

Anabolic AfterGrowth: Review Examining Chris Wilson's Muscle Building Program Released

Anabolic AfterGrowth reviews have been popping up all over the Internet and HealthyandFitZone.com reveals the truth about this 'hidden' training formula that helps men pack on 20 pounds of lean, sexy muscle in less than 30 days.

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Anabolic AfterGrowth claims to be a new groundbreaking workout that packs lean muscle even when all else fails. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Anabolic AfterGrowth review shows that it is a workout program based on a principle called, 'The Aftergrowth Effect', which was uncovered during a study performed in the UK," reports Stevenson. "Apparently, the researchers who performed the study found that the testosterone levels of those who lifted weights in the morning stayed elevated longer than those who ran sprints in the morning, or who didn't work out at all in the morning. The program is designed to help you capitalize on this."

Anabolic AfterGrowth includes The Anabolic AfterGrowth Booklet, a downloadable PDF that serves as a guidebook for the entire program. Not only does it describe in detail the exercises this system calls for one to perform, but also explains the science behind the program, teaching you about growth hormone, testosterone and IGF-1. Follow-along videos ensure that users are fully equipped to follow the program as recommended. Having these videos means they can workout at home instead of the gym. It also makes it easier to do the exercises correctly, and work out at the right pace for the right amount of time.

"This program brings real results without you having to down even a single chalky protein shake or gulp down one of those horse pills. It is great for those who are sick of spending endless hours in the gym as it only takes 3 hours of exercise a week, making it perfect for those who actually do have a life," says Stevenson. "The entire workout program has been designed to stimulate testosterone, growth hormone, and IGF-1, and keeps your body in the anabolic state longer, maximizing your lean mass gains. It balances your strength, getting rid of those weak spots that make lifting right near impossible. There are charts and the videos, which means no guesswork for you."

"Anabolic AfterGrowth is a playbook for those who just aren't satisfied for looking 'average'. This is the tool for those who want to build massive muscle, adding inches of lean, hard mass to their pecs, quads and having truly ripped abs. It's for those who want to leave their gym buddies perplexed by working out less while gaining more. This workout strategy is backed by a lot of research, and it does produce some dramatic results. You are going to be impressed by

the great transformation your body undergoes. This program saves you from wasting time in the gym and wasting money on useless supplements. Chris just saved a lot of folks from painful frustration by finally revealing the right way to pack on lean muscle mass fast.”

Those wishing to purchase Anabolic AfterGrowth, or for more information, click here:

<http://healthyandfitzone.com/go/AfterGrowth/>

To access a comprehensive Anabolic AfterGrowth review, visit

<http://healthyandfitzone.com/anabolic-aftergrowth-review>