

It's The End of Wade McNutt..

BY WADE MCNUTT
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Recently there has been an outpouring of questions about why Muscle Mastery is my last bodybuilding course. In this letter I want to share with you why I will never ever create another bodybuilding course and why you will never ever need to purchase another bodybuilding course again.

First I want to say Thanks for the kudos' I received from all the guys around the world... I really appreciate them and I feel honored to be a part of such a great group of individuals and I am humbled to be able be part of your lives.

Thank you so much, and more importantly I want to honor you for taking action in your lives to seek out the best information you can for training and nutrition the all-natural way. Heck, I know how easy it is to get caught in the rationalizations too take drugs.

The fact is thousands of bodybuilders around the world have sold themselves out to drugs with dire consequences. We all know how the drug game has caught up with itself and now bodybuilders are getting sick, ending their careers in their 20's and now dying left, right and center just to have a 20 inch arm.

Bodybuilding in it's current state has gotten completely out of hand and has stayed away from it's roots of building a healthy body, full of strength and vigor. Bodybuilding is about not just looking good, but feeling good, and most of all experiencing the joy of super conditioned, healthy, athletic physique that makes all of life's experiences more enjoyable for as long as your are on the planet.

The "Muscle Mastery" course the first course to finally give you EVERYTHING you need to take your training expertise to the point of becoming your own expert on yourself.

This course teaches you...

How To Become The Master Of Your Body

You see I can only take people so far down the road because at the highest levels of training, eating, and supplementation the individual needs to develop the ability to listen to their own body. Only then can you really become a master.

This takes time, it takes information, and it requires a proven system of techniques built on all of the innovations of the greatest minds in bodybuilding over the last century. The Muscle Mastery course is way beyond a training system; it's a system that teaches you how to build a truly complete physique and finally how to be your own coach.

Once you have completed the Muscle Mastery System you will have the tools you need to become completely self directed without having to rely on any outside authority to develop your body.

It's really a big leap of faith and it's not always an easy jump. I made the final leap and never looked back 3 years ago and it was the best move I ever made.

Let me explain.

My Journey Into the Wild, Whacky, and Contradictory Realm Of Bodybuilding

My first ten years of bodybuilding I read all of the books, I listened to the tapes, I went to the shows, I talked to every “big guy” in the gym. I devoured every book, tape, and course I could find.

I read and tried almost everything. Here’s a small list!

- Arnold Schwarzenegger’s Bodybuilding Encyclopedia
- Bill Pearl’s Keys’ to the Inner Universe
- Joe Weider’s Mr. Olympia Encyclopedia, the Weider Principles, and about 250 magazines or so of his.
- Vince Gironda’s the Wild Physique
- Larry Scott’s collected works
- Lou Ferrigno’s works
- Frank Zane’s works
- Bob Kennedy’s entire works
- Mike Mentzer’s Heavy Duty or H.I.T.
- Arthur Jones Nautilus Principles
- Ellington Darden’s entire collection
- POF training advertised in Ironman
- Power Factor Training by Cisco and Little
- Dorian Yates Blood and Guts
- Serious Growth and the Bulgarian Systems by Leo Costa
- Dr. Mauro Dipasquale’s work
- Dr. Fred Hatfield’s work

And at least a dozen more guys that I have forgotten... plus every article, periodical, textbook etc I could get my hands on until I finally learned enough to realize that I didn’t know that much.

Believe me that is the biggest realization a person can make as it sets the stage for the master to come!!!

They say when the student is ready the teacher presents himself. That’s exactly what Happened to me, after I won my first provincial championships.

My First Bodybuilding Master...

After 10 years of training, studying, and struggling I hired my first personal bodybuilding coach, which was none other than Scott Abel.

I could not have picked a better coach, as Scott just may be the most successful bodybuilding coach of all time... Certainly he is by far the most intellectually capable of any person in the entire industry that I have ever met period. Believe me Scott's intelligence is in the seriously hi IQ zone.

Bill Pearl stated to all the current experts in bodybuilding, guys like Chis Aceto, Tom Deters and the like "that Scott Abel is going to do great things in this sport" and that was back over 10+ years ago.

With Scott's guidance I learned the final pieces of the bodybuilding puzzle directly from Scott himself and developed a great relationship with him. After my first Nationals in 98 I hung up the trunks as I went into business, learning the ropes in the supplement industry an area that Scott had steered clear of after the whole "Venice Beach" supplement company scenario went sour.

Sure Scott wrote articles for MuscleTech and also for another company "which he currently sells before and after pictures of his clients too" for there endorsement ads but I can tell you from firsthand experience that he doesn't recommend any supplements period to his competitive athletes. I know in the years I trained under him he never told me to take one product. It was all training and diet.

