

Critical Bench: Review Exposes Mike Westerdal's Muscle and Strength Building Program

Shane Michaels releases a review of Critical Bench, a proven system designed to increase bench press weight and overall strength using a step-by-step method

Critical Bench, a muscle building and strength training system created by Mike Westerdal that is helping both men and women bench more weight than they ever thought possible has caught the attention of Shane Michaels, prompting an investigative review.

"Mike Westerdal's <http://clixtrac.com/goto/?150337> [Critical Bench program __title__] is helping fitness enthusiasts of all ages and abilities set and achieve their goals of not just bench press weight, but also overall strength and appearance, too" reports Michaels. "With a simple, proven method, users can learn how to build more muscle, burn more calories, and gain strength efficiently and permanently."

<http://clixtrac.com/goto/?150337> [Learn the #1 mistake people make when failing to bench press more weight __title__].

Critical Bench 2.0 has been featured in and on BodyBuilding.com, Power magazine, Reps! Magazine, Planet Muscle magazine, and several others. To celebrate the 10th anniversary of Critical Bench, Mike Westerdal is offering an unprecedented discount for his training materials. Those who purchase the Critical Bench Program 2.0 receive the actual Critical Program 2.0 guide, customized training logs for 100-500 lbs., the Bench Press Fundamentals online DVD, along with four bonuses which include the Critical Deload Routine, Critical Conversations with Elite Iron Warriors, the Critical Exercise Guide, and the In-Depth Report on Creatine's Usage in Sports. If purchased separately, all materials included would total more than \$300, but are currently available for just \$47. Best of all, each purchase comes with a 60-day money-back guarantee to ensure that everyone is satisfied with the system.

"Critical Bench has proven to help users increase their bench press weight by 50 pounds in just 10 weeks," says Michaels. "It also helps users train effectively without over training, which is the number one mistake made by all levels of lifters. The program focuses on increasing bench weight, but the great thing about this exercise is that it benefits a variety of other muscles in the body, too, so users get a great overall workout and sleeker physique in the process."

"Critical Bench has already helped thousands of men and women achieve their muscle building goals, and now with the 10th anniversary sale, it's a great time for users to take advantage of the never-before-seen price for these materials. For less than the cost of a personal training session, users can get all the information they need for maximum muscle building."

<http://clixtrac.com/goto/?150337> [

Those wishing to purchase the Critical Bench 2.0 program or for more information, click here. __title__]

To access a comprehensive Critical Bench review, <http://clixtrac.com/goto/?150337>
[visit Mike Westerdal's official site here __title__].