

## **Lean Hybrid Muscle Reloaded: Review Examining Elliott Hulse and Mike Westerdal's Workout Program Released**

*Lean Hybrid Muscle Reloaded reviews have been flooding the Internet and LeanHybridMuscleReloaded101.com reveals the truth about this program that claims to actively transform muscle fibers into something more superior.*

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Lean Hybrid Muscle Reloaded that claims it's possible to train one's muscle fibers into a biologically superior kind that burns 173% more fat, has caught the attention of LeanHybridMuscleReloaded101.com's Stan Stevenson, prompting an investigative review.

"Our Lean Hybrid Muscle Reloaded review shows that this training program uses a scientifically proven method of converting muscle fiber into what is known as 'type 3.' This kind of muscle has a far superior fat burning capability than types 1 and 2, which is what makes the program so effective," reports Stevenson. "By specifically training to create this 'type 3' muscle fiber, not only does the muscle burn more fat, but it also has the ability to grow bigger than types 1 and 2. This 12-week training program that consists of phase one and two, along with a maintenance phase workout program, has got the punch to change your body for the better."

Lean Hybrid Muscle Reloaded consists of a master training manual, training logs, a nutrition manual, and eight different hybrid diet meal and calorie plans. The manual not only offers people the workouts and exercise they need to both build muscle and burn fat at the same time, but also tells them exactly how and why this is possible. Training logs are printable and contain clickable exercises to show users exactly how to perform them to maximum effect. Using a rotational approach, the nutrition manual combines the best aspects of some of the most top rated diet programs ever created.

"No special equipment is needed to follow Lean Hybrid Muscle Reloaded. If you want to workout at home you can, or if you prefer to print off the logs and take them down the gym, then you can do that as well," says Stevenson. "Although there's a whole bunch of science behind the theory, you don't need to be a rocket scientist to understand it. The whole training program is very well written and simple to follow. By partitioning the nutrients into different days of the week, along with over feeding and under feeding, the program literally forces the body to burn pure fat, while helping you maintain or even gain muscle at the same time."

"Lean Hybrid Muscle Reloaded utilizes a combination of top class diet plans that have been tweaked and specifically designed to go with the workouts for maximum fat burning and muscle building effect. The nutrition guidance given with it is derived from the Israeli military. While the program is directed towards body builders, strongmen and power lifters, it will

certainly work for anyone who wants muscle building results. Lean Hybrid Muscle Reloaded is also ideal for men and women who might not want to enter any strongman or body building competitions, but simply want to lose fat, build muscle, and look fab. It offers enough variety to keep you interested, so that you come back for more throughout the 12-week program. ”

Those wishing to purchase Lean Hybrid Muscle Reloaded, or for more information, click here:

<http://leanhybridmusclereloaded101.com/go/LHMR/>

To access a comprehensive Lean Hybrid Muscle Reloaded review, visit

<http://leanhybridmusclereloaded101.com/lean-hybrid-muscle-reloaded-review-program>

