

Muscle Gaining Secrets 2.0: Review Revealing Jason Ferruggia's "Skinny-to-Jacked" Muscle Building System Released by DietsAndFitnessGuides.com

Summary: DietsAndFitnessGuides.com releases a review of Jason Ferruggia's newly updated Muscle Gaining Secrets 2.0 muscle building course.

Muscle Gaining Secrets 2.0 has quickly become a best selling muscle building guide, prompting a review by DietsAndFitnessGuides.com's Vince Delmonico.

"Muscle Gaining Secrets 2.0 creator Jason Ferruggia who pens a monthly 'Hardgainer' column in Men's Fitness is widely considered the world's top expert on muscle building for so-called 'hardgainers'," reports Delmonico. "Because many of our website visitors are in fact hardgainers looking for a system to help them put on muscle, I was eager to review this course and see if it was indeed a resource worth recommending. "

"Hardgainer" is a term referring to thin men who struggle to add muscle mass to their frames. This can be a frustrating situation, particularly for those who lift weights regularly and consume muscle building supplements without seeing significant gains.

Delmonico offers this explanation for the widespread popularity of Ferruggia's program:

"In our society which attaches so much importance to people's physical appearance, being the 'skinny guy' can effect both a man's self esteem and his social standing," says Delmonico. "And unfortunately, some guy's genetics just don't lend themselves to building muscle. Ferruggia's program offers hope to hardgainers because he has develop a step-by-step program that can supposedly help even them hardest of hardgainers to muscle up. In fact, Ferruggia himself used this system to go from being a skinny 147 pounder to a rock solid 231 lbs."

The Muscle Gaining Secrets 2.0 is available digitally on Ferruggia's website allowing customers instant access to all training materials. ([click here to see verified before and after photos of past customers on Ferruggia's site](#))

In addition to the Muscle Gaining Secrets 2.0 training manual which walks users through a 90 Day "Skinny-to-Jacked Transformation Plan", the program also includes printable workout sheets, video demonstrations of all exercises used in the program, and 30 Days of free online coaching.

"Coaching, and social support are two very important keys for accelerating one's physical transformation," says Delmonico. "Access to this online coaching will undoubtedly be the kick in the pants some guys need to get started on the road to building an Adonis-like physique."

[Those wishing to purchase Muscle Gaining Secrets 2.0, or for more information, click here.](#)

Vince Delmonico reviews diets, fitness guides and other self help programs on his website DietsAndFitnessGuides.com. Delmonico's Muscle Gaining Secrets 2.0 review is available at the following web address: <http://www.dietsandfitnessguides.com/jason-ferrugias-muscle-gaining-secrets/>

###