Bodybuilding The Natural Way

Now I wanted to go the Natural Route and I realized that the only way bodybuilding was going to get better was if someone somewhere provided a new way to get big and stay healthy without resorting to drugs.

After competing in my first Nationals in 98 as a naïve you kid from the backwoods of Canada, I was shocked as I witnessed what really goes on in bodybuilding. Believe me I saw where the sport was headed and it wasn't pretty. I decided a different route for myself, which led me to work on every level of the supplement industry.

My first few years in the supplement industry was an eye opener as well and I became fully aware of why Scott was so gun shy to be involved with any of the companies.

(Okay I know I am on a tangent... but it's important to understand the evolution of one's thoughts, goals, visions, and the historical conclusions one arrives at to illustrate my point)

So in 2002 I decided to compete as a vegetarian to first prove the whole meat thing was a myth and that you could build a terrific physique without pharmaceuticals.

I hired Scott again as my advisor to work with me. He was dead against the vegetarian thing and he warned me that many of the guys I was competing against were beating the test.

I told him " it wasn't about winning it was about developing a new possibility for natural athletes". Scott was skeptical but impressed somewhat with my intentions and commitment. *Note - he did not let me know about this until years later but getting a compliment from Scott Abel is not the easiest task in the world... LOL*

He agreed to help me but he wasn't too sure how successful I was going to be given my choices and the "constraints" I was subjecting myself to.

The Failures Within My Own Success

Over the next two years I managed to win the Western Canadians and the National Championships and represent Canada in the World Championships in 2003, which is certainly one of the highlights of my competitive bodybuilding career.

During 2003 though I paid a heavy price for the constant dieting the 5 competitions in 2 years and the current style of training, dieting, and supplementation. The bottom line was there was no way a natural athlete could train and stay healthy.

After the 2003 Mr. Universe I gained 42 pounds of water and fat in just 11 weeks and I was not able to train during this time. This was perhaps one of the biggest challenges of my career.

I vowed to regain my form for the 2004 Nationals only do it my way using a much healthier approach. I competed again but during the 6 months leading up to the competition Scott and I butted heads because of my unwillingness to follow the "traditional bodybuilding" dietary protocols.

This was a challenging time as well because I respect Scott so much but on the other hand he didn't have that much experience with a natural athlete of my caliber, nor one who was a vegetarian etc. My gut instincts told me I needed to forge my own path.

So I managed to get in terrific shape for the 04 Nationals but peaking for the show went sour for the first time ever. The traditional format for peaking did not work with my new diet and I ended up losing the Nationals. Believe me the margin of victory at the top level is extremely small as every body at the top has absolutely fantastic physiques.

This was a crossroads because I had already been working on my system and I had some key nutritional and training strategies that I wanted to test the rigors of training would not allow.

The Student Leaves the Master and Discovers...

So with that, I told Scott that I was retiring. As much as I loved competing my heart was not in it because I was getting a whole lot more pleasure out of coaching other Natural bodybuilders and developing my own nutritional products.

I teamed up with my good friend and kinesiologist Matt Gallant and we built Freaky Big Naturally. We on to develop the principles behind and the Endless Growth programs as well as illustrating the mechanics of exercise in the Elite Exercise Performance guide.

Of course I had met Dr. O'Brien and the missing pieces in the supplement picture started to come together and I was gung-ho to give O'Brien's theories a try in bodybuilding.

So I went at furiously for the next 3 years, testing everything I could. Training, dieting, etc.

We then went on to develop some of the most powerful supplements in the world using the principles discovered by the premier doctors in the world of health and nutrition.

MassZymes, hemp protein, and soon to come our own probiotics formula are all products of that amazing journey.

We also found out how to make healthy gourmet raw food that makes getting bigger stronger and more ripped a pleasure as opposed to a chore.

We also combined and tested all the training integrations and came up with the Mastery Training Courses..., which are broken into three distinct styles.... Power, Size, and Endurance.

Inside Muscle Mastery I also found a way to illustrate how to build, combine, and manipulate your training to produce any result that you want. In other words I illustrate how I think, and how to design a your own personalized programs geared specifically for your goals and your genetics.

Plus I Matt and I filmed the whole thing on DVD's so you can go rep for rep with me in the gym where I dump literally truckloads of information on the intricacies of each program Foundation, Endless Growth and Mastery Phases as well as the nutrition strategies for buying, selecting, and preparing your food.

After reviewing the DVD's Matt and I were amazed out how an almost "unseen" force comes over me in the entire series as I explain everything. Keep in mind there was no script, no fancy, gizmos, gear or anything. Just me train'en and explain'en and Matt filming in his amazing multi dimensional circling format that illustrates exercises from every angle.

Bottom line these DVD's came out better than we could of dreamed and I feel as if it was the Bodybuilding God's themselves that put this program and DVD's together.

