



Adonis Golden Ratio

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Adonis Golden Ratio™ by John Barban eBook PDF



Adonis Golden Ratio Review

The Adonis Golden Ratio is a 12 week training system designed and guaranteed to rapidly KILL your stubborn stomach fat and give you your leanest, most muscular physique genetically possible without using any form of drugs altogether. It will teach you the fastest and simplest way to gain up to 15 pounds of muscle while stripping away unwanted body-fat faster.

This system was called as 'The Perfect Body Formula' for men by the popular Men's Health magazine. It targets and kills stubborn belly fat while packing on inches of muscles to your genetically weakest body parts like your under-developed arms or shoulders.

The best part about this system is that it has been proven very effective no matter what your body type is or where you are starting from. Anyone with any body type or genetics can achieve this proportion.

The methods introduced in this system has been very successful across over 150 countries all over the world. Those who have used the Adonis Golden Ratio system have benefited hugely. It has helped them build their self-confidence, strength, health and overall physical attractiveness.

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Will this program make me look like a bodybuilder?

AGR is designed for men who have the goal of both burning fat and building muscle for a natural strong fit look. It's the look of a lean fitness model with a beach ready body vs a bulky heavy bodybuilder.

How Does It Work?

AGR utilizes unique diet and exercise strategies designed to help optimize the male metabolism, facilitate healthy weight loss and preserve lean muscle mass. AGR customizes these unique diet and exercise strategies to the man as an individual based on his current lifestyle, goals, measurements, personal food preferences, his training history and exercise capabilities in order to help maximize results. Custom nutritional software, meal plans and instructional training videos are all included as part of a distinct four phase plan AGR uses to help men lose weight and get into tip-top shape which can learn about in detail here.

Can I do this program if I've never worked out before?

Yes the AGR program can accommodate all fitness levels from a total beginner up to the most advanced person. The system is based on customization so it's designed to give you a program

recommendation based on your current fitness level whatever it may be.

How long before I see results?

Individual results may vary.

If I have specific food restrictions, can I still use this program?

Yes the nutrition guidelines accommodate all food preferences including vegetarians, gluten, nuts, dairy and other specific food sensitivities. There is built in flexibility and customization for this exact reason.

How long will this offer be available?

Our best advice is to take advantage of this limited time offer now so that you get our guaranteed lowest rate and so that you don't lose access to our very special limited time bonus of Immersion which is an interactive community designed to improve your overall experience and results with the program.

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What if it doesn't work for me?

If you're not 100% happy with the program for any reason whatsoever send us an email within 60 days of your purchase and you'll receive a 100% refund no questions asked.

How do I know it's safe to use my credit card online?

Credit card security is extremely important to us. That's why we've partnered up with Clickbank to handle all of your billing using their secure socket layer, 128 bit encryption. Frankly, your credit card data is safer making an online purchase through our secure site than it is using it to pay for gas or buy food at a restaurant. So feel comfortable knowing your transaction is 100% completely protected from fraud.

