access to all training materials. In addition to the 21 Day Fast Mass Building blueprint, users also receive The 21-Day Fast Mass Building Nutrition Guide, The Bodyweight 500 Fat-Cutting Workout DVD, The 21-Day Fitness Model Physique 4-Hour Workout DVD, The 21-Day Muscle Model Physique 4-Hour Workout DVD, The 21-Day Hardcore Bodybuilder Physique 4-Hour Workout DVD, Printable Workout Sheets and Training Log, Flip On The Anabolic Switch Supplement Rituals, The Test Groups Secrets Audio Interrogation, a Pre-Program Quick Start Check List, and an Exercise Description Guide.

[Those wishing to purchase 21 Day Fast Mass Building, or for more information, click here.](#)

Shana Simon reviews diets, fitness guides and other self help programs for the health and fitness website DietsAndFitnessGuides.com. Simon's' review of Vince Del Monte & Lee Hayward "21 Day Fast Mass Building" is available at the following web address: <http://www.dietsandfitnessguides.com/vince-and-lees-21-day-fast-mass-building-system-review/>

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