It's never been done before that's for sure and I firmly believe that the Complete Physique Muscle Mastery Course represents the best bodybuilding system ever created.

I mean we are talking up to 5 years of training.

- Gourmet raw food creations that get you lean and taste better than 5 star Restaurant Meals
- 4 DVD's on training Instruction
- 1 DVD on Eating, food selection, including how to survive restaurants and social settings.
- Plus...
- The diets,
- The technical explanations on training styles, basics to advanced for each section, foundation, endless growth and then the Power, Size, Endurance sections which include the rep ranges and exercises to use.

Plus the final piece of the puzzle and the most important is how we illustrate how you select and adjust the reps, the exercises, and the volume specific to your body and your goals.

In other words we teach you to become a Master yourself...

Thus the name "MUSCLE MASTERY".

I Return to Seek Out My Old Master

Which brings me back to the story with Scott.

Scott and I have the deepest respect for each other. We talk regularly and we routinely trade information on training, diets, supplements and the state of bodybuilding today.

I help him and he helps me, in fact we will be doing some Audios in the near future on Metabolic Damage in relation to high performance athletes, as well as the general population.

The fact is we have become peers contributing to the sport that we love and have moved way beyond the coach client relationship. Several of the athletes who came to him with severe metabolic damage have been successfully treated using new training protocols and MassZymes (<http://www.masszymes.com/>).

Keep in mind MassZymes never would have been developed if I had stayed with Scott. Nor would have hemp protein become so popular as the ultimate protein supplement and finally the probiotics formulation we recently developed would have never have come to be.

The reason all this happened is because I broke out, trusted my instincts, and went down the path that my heart followed. I refused the drugs, I didn't except the normal "bodybuilding ways" and I went deep into extremely advanced super nutrition with some of the greatest doctors the world has ever seen and brought that back to the bodybuilding world.

That's what every great student eventually needs to do... break away from the master and become a master themselves. This is what leads to the evolution of the planet. It is also the creative spirit that needs to be injected into this sport instead of a bigger syringe of juice.

Scott has been overjoyed with my recent discoveries and it's also led him down a different path to some new breakthroughs himself. Now together we are both better off, and so is the sport and we are not stopping.

That's what I want to develop here.

How To Become Your Own Master

I want to help you guys become masters yourself so you too can make breakthroughs and discoveries of your own about yourself. Believe me every one of you has greatness inside yourself but the only way your going to find it is to trust yourself.

The Mastery Course gives you the final keys to "Unlock the Sleeping Genius" that lies within you. Believe me you have it but your only going to find it if you look for it and that is going to take some technical know -how and then the courage to experiment yourself.

That's what the Mastery Course gives you; it gives you the final pieces of the puzzle to build whatever physique you desire. Yes this journey may take you a few years, that's why I put 5 years of training in the book.

Heck it took me 20 years to get to this point and I put everything I got into it so that I might throw the torch to you.

It's time for YOU to step into your own greatness and become a Master Of Muscle yourself.

Now will I be still working on stuff... of course... Just not bodybuilding per se.

Here's why...

Why You Need To Become a Master

I am moving on to mainstream problems. We are talking about addressing the issues of obesity in the mainstream, cancer, diabetes, heart disease, depression, etc.

Matt and I have been sitting on a collection of health material that is going to shock the world and it needs to be released.

In the last few years Matt and I have gone so deep in discovering the secrets of unlocking the codes to these mysteries that we can't keep them secret any longer.

It's our God given duty to bring that information to the masses and we are going to do it. I am sure many of you will be with us in sharing the news to the mainstream when the time comes. The fact is we need you guys to be part of the legion of individuals who are going to give absolute proof the power that the body has to heal itself when given the right materials, and enough workers.

Armed with the keys of Muscle Mastery you will be walking, talking, breathing testimonials of just what's possible.

And we will still provide you the latest breakthrough discoveries that we get on a weekly basis.

Stuff like Russian Cosmonaut frequency and laser technology, FM frequency healing, light infused supplements, sound therapy, color therapies, revolutionary ways to light, water and oxygen to heal anything and a whole lot more.

Basically the fact is these discoveries need to be brought to the world not just bodybuilders and so that's where my destiny lies.

So the Muscle Mastery Course will be it...

My last bodybuilding course FOREVER!!!

I will be moving into the health and well-being field in the next few months and bringing the world the latest technologies and breakthroughs.

Also I have recently taken a position as a content editor for a major Health and Lifestyle magazine, which is set to begin by June of this year.

This position also helps me keep abreast of the foremost developments in the entire industry as well as an ability to get the information to millions of people who are desperate for options.

I am not leaving bodybuilding. I am simply helping a broader range of people who want a better life. People who require hope in what appears to be hopelessness.

