

Grow Stronger Method, a workout program that claims to reveal the real king of all exercises and how training for strength builds harder, more dense muscle tissue, has caught the attention of GrowStrongerMethod.org's Stan Stevenson, prompting an investigative review.

"Elliott Hulse's Grow Stronger Method harnesses the "electricity" in your body as a more effective way to get stronger than just pumping iron. It explains how adding certain Crossfit workouts to your weekly routine can add more weight to your pressing and pulling strength," reports Stevenson. "You discover "Play Workouts" and how adding them to your weekly training routine can build cardiovascular conditioning and make your life more enjoyable. Without spending more than 4 hours a week in the gym, you grow stronger, and build flatter abdominals through a "Strong Training Economy".

Delivered as a 48-page downloadable book, Grow Stronger Method discusses specific diet plans, the best muscle building supplements, and it also includes all the information one needs to create a strength program and pictures of what are some of the most effective strength training exercises one should incorporate into their routine, starting from a yearly plan down to monthly, weekly and then daily.

"Grow Stronger Method tells you what "minimum effective dose" of heavy weight training is needed to get stronger while avoiding chronic muscular soreness. This program is the framework that Hulse has built all his conditioning, muscle building, and strength workouts on," says Stevenson. "Apart from the only rep/set scheme you'll ever need to follow and the two best barbell movements for building full body strength, you learn how to set up your training journal to track results, shatter your strength records, and set PRs every single month."

"Grow Stronger Method offers the best training parameters and diet to avoid the common "Puffy Muscle Syndrome" (PMS) that plagues most strength athletes. You learn how to grow stronger without sacrificing flexibility, mobility, agility, or athleticism, or suffering from achy joints or chronic pain. There are only two pieces of training equipment that you'll ever need to become the strongest version of yourself!"

Those wishing to purchase Grow Stronger Method, or for more information, click here:

<http://growstrongermethod.org/go/growstrongermethod/>

To access a comprehensive Grow Stronger Method review, visit <http://growstrongermethod.org/grow-stronger-method-review>