



## Physique Development In Crisis: 7 things the golden era did differently

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# **Physique Development In Crisis: 7 things the golden era did differently**

## **Physique Development In Crisis: 7 things the golden era did differently**

Physique Development In Crisis is a powerful manifesto to help those in the new era of natural physique development. It's not a self help book, nor is it full of training and nutrition gimmicks.

Discover the cultural principles used in the golden era of bodybuilding, that the likes of Arnold Schwarzenegger and Frank Zane used to propel fitness into the mainstream success it is today.

Are you failing time and time again with your diet and training in an attempt to create a more aesthetic physique?

Do you wonder why some people seem to succeed at losing fat and building muscle while others fail miserably?

Why are people still getting fatter than ever, despite the rise in scientific developments?

You're not alone. The truth is that the fitness industry is broken.

It has become a place full of fads and folklore, with new supplements, new techniques, and photoshopped honeys and hunks. All coming out of the woodwork every two seconds, making it hard to decipher between what is fact or fiction.

Let me share with you a manual of the best kept secrets from the golden era, applied with modern day relevance. Secrets that will provide a clear road map to utilize the newest old strategies for developing an aesthetic physique.

After reading I may not change your biases and views on physique development completely. But I hope to plant just enough ideas, that you will start asking yourself questions about your physique and lifestyle.

Why you're not achieving results?

Why you are not as happy as you'd like to be?

This manifesto has the potential to change the way you look at fitness and lead to a more enjoyable lifestyle whilst you build more muscle or lose more fat.

But I'm aware that none of this information is worthwhile if the ideas are not utilized to their fullest.

Which is why Inside you will see I have created three quality resources alongside the book, to help you implement the principles and ideas to their fullest:

- Golden Era Workout: a proven system to build more muscle consistently

- Dispelling Dieting Dogma: a 20 day Ecourse to master flexible dieting

- Optimal Hypertrophy Manual: 10 overriding principles every program should have to maximize hypertrophy

Join Chris Wren and the rise of the new golden era of natural physique development, for what has the potential to change the fitness industry.

Utilize this manifesto and its resources today. So that despite indulging in your favourite foods and socializing with friends. You will have the tools to progress towards the iconic aesthetic physiques reminiscent of the golden era.....Beach and ice cream, anyone?



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