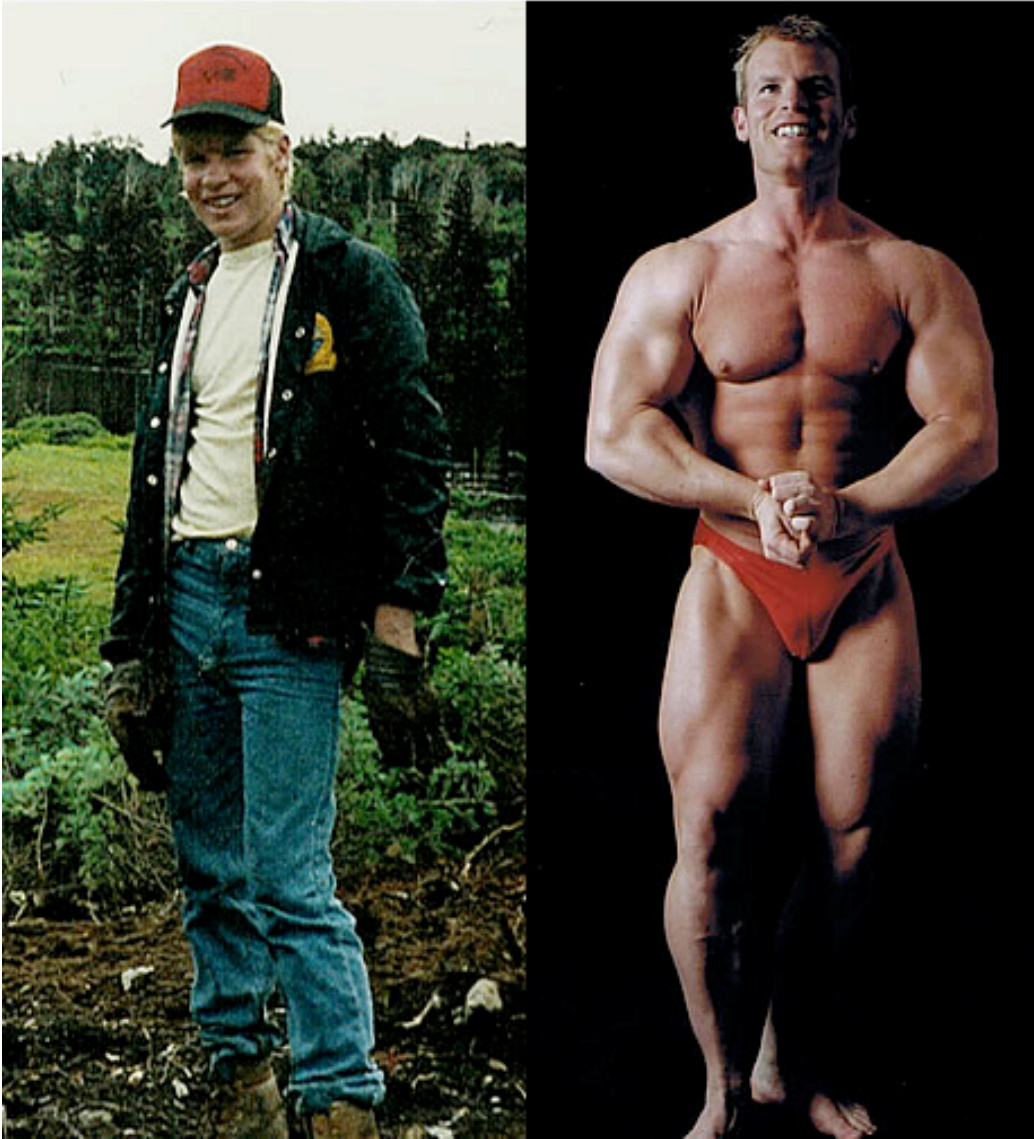
Of course my dear friends, I love and cherish every one of you. I love bodybuilding and will continue to train for as long as I can. Bodybuilding has given me a wonderful life

and I will be forever grateful for the men and women who came before me and inspired me to be part of this wonderful sport.

The End Of My Journey Is Where Yours Begins

When I was 16...

100 pounds of muscles later



Now just 4 years since I competed in the Mr. Universe we have helped athletes in over 100 countries build bigger and stronger bodies without using drugs. The Muscle Mastery course is our way of giving back to the bodybuilding world, which needs so desperately a new and healthier way to build ones' physique.

I certainly hope that this course might change your life as much or more than bodybuilding has changed mine. 20 years is a long time and it's been a good run. I give thanks to everyone and everybody that's been a part of it, and now I throw the torch to

you with my final bodybuilding course... The Complete Physique: Muscle Mastery Training System.



Sincerely,

A handwritten signature in cursive script, appearing to read "Wade McNutt".

Wade McNutt
National Natural Building Champion

P.S. Check the blog for updates on The Complete Physique Muscle Mastery Training System: <http://www.musclemastery.com/blog>