

***The "Muscle Nerd's" Special Update...***



***35 AMAZING NEW EXERCISES From NICK NILSSON,  
World Renowned Fitness Expert And Author of...  
"The Best Exercises You've NEVER Heard Of!"  
To Make Your Optimum Anabolics Workouts  
More **EXCITING** And **PRODUCTIVE** Than **EVER!*****

Dear Friend,

Welcome to your free download of my revised exercise tables for the **OPTIMUM ANABOLICS WORKOUT GUIDE!**

In this follow up download, I incorporate my **HAND-PICKED** exercises taken directly from a cutting edge ebook by a good friend of mine, Nick Nilsson, entitled...

***"THE BEST EXERCISES YOU'VE NEVER HEARD OF!"***

Nick is a world renowned fitness expert and author of 4 diet and exercise books and he's compiled some of the most unusual, yet **INCREDIBLY EFFECTIVE** exercises I've **EVER** seen! And now, my 'clients' using the **OPTIMUM ANABOLICS PROGRAM** can add a little more spice to their workouts by selecting from several additions to my current list of prescribed exercises.

But before I go into the step-by-step instructions for adding these exercises to your **OPTIMUM ANABOLICS WORKOUT**, let's make sure you have all the right tools...

If you haven't yet ordered my ground-breaking **OPTIMUM ANABOLICS PROGRAM** (I shudder to think that this could **EVEN** be possible, but there may be a **FEW** of you who haven't yet realized the amazing gains available through my controversial muscle 'programming' technique) **CHECK IT OUT NOW** by going to the following link: <http://www.grow-muscle-now.com>

If you haven't yet discovered Nick's ebook and videos of **"THE BEST EXERCISES YOU'VE NEVER HEARD OF"**, well...what are you waiting for?! Check it out at:

<http://www.fitstep.com/Bestexercises/bestexercises.htm>

Now...once you've accomplished both of these tasks, all you have to do is print out the next 2 pages and replace your **CURRENT** exercise tables located in **BONUS 1** of the **OPTIMUM ANABOLICS PROGRAM**...the **OPTIMUM ANABOLICS WORKOUT GUIDE**. (In the tables, I've placed an **(NN)** in front of those exercises you'll find in Nick's book so you know where to go when you need an explanation of how to perform the movement.)

Then simply follow the instructions for each day's workout by selecting **ANY** of the exercises from the prescribed tables for each of your sets in my step-by-step program...and **THAT'S IT!**

Well, enjoy this exciting new addition to the **OPTIMUM ANABOLICS PROGRAM**... and **LET THE GROWING BEGIN!**

Table 1
Front Dumbbell Lateral Raise
Lying Cable Pullover
Internal Dumbbell Rotation
(NN) 3-In-1 Rotator Cuff Raises

Table 2
Rear Dumbbell Lateral Raise
Rear Cable Lateral Raise
Dip Bar Shrug
Dumbbell Shrug
(NN) Standing Rope Pullbacks
(NN) Hack Machine Shrugs
(NN) Low Lying Pulley Shrugs
(NN) Pulldown Shrugs
(NN) Ski Jump Shrugs

Table 3
Arnold Press
Twisting Dumbbell Military Press
Barbell Military Press
(NN) Hang Clean & Press

Table 4
Side Dumbbell Lateral Raise
Cross Cable Lateral Raise
(NN) Lateral-To-Overhead Press

Table 5
Dumbbell Concentration Curl
Dumbbell Preacher Curl
Reverse-Grip Dumbbell Curl
Reverse-Grip Barbell Curl
(NN) Facing Away Stretch Cable Curls
(NN) Zottman Curls

Table 6
Twisting Dumbbell Kickback
Overhead Cable Extension
Cable Press-Down
Reverse-Grip Cable Press-Down
(NN) Behind The Back Pushdowns
(NN) Bent-Over Kickbacks
(NN) Side-To-Side Pushdowns

Table 7
Assisted Close-Grip Chin Up
Twisting Dumbbell Curl
Barbell/EZ-Bar Curl
Hammer Curl
(NN) One-Arm Barbell Curl

Table 8
Weighted Dips
Weighted Close-Grip Push Up
Close-Grip Bench Press
Lying Dumbbell French Press
(NN) Swiss Ball Pushups
(NN) Bodyweight Tricep Extension

# EXERCISE TABLES

<b>Table 9</b>
<b>Exer-Ball Dumbbell Crunch</b>
<b>Bent Leg Crunch</b>
<b>Twisting Crunch</b>
<b>Superman</b>
<b>(NN) Cross-Bench Crunches</b>
<b>(NN) Serratus Pulldowns</b>
<b>(NN) Bench End Leg Raise / Cable Crunches</b>

<b>Table 10</b>
<b>Full Rotation Knee Raise</b>
<b>Hanging Knee Raise</b>
<b>Hanging Leg Raise</b>
<b>Lying Leg Raise</b>
<b>(NN) Swiss Ball Leg Raises</b>

<b>Table 11</b>
<b>Forward Dumbbell Lunge</b>
<b>Leg Extension</b>
<b>(NN) Dumbbell Leg Extensions</b>
<b>(NN) Side Lunges</b>

<b>Table 12</b>
<b>Backward Dumbbell Lunge</b>
<b>Seated Leg Curl</b>
<b>Lying Leg Curl</b>
<b>(NN) Body Leg Curls</b>
<b>(NN) Cross-Bench Leg Curls</b>

<b>Table 13</b>
<b>Standing Calf Negatives</b>
<b>Donkey Calf Negatives</b>
<b>Seated Calf Negatives</b>
<b>(NN) Calf Rock-Ups</b>
<b>(NN) Full Range Calf Raises</b>
<b>(NN) Universal Bench Machine Calf Raises</b>

<b>Table 14</b>
<b>Barbell Squat</b>
<b>Deadlift</b>
<b>(NN) One-Legged Squats</b>

<b>Table 15</b>
<b>Hanging Row</b>
<b>Twisting Dumbbell Row</b>
<b>Jockey Row</b>
<b>Wide-Arm Cable Row</b>
<b>Close-Grip Cable Row</b>
<b>Straight-Arm Pull Down</b>
<b>Reverse Back Extension</b>
<b>(NN) Decline Dumbbell Rows</b>

<b>Table 16</b>
<b>Assisted Wide-Arm Chin Up</b>
<b>Wide-Arm Lat Pull Down</b>
<b>Assisted Chin Up</b>
<b>Close-Grip Lat Pull Down</b>
<b>High Pull</b>
<b>(NN) Two-Bar Pull-Ups</b>
<b>(NN) Full Range Pull Downs</b>

# EXERCISE TABLES

<b>Table 17</b>
<b>Incline Dumbbell Flye</b>
<b>Dumbbell Flye</b>
<b>Dumbbell Pullover</b>
<b>Dumbbell Front Lateral Raise (Palms Up)</b>
<b>Low Cross Cable Raise (Palms Up)</b>
<b>(NN) Lower Chest Cable Crossovers</b>
<b>(NN) Upper Chest Cable Crossovers</b>
<b>(NN) Side Lying Dumbbell Flyes</b>

<b>Table 18</b>
<b>Weighted Incline Push Up</b>
<b>Weighted Dips</b>
<b>Incline Dumbbell Press</b>
<b>Dumbbell Press</b>
<b>Smith/Dumbbell Press To Neck</b>
<b>Incline Bench Press</b>
<b>Bench Press</b>
<b>(NN) Alternating Dumbbell Bench Press</b>
<b>(NN) Bench End Dumbbell Presses</b>

**EXERCISE TABLES**