

MAN TRAINING FAST TRACK!
REVERSING THE WUSSIFICATION OF THE AMERICAN MALE

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Learn to Fight, Eat Meat and Lift Heavy \$h!t!

Have you noticed that the American Male is being Wussified? He has been told from birth; not to hit back, not to curse, don't eat meat, eat whole grains and soy instead, don't lift weights because it's bad for your knees, you need to manscape and what's with metro's and hipsters? What can you add to the list?

I'm going to tell you about three things that you can do to reclaim your manhood. This is Man Training 101 or the Man Training *Fast Track*!

Forget "Goals", I'm sick of hearing about making goals setting goals, writing down goals to make goals "my goal is to make a new goal, and write it down". How many of us have actually written down a goal and achieved it? Most people might have written down a bunch of goals, but that is as far as they got. **GOALS WITHOUT ACTION ARE MEANINGLESS!** We are going to skip the goals, and pick just 3 things (Learn to Fight, Eat Meat and Lift Heavy \$h!t) and take action. That's it. End of lesson...

I have just written your goals for you. Learn to Fight, Eat Meat and Lift Heavy \$h!t! That's it. If you want to build self-confidence, empower yourself and re-claim your manhood, then do those three things:

LEARN TO FIGHT: When you know how to "Kick Ass" and can defend yourself, your friends and your family, you will have built confidence and started down the road to de-wussification. I'm not talking how to shoot a gun better, but actually learning how to fight with your brains and hands. Obviously avoiding a fight would be best, but you need to know what to do when the SHTF and you have no other choice than to take action. I cannot think of anything else in life that has given me more confidence than learning how to fight and to defend myself and others. This is the #1 lesson of the Man Training *Fast Track*. How to do this? Find a local Krav Maga, Combatives, MMA, BJJ or Self Defense Class (not typical martial arts) in your area or book me to come and give you a private lesson or seminar. Learn more at CoachDavidAlexander.com or FreeMMASchool.com.

EAT MEAT: In order to build muscle and lose weight, you need to eat a lot of red meat and saturated fat. Forget about all the lies being told about red meat and cancer or high cholesterol. We would not have been able to evolve for hundreds of thousands of years if it weren't for eating red meat. So cut nearly all the sissy garbage food such as whole grains, pasta, sugar, sugary drinks, soda's, cakes & cookies and eat Meat, vegetables, nuts, seeds & a little fruit just like our ancestors before us. If they could survive and eventually thrive on this diet, so can we. Do not De-volve! Learn more here [David's Diet](#) Lose Weight Fast! No Exercise Required!!! Also includes the FREE Bonus 'How I lost 23 lbs. in 30 days eating fast food'.

LIFT HEAVY SHIT: In order to lean out and build slabs of functional muscle, you need to “Lift Heavy \$h!t”! And I’m not talking about bicep curls, tricep kickbacks or joint destroying machines. The best way to build strong, functional muscle is in the lifts that men (and women) have used for centuries to get stronger. What I’m talking about is the big three lifts; Squats, Deadlifts and Presses (all with a barbell, not a machine or dumbbells). Start light and increase the weight every session for three days a week. Read this to learn more: <http://coachdavidalexander.files.wordpress.com/2012/04/starting-over-strength-program-for-clients.pdf>

That is it! These are the three ways to *Fast Track* your Man Training. Commit to this new goal for 90 days and do not let anything get in your way. I challenge you to stick to it for 90 days!

“Make a clear and unequivocal promise to yourself that you are absolutely committed to your new goal, and that you will do all in your power to achieve it.” Coach David Alexander

“Some people believe that self-confidence can be built with affirmations and positive thinking. I say that you have to DO SOMETHING, to achieve confidence!” Coach David Alexander

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