

How To Gain 29 Pounds Of Muscle In 29 Days

A time-tested method for adding
muscular bodyweight FAST

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.

Report: The True Story Of The Man Who Gained 29 Pounds In 29 Days



The true story of how this man gained 29 pounds of muscle in 29 days -- decades before steroids were even invented!

See the picture on the left?

That's a picture of Joseph C. Hise -- taken way back in 1932.

I want you to seriously think about that for a second. Way back in 1932, they didn't have steroids. Creatine wasn't invented yet. Whey Protein Powders? Nope, they didn't have that either.

But despite missing all those modern drugs and supplements, Joe managed to pack on a whopping 29 pounds in just 29 days.

And if you notice his heavily muscle back and biceps, you can clearly see he didn't just gain fat. He gained lean muscle... and lots of it.

For years, the simple system Joseph C. Hise used to pack on slabs of raw muscle mass in just 29 days was buried. But for the first time ever, I'm revealing the true plan he used way back in 1932 to gain muscle mass practically overnight.

Will This Work For You?

This proven routine has been used by thousands of guys over the past few decades. Because it works miracles for skinny guys who need to gain muscle and size.

So will this work for you?

Well it depends on 3 factors:

#1: Are You Willing To Work Hard?

Make no mistake about it -- this is a brutally difficult training routine. Those who complete the routine will be rewarded with massive muscle gains. But less than one man out of 10 will have the BALLS, the testicular fortitude to complete such a brutal routine.

#2: Are You Willing To Work Hard OUTSIDE of the gym?

The weight training routine I'm going to show you is EXTREMELY difficult. But the true task will be following the nutrition aspect of the program.

To be perfectly honest, it's easy to train HARD for one hour a day and slack off for the next 23 hours. But if you want to gain 29 pounds in 29 days you must devote 24 hours a day to this program for the next month.

#3: Do you have big wrists? (Huh?)

Your genetics will ultimately determine how fast you can gain muscle and size. But what does that really mean -- genetics? Well, in this case it's the size of your FRAME. If you've got a slight build (small skeleton) it will be difficult for you to add muscle.

If you've got thicker bones, it will be easier for you to gain muscle mass and size since your larger frame will SUPPORT a faster increase in muscle size.

The single best way to tell if you have a large, medium, or small bone frame is to measure your wrist size.

Assuming you are over 5'5 (the numbers are obviously different for extremely short or extremely tall people)...

Wrist Size 5.5" to 6.5" = SMALL

Wrist Size 6.5" to 7.5" = MEDIUM

Wrist Size 7.5" and larger = LARGE

No Tape Measure?

No worries. Just wrap your "pointing" finger (index finger) and thumb around your wrist. If you can overlap your pointing finger and thumb, you've got small wrists/small frame.

If you touch your pointing finger and thumb, call it a medium frame. And if you can't touch your index finger and thumb, consider that a large wrist/frame.

So can YOU gain 29 pounds of muscle in 29 days?

Let Me Be Perfectly Honest With You...

Way back in 1932, Joseph C. Hise really did gain 29 pounds of muscle in just 29 days. But judging from the photos, I'm fairly certain he had large wrists. Which means his potential for muscle gain was perhaps greater than yours or mine.

But he also worked HARD in the gym and followed the nutritional advice within this report TO THE LETTER.

So if you work HARD in the gym, follow the nutritional advice in this program TO THE LETTER but have smaller wrists.... odds are you will NOT gain 29 pounds of muscle in 29 days.

But fear not: I have 6.0 inch wrists (tiny) and I followed this program for one month. I didn't gain 29 pounds like Joseph Hise did, but I did manage to pack on 17 pounds in a month -- not too shabby.

So maybe you'll gain 29 pounds, maybe you won't. Don't worry about the end result too much. Just follow the exact program inside this report, work hard, eat right and you could gain 10, 15, 20 or even 29 pounds of muscle in just 29 days.

How Joseph C. Hise Gained 29 Pounds In 29 Days

As the story goes, Joseph C. Hise was already an experienced weight trainer. He'd tried a number of different weight training routines and managed to build his bodyweight up to a rock solid 200 pounds.

But no matter what, he couldn't seem to bust through that 200 pound plateau.

So when he heard about the magical exercise known as "the squat" he was willing to try anything. Like most rookie weight trainers, Joseph C. Hise made the mistake of ignoring the squat for the early part of his training career.

Big mistake.

The properly performed barbell squat uses more muscle than *any other exercise* and as a result the properly performed barbell squat literally FORCES your muscles to grow bigger and stronger to accommodate the stress.

As the saying goes... if you want big legs... squat.

If you want a big chest.... squat.

If you want bigger arms.... squat!

When it comes to gaining overall muscle mass -- squatting really is the king of all exercises. So it makes sense that the squat is the cornerstone of this workout program.

