

The Adonis Golden Ratio: Review Examining John Barban and Kyle Leon's Program Released

The Adonis Golden Ratio reviews have been flooding the Internet and GentlemensUniversity.com reveals the truth about this program that claims to use the secrets behind a man's DNA in order to achieve a perfectly proportional and sculpted body in as little as 90 days.

(PRWEB) December 23, 2013

The Adonis Golden Ratio, a workout and nutrition program that promises to help users achieve an Adonis-like body by following the natural genetic pattern that is inherent in one's DNA has caught the attention of GentlemensUniversity.com's Stan Stevenson, prompting an investigative review.

"Our Adonis Golden Ratio review shows that it factors in one's DNA structure to come up with a training and nutrition program that is customized and fully individualized for the user," reports Stevenson. "The program also includes a nutrition guide that people can use to come up with their very own nutrition plan based on the results of the analysis done by the software, advanced lessons in video format where Barban teaches users how to do the workouts correctly, and a supplement guide that discusses how one can achieve better results by taking the right supplements at the right times."

The Adonis Golden Ratio consists of the 12-week training course and a number of additional guides that one can utilize in order to maximize gains. In the training manual, Barban discusses the details of how one can motivate the body to shed excess fat and build muscle of its own accord. The program lasts 12 weeks, with each week offering a different workout cycle based on the rate of transformation that a user is experiencing. One is also given the necessary tools to track and monitor changes during the 12-week period including workout software that is similar to what Kyle Leon provides in the Somanabolic Muscle Maximizer program.

"The Adonis Golden Ratio has been dubbed as the 'Perfect Body Formula' by Men's Health Magazine. It is the first of its kind in the market. The program is based on the concept of society paying more attention to people who have aesthetically pleasing body types than most," says Stevenson. "Several sections of the 12-week manual also provide valuable information on the types of exercises to avoid, the types of exercises that one should focus on, and how one can go about maintaining one's improved physique once results have been achieved."

"The Adonis Golden Ratio can be followed by men regardless of body type, weight, and workout experience. Barban has successfully conceptualized and implemented the program on his own, so anyone who wants to try it can rest easy knowing that the developer himself tested it before releasing it to the public. Being the first of its kind in the market, this program will

definitely be highly popular in the fitness industry. Between the 12-week course and the nutrition guide, one can really achieve results as promised. By using one's DNA as the basis of the workout and nutrition program, followers of The Adonis Golden Ratio principle can expect to have a customized plan that is specifically designed to help them burn fat and build muscle as fast as possible."

Those wishing to purchase The Adonis Golden Ratio, or for more information, click here:

<http://gentlemensuniversity.com/go/AdonisGoldenRatio/>

To access a comprehensive Adonis Golden Ratio review, visit

<http://gentlemensuniversity.com/adonis-golden-ratio-review>