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## The #1 Muscle Building Problem SOLVED



Question: Ben, please identify the number one training mistake that would be preventing individuals from achieving maximal muscle gains.

Answer: Mistake number one is never knowing what the right amount of exhaustion is.

Have you ever left the gym wondering if you could have done more? If you should have done more? I know I have. Heck, there has even been days when I contemplated going back in the gym because I just didn't KNOW that my muscles were exhausted. That's a terrible feeling.

I don't know about you, but when I go to the gym I want to KNOW that my time is well spent and im not wasting my days and getting less than optimal results .

Here is the next cutting edge intensifier in muscle building: NOS

NOS stands for Neurological Overload Set. The set that overloads the body and creates the optimal hormonal environment for growth inside the muscle!

Hormones like testosterone, growth hormone, IGF-1 are responsible for growth as well as fat loss. The best way to stimulate these hormones is through intense exercise that takes muscles to their limit.

NOS is the single most effective way to take a muscle to its point of complete physical exhaustion.

As many of you already know, TIME under TENSION is the number one most highly correlated factor with muscle hypertrophy (growth).

NOS start out by putting you in the exact optimal range for muscular growth via Time under Tension (40-70 seconds)

8 repetitions done with a 4010 cadence (5-second reps). For those of you unfamiliar with this cadence reference, it is very simple. It means 4 seconds DOWN(negative/eccentric portion) , 0-seconds pause, 1-second concentric (contraction), and then 0-second pause.

The "0's" tend to be most confusing for people, this simply means DON'T STOP. Use continuous motion and no rest or pause at the top or bottom of the rep.

Once you have completed 8 repetitions with 5-second reps, IMMEDIATELY decrease the weight by 20% and keep going. No cheating, no extraneous movement, just strict executed form. Repeat this 20% drop in weights 2 more times for a total of 3 decreases in weight.

This process will take your muscle to complete physical exhaustion. The lactic acid will be uncomfortable but find comfort in knowing that more lactic acid is correlated with more growth hormone, bigger muscles and a leaner, harder physique.

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