3 Exercises... 3 Times A Week = Almost 30 Pounds of Muscle In 30 Days?

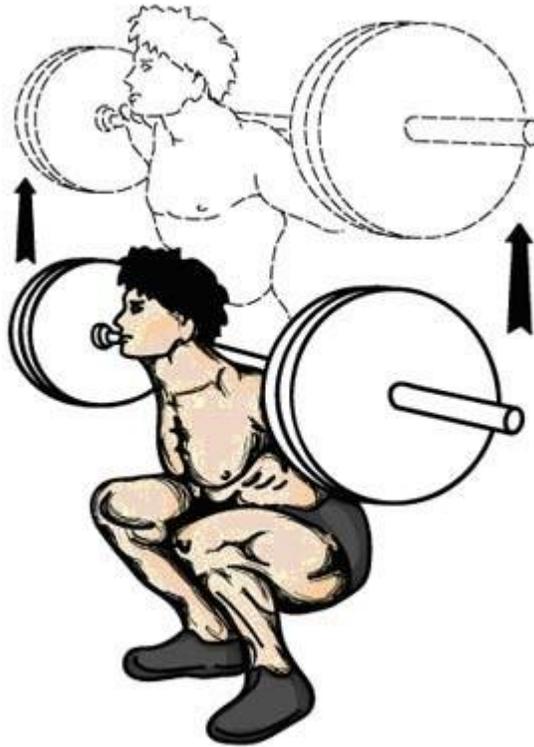
Joseph C. Hise's workout consisted of just 3 exercises.

He did the squat, the standing barbell overhead press and the standing barbell curl. That's it --- just 3 exercises performed 3 times per week on alternating days. (Example: Monday/Wednesday/Friday)

First, he did the barbell curl -- just one set for 10 reps.

Next up, the barbell overhead press -- again just one set for 10 reps.

Finally, he'd finish up with the ultimate mass builder: The 20-rep Breathing Squat.



The Barbell Squat

The 20-rep breathing squat is a nearly magical exercise scheme. The execution is simple in principle, but extremely difficult in practice.

To perform the 20-rep breathing squat, you'll take the bar out of the rack, take a step back and then take 3 G-I-A-N-T DEEEEEEP breaths. Hold the 3rd breath, drop down slowly and then squat the weight back up. That's one rep.

In between reps, you will always take 3 giant, deep breaths. The key is to expand your chest as much as possible between reps. You can do more than 3 breaths (you'll need multiple breaths by the time you get to reps 10+) but never less than 3 breaths.

How important is breathing in this manner? CRUCIAL. Back in 1933, Hise was spreading the word about this incredible workout program. But once in a while, he'd get a letter from a young man who was not seeing impressive gains from this type of training.

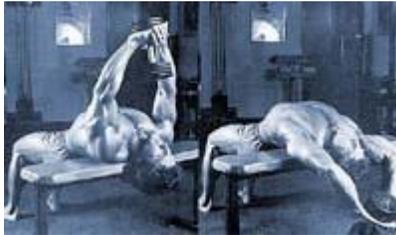
On occasion, Hise would visit the trainee in person. And what he'd usually find is the trainee was rushing through the set, trying to get the 20 reps done as fast as possible WITHOUT taking deep breaths between reps. Big mistake.

When Hise would correct the trainee and show him how to take 3 or more deep breaths between each rep, trainees would immediately start gaining size and strength.

This could quite possibly be the toughest workout of your life – but it's only one set so if you can survive your body will be forced to grow.

Oh, and Hise said his greatest mistake with this program was NOT performing dumbbell pullovers after his squats. Other guys who tried this program have immediately performed a set of dumbbell pullovers immediately after their squats because at that time you are fully warmed-up and your rib box is loose and pliable.

The dumbbell pullovers help to enlarge your rib box and make your chest bigger and more muscular. Use a light weight (perhaps a 20-25 pound dumbbell) and perform 25 reps after your squats. Go slow and feel a deep stretch during each rep.



Dumbbell Pullovers

You will perform this program 3 times per week on non-consecutive days. On your off days (your non-training days) you need to take it easy. No basketball or sprints. Just relax and rest up for your next training session. Also, be sure to get a full 8-10 hours of sleep each night.

Start with a weight that you KNOW you can use to achieve the desired rep goals. Then try to add 5-10 pounds to the bar next time. If you ever fail to hit your rep targets (10 reps for the press and curl, 20 reps for the squat), use the same weight next time and try to hit the rep target again.

With the exact routine I've just shared with you, Joseph C. Hise gained 29 pounds of muscle in just 29 days. But he didn't stop there. He continued with similar

programs like this one (all built around hard work and heavy squats) and eventually built his body all the way up to 298 pounds – with 19 inch arms, a 56-inch chest and 39-inch thighs.

In the 1930's, Hise actually recorded his results and sent them to another avid weight trainer – a man by the name of Mark Berry. Berry published a magazine about weigh training but he refused to run Hise's articles because he didn't believe such fast muscle gains were possible.

Finally, Berry set out to prove Hise wrong. He had some squat racks built and decided to try Hise's 20 rep squat routine – if only to shut Hise up and prove him wrong.

So Mark Berry tried the 20-rep squat routine – along with barbell curls, presses and pullovers. But he didn't gain 29 pounds like Hise did. Mark Berry stuck with the program longer than a month and ultimately ended up gaining....

50 Pounds Of Muscle!

For just a minute, picture how you'll look with an extra 50 pounds of muscle on your back, shoulders, biceps and legs. To be perfectly honest, after gaining 50 pounds of muscle your own mother won't recognize you.

But this simple workout system is only part of the equation. To make incredible gains you must also follow the same nutrition program the old timer's followed.

Results from guys who used this program in the 1930's:

Joseph C. Hise: 29 pounds in 29 days.

Mark Berry: Gained 50 pounds over six months.

Roger Eels: 35 pounds gained in one month.

Norman Fay: Increased bodyweight From 156 pounds to 185 pounds in one month.

The Raw Material For Massive Muscle Gains

To gain 10, 20 or even 30 pounds of muscular bodyweight, you've got to give your body the raw materials it needs to make new muscle.

Muscle is composed mainly of protein – so that's what your body needs to build new muscle. Protein... and lot's of it. Back in the 1930's they didn't have expensive whey protein powders. Frankly, it probably would not have matter even if these old timers did have access to pricey protein powders since most men didn't have much money to spare on since the entire country was mired in the Great Depression.

Luckily, these old time trainers figured out a cheap, easy way to consume hundreds of grams of high quality protein each day.

They simply drank an entire gallon of whole milk each day. Yes, that's right – a gallon of milk a day.

A gallon of whole milk provides 2,366 calories, 127 grams of protein and 128 grams of fat. While that sounds like a lot of fat (and it is), remember these two things:

#1: You're only doing this for a short time. 29 days to be exact. So you can handle a bit of extra calories and fat in the short term.

#2: Your body NEEDS high levels of fat to keep your testosterone levels high. The fastest way to sap your testosterone levels is to follow a low-fat diet.

Start Slow... And Build Up

Of course, it's not recommended to start drinking a gallon of whole milk right off the bat on day one. You've got to work up to it. Start with $\frac{1}{4}$ of a gallon and stay at that level for 3 days to let your body adjust. Then 3 days at a $\frac{1}{2}$ gallon per day. Then 3 days at $\frac{3}{4}$ gallon a day before finally working your way up to a full gallon.

Also, be sure to drink your milk SLOWLY. Sip it slowly and swish it around in your mouth before swallowing. This will help your body digest the milk.

Oh and try to spread out your milk consumption over the course of the day. Drinking too much milk in one sitting can result in an upset stomach.

Keep in mind the gallon of milk is in ADDITION to your regular meals – not a substitute. So you should still be eating breakfast, lunch, dinner along with a couple of snacks per day play PLUS a gallon of whole milk per day.

Yes, it's a lot of food but remember you're only doing this for a month.

They also ate plenty of eggs, peanut butter and honey (great for adding extra calories and it also helps with digestion – an added plus when consuming a gallon of milk per day.)

For health reasons, you should also try to eat 2-3 servings of vegetables per day.

It should also be noted that at the time it was far more common to consume raw, fertile eggs and raw milk. Both of those food items are now frowned on by the mainstream media, but many bodybuilders new and old swear by raw milk and fertile eggs as the ultimate muscle building foods.

I won't tell you to run out and try raw milk or fertile eggs since it's illegal in most areas. However, if you have access to those food items you may wish to consider running your own 29 day weight gain challenge using raw milk and fertile eggs. Just make sure you clear it with your doctor first.

Update For 2016

If you're a 16 year old kid and you want to try this routine, a gallon of whole milk might serve you well. But now that I'm older, I wouldn't attempt this program again. The workout is fine but I wouldn't try to chug a gallon of whole milk per day. Instead I do something else to jack up my calories and protein. I'd probably add 3 protein shakes per day and extra fish oil.

RECAP

👉👉 Train 3 times per week on non-consecutive days.

👉👉 Perform the barbell curl for one set of 10 reps, the standing barbell press for 1 set of 10 reps, the barbell squat for one set of 20 breaths with 3 deep breaths between each rep, and follow it up with a light set of dumbbell pullovers for 25 reps.

👉👉 Start with a weight light enough to allow you to accomplish your rep targets with ease. Then try to add 5 pound to the bar as often as you can. If you fail to hit your rep target, keep the weight the same until you do.

Gain 29 Pounds In 29 Days

👉👉 On your non-weight training days, just relax. No intense cardio.

👉👉 Eat 3 full meals per day, plus snacks, plus a gallon of whole milk.
(Skip the milk if you're over age 25 and just opt for more protein.)

👉👉 Get a full 8-10 hours of sleep each night.

👉👉 Try this routine for 29 days (a month).

Take The 29 Day Challenge

Believe it or not, you can change not only your body in just 29 days but your entire life as well.

That's no joke: Accomplishing a massive goal like adding 29 pounds of muscle really does change you as a person. You'll obviously become bigger and stronger, but

you'll also be mentally tougher, more confident and eager to tackle any challenge in your way.

Because once you've completed a 20-rep squat program, nothing else seems all that difficult.

So I want to issue you a challenge:

Try this 29 day plan. Give it your full attention for just one month. Don't let anything else stand in your way.

Good luck! And write me with your results!