

Hypertrophy Max Review - Is This Muscle Building Program Worth Your Time

Hypertrophy Max reviews are showing up online which has prompted TrustworthyFitness.com's Josh Houghton to review it and provide the facts.

COLUMBUS, GA, USA, December 13, 2014 /EINPresswire.com/ -- This [Hypertrophy Max](#) review will shed light on this new workout from Vince Delmonte and Ben Pakuliski's which claims to help those interesting in building muscle overcome one of the most dreaded issues in weight lifting, the training plateau. A plateau is when someone stops seeing progress. This happens when bodybuilders or people interesting in just gaining more muscle aren't seeing results and that is exactly what Hypertrophy Max is all about.

A [Hypertrophy Max review](#) has been conducted by Josh Houghton of TrustworthyFitness.com which explains exactly what Hypertrophy Max is all about and the facts behind it so that the public can become informed and decide if this workout program is worth the time & effort.

Josh Houghton of TrustworthyFitness.com says the following, "Hypertrophy Max provides men interested in gaining muscle a huge amount of resources to help them build muscle. Every single month customers will get the following items mailed to them which include a 20 page hardcopy newsletter, a 2 hour DVD of the month which includes a highly instructional DVD filmed in different locations such as Colorado, Vegas, Tampa or Toronto. A Secrets of The Pros with muscle building experts such as Flex Lewis, Dexter Jackson, Dr. Jacob Wilson, Peter Chassion and other professionals sharing their wisdom and advice. Customers also receive an exclusive membership forum, access to monthly coaching calls & other resources to provide their customers with the best in muscle building information and resources." reports Houghton.

Josh Houghton's Hypertrophy Max review also reveals that the program is based on avoiding 5 specific training flaws which are built into the majority of training plans and it answers the biggest question asked by the majority of people interested in building muscle. Josh Houghton explains further, "This question is usually what do I do next? The majority of people don't understand how to periodize a program or manipulate the variables to continue progressing instead of hitting the plateau. In short, people want to be told exactly what to do every single month and that's exactly what Hypertrophy Max was created for. Vince Delmonte and Ben Pakulski's claim the reason guys plateau is because their current programs only rely on one or two of the hypertrophy variables which causes a problem because this means the plateau was built into a good portion of training programs back in the day." reports Houghton.

"This is a pretty big problem because most muscle builders are manipulating one or two hypertrophy variables such as volume and intensity/load when in reality there are six variables which can be focused on. Each month Vince and Ben will introduce their customers to a different variable each month and follow up with the previous in a curriculum based fashion." reports Houghton.

The curriculum for the Hypertrophy Max program is as follows:

Phase 1 - MAX-TENSION:

Phase 2 - MAX-DENSITY:

Phase 3 - MAX-LACTATE:

Phase 4 - MAX-INTENSITY:

Phase 5: MAX-VOLUME:

Phase 6: MAX-FREQUENCY:

Phase 7: MAX-DELTS

Phase 8: MAX-BACK

Phase 9: MAX-PECS

Phase 10: MAX-LEGS

Phase 11: MAX-ARMS

Phase 12: MAX-CORE

The Hypertrophy Max review written by Houghton also reveals that Vince & Ben's program is a 12 month program and that each exercise and workout within the muscle building program is designed to get their customers the most out of each and every rep. This results in bigger gains in size and strength. The entire Hypertrophy Max program is based in science and the latest technologies in the world of muscle building and bodybuilding.

The videos within the program are fun, presented in a easy to follow fashion which allow for information to be understood easily. In addition, the program also covers nutrition and provides the information men need to move pass their training plateau.

"Hypertrophy Max isn't a program for people who are just curious about building muscle and gaining strength. This is a serious training and coaching program which spans 12 months. Ben and Vince are experts in the field and know their stuff. This is serious program for people who are serious about making some really huge gains. It's interesting to see a product like this span over the course of 12 months. Many of the muscle building products reviewed in the past last a month at most and don't provide additional support, but with Hypertrophy Max you get a full 12 months." reports Houghton.

"In addition, Vince and Ben are offering a complete and full 60 day money back guarantee. This is great because customers have a chance to try out the coaching program for a full 60 days to determine if it's a fit for them. If it isn't Vince and Ben will refund the purchase without any

questions asked. Once again, Hypertrophy Max is a physical product mailed to the customers mailbox with online componenets such as the members forum. Hypertrophy Max goes above and beyond for it's customers and for those interested in a serious muscle building program that will help deliver massive gains in size & strength while avoiding the training plateau then Hypertrophy Max is the great training solution."

To learn more about Hypertrophy Max or purchase it visit the official website here:

<http://trustworthyfitness.com/go/hypertrophy/>

To read the full Hypertrophy Max review you can visit the following website:

<http://trustworthyfitness.com/hypertrophy-max-review